

→ DD new

→ Internet : Knowledge went from
Exclusive → Democratic →

17.9.18

Post - Midsem

- Book Report

Man's Search for Meaning

- Viktor Frankl

Motivation

→ Same outcome, different reasons
for it

→ Motivated = Goal directed
behaviour

Views of Motivation

i) Instinct : Hardwired to address
certain needs of ours

ex imprinting : Instinct to follow
1st large "moving" object

↳ Mother provides nourishment

- Building Nests : Even pretty specific nests are hard wired.
 → Only certain Animals have ability to learn skills.
- Birds don't spend time with parents, No time to learn → fly away

2) Drive theory

- We aim to be in equilibrium / Homeostasis
- If disturbed, we seek out the correction
 ex Thirst for water → Cooler / Dispenser

Homeostasis

- ~~Be~~ People differ in the stimulation they seek
 - ex Play with A.c till "just right"
- Finding ideal State
 ↗ expend Energy

→ Some people not happy unless always excited

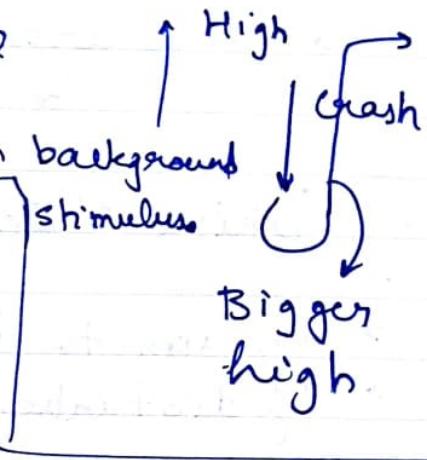
- Others know what is best

ex Drug use, Coffee

- Resistance: Body used to certain background stimulus

3) Incentive theory

- Like operant conditioning
- But more than that



4) Intrinsic Motivation

5) Extrinsic Motivation

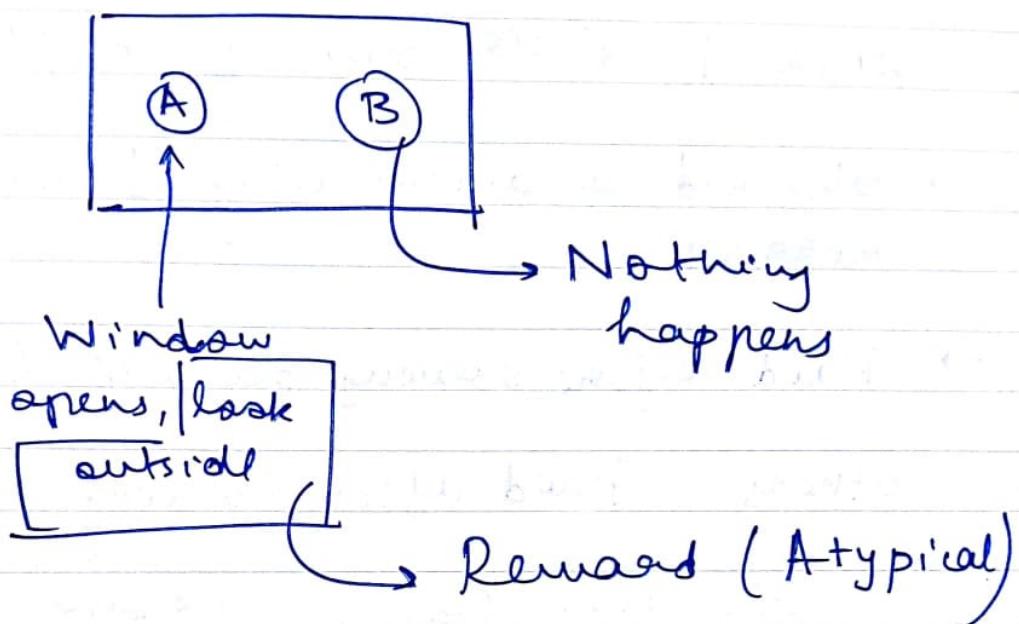
ex - Biometric Attendance

- Takes the fun (If any left-over) out of the process

→ Threshold for Arousal of Nerv. Sys.
Differs from person to person

→ Kalat 7th - Ed Wham

Monkey - Raisin experiment



- Monkeys learned to press A in different patterns
 - ↪ Different views
- Empty room: Not interested
- ↪ Humans have great interest in other people's lives and stories

Overjustification Effect

Session 1 $\xleftarrow{8\text{ min}}$ Session 2 $\xleftarrow{8\text{ min}}$ Ses. 3

- Observed behaviour using 1-way mirror
- Paid before solving puzzle (some)

Others Paid after solving (some)

Control Gasup (some)

→ Performed the best

Verbal Reinforcement (some others)

18.9.18

Drive / Instinct: Primary motives
(Biological)

Prim: Hunger, Pain avoidance, Sleep etc.

- If hungry for 10 days: Nothing else matters
- Dec Study: Yesterday: External reward decreases intrinsic motivation

Today : Secondary Motives

Deci Study Details (Extrinsic reward on Intrinsic Motivation)

- 8 min is break time b/w sessions, we can do whatever we want
- Believe not being deserved

Exp Cond. 1) Paid Money before break
" " 2) Paid after break

Money before : Most free time puzzle solving

Money after : Least puzzle solving

Equity : Outcome & Effort put in

No Reward : (Not aware for that others are being paid)

Control (not paid) in b/w paid
before & after.

→ Explanation: Payment

→ Lepper et al (1973)

- 3-5 year olds @ Stanford Nursery
- In free-play mode b/w different Achivitely
- Felt tip Marker pens (New in the 70's)
+ Artist paper

P on Hexagonal Multiside
accessible table

No Award

Expected Award

Surprise Award
(Unexpected)

- Judge does not know about Award / No Award → All kids get Reward
- How much time spent drawing?
- Later after session → Draw?
- Baseline (Free play): People who chose to play with felt tip → called for round 2

Round 2 → Experimental phase.

Post Experiment felt tip played

No award }
Unexpected Award }
No sig. difference
from baseline
→ very slightly more engagement in post

Expected Award: ↓ Engagement

Quality of drawings

- Expected Award
 - Worst drawings
 - Maybe because all of them knew we will get award for work regardless of quality
- No award / Unexpected
 - Indistinguishable better drawings

Metanalysis : Quantitative Literature Review

Effect Size : Regression coefficients
→ How strong is the correlation

Significance : 0.05 → 5% chance of error

→ Sample size

Metanalysis : Average effect size weighted by significance (good)
(I think!)

