

PROJECTIVE TECHNIQUES

Projective techniques



- In psychology, a **projective** test is a personality test designed to let a person respond to ambiguous stimuli, presumably revealing hidden emotions and internal conflicts projected by the person into the test.
- Projective tests have their origins in psychoanalytic psychology, which argues that humans have conscious and unconscious attitudes and motivations that are beyond or hidden from conscious awareness.

Definition of Projective Techniques

- An unstructured, indirect form of questioning that encourages respondents to project their underlying motivations, beliefs, attitudes or feelings regarding the issues of concern.
- In projective techniques, respondents are asked to interpret the behavior of others.
- In interpreting the behavior of others, respondents indirectly project their own motivations, beliefs, attitudes, or feelings into the situation.

Projective techniques

- The general theoretical position behind projective tests is that whenever a specific question is asked, the response will be consciously-formulated and socially determined.
- These responses do not reflect the respondent's unconscious or implicit attitudes or motivations.
- The respondent's deep-seated motivations may not be consciously recognized by the respondent or the respondent may not be able to verbally express them in the form demanded by the questioner.

- Advocates of projective tests stress that the ambiguity of the stimuli presented within the tests allow subjects to express thoughts that originate on a deeper level than tapped by explicit questions, and provide content that may not be captured by responsive tools that may lack appropriate items.







Card

Popular responses ⁽⁵⁷³⁵⁸¹⁵⁹⁾

Comments ⁽⁶⁰²⁶¹⁾



Beck: bat, butterfly, moth

Plotrowski: bat (53%), butterfly (29%)

Dana (France): butterfly (33%)

When seeing **card I**, subjects often inquire on how they should proceed, and questions on what they are allowed to do with the card (e.g. turning it) aren't very significant. Being the first card, it can provide clues about how subjects tackle a new and stressful task. It is not, however, a card that is usually difficult for the subject to handle, having readily available popular responses.



Beck: two humans

Plotrowski: four-legged animal (34%, gray parts)

Dana animal: dog, elephant, bear
(France): (50% gray)

The red details of **card II** are often seen as blood, and are the most distinctive features. Responses to them can provide indications about how a subject is likely to manage feelings of anger or physical harm. This card is also notable for having a variety of common sexual responses.



Beck: two humans (gray)

Plotrowski: human figures (72%, gray)

Dana (France): human (76%, gray)

Card III is typically perceived as containing two humans involved in some interaction, and may provide information about how the subject relates with other people (specifically, response latency may reveal struggling social interactions).



