

Welcome to

Training Module 3: Changing Beliefs

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- **Problems:** ???

* You only see what you want to see

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- **Reasons:** Laziness, “confirmation bias”*, thoughtlessness, helps to orient in a complex world, pride
- **Problems:** False judgments (e.g. racial prejudices) are maintained, false over-generalization (“seen one – seen them all”), someone is not given a second chance who might have deserved one

* You only see what you want to see

Quotes by people who made incorrect predictions

"Sensible and responsible women do not want to vote."

Grover Cleveland, former President of the United States of America, 1905

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."

Western Union, leading company for financial services and communications, 1876

"It will take more than one generation until the first manned mission lands on the moon."

Harold Spencer, Astronomer, 1957 (the landing on the moon happened 12 years later)

"The horse is here to stay but the automobile is only a novelty — a fad."

The president of the Michigan Savings Bank about investing in Ford Motor Co., 1903

"X-rays will prove to be a hoax."

Lord Kelvin, President of the Royal Society, 1883

"The phonograph has no commercial value at all."

Thomas Edison, famous American inventor, 1880s [phonograph = first device to record voices]

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We should be open-minded about new experiences — time changes and no one can foresee what the future brings.

Inflexibility “in action” (“tunnel vision”)

domain	examples
geography	???
medicine	???
economy	???

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geography	<p>➤ The sun revolves around a stationary earth! This view was considered absolute truth by the Catholic church in medieval times, although reputable scientists like Galileo Galilei were able to provide proof for the opposite. The truth, that the earth revolves around the sun, was even considered blasphemy at that time</p>
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medicine	<p>➤ Dangerous medication has remained on the market too long in the past despite early warnings (examples: Contergan scandal in Europe; Vioxx scandal in North America)</p>
economy	<p>➤ Missing out new developments; sticking to outdated business strategies, selling outdated products (e.g. photographic films, typewriters); ignoring new technologies (e.g. a company that has no webpage on the internet)</p>

Why are we doing this?

Studies show that many [but not all!] people with psychosis continue to cling to their opinion or belief about an event, even when confronted with information that challenges this belief.

This may lead to interpersonal problems and may obstruct a healthy, realistic view of the environment.

How rigidly held beliefs promote misinterpretation during psychosis - examples

- You do not exchange ideas with others because you expect/fear conflict or do not trust other people anymore.
- Disagreement or questioning is perceived as a hostile challenge.
- Information is derived from one source only (e.g. internet forums about conspiracy theories), with other more serious media (e.g. press agencies) not being considered.

The three pictures below belong to a certain category. Which category is it?



If you are confident about the underlying category, present your answer.

You will get feedback ("yes" vs. "no").

Please suggest other items in the sequence to test your assumption.

Category: Food!

Further options:



Common error: Most people only search for information in favour of their assumption, but not for contradictory information (due to a confirmation bias). In this case the seemingly correct category: fruits.

Often, no alternative considerations/thoughts are taken into account.

Examples from everyday life:

- one only reads newspapers consistent with one's own opinion.
- one avoids contact with people who think differently instead of discussing opposing views.

This might lead to one-sided attitudes and even foster incorrect judgments.

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- The pictures are shown in reverse order, the final event being shown first.
- After a picture is shown, you will be asked to rate the plausibility or likelihood of each of the provided interpretations. These have to be reassessed each time a new picture is revealed for that scenario.
- Please discuss with the group how confident you are in your rating.

What might have happened?



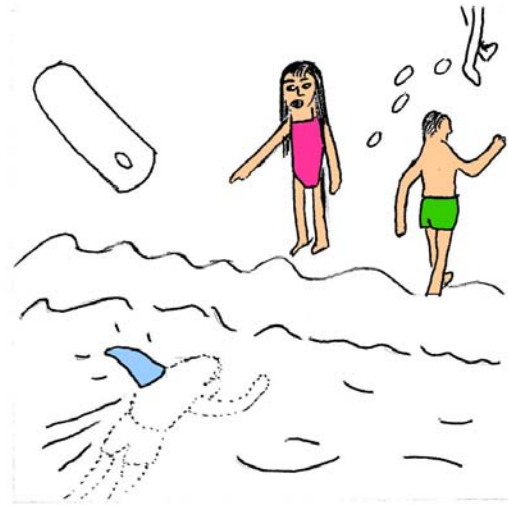
How probable do you find each option?