Deci et al (1999)

~~ED~~

→ Meta - Analysis

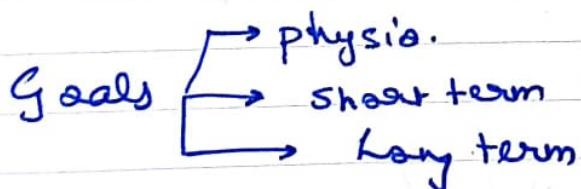
→ Extrinsic Rew → ↓ Intrinsic Motivation

→ Cameron et al (2001)

- Verbal rewards are better
- Certificates have less effect

Goal Setting

→ Similar abilities wildly different outcomes / achievement



Goal Specificity

- Short time period goals
- Higher the goal → Better performance
- No Goal → No Responsibility

- Do your best : Ambiguity, can be good or bad performance
- Subconsciously : People give themselves leeway and benefit of doubt.

Intensity

- Thinking deeply : Problem always at the back of our mind.
- Leads to commitment

Commitment

- Important : Perceived Importance

Trade offs

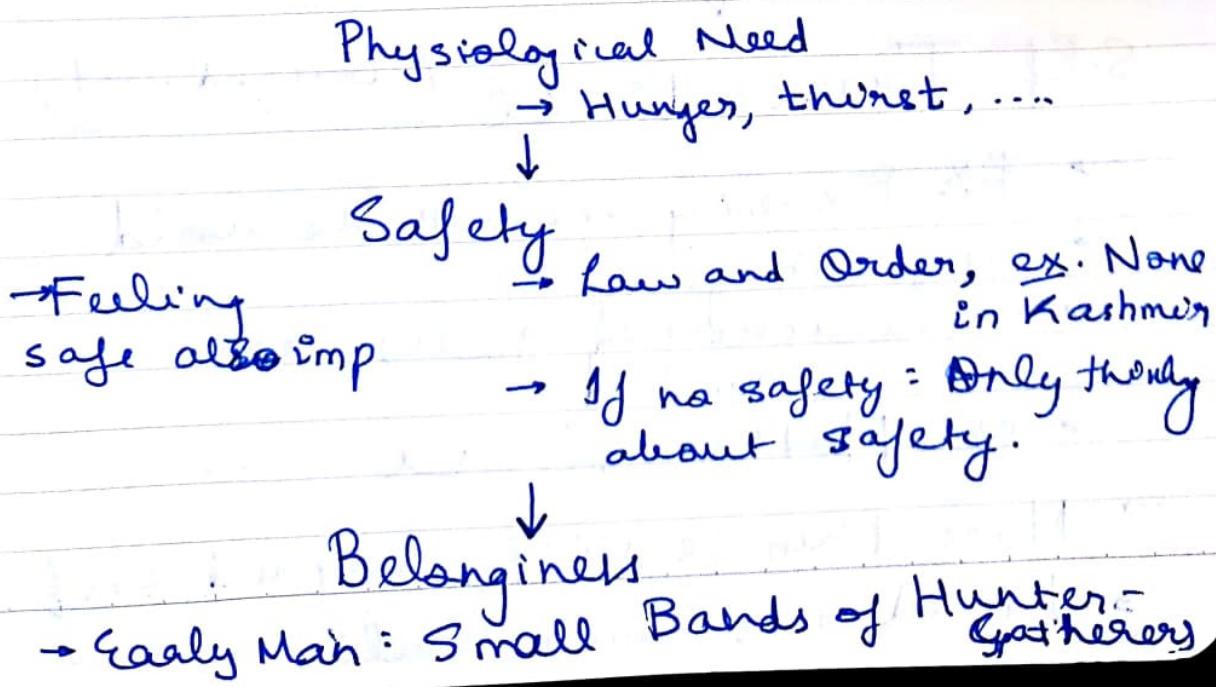
- possible : feasible ?
- effort
- time
- other values : "What priority
you associate with
work in your life"

- Ability : perception of it
- Self Efficacy : Belief ~~in~~ that we can do it

Leadership

- Ability to motivate employees in corporate settings.
- Should not be made extrinsic : Self rewarding : Develop Intrinsic Motivation

Maslow : Motive Hierarchy



→ We seek out / want a group



Esteem : Self esteem

→ May come alone belongingness

→ Do well, Successful for some

→ Command Respect



Self Actualization (concerned with self)

→ Everything is positive

→ Have achieved potential (entirely?)

→ May happen in phases



Self Transcendence (Beyond self)

→ ex. Becoming one with the world

→ Stop eating

→ have achieved goals, am satisfied

→ ex. Mother Teresa

→ More than service, beyond self

→ ↓ Need for lower levels.

Keys (1950)

- Deprived people of food (2 weeks)
(just enough to survive)
 - All conversation / thoughts revolved around food
 - Getting used to hunger is difficult

Oishi et al (1999)

- Poor Countries
- Unemployment benefits
 - No health care
 - pension
- ⇒ No help from state, taking matters into their own hands.
- Financial Security of utmost importance
"Money takes aware of everything"

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Social Machines (SMs)

- Some examples of SMs
- Measurement of Social Machines
 - Ambiguous Stimulus (Projective tests)

→ What you write about the picture reflects what you feel

Project your Emotion upon the Stimulus

ex Pictures / Ink blots (Rorschach tests)

→ Mental illness: Disturbing Stories with patterns

→ Normal ppl: Random Stuff

{ 2) Personality Questionnaires

→ How would you behave/react in situation X

{ 3) Situational tests

→ Add dummy extreme case questions to throw away people faking Behaviour.

Need for Achievement

- Batterson
→ Winter Batterson 21 Boys
Winter ~~batterson~~ (1953)
- Questionnaire
 - Higher Achievement
 - Lower Achievement
 - Higher Achievement : Parents / Mothers give them freedom / independence to explore.
 - Need for Achievement & Child rearing?
 - Mastery
 - Indian (Restrictive) child rearing discourages Achievement / Mastery ?
 - Moderately challenging (Not Unrealistic)
difficult
 - High Achievement : Don't work for Money
 - ex Home maker : No credit for work

→ McClelland

- Children's Stories + Gauge Need for Achievement (In a Society)
- McClelland Study:

Catholic Vs Protestant

Parents

Supreme

Direct Relation
with God
⇒ Read Bible.

"Try your best for
God"