Card 1

Popular responses
bat, butterfly, moth



Card 2

Popular responses
two humans, four-
legged animal, dog,
elephant, bear



Card 3

Popular responses
two humans, human
figures



Card 4

Popular responses
animal hide, skin, rug



Card 5

Popular responses
bat, butterfly, moth



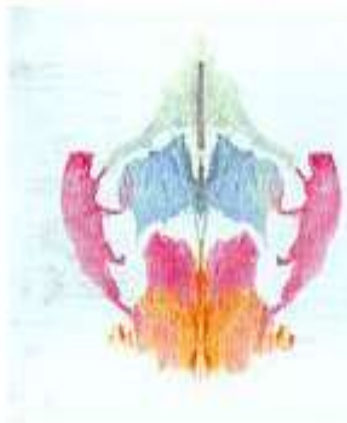
Card 6

Popular responses
animal hide, skin, rug



Card 7

Popular responses
human heads or faces



Card 8

Popular responses
animal: not cat or dog
four-legged animal



Card 9

Popular responses
human

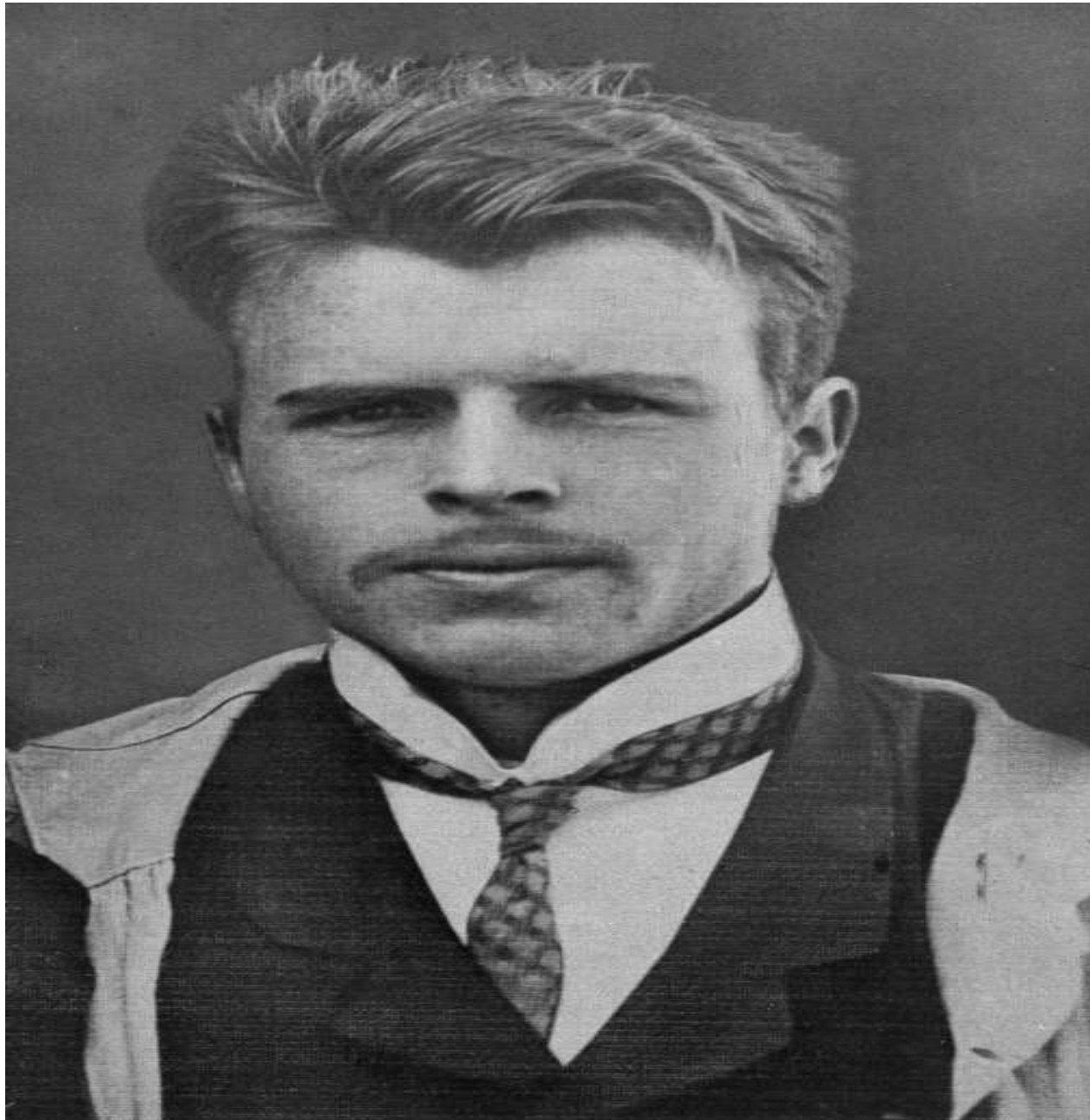


Card 10

Popular responses
crab, lobster, spider
rabbit head,
caterpillars, worms,
snakes

Rorschach test

- A projective psychological test : created in 1921 with the publication of *Psychodiagnostik* by Hermann Rorschach.
- The best known and most frequently used projective test
- consisting of 10 inkblots printed on cards (five in black and white, five in color)
- A subject is shown a series of ten irregular but symmetrical inkblots, and asked to explain what they see.



Rorschach inkblot test

- The subject's responses are then analyzed in various ways:
- what was said
- but the time taken to respond
- which aspect of the drawing was focused on
- how single responses compared to other responses for the same drawing.
- For example, if someone consistently sees the images as threatening and frightening, the tester might infer that the subject may suffer from paranoia (an extreme and unreasonable feeling that other people do not like you or are going to harm)

Thematic Apperception Test (TAT)

- It is a projective psychological **test**.
- Developed during the 1930s by the American [psychologist Henry A. Murray](#) and psychoanalyst [Christiana D. Morgan](#) at the Harvard Clinic at [Harvard University](#).
- A person's responses reveal underlying motives, concerns, and the way they see the social world through the stories they make up about ambiguous pictures of people.