3

- 1) The man is a shark hunter and has just killed a shark.
- 2) The man is doing research on sharks.
- 3) The man is testing his new shark style surfboard.
- 4) The man just scared everyone away with a fake shark head.

Has your judgement changed with the new picture?



2



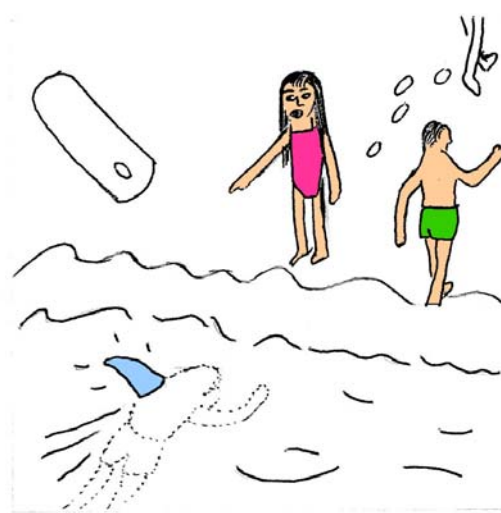
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Please re-rate the probability!



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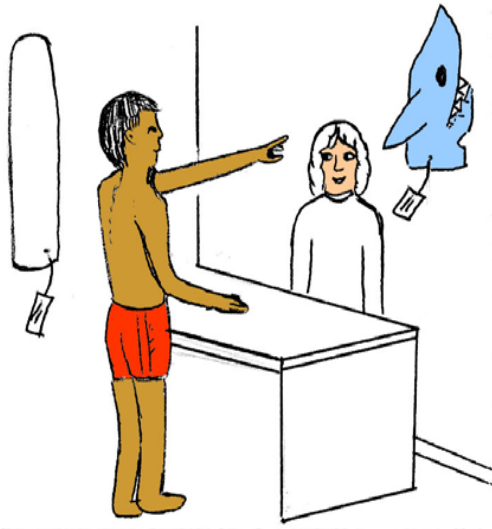


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- 2) The conductor has just yelled at the man in the front row because he was singing out of tune.
- 3) The girl in the front row just told the man next to her that she has a crush on the conductor.
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- 2) The woman is going for a walk on a nice spring day.
- 3) The woman has just finished doing her laundry at a laundromat.
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- 2) The man is giving his friend a chocolate gun.
- 3) The man on the left is asking the other man if he lost a gun.
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- 1) The father laughs because his daughter went swimming fully clothed.
- 2) The father punished his daughter by sending her outside without an umbrella.
- 3) The girl is sweating because she is late and worries about being punished.
- 4) Against her father's advice, the girl left the house without an umbrella.