Lower achievement
than Protestants

Work is Worship,
higher need for
Achievement

→ Another Social Motive: Power Motivation

• Lower class: Aggression

• Upper class: Flaunting Wealth

25.9.18

Date / / No. / /

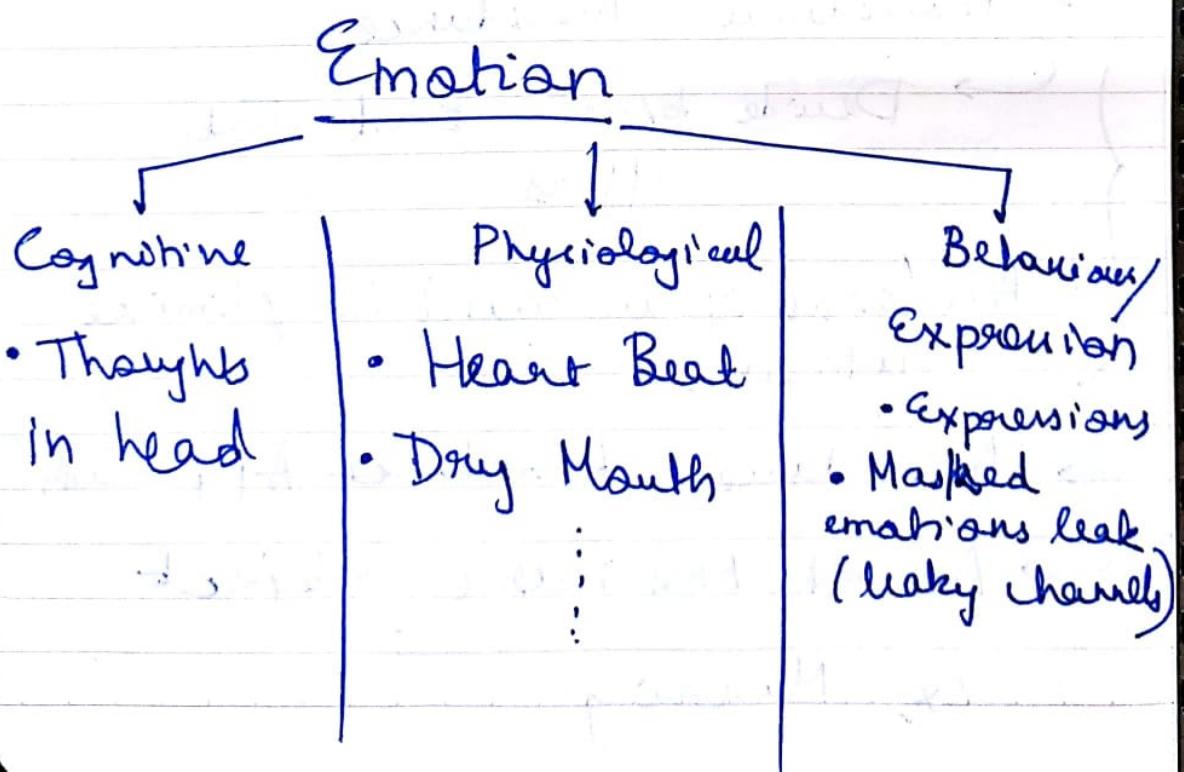
→ Self Actualization Motive: Maslow's Hierarchy

Motivational Conflict

- Decide b/w 2 Great Job Offers
 - Approach - Approach
- Approach - Avoidance
 - 2 different
 - Avoidance - Avoidance
 - Decide b/w 2 Bad Job offers
- An issue if we want to optimize outcome
- Avoidance - Avoidance Approach
 - About the Same Object
- ex Marriage

→ 2 Objects, each with
Pros - Cons

- List out both with Pros/Cons
- Make Rational Choice
- If Preference for one, take it knowing what you will be missing out on.



James-Lange Theory

→ Physiological State (according to situation) Interpreted as Emotion.

• We first Notice Physiological State



Then we realise we are experiencing Emotion

[OR] (Not James-Lange)

Experience



Arousal



Emotion

→ Cannon-Bard: Simultaneity

2 factor Theory : similar to

James Lange

↳ Derives from it.

Biology of Emotion

CNS (central)

Brain & Spinal
Cord

PNS (peripheral)

Granial Nerves
Spinal Nerves

PNS
↓
Autonomic NS ↓
Somatic NS

Autonomic NS

Sympathetic NS

- Activator / Arouser
- Arousal
- Fight or Flight

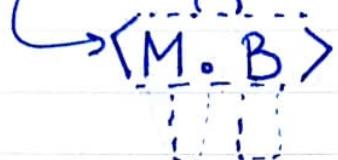
Para-Symp. NS

- Calms down
system
- Back to
Homeostasis

Recap

Cortex : Conscious per.

Amygdala : Seat of Emotion



Criticisms of James-Lange

Autonomic NS \leftrightarrow Endocrine System

Adrenalin = Epinephrine King = Pituitary gland

Experiment

Adrenal Gland
↓
Medulla Adrenalin / Catecholamines

Cortex
Cortisol

Inject with Adrenalin (= Epinephrine)

↳ Does not produce emotion

- Lower Spinal Injuries: N₂
- 25 Soldiers ^{Emotional Changes}
were more injured but ... still (!)
- Upper Spinal Injuries:
- Ability to experience emotion ↓
 - Dissociated feeling
- Conclusion: Not all emotion in Amygdala

Spill-Over Effect (1962)

— Schacter & Singer
told improves eyesight

- Adrenalin disguised as 'Supraxin' & injected

↳ Some other unrelated effects claimed

But called Supraxin	Ignorant	Misinformed	Placebo
<ul style="list-style-type: none"> Informed <p>→ Knew Adrenalin → Informed about effects true</p>	<p>→ Supraxin</p> <p>→ No effects</p> <p>Informed</p>	<p>"feet will become numb"</p>	<p>→ told about effects</p>

- Actor 1 → Comes & Shows joyful behavior
- Actor 2 → Insults / Angers
- Cognitive Arousal + Situation
 ↗ Emotion

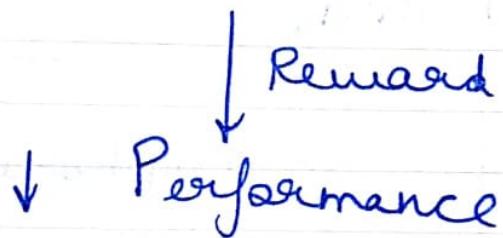
<u>Anger</u>	<u>Euphoria</u>
Epi-IgnoRant - ♀	Misinformed
V	V
Placebo	IgnoRant
V	V
Epi-Informed	Placebo
V	V
Epi-Informed	Epi-Informed

- Maslach Experiment Conclusions:
- Negative emotions are stronger we require less time to exp. them
- Positive emotions require will/cognition, processing, time

ex local train travel

~~27.9.18~~ H.W : Write your reaction to the Book
~~< 12, Times New Roman >~~
→ Reap : Motivation