TAT



Thematic Apperception Test (TAT)

- Thematic Apperception Test (TAT) in which an individual views ambiguous scenes of people, and is asked to describe various aspects of the scene;
- for example, the subject may be asked to describe:
 - what led up to this scene,
 - the emotions of the characters, and
 - what might happen afterwards.
- A clinician will evaluate these descriptions, attempting to discover the conflicts, motivations and attitudes of the respondent.
- In the answers, the respondent "projects" their unconscious attitudes and motivations into the picture, which is why these are referred to as "projective tests."

Thematic Apperception Test (TAT)

- The complete version of the test contains 32 picture cards. Some of the cards show male figures, some female, some both male and female figures, some of ambiguous gender, some adults, some children, and some show no human figures at all.
- One card is completely blank and is used to elicit both a scene and a story about the given scene from the storyteller.
- Although the cards were originally designed to be matched to the subject in terms of age and gender, any card may be used with any subject.

V. Tomkins-Horn picture arrangement test:

This test is designed for group administration. It consists of some objects that may be arranged in different ways to portray sequence of events. The respondent is asked to arrange them in a sequence which he considers as reasonable. The responses are interpreted as providing evidence confirming certain norms, respondent's attitudes, etc.



Put the following in the correct order

Picture Arrangement Test

- The **Picture Arrangement Test** is a psychological test performed by giving the subject pictures of a person with various facial expressions.
- The test consists of 25 sets of three pictures that the subject is asked to tell a story with by putting a card in sequence and writing a sentence about it.
- The test was created by [Silvan Tomkins](#) who used it to practice reading facial expressions by watching a recording of the story being told with no sound.

Word association test

- Word association testing is a technique developed by **Carl Jung** to explore complexes in the personal unconscious.
- Jung came to recognize the existence of groups of thoughts, feelings, memories, and perceptions, organized around a central theme, that he termed psychological complexes.
- This discovery was related to his research into word association, a technique whereby words presented to patients elicit other word responses that reflect related concepts in the patients' psyche, thus providing clues to their unique psychological make-up

Word Association

In **word association**, respondents are presented with a list of words, one at a time and asked to respond to each with the first word that comes to mind. The words of interest, called test words, are interspersed throughout the list which also contains some neutral, or filler words to disguise the purpose of the study. Responses are analyzed by calculating:

- (1) the frequency with which any word is given as a response;
- (2) the amount of time that elapses before a response is given; and
- (3) the number of respondents who do not respond at all to a test word within a reasonable period of time.

Word Association

EXAMPLE

STIMULUS

washday

fresh

pure

scrub

filth

bubbles

family

towels

MRS. M

everyday

and sweet

air

don't; husband does

this neighborhood

bath

squabbles

dirty

MRS. C

ironing

clean

soiled

clean

dirt

soap and water

children

wash

Sentence completion tests

- **Sentence completion tests** are a class of semi-structured [projective techniques](#).
- [Herman Ebbinghaus](#) is generally credited with developing the first sentence completion test in 1897.
- Sentence completion tests typically provide respondents with **beginnings of sentences, referred to as “stems,”** and respondents then complete the sentences in ways that are meaningful to them.
- The responses are believed to provide indications of attitudes, beliefs, motivations, or other mental states.
- Therefore, sentence completion technique, with such advantage, promotes the respondents to disclose their concealed feelings

Sentence completion test

- Sentence completion tests require the subject complete sentence "stems" with their own words. The subject's response is considered to be a projection of their conscious and/or unconscious attitudes, personality characteristics, motivations, and beliefs.

- Example
- My father seldom.....
- Most people don't know that I'm afraid of.....
- When I was a child, I.....
- When encountering frustration, I usually.....

