

Ch. 15: New directions

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1937

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1938

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New directions

- New Theory
 - Cognitive-behavioral
- New Computerized Test & Tools
 - Psychophysiology
 - Traditional Test administration
 - Computer-Aided Interview
 - Computer-Administered test
- Test scoring
- Internet/web-based tools

1945

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Clinical Example

- 7 year old boy presents with weight loss secondary to reluctance to eat other than a few foods (cereal, PB&J, plain spaghetti)
- At age 4 he had illness for 25 days during which he could not swallow solid food
- Parents are desperate “Isn’t there some test you can give him to determine what’s wrong?”
- IQ test - high average
- Interview & projective tests suggest eating disorder is related to trauma re: illness

1946

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Clinical Example 2

- Medical model:
 - reluctance to eat is a symptom of deeper problem
 - find the cause and treat it, and the symptom(s) will get better
- Cognitive-behavioral model:
 - the original causes (if any) are in the past and can't be changed.
 - the eating behavior itself is the problem, and the focus of treatment.
 - the symptom IS the disorder

1947

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Clinical Example 3

- CBT set up a treatment regimen:
 - mother would monitor eating behavior
 - point system
 - rewards (toys, etc.) given for points
- Results:
 - problems greatly reduced in a few weeks.
 - treatment stopped but new (proper) eating behavior persisted

1949

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Traditional vs. CBT

- Traditional assessment & testing are focused on finding patterns of psychopathology with a goal of diagnosis -- finding the cause of the illness.
- Diagnosis may lead to treatment, which may lead to cure, but this is indirect.
- In CBT, the test is a measure of the problem and also is a measure of the treatment.

1950

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Psychophysiology

- Under CBT, physical measures are considered to be more “objective” or “observable”
- Examples:
 - GSR (galvanic skin response) -- sweating
 - heart rate (pulse)
 - blood pressure
 - sexual response / arousal
 - pupil dilation
- These measures can be correlated with various cognitive & emotional processes

1951

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State of the art?

- Clinical Psychology has lagged in embracing computerized tests and assessment
- In 2020, many major tests are still widely given using paper & pencil versions with hand-calculated scoring
- Few standards exist for sharing clinical / research data.
- Most psychological tests are based on theories that pre-date the cognitive revolution (1960s)
- Why the slow adoption?

1952

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Aided- or Administered-

- Computer-aided tests are traditional tests given by a clinician with the computer helping sequence items and phrase questions.
- Computer-administered tests are traditional tests given entirely by computer.
- Both generally show reliability & validity equal to that of the paper & pencil tests they are based on.
- Computer-administered tests often show reduced defensiveness -- people are more willing to admit embarrassing symptoms.

1954

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New computer tests

- New theories being applied:
 - cognitive / neuroscience
 - non-human animal research
 - computer science / cognitive science / AI
- New methods being used:
 - fast presentation of stimuli
 - accurate measurement of responses
 - scoring
 - adaptive tests

1955

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Tools & Techniques

- Brain Imaging
 - Structural
 - CAT, MRI
 - Functional
 - PET, fMRI, MEG
- Electrophysiology
 - EEG
 - ERP

1958

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Modern Trends

- Computerized Standards for Assessment
 - NIH Toolbox
- 'mHealth' products
 - personal / mobile hardware & software
 - Rx Apps
- Machine Learning (ML), Large Language Models (LLM) and Artificial Intelligence (AI)
 - ChatGPT

1969

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NIH Toolbox

- Attempt to make worldwide standard for neuropsychological assessment

1970

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mHealth (mobile health)

- Handheld technology
- on-site rather than in hospital
- personal vs. professional



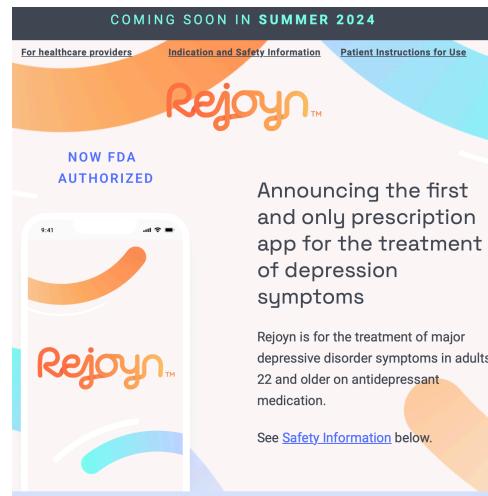
Health.
An entirely new way to use you health and fitness information.
The new Health app gives you an easy-to-read dashboard of your health & fitness data. And we've created a new tool for developers called HealthKit which allows all the incredible health and fitness apps to work together, a work harder, for you. It just might be the beginning of a health revolution.



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Prescription Apps

FDA Approved apps for various psychological conditions



1975

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Apple Heart Study

- Using digital watch to look for heart rhythm irregularities



1973

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Chat GPT

- Large Language Model (LLM) trained on much of the writing on the internet
- Issues of "hallucinations", harmful recommendations, and bias

1976

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