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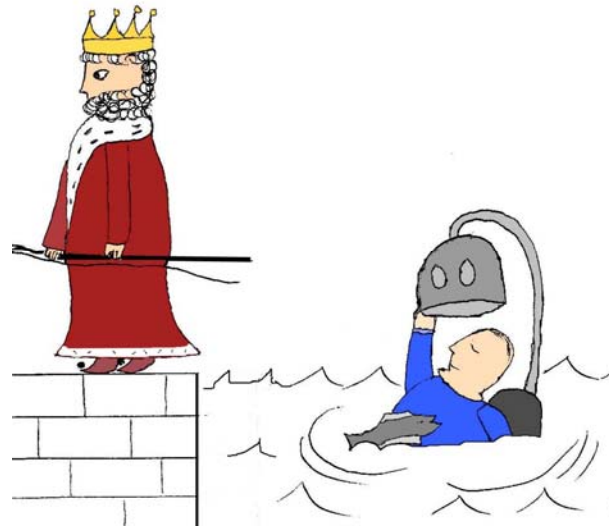
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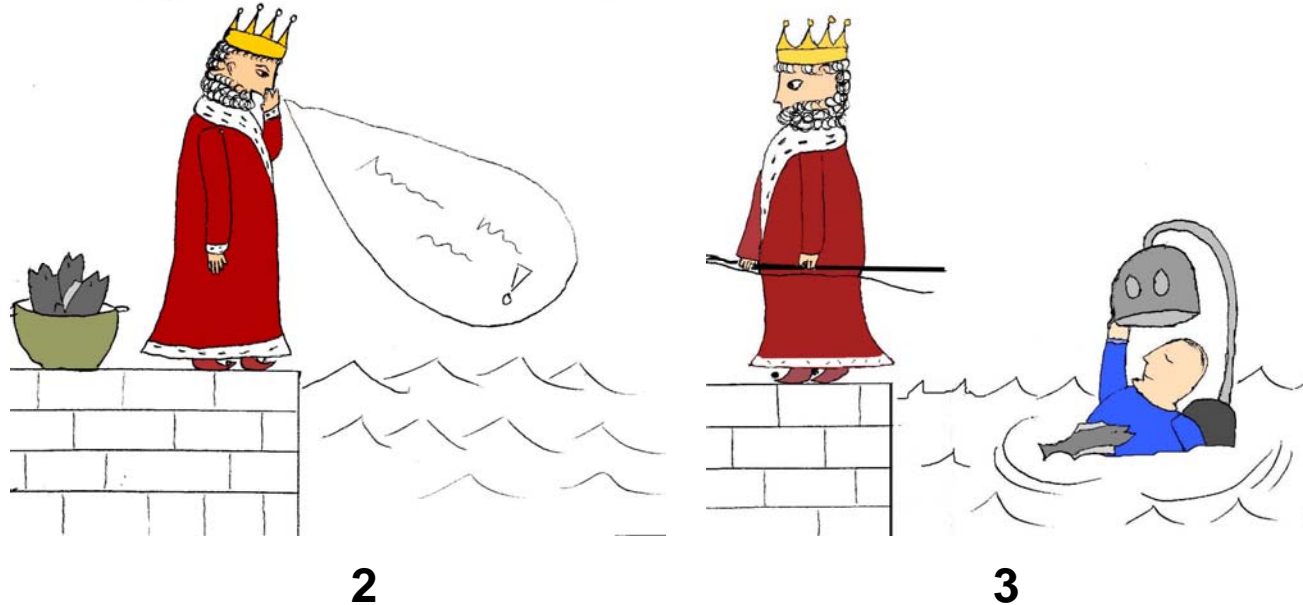
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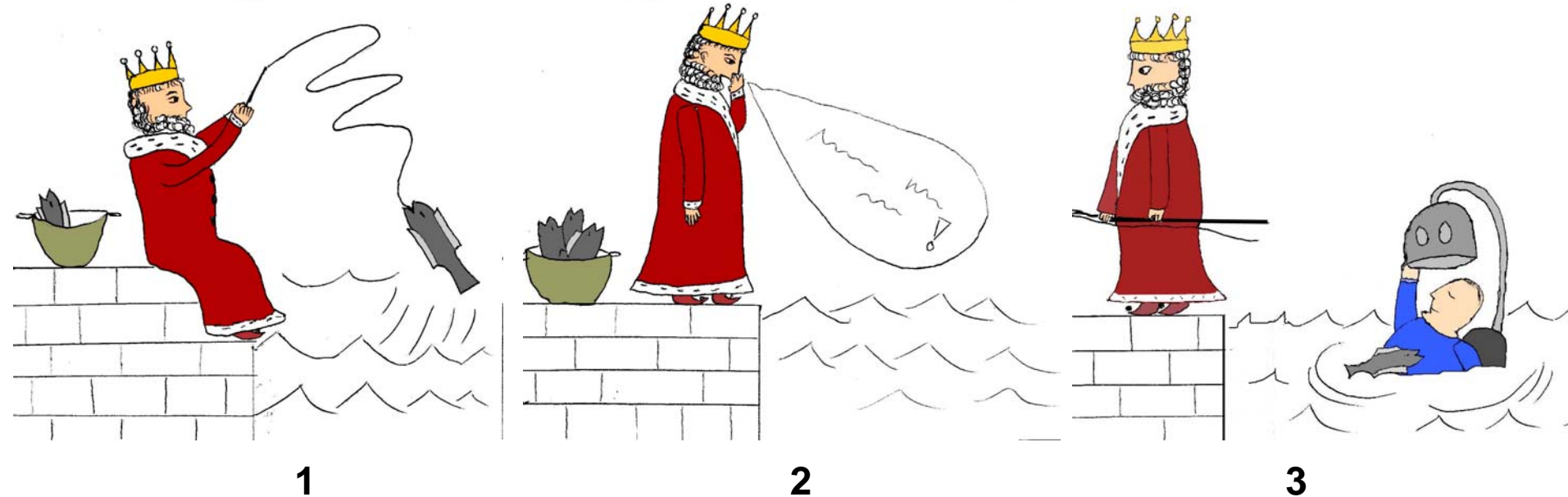