Initial Interest Interest high



Initial Interest low



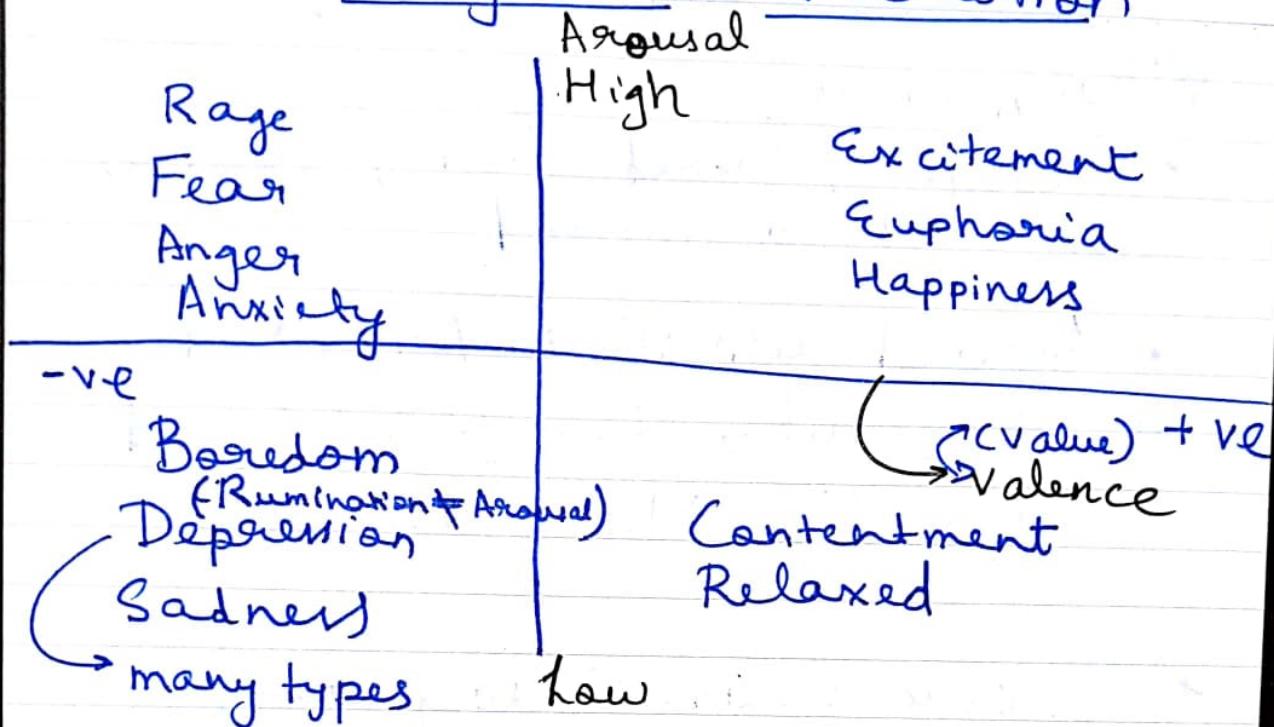
Exception ↑ Performance

→ Delayed Reward : Music

Learning is slow, reward in this case may work. (Help)

→ Despite Intensive Motivation)

Cognition & Emotion



→ Maslach: No Euphoria with Adrenalin injection (Unlike prior experiment)

Emotion Precedes Cognition

- Fear is such (and Anger)
- Nerve fibers go from eyes to Amygdala directly → extreme fear
- Monkey with ↓ Amygdala → extreme unreal
- Amygdala (emotion) does esp. done for fear & anger

Subliminal Messages

Whalen et al

→ Message flashed for fraction
of a second

- Increased activity in Amygdala of those who saw frightened eyes Vs. Normal eyes.
- Chinese Char. (1 diographs) presented after happy/sad ~~sides~~ emotion words → fMRI

Facial Expressions

→ Pencil in the lips

↳ makes people smile

• They become Happier

→ Botox Injections

- Paralyze frowning Muscles
- Depression becomes better

after 2 months.

Detecting Emotion

- Subtle Expressions (Mirror Neurons, picking / resting cups)
→ 10s clip enough for people ~~gaze~~ to gauge whether teacher likes / admires student
- 1/10th sec enough to make judgement
→ Inception of Accuracy
- Rosenthal & Hall (1979)
→ 2s enough

Gender & Decoding expressions

- [Hall]
• Women are better than men at gauging emotions.

- Related to Culture

1.10.18

→ Women more likely to feel emotion on seeing emotion
(Empathy)

→ Some emotions cultural
ex: Men don't cry

→ Others universal Izzard.

{ • Happy. • Surprised }
 • Sad. • Disgust
 • Angry • Fear
 ↑ Adeptive

→ rare emotions

→ Not so rare.

+ Contempt (Very psychological)
superiority,
Another person

+ Interest Excitement

"Emotions are Universal"
& Adolphine - Darwin

- 1) ~~Awe~~ Fear → Ominously, adolphine
→ Fight/Flight
- 2) Happiness Adolphine → ~~I'm~~ Truly happy
for Someone Else
↑ Social Bonding
- 3) Sadness - Adolphine?
 - A way for Body to tell mind
to take a Break,
 - To incorporate the event
into mind, accept/Get over it
- 4) Disgust
 - Eat/smell something bad
 - Don't eat it
- 5) Contempt
 - Downward comparison,
protect yourself
- 6) Excitement: Expression of Interest

Ekman 1971

- Primitive, isolated tribe
 - Hunter Gatherers
 - No Media
- Showed pictures of American Undergrads expressing emotions
 - Described emotions accurately with a story (their own context)
- American UGs also described facial emotions correctly
- Skip Hansen
- Easy to identify emotions from our own culture (controlling for Race)

Fear

- Learned Fear: Parents afraid of dogs, we are too

- Little Albert - Watson
- 2 → White Rat & loud noise
 - Afraid of Rat

Monkeys

- Monkeys reared in lab not afraid of Snakes
- When they saw movies of wild monkeys being afraid of snakes they too learned to fear it.
- Fear could not be taught for flowers (Natural tendency easy to learn)

Amygdala Damage Experiment

- 2 → Slides
- Schacter: ~~BD~~ Humans with Normal Amygdala → fear slides

Damaged Amygdala
→ Remembered Connection
but did not fear.
→ Conclusion:
Amygdala = Emotion & Learning

Adolphs 1998

→ More role of Amygdala.

Gene: Reuptake of Serotonin.
occurs after some time
(Re-alsoaked)

- Gene ~~pass~~ that prevents Reuptake of serotonin.
- So Serotonin Persists
 - ↑ Anxiety { Role of
 - ↑ Fearful } Amygdala

→ Too much Re-uptake

- Depression

Anger

→ Physical sensation can create aggressive response, threshold for aggression lowered
→ High T, . . .

→ Catharsis: Venting, Release

- Catharsis leads to ↓ Aggression?
- New studies: Catharsis exacerbates aggression.
- Cathartic = "to Release"

→ Ruminations: Replay Insult in our minds every day.

- "I should have done this differently" . . .

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4.10.18

- Anderson & Bushman
→ Affect: One Aspect of Emotion
(Emotion is bigger picture)
• Instantaneous emotion
- Thoughtful Action: Wait for right moment
 - Wait for ↓ Arousal
 - Constructively say it
 - etc

Emotion & Health: Suppress for some time then say. Wait, be Assertive Not Aggressive

Happiness

- Happiness : fleeting State
- Well Being : Long term
 - Social : Relationships
 - Cognitive : Ack. Happiness

III • Physiological : Endorphins
(rare → extreme
→ euphoria)

