

Welcome to

Training Module 7: Jumping to Conclusions II

02/11 B

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Hasty Conclusions

We often draw conclusions without knowing the full truth.

➤ Reasons/advantages: ???

➤ Disadvantages: ???

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- Disadvantages: ???

Hasty Conclusions

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- Disadvantages: risk of making an incorrect and dangerous decision...

Jumping to Conclusions

In what kind of situations/When do we draw conclusions without knowing the full truth?

When?	Example
...when the problem is very complex	???
... when we have some previous experience, from which we generalise	???
...when the decision does not really matter	???

Jumping to Conclusions

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...when the problem is very complex	When buying a car, it is impossible to compare all models and consider all parameters (price, mileage etc.). You have to make a selection.
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... when we have some previous experience, from which we generalise	Over-generalisations can lead to prejudice ("seen one, seen 'em all").
...when the decision does not really matter	Choosing a type of a cake, colour of socks, type of lunch etc. ...



Hasty conclusions “in action”

Domain	Example
Exaggerated worries about health/panic disorder	<ul style="list-style-type: none">➤ People with exaggerated worries about their health are often prematurely convinced that some minor and often unspecific symptoms (e.g. mole) indicate severe disorders (e.g. skin cancer).➤ People with panic disorder who observe rather harmless body signs (e.g. accelerated heart rate) may conclude they are suffering a severe physical breakdown (e.g. heart attack).

Jumping to Conclusions "in action"

- urban legends -



Is there any connection between the cigarette brand "Lucky Strike" and the atomic bombing of Japan?

Legend	For and against	"Evidence"
<p>The design of the cigarette packet led to rumours that the brand "Lucky Strike" has something to do with the dropping of the atomic bomb on Japan.</p>	<p>For: ???</p> <p>Against: ???</p>	  <p>Japanese flag</p>

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Jumping to Conclusions “in action”

- urban legends -

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Jumping to Conclusions “in action” - urban legends -

Is there any connection between the cigarette brand
“Lucky Strike” and the atomic bombing of Japan?



No!

How do these conspiracy theories arise?

???

How do these conspiracy theories arise?

- They are often more exciting than reality!
- They are based on statements difficult to check or prove (e.g. the package stands for Japan and the golden wreath represents radioactive contamination).
- They conceal alternative explanations (e.g. that “lucky strike” also refers to a discovery)
- Legends are sometimes based on facts taken out of context. The significance of these details is also largely exaggerated. (The package was indeed changed during World War II, however, this does not per se speak in favour of the legend.)

How do these conspiracy theories arise?

- There are numerous examples in history where minorities and outcasts were falsely blamed for uncontrollable, catastrophic events. For example, in medieval times a poor harvest was often blamed on witchcraft or religious minorities.
- These simple explanations reduced tension and fear and provided the illusion of control.

Why are we doing this?

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1. Studies show that many people with psychosis [but not all!] make decisions on the basis of little information. This type of decision making can easily lead to errors, compared to a type involving careful consideration of all available information.
2. The perception of reality for many [but not all!] people with psychosis is altered. Unlikely interpretations are considered that most other people would disregard.

How jumping to conclusions promotes misinterpretations during psychosis - examples

Event	Explanation during psychosis	Other explanations
Food tastes strange.	Poison	Badly cooked, ingredients are off.
Your girlfriend smells different when she comes home in the evening.	You are convinced she cheated on you.	Your girlfriend has a new perfume and expects compliments rather than accusations!
The radio plays "Hero" by Mariah Carey a number of times.	This is a secret sign you are chosen to save the world.	Radio station plays pop music.

Exercise

- In the following exercises you will be shown different paintings. Please try to identify the correct title for each painting and rule out “misfits”.

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Exercise

- In the following exercises you will be shown different paintings. Please try to identify the correct title for each painting and rule out “misfits”.
- Discuss the *pros and cons* for each of the interpretations.
- Please also state the degree of confidence in your judgment.
- Pay special attention to features that clearly rule out one interpretation.



- a. Good news
- b. The dead child
- c. The conscription
- d. Sad message



- a. Good news
 - b. The dead child
 - c. The conscription
 - d. Sad message
- (Peter Fendi, 1838)



a. Education

b. Soup at the monastery

c. Before church service

d. The conversion



With friendly permission of the museum of bread culture (Ulm, Germany)

a. Education

b. Soup at the monastery

(Anton Mangold, 1888)

c. Before church service

d. The conversion



- a. The war
- b. Annunciation of the arrival of Christ
- c. The black horse
- d. The rocking horse



- a. The war (Henri Julien F. Rousseau, 1894)
- b. Annunciation of the arrival of Christ
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- a. Poisoning
- b. Why did I marry him?
- c. Suicide
- d. The desperate mother



