

Myths in Psychology

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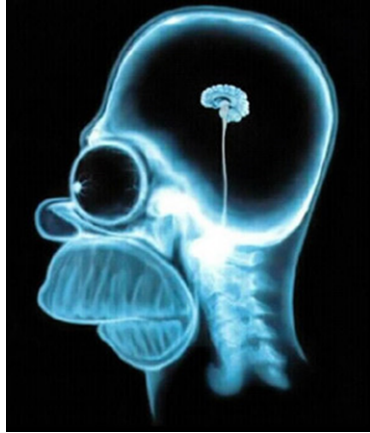
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What's true and what's a myth in Psychology

How much of our brain do we use?



- A. 10%
- B. 50% - 70%
- C. 100%

All of it!

- It's huge and very costly in evolutionary terms, so all of it must have been selected to use!
- We may only use 10% of our brains at any one time or when doing a particular task

Dreams have hidden meanings



- A. No they don't
- B. Yes they do
- C. Don't know

It only 'means' you're asleep!

- Hobson et al., (2000) found that lots of neurotransmitters are activated during REM sleep, leading to changes in emotion, memory, reason and attention
- The brain tries to make sense of it all in the dreams
- Dreams do reflect our daily thoughts and feelings

Does our handshake reveal our personality to others?



A. Yes

B. No

Yes!

- People with firm handshakes are more likely to be extraverted and emotionally expressive
- They are less likely to be shy or neurotic
- What about limp handshakes?!

Is it better to express anger, or keep it in?



- A. Express it
- B. Keep it in
- C. Depends

Stay calm!

- Expressing anger through behaviour can actually make us more angry
- People may feel better afterwards, but that probably reflects that anger will subside anyway

Do dog owners look like their dogs?



- A. Yes
- B. No

Maybe we can...

- Roy & Christenfeld (2004) showed that judges could match the face of dogs to those of their owners better than chance
- This was only with pure breeds and not mixed breeds...

Psychology

- The truth is often more interesting and unbelievable than the myths...

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Thank you!