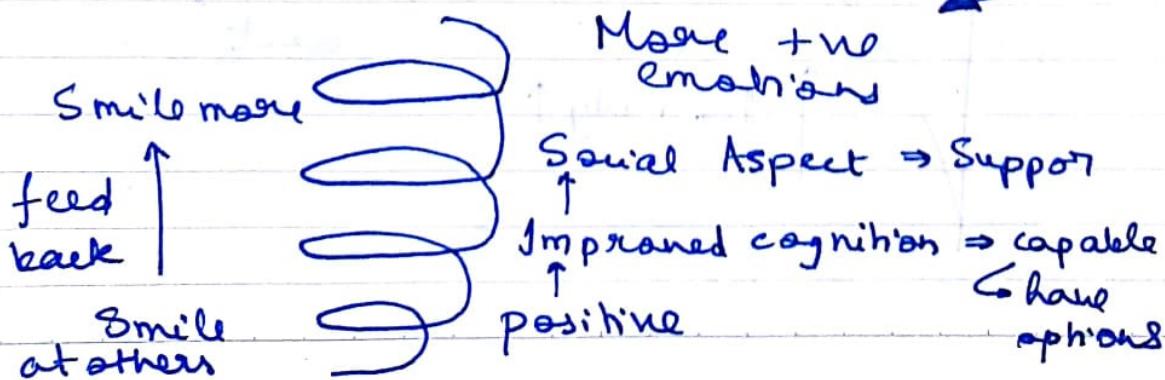
- How do you feel : Energetic
→ Feeling of Relaxation, floating sensation
- flow :
 - Another true emotion
 - Everything fits together

What leads to happiness

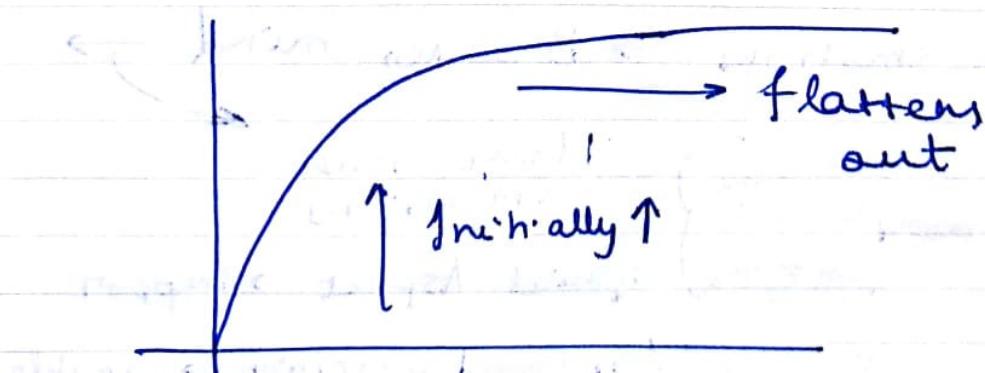
- Achieving Goals
- Income / Money (upto a point, when poor)

Fredrickson - Broader & Build Model

- true emotions → Broader mind →

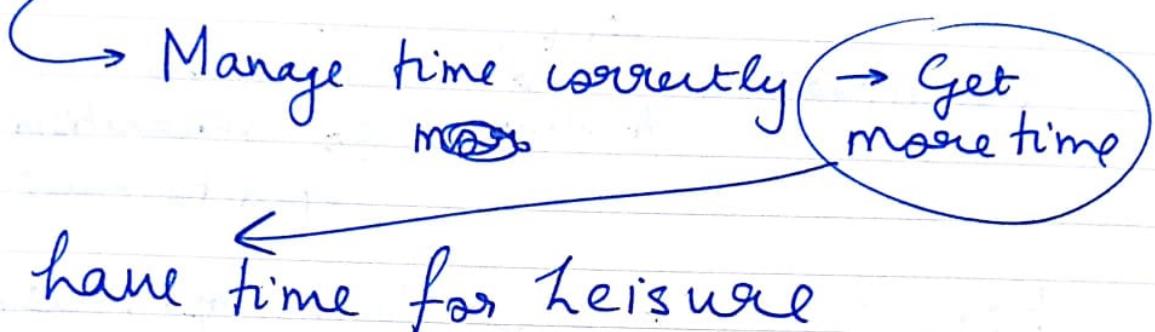


- People tend to over-estimate the long term impact of emotion.
- Trajectory of ups & downs.
 - HIV patients undergoing Dialysis's
 - Not Always unhappy
(Always depressed)
 - Dialysis's : Advanced stage of HIV, despite this, good mood after getting used to it.
 - Differs person to person



• Prior Experience

① Happiness & time



8.10.18

Personality

- Organiser of other Psych. traits.
- So far Sleep, Emotion, Learning...
now study whole person in one go
- Personality = \int
- Hypothesis + Research → Theory

Wundt

- System → Over-Arching System

Person. Org.

→ Trait Organization

Questionnaire → Factor Analysis Traits
ex Conservatism
Open to new

Big 3/5 → 3/5 Most imp. traits

→ Structural : Freud

Person Devpt

- Erikson's → Evolves in Stages & Piaget

Freud → Brain functionally

→ A Doctor of Neurology became Psychiatrist

Pathology of Beh.

→ lined theory WW1 & WW2

→ Interpret. of Dreams

A
D

- Apprenticed with Jean Charcot

Not exactly Psych.

Used Hypnosis on Patients

→ Hypnosis ? = Focus on something

Susceptible to opening up,
accepting ideas

Hypnosis Effective → Psych. Placebos

→ Next worked with Joseph Breuer

• Talking Cure : Patients come
and talk

• Revolutionary → No Therapy
existed

• Patients : Upper cast, Austria;
Viennese patients

→ Anxiety Problems

→ Women Mostly

→ Neurosis / Neurotic prob.

Anxieties (Different from
OCD)

Depression

Psychosis : Schiz.

→ Careful, Detailed
notes of Patients

Anna Oh → Narcissism

Typical ←

- Numbness in hands
up to wrist
(Not possible
physically)

→ Freud-Brew Fallout

↓

- Everything a Sexual Motive
- More Complex

→ Psychoanalytic Theory - Freud

- Certain objects are dream symbols
(Cultural Phenomenon)

In "My shaman healers" Author says that
Bolivians ask about dreams
(Objects they saw in
their dream)

- Freud Analyzed Patient's Dream

→ Better → Analyze own Dream

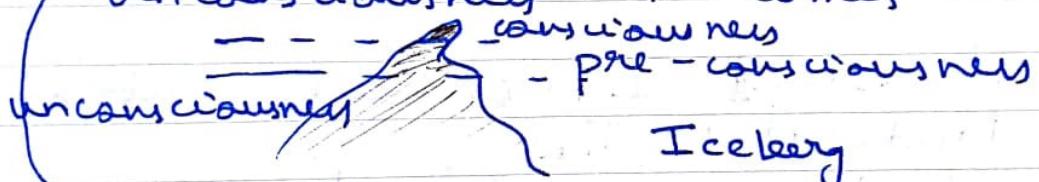
- Death of loved one → Guilty → Anxiety
in Dream

↳ Reality : Worried for them.