Construction Techniques

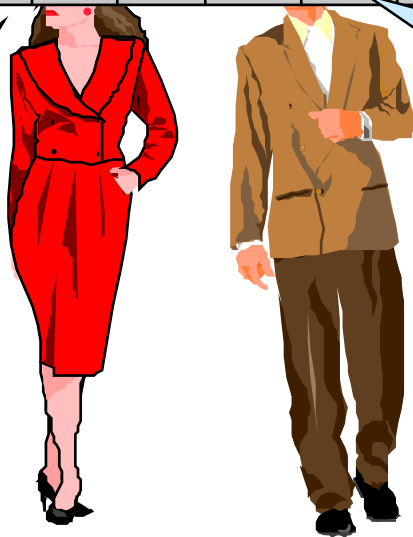
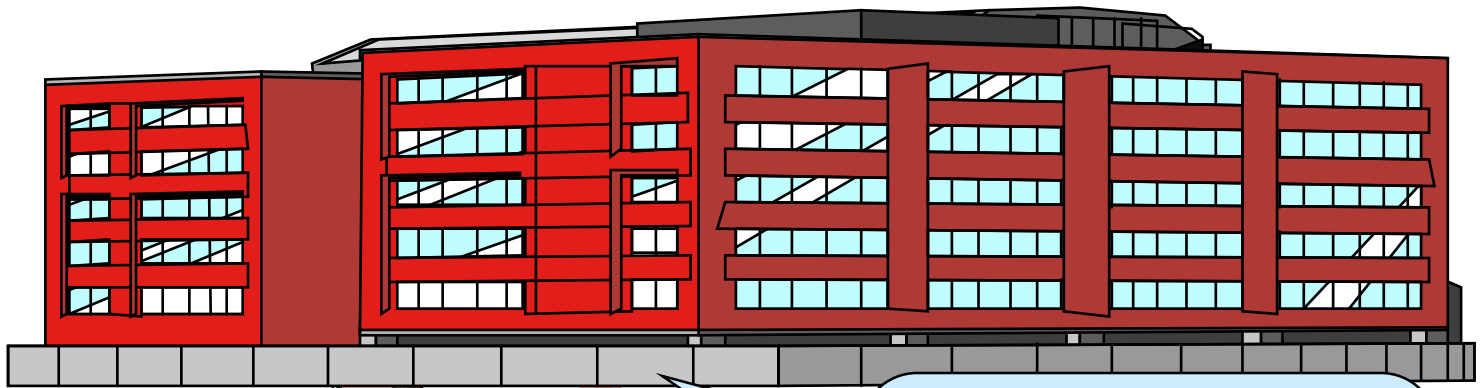
In **cartoon tests**, cartoon characters are shown in a specific situation related to the problem. The respondents are asked to indicate what one cartoon character might say in response to the comments of another character.

Cartoon tests are simpler to administer and analyze than picture response techniques.

A Cartoon Test

Figure 5.4

Sears



Let's see if we can pick up some house wares at Sears

Psychodrama

- **Psychodrama** is an action method, often used as a psychotherapy, in which clients use spontaneous dramatization, role playing and dramatic self-presentation to investigate and gain insight into their lives.
- Developed by Jacob L. Moreno, M.D. (1889–1974) psychodrama **includes elements of theater**, often conducted on a stage where props can be used.
- **By closely recreating real-life situations, and acting them out in the present, clients have the opportunity to evaluate their behavior and more deeply understand a particular situation in their lives**



Sociodrama

- A **sociodrama** is a dramatic play in which several individuals act out assigned roles for the purpose of studying and remedying problems in group or collective relationships.
- It was developed by social scientist [Jacob L. Moreno](#)

INTERNO:
66 M A A H 2 0 2 0 A

XII 6



Sociodrama

- Sociodrama can provide an action forum for resolving conflicts among people with different views. It is also effective in clarifying values, developing social skills, solving problems, diagnosing an organisation, developing and rehearsing action plans or improving personal effectiveness and awareness.

- For Eg:
- A group of school social workers might enact a scene in which a family denies a child's behaviour in school.
- They would work together in the drama to solve the problem.

Expressive Techniques

In **expressive techniques**, respondents are presented with a verbal or visual situation and asked to relate the feelings and attitudes of other people to the situation.

Role playing Respondents are asked to play the role or assume the behavior of someone else.

Third-person technique The respondent is presented with a verbal or visual situation and the respondent is asked to relate the beliefs and attitudes of a third person rather than directly expressing personal beliefs and attitudes. This third person may be a friend, neighbor, colleague, or a “typical” person.

Advantages of Projective Techniques

- They may elicit responses that subjects would be unwilling or unable to give if they knew the purpose of the study.
- Helpful when the issues to be addressed are personal, sensitive, or subject to strong social norms.
- Helpful when underlying motivations, beliefs, and attitudes are operating at a subconscious level.

Disadvantages of Projective Techniques

- Suffer from many of the disadvantages of unstructured direct techniques, but to a greater extent.
- Require highly trained interviewers.
- Skilled interpreters are also required to analyze the responses.
- There is a serious risk of interpretation bias.
- They tend to be expensive.
- May require respondents to engage in unusual behavior.