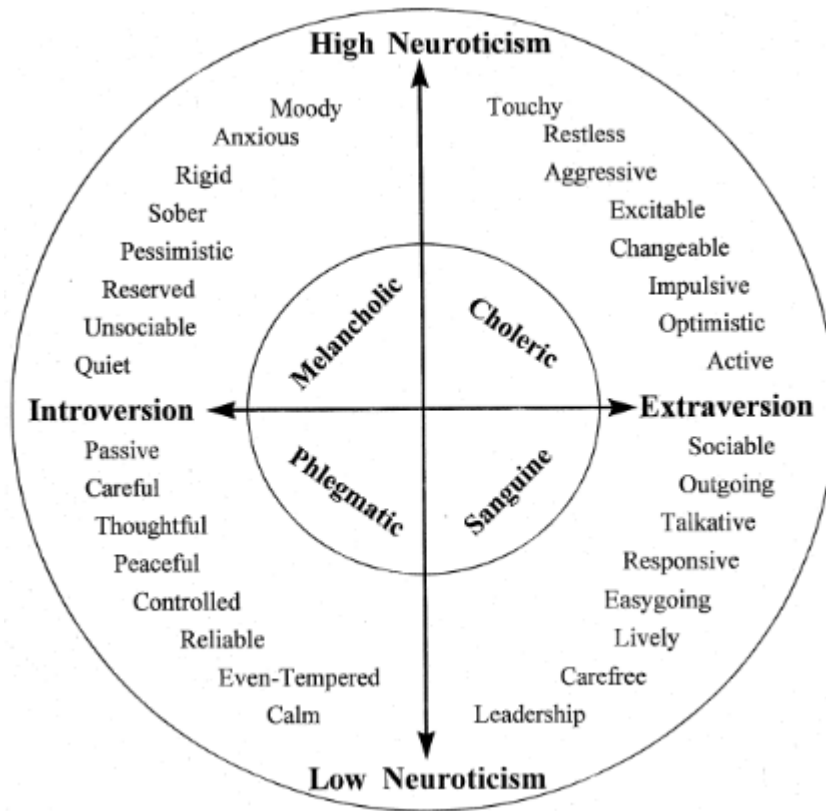


Idiographic vs Nomothetic approaches in psychology

Task 1 – do this test. It's confidential so do it honestly

<http://similarminds.com/eysenck.html>

After completion, read the analysis and scroll down to see where you are placed in the extroversion-neuroticism score. Plot it here



There are some questions you should consider for the idiographic vs nomothetic approaches class coming up.

- 1) Do you agree with this result (In other words, is this really you?)
- 2) Do you think that this questionnaires such as this measure the personality of all humans accurately?
- 3) there are 32 personality characteristics on the graph above. Are there any missing?

Task 2: regardless of the score and graph above, write a paragraph that best describes your personality. Please add as much detail as you can.

There are some questions you should consider for the idiographic vs nomothetic approaches class coming up

- 1) do you think anyone else in your class has written the exact same paragraph?
- 2) is every person unique? Why do you think this?
- 3) What is more useful when understanding humans, trying to generate general laws about what causes behaviour, or looking at each individual without pre-conception to discover the cause of their actions?

Task 3: in doing tasks 1 and 2, you have used both the nomothetic and idiographic approach to measure your own personality. Now read the article from 'Simply Psychology' and answer these questions below – use this link <https://www.simplypsychology.org/nomothetic-idiographic.html>

- 1) What does the Greek term 'nomos' mean?
- 2) What does the Greek term 'idios' mean?
- 3) What do psychologists study and want to establish if they use a nomothetic approach?
- 4) What do psychologists want to discover if they adopt an idiographic approach?
- 5) When you did the personality questionnaire (based on Eysenck's research) what approach was this?
- 6) When you wrote down what you thought your personality was, what approach was this?
- 7) Which approaches tend to adopt the nomothetic approach?
- 8) Which methods of investigation do those who adopt the nomothetic approach tend to use?
- 9) Which approach tends to adopt the idiographic approach?
- 10) Which methods of investigation do those who adopt the idiographic approach tend to use?
- 11) Which approach is difficult to pin down? Why?

Task 4: watch the webinar from tutor2U on this link and answer these questions

<https://www.youtube.com/watch?v=FwaMpTv-Xgw>

- a) How does the case study of KF (idiographic approach) change the MSM of memory (nomothetic explanation) ?
- b) Which approach is generally thought of to be more scientific. Nomothetic or idiographic?
- c) Why is the biological approach thought to be a nomothetic approach when explaining the causes of psychological disorders such as OCD and depression?
- d) Give one example of how the behaviourist approach is considered a nomothetic approach
- e) Why is Atkinson and Shiffrin's model of memory (MSM) considered a nomothetic explanation?
- f) Why does the narrator consider this to be a debate? use the cognitive approach to explain.

Task 5: linked to forensic psychology.

Skim read your Social Influence psychology pack and try and find between 3-5 further examples of nomothetic and idiographic approaches. Make very brief notes with what you find. Look at these examples