- Reasoning → Consciousness: able

 suppressed xyz
 completely

↳ Unconsciousness : All comes out



⑩ → "Free Association" like
Rorschach's Ink Blots

- Talk About problems : Self Realization

Structures

Id

- Animal Inst.
- Born with ex Hunger
- Need sati's., pleasure

(Under Id)

- Ego (Reality pr)
- Interface with world
- Satisfy needs in apt manner
- The Right Way

Super-ego

- Internalize rules & norms of society

9.10.18

id → Basic Instincts

→ Animal Part of Us

→ B.F.'s

→ Pleasure Principle

Ego → Not long-term

→ Interfaces with World

→ Satisfies ID in Real Context

→ Moderates ID

→ Can't Steal Food

Super Ego

→ Morality → Do's & Don'ts

→ If too strong : Guilt for
No Reason

~~Super Ego~~ Vs Ego

• Not concerned
with Id

• For the id

6

- Super Ego → Be above ID
- "Humanity" → Destroy ID
- Threatening ID - Fast, Celibacy
- ID → ↑ Energy, ↓ Conscious
- Ego → Takes energy from ID
 - An Agent of ID

Anxiety

- Freud's Biggest Contribution
- Neurosis ↔ Anxiety
- Reality Anx: Lion, snake, fast car
for inst.
- Neurotic: Will get punished
fear the punishment
 - Depression, OCD, ...
- Moral: Fear of the Conscience
- Internalized problem, whereas for Amoral: No Anxiety about Crime, fear ~~break~~ law/punishment

- Physio Growth
- Faust.
- Conflicts
- Threats

Devpt is
in Response
to
these

- Identification

→ As we grow, we identify with Parent (usually) → later Seniors

→ Identify with ⇒ Be like them
 "Look at
 your Brother" ⇒ Imitate them
 → Role Model ⇒ Social Learning

→ Id = 2.5 year old

- ~~Look~~
- ~~Look~~ Behind the Surface, In an Abstract sense we are doing Social Learning / Imitation for Parent

→ Id

→ ~~Dis~~ Displacement

- Sublimates primary need

↳ Something higher

↳ ex Eating (excess) → Not possible



Become Chey (Substitute)

ex Really Angry → Write hard hitting satire

Socially Acceptable

ex Leonardo Da Vinci painted
Madonna (Mother Mary) Again & Again

↓ Become

Sublimation for feelings for Mom
(Separation)

- Sublimation is 1 type of disp.

Defense Mech. of Ego

ex Cheating

Justified in Cheating : "So Much pressure, no choice"

Id → "Get the Marks"

Super Ego → "Don't Cheat"

Fear : IP (Caught / Given cheated)

• Repression (Wrong in slide)

→ Experience is so traumatic

↓
Can't bear it

Forced into Unconsciousness

↓

Not Aware we have put it
in Unconsciousness

ex Never Cheat, Cheated once
→ Forget completely

- Psychoanalysis : Uncovering Repression
 - Betray / Get Betr.
 - ↓
Patching Consc.
 - ↓
Forget it
- Heal yourself

→ Projection : You hate X
think X hates you

- Avoid taking Responsibility for what we are feeling
- You may be jealous of someone
 - ↓
Think they are jealous of you

Convert : Moral Anxiety → Reality Anxiety

→ Regression :

- Traumatic Experience → Child like behavior
- By being in earlier St. Child state → Feel Protected

ex Go home → like Child
→ No chores / Resp.

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Stages of Devpt.

- Id ≈ Bio. Needs
- Super Ego ≈ Social Learning
- Ego ≈ Social Manifestation of Bio. needs

→ "Freud Theory"
→ "Erogenous Zones"

1) → First, Since Birth, Sucking Reflex,
for Survival

→ Important for Children

Birth → 1/2 years

→ All "pleasure" from oral cavity

→ Poor Sucking → DL

→ Experience world through mouth → Vascular Conflicts in this Stage

→ fixations ... later

2) Anal Stage (2 years - 3)

- Toilet Training
- Upto 2 years child not responsible for itself, clean them, care for them, like organism
- At 2 years, External Expectation/pressure on them to do the right thing
- Child - "Why Should I?"
- Must learn control.
- First realize that Society has Expectations.
- Can't be too strict or ~~line~~ linear.

3) Phallic Stage (3 - 5 years)

- Edipus complex
- Edipus: King. As a child, seper. from mother, became King of neighbouring Kingdom
- Mother wife of King of Neighbouring kingdom.
- Captures Kingdom, Marries his mother (Didn't know)
- Lesson: Do a taboo → Everything terrible
- Mother primary love object.
(Boys & Girls)

→ 19th century, Male Centric Theory

- ~~Does~~ Same Sex parent → ↓ Love, ↑ Competition
- Different Sex → ↑ Love,

• Ex. Edipus Complex in Boys,
Affection of Mother and
Resentment for Father

↓ → (5 years - 15 years)
Latency (Nothing happens
for a while)

→ Boy identifies with further
father, Edipus Complex Resolved
15 years - Adulthood (4. Genital)

→ Freed says alone is normal devpt.
• If not followed, may lead
to abnormal personality

4. Resolution of Edipus Complex
leads to Devpt. of Super-Ego
(Morality)

• Animal schooled into Social
Mould

- ↓ Narcissism, ↑ Altruism,
↑ Considerate
 - Stage of Achievement reached
 - Came out of Hedonist, Narcissist stage,
- Fixations (Not coming out)
of a stage
- Oral fixation: Smoking, Lollipops, eating....
 - ~~Anal~~ Anal Stage: Constipation, ~~obsession~~ obsession with it....
 - Phallic Stage fixation: Conflicts with Father, Social problems.
 - Genital: Reached \Rightarrow Mission complete

Criticisms

- Makes claims, not backed by data / Method.
- Abstracting everything to Sexuality
 - Imp. but not everything
 - May a different time
- Sensationalist

Darwin Evolution

-1859

→ Freud : Id is Imp.

Contemp : Focus on Reality/
ego

→ Can't determine if true

Freud 1890's

15.10.18

Erik Erikson

- Some people Against Freud - too much focus on sexuality
- ~~Yule vs. Yule~~ Others → Social issue
- Yule : "Over generations some ideas of the culture have percolated into minds"
- Programming to pick up ideas different in different cultures.

- Yule

Darkness of Unconsciousness

→ Twinkling lights, far flying
in darkness

↓
Islands Represent Consciousness

↓

Governing concepts change, different
things become important (Islands in)
^{Inside-Out}

→ Talks about Adult Devpt. as
Erik Erikson (Germany) well

→ Father Never knew real father

→ Identity Crisis

→ Became Montessori teacher while
on Europe Solo trip.

→ Studied Native Indian / Red Indian
Culture • Child Rearing

• Erikson ~~saw~~ saw other cultures,
differences

ex Age of Weaning

→ Theory Integrates Cultures

- Proposes theory 1950
"Childhood & Society"
- Emphasised differences b/w tribes

8 Stages of Person. Devpt

- * 1) Most imp for all Conflicts, Trust is the basis of Hope.
- Basic Trust + Vs Mistrust (0-1y) (ORAL)
- We are Bipeds
 - Small Pelvic Regions \Rightarrow Depression Basis is Set
 - Babies born early
- \hookrightarrow "Discomfort of Immature Homostasis"
- ~~2)~~ • No Self Regulation
- \rightarrow Don't know Hungry / in Pain etc
- \rightarrow ~~3)~~ Just Cry
- \rightarrow Mother performs Self Regulation. Even though Hope is Irrational, it is a trust in ourselves.