- a. Poisoning
- b. Why did I marry him? (Murray)
- c. Suicide
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- a. Riot
- b. Market day
- c. The cockaigne
- d. Childrens' games



- a. Riot
- b. Market day
- c. The cockaigne
- d. Childrens' games (Pieter d. Ä. Bruegel, 1560)



- a. Forbidden gamble
- b. Cheater with the diamond ace
- c. The poison
- d. The countess gambles away house and yard



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- a. Ravaging the graveyard
- b. Two men contemplating the moon
- c. Vampire slayer
- d. Eclipse of the sun



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(Caspar David Friedrich, 1819)
- c. Vampire slayer
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- a. Rest at the edge of the wood
- b. The escape
- c. Exhaustion
- d. The injured



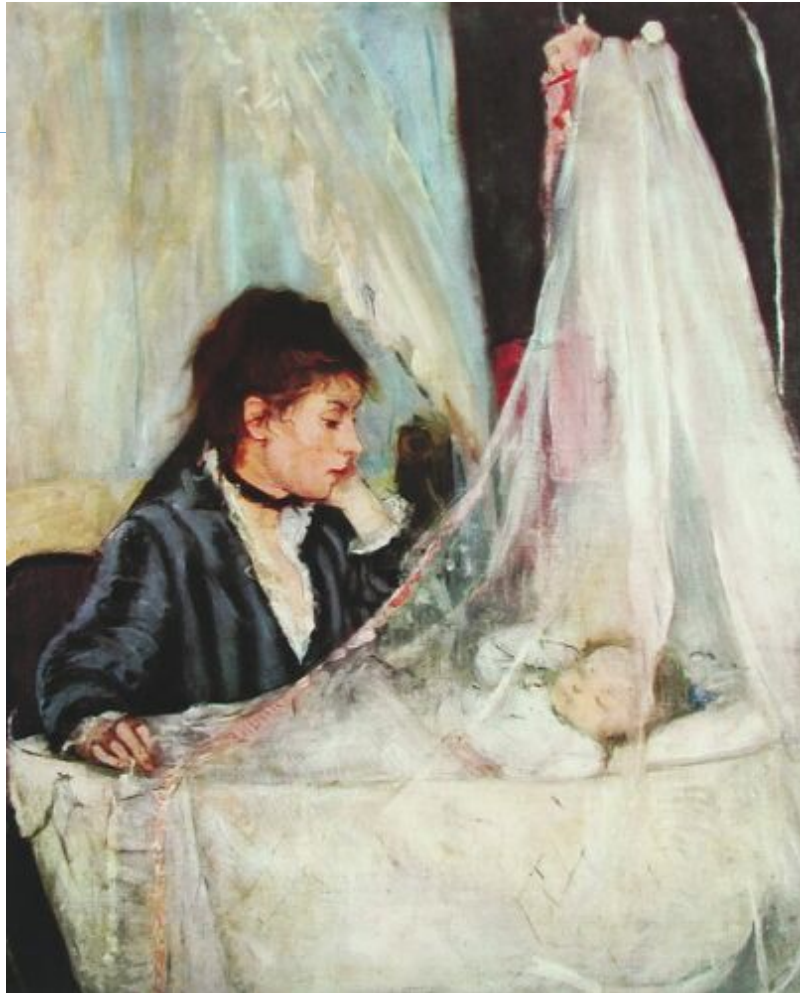
- a. Rest at the edge of the wood (F.G. Waldmüller, 1793-1865)
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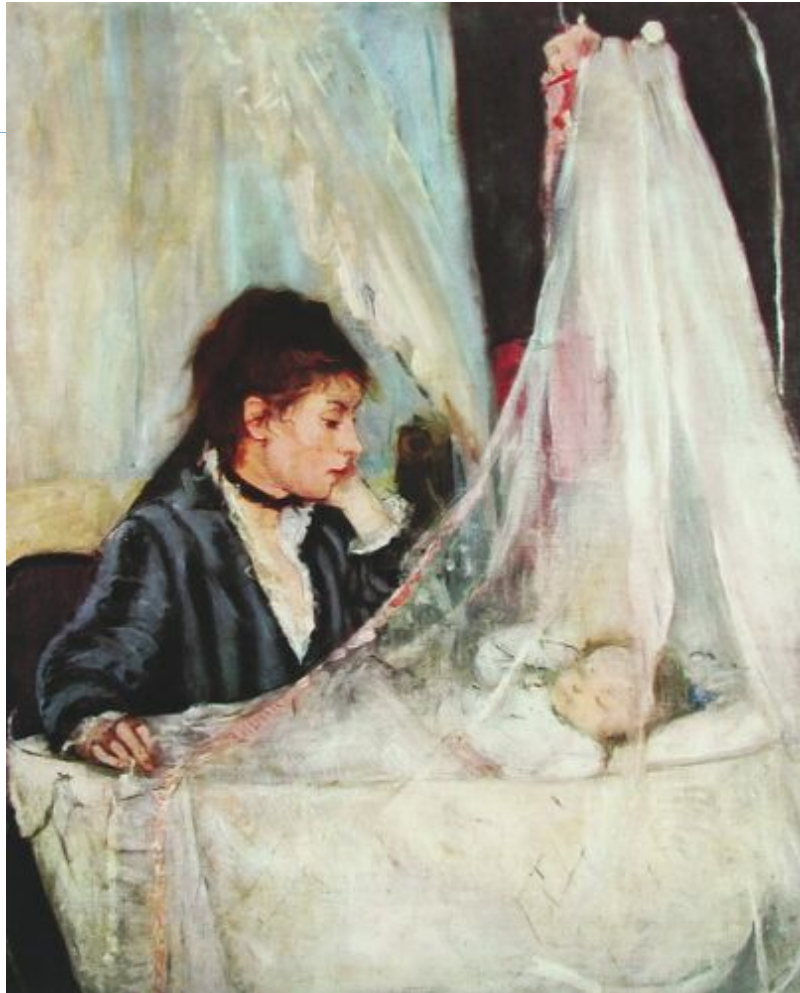
- a. Last meal
- b. Feeding rabbits
- c. Playmates
- d. Easter Sunday