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- 2) The diver hooks fish onto the king's fishing rod so that the king enjoys fishing.
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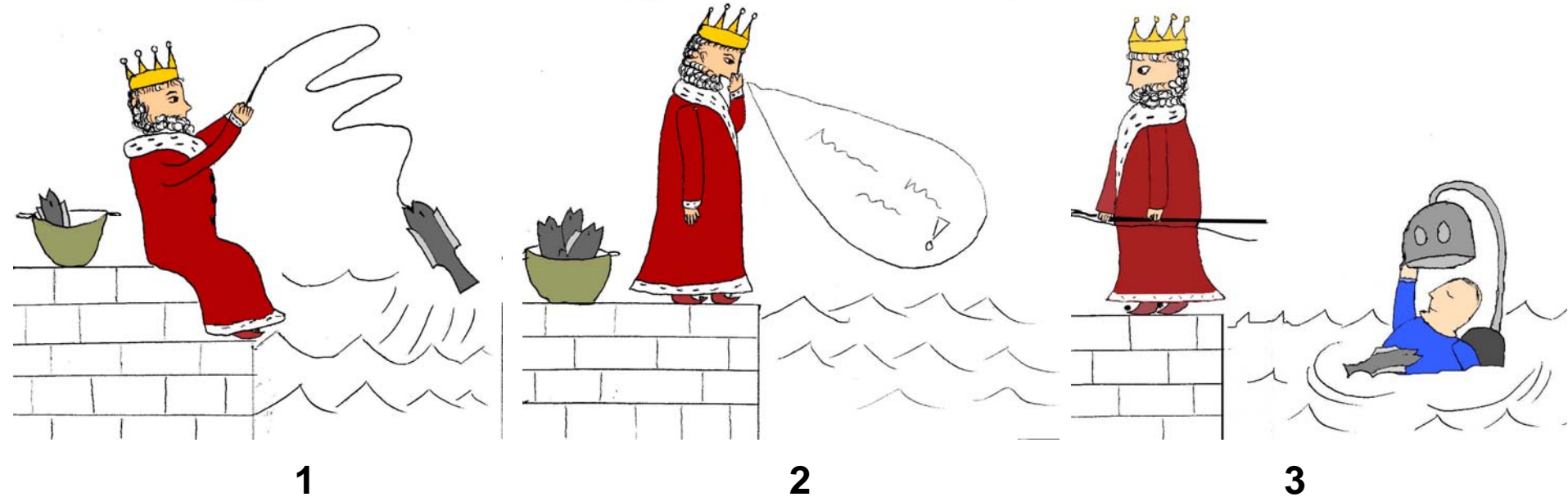