- Outer predictability becomes inner certainty $\{ \text{Trust} \rightarrow \text{Hope} \}$
 (Mother becomes Inner certainty)
 ex of Absence: Orphanages, someone loves them
 Mother Depressed \rightarrow Child Suffers.
 - By trusting others learn to trust ourselves. $\{ \text{Trust} \sim \text{Religion} \}$
 - Institution: Religion $\{ \text{God} \sim \text{Trust} \}$
-

2) Autonomy Vs Shame/doubt (ANAL)
 $(2-3 \text{ y})$

- Too much strictness
 - ↳ Shame & Guilt
- Shamed/put down
 - ↳ loss of self control
 - Foreign over control
 - Leads to Doubt & Shame
- For Autonomy → Self Regulation (Internal)

→ Inability to develop Autonomy → Shame

ex No toilet training

Virtue → Will
 Institution → ↓ important

3) (Phallic) Initiative Vs. Guilt

(3-5y)

- Baby → Person
- ~~The~~ All abilities come together
→ Able to do things
- Active being with Agency → Ability to act
- Restriction, scolding "don't do will develop Guilt that"

Virtue / Value → Sense of Purpose

Institution → Economic Ethos

Role Models → People in Uniform

ex

Engine Driver,
Policeman

4) Industry Vs Inferiority (Eg (Latency) (8y -14/15y))

- Learn tool up
- The tools of the Culture
ex Reading, Writing, Math
- Virtue : Competence.
- Like Vygotsky
- Work hard, Learn skill

Inst. : Technological Ethos

5) "Identity : Mid teens - late teens Moratorium" Adolescence

- Develop ego Identity, Role for themselves, looking for a career
- Done by exploring different roles
- Can be role/identity confusion.
- Teenagers → Hero Worship
 - Commitment/Conformity to something

Reality : No Real purpose

- More concerned with how they appear in the eyes of others, as compared to how they feel they are
- "Looking Glass Self"

Virtue : Fidelity (Loyalty) (Commit.)
to a role we choose
Not keep changing career paths.

- * • Self & Identity developed
Insti → "Naukri.com"

6)	Intimacy Vs Isolation - Love
<ul style="list-style-type: none">• Life partner to make commitment to• Intimate relationship with somebody• Love	<ul style="list-style-type: none">• Incapable of relationship• Leads to isolation

III (5) + (6) → Freud

"To Love & to Work"

7) Generat... (• 33 35+ years)

→ Gen.: Having Children (literal
sense)

But also about being productive,
(Abstract) creative,

Mentoring people at work,
teaching Next Generation

- Staynning: loving for oneself,
No one to care for
 - caring about work, communicating
~~Work~~ motivation
 - caring in Abstract sense, literally
caring for children

• ~~Not~~ Choose to Not have Children
→ Change mind @ 45 → Adopt Children

Also....
• "Metaphoric Children at the
Workplace"

8) Ego Integrity Vs. Despair.
(Retirement)

- Retired, looking back a life
- Have a feeling that life was meaningful.
- I got one chance made the best of it.
- Coherence is important, if feel like Wasted life → Despair
- Despair → Fear Death

• "Integrity comes from Trust"
- Oxford

Virtue → Wisdom

Stuck Traits
Bio + Personality

Big 5 traits using Factor Analyses like PCA

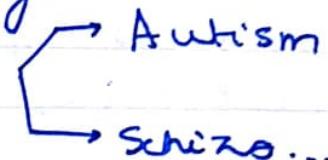
Consensus
18.10.18

- Only Average Behaviour is predictable.

- Person & Situation → Social Psychology

- Situations make people behave more similarly than personality

(No slides) Psychopathology



Autism

Diagnosis

→ Abnormal : Away from the norm

- Norm • Frequent • Cultural
- Ideal • functionality

→ The behaviour points/patterns
reference book

DSM IV : Disease se.. manual

ICD 10 Unicef

- Childhood disorder : ADHD, Autism (ASD)
- Anxiety " → Neurotic (OCD)
- Mood " → Depression
- Thought " → Schizophrenia
 - ↳ Thoughts Incoherent
 - No Conversation possible
 - Hear voices
 - Becomes Withdrawn

Mostly
Late teens, early 20's
Not Children

- Thoughts are public

Psychotic Vs Neurotic

- | | |
|----------------------------------|-------------------------------------|
| • Don't know / feel sick | • Episodes (6-9ms) |
| • Can't do anything about voices | • Distressed, willing to get a cure |
| | • OCD is way of coping |

- Abnormal ↔ Dysfunctional

DSM -- How? (Dic. of Disease-Symp.)

- Everybody with different symptoms
- ex India → ↑ Depression; but undetected

- DSM write to psychia; psycho., social workers

update: Gaming Addiction, Addiction
Internet Addiction to Devices

- Making Dysfunctional?
→ Possible (Gaming)

- Therapy Vs. Medication

→ Person reacts to real life situation (As another person ~~would~~ would)

ex bereavement, death, ~~too~~
therapy, helpful, will ~~not~~ work.

- No Incident / no real situations to trigger (Maybe Internal)
- May be likely Psychological
- ~~fine time~~
- First defined in 1943 based on 11 case studies
- Very rare, in the last 20 years sky-rocketed (Better Diagnosis)
- Social Isolation: Hallmarks: Gaze is abnormal, No focus of eyes, attention
- Babies ~~3 mo~~ (sun world → smiling starts, make eye contact)
- React, talk back; babbling, with conversation, taking turns talking, gaze behaviour
- Autism → No Eye Contact, Response
No Attachment, Response
- Routines → Must eat cereal in Red Bowl (Need for sameness): Severe tantrums, continues to 7-8 years of age.
- Talk → Speak in minimal words (Mutism)
 - Speaking/chanting to calm themselves down
- Echolalia: Keep repeating last word.

- DSM IV Def of ASD (Aut. Spectrum Disorder)
 - Different levels of functioning
 - High, Med, low
 - ↓
grow out
of it
- Asperger's Syndrome : Autism + Intelligence
- Associated features: ↑ Memory, ↑ Painting ability

Symptoms → No babbling / Gets talking by 12 months

 - No Words 16 mos
 - ↑ Language, Social skills
 - OK till 6 months → followed by ↑
- Cause of Autism → Unknown!
 - Vaccination → No!
 - But Immune System → Yes!
Some connection
 - Mental Retardation + Autism also possible.
"Co-Morbidity"
- 22.10.16
 - 1) → Age of Onset
 - Patterns
 - Early Developmental Delays
 - Lack of Speech
 - Lack of Recognition (to their name / mother)

⇒ 2) Developmental Losses (2 years onwards)

- Falling back
- Regressive Autism
- Normal till 2, sudden loss

→ Prevalence ↗ US: 1.47%
India: 0.23% (1 study)
Kolkata

- ↑ in Rich Countries, ↓ in developing
- Diagnosis is the reason
- Until child goes to school, no one diagnoses
- A subtle Disorder

→ Gender and SES

- ↑ in ~~for~~ upper SES, parents educated ⇒ Better Diagnosis
- Gender 4 : 1
Boys : Girls
 - No Difference in Symptoms
 - Not learned
 - Co-Morbidity
 - Low Intelligence, High Intelligence etc.