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- b. Feeding rabbits (Felix Schlesinger, 1833-1910)
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- a. Breath of death
- b. The dying child
- c. Lullaby
- d. Mother at the cradle



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(Morisot Berthe, 1872)



- a. Asking for a dance
- b. Neck massage

- c. Dressing
- d. Caught red-handed



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- c. Dressing (Joseph Carraud, 1868)
- d. Caught red-handed



- a. The alcoholics
- b. Reanimation
- c. Cleaning women
- d. Ironing women



- a. The alcoholics
- b. Reanimation
- c. Cleaning women
- d. **Ironing women**
(Edgar Degas, 1884)



- a. After the harvest
- b. Land of cockaigne
- c. Beheaded chicken
- d. Food poisoning



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- a. Sorcery
- b. Amazement
- c. The travelling preacher
- d. The juggler



- a. Sorcery
 - b. Amazement
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 - d. The juggler
- (Hieronymus Bosch, 1480)



- a. Funeral feast
- b. The prayer
- c. Lunch
- d. Harangue



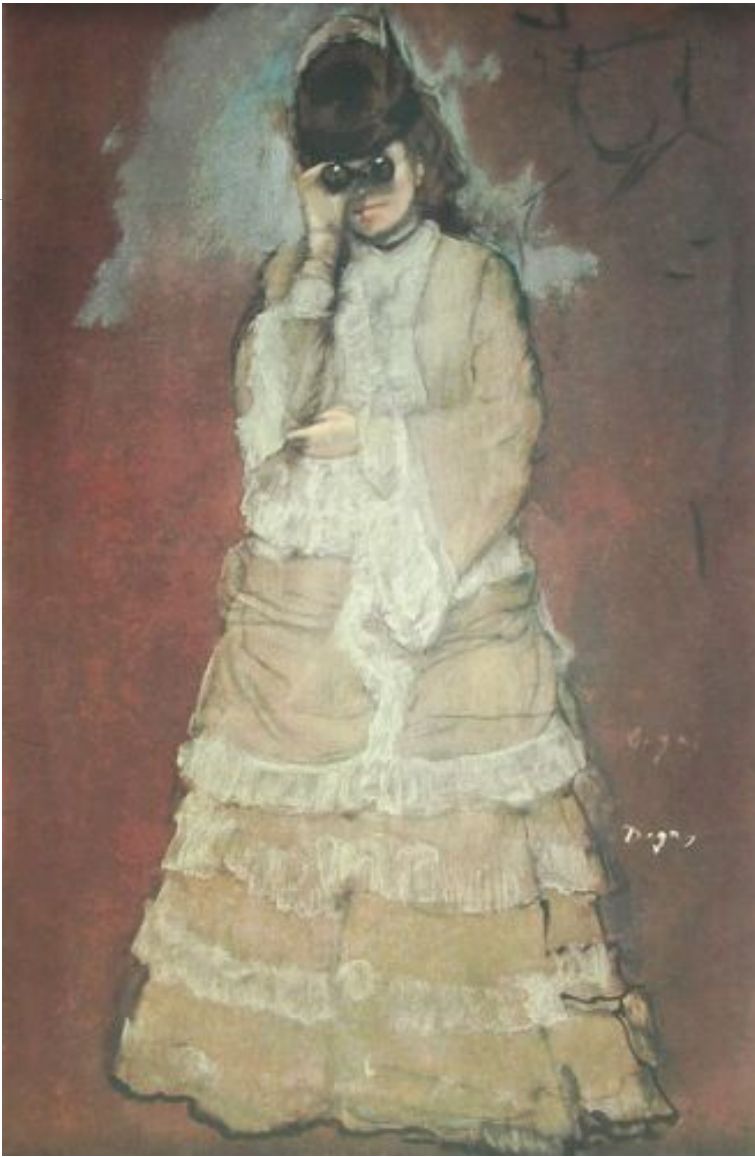
- a. Funeral feast
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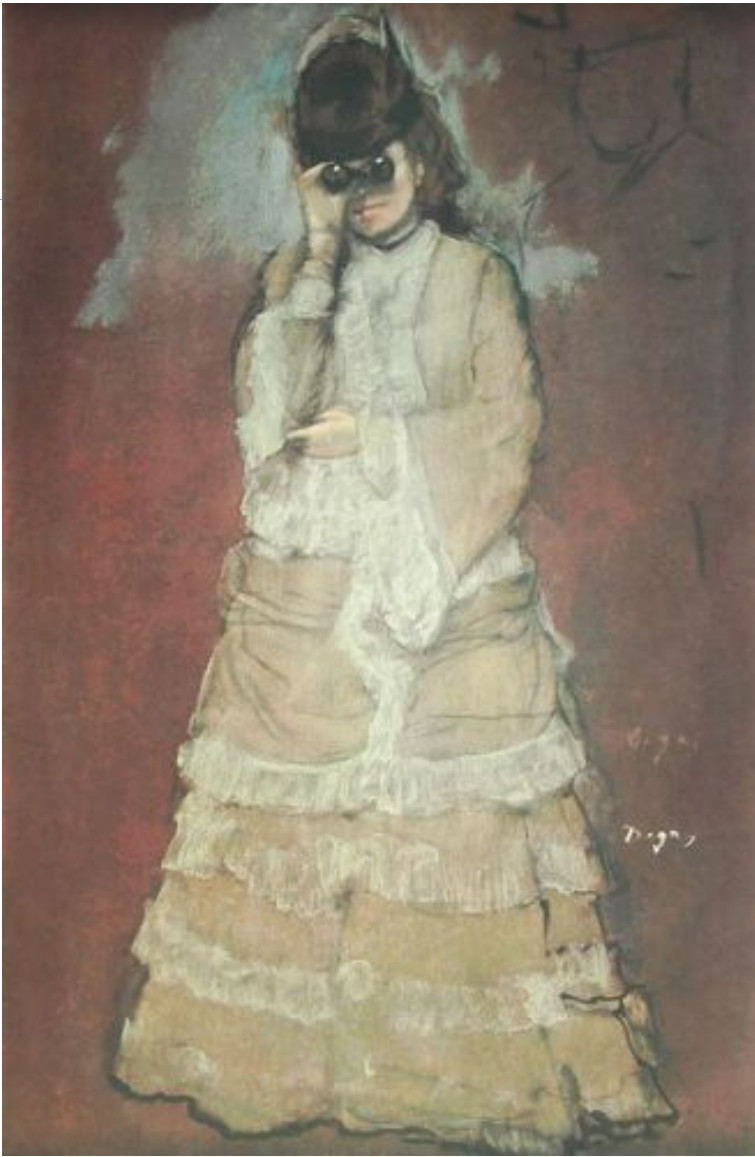
- a. Girl drinking wine, with two suitors
- b. The proposal
- c. The twins
- d. The festive dinner



- a. Girl drinking wine,
with two suitors (Jan
Vermeer van Delft, 1660)
- b. The proposal
- c. The twins
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- a. Carnival in Venice
- b. Lady with opera glasses
- c. The secret agent
- d. Daemon



- a. Carnival in Venice
- b. Lady with opera glasses
(Edgar Degas, 1834-1917)
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Transfer to everyday life

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- When judgements are important and momentous, it is better to avoid hasty decisions and consider all relevant information (“better safe than sorry”).

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- Be careful with hasty decisions:
It could also be that the symptoms are caused by medication side-effects.

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It could also be that the symptoms are caused by medication side-effects.
- For events of minor importance, we may as well react quickly (e.g. choosing a type of yogurt, type of cake).
- To err is human – be prepared for the possibility that you are wrong.

Module Jumping to Conclusions (7)

What does this have to do with psychosis?

Many [but not all!] people with psychosis tend to jump to conclusions and form extreme judgements. This style of reasoning may be enhanced when one is under pressure and wants to let off steam.

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Example: Sheila declares that her doctor is in fact her ex-boyfriend who has been after her for years as a psychiatrist under a false identity.

Background: Both come from the same village and share the same first name.

But!: This was due to chance.

Module Jumping to Conclusions (7)

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But!: This was due to chance.

Before making serious accusations, you should collect information from as many sources as possible and discuss different explanations with persons you trust.

Thank you for
your attention!

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