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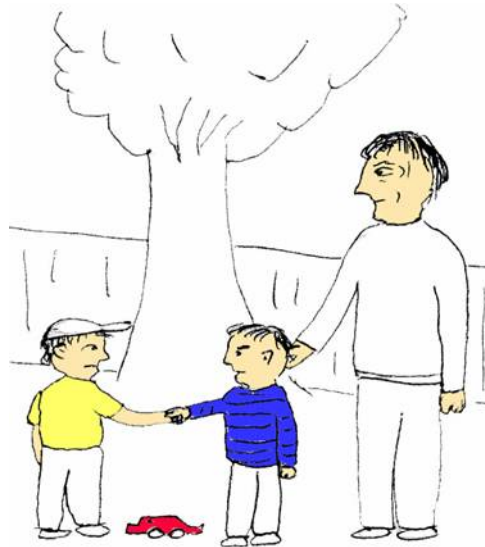


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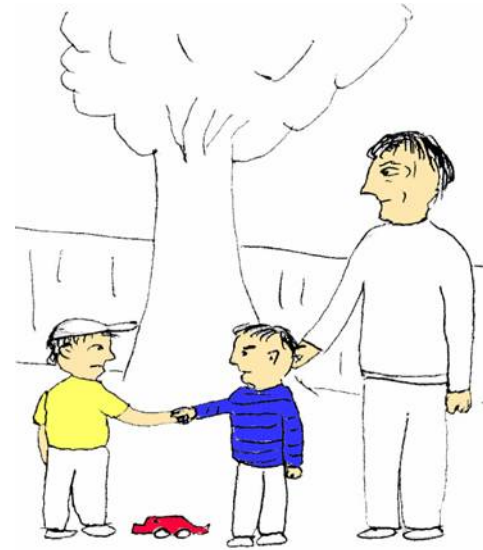
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- 1) The man has just introduced his son to a neighbour.
- 2) The friends say good-bye after a joint holiday camp.
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- 2) The young man is on his way to a band rehearsal.
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- 3) The man is washing his old dirty house.
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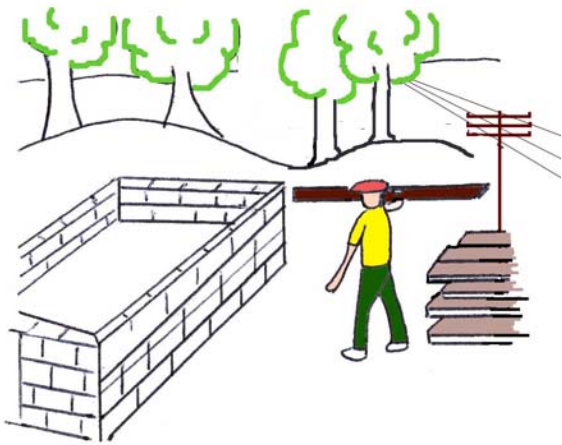
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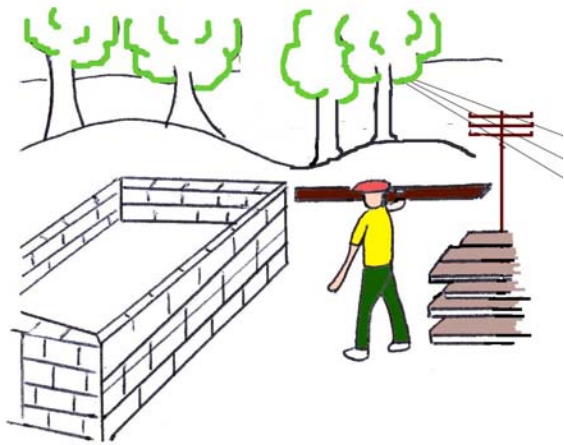


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Transfer to everyday life

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- Sometimes, events turn out very differently than expected: Quick decisions often lead to wrong conclusions.
- You should always consider different interpretations/hypotheses and adjust your beliefs accordingly.
- Seek as much information as possible to verify your judgment.

What does this have to do with psychosis?

During psychosis, people may maintain false beliefs and ignore counterarguments. In some cases, this may have dramatic consequences.

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Background: Latisha feels harassed.

But!: Although some colleagues had really made snide remarks about Latisha, she had lumped them together and got completely involved in her conspiracy theory. She overlooked that some colleagues had behaved perfectly fairly towards her.

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It is difficult to keep one's cool when feeling threatened. So, be cautious about your judgments and ask people you trust for advice!

Thank you for
your attention!

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jot.punkt	Flickr.com	spaghettibombe	CC	Noodles/Nudeln
Ayelie	Flickr.com	Juice bubbles	CC	Orange juice/Orangensaft
Benny-Kristin Fischer	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Various picture sequences shark, choir, laundry, robbery, rain, king, toy car, musician, construction of house, some motives are adapted from the Wechsler Intelligence Scale/Verschiedene Bildersequenzen Haikopf, Chor, Wäscherei, Überfall, Regenwetter, König, Spielzeugauto, Musiker, Hausbau, einige Motive sind angelehnt an Aufgaben des Wechsler Intelligenztests
Janne Hottenrott	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Picrture sequence neighbour´s dog is adapted from the Wechsler Intelligence Scale/Bildersequenz Nachbar´s Hund, Motiv ist angelehnt an Aufgaben des Wechsler Intelligenztests

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