• "Somali Migrants in Minnesota & Sweden" → Really Weird;
Adds to Mystery

Symptoms

- Gaze : Focus is off the face
- Flat Affect , No Emotions
 - Temper tantrums if sameness disturbed
- Vocalizations : No Babbling/talking
- Initiate & Reciprocity ↓
 - Children have poor social skills but improve over time
 - ex 2 year olds can't play with each other
- Imitation → ↓

School

- Non comm. : Chanting
- Cognitive variables
 - Gauging for social skills
 - Studies : No Problem
 - No IQ issue
- IQ Issues
- Inclusive schooling → Better ?
Teacher Training Required

Etiology = Causes (Not a Syndrome)

- Genetic factors present not identified
- Teratogens : Toxins in Env.
Maternal Rubella → Autism (^{Not always})

- Early exposure to Teratogens
(Early Pregnancy)
 - ⇒ Lisol (Very Strong), Phenyl (Mild)
 - Samoli's → Dark Skin to Avoid Sunlight → In Sweden
 - Both Identical twins have it not enough sunlight
- Neurological Factors
 - Anatomy / Physiology → Different NNs
 - Chemical -
- Overstimulation : Us at Dader Station
 - Normal people → Distract themselves from it, Autistic can't
 - Unbearable Stimulation
 - Use VR emotions for treatment

Treatment

- Skills : Teacher prompts child to initiate social behaviour ex "Rub the Board"
- Natural observation important
- Reinforcement in free play (Social Behaviours in F.P)

23.10.18

Recap

ASD >> Autism → But still ↑ & Rising

- Assessment of Depression
MACC test

Motility : Not too rigid

Affect : Emotions

Cooperation :

Communication : Rooted in reality

Rheumatological Conditions

→ Perception / Motor tasks

→ EEG {
MRI } to check if a tumor
PET } is causing psychiatric
conditions

→ Skip Slide on DSM (Maybe ??)

Why Manuals ? Negatives → people
associate label
↓
Stigma

→ List of categories of Disorders
(1) → Autism is an example

Depression → Symptoms last for
a long period of time

→ Women = 2 × Depression of
Men

• So
Neg

→ Genetic Vulnerability to Depression
• Family history ↑ Probability

Seasonal Depression

- Winters, gets pitch dark very soon, day is over, haven't done anything
- Photo-therapy
- Seasonal Affect Disorder : like Hibernation in Animals but for Humans
- At home from uni, ⇒ don't have to do anything
- In cultures which have Gender Roles, Normative expectations, ↓ freedom
⇒ Higher Depression
- Balance b/w Structure & too much freedom
ex U.S
- Depression : ↑ Public health concern
→ since ↓ productivity & work-force
- Causes of Depression
 - Genetic, shrinking of Hippocampus (Smaller Hipp.)
 - Social - Cognitive : Talking it personally, Negative Attitude in Life, Ruminating

- Serotonin Nor epinephrine
dopamine
- Treatment with SSRI
 - Serotonin Selective Reuptake Inhibitors
 - Reduces depression with side effects.
- ECT : Electro-Convulsive therapy
 - Done if Anti-depressants not working
- Psychological Approaches : Change Negative thinking about Why me!
 - Teaches to not take things personally
- Morita therapy by Shoma Maruta
- Japanese : Sensitive, perfectionistic
 - leads to depression
- Therapy that says : Do stuff by sticking to schedule.
 - Thought Focus replenished
- Exercise w/o medication → Endorphins → Feel Good but vigorous exercise. Run for 45min, weights. Do
 - Better Effect

- Gender Dysphoria → Confusion for trans-gender
- Exercise / Yoga before Medicine
- 2030 Depression : More Isolation, ↓ Other
- Anti-depressants → Suicidal & death sometimes
- Schizophrenia (psychotic symptoms)
- Not Split personality (Dissociation)
- Depression → Realise there is a problem.
- Schizo → Don't know, no insight
 - Auditory : Real !
 - Flat Affect : No Emotion / Exp.
 - Delusion → FBI Monitoring me, Man Conspiracy, chip in my Arm etc...
 - Perception : Out to get me !
 - Control : Someone controlling me !
 - Poor Report → ↓ Conversation / Comm. skills
 - Hearing thoughts → Broadcasting
- too less Dopamine too much

Parkinson's	↓ suppress	Schizophrenia
Gait Shuffling (Tardive Dyskinesia)		
Dopamine (Unterminated)		
- Grandeur : Think that I am great.
that's why FBI
(This slide was categories of Schizo)

- Brain : MRI Reveals ventricle enlarged (Cause or Effect Unsure)

Treatment

- Sedatives to solve problems of family
 - Bad Idea
- Bio-Medical Perspective
 - Lobotomy : Cutting corpus callosum
 - Lesions in Amygdala
- Behavioural Perspective
 - Operant Conditioning / Tokens /
- Psychoanalytic Perspective
 - Freud, unresolved conflicts manifesting
- Humanistic
 - Patients : Regimented, Restrained; treated like they don't matter
 - Better treatment / Human like

- Cognitive - Behavioural
 - Asylum = Refuge / Place of Shelter, supposed to be a peaceful place

23.10.18 Resilience : To Bounce Back

- Atypical Schizophrenics (Resh from video)

- People able to recover were competent before onset.
- Children of Mothers with Schizos.
 - Those who were able to recover had 1 competent adult relationship (surrogate)
- Learning & Problem solving & Relationships (Mother-Child)
 - Hawaii Study: Risk factors include pre-natal, other insecurities, a longitudinal study
Ages { 1, 2, 10, 18, ... 40 }
 - $\frac{1}{3}$ rd at par with \oplus Normal households
 - House structure imp.

Clusters of Protective Factors

Community: Place to Study, ex Libraries, a ~~quiet~~

Age Salient Task: Class 8, 10, 12
Getting a Job

Subjective: Feel OK about yourself

30.10.18

Resilience Model → Richardson

NO.

DATE

Resilient Reintegration : Better than
homestasis

→ Poverty : All other stressors are
exacerbated

Medical emergency : Huge Problem, loses day's
pay

→ Richardson : Resilience as Outcome
→ What happens after

→ Haaney 2007 : Like Bronfenbrenner's Model
Self ↔ Environment

→ IITB Research Model

→ SES is all encompassing

→ ID ≡ Intel. Disability

→ Adaptation ≡ thoughts, Coping ≡ Behavior

→ Giving meaning / Ascribing meaning makes
the experience bearable.

→ Cultural factors : Many Identities ⇒ Better
for Recovery