

# MBTI

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Myers-Briggs Type Indicator

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## Populations & Use

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- General population use, most appropriate for ages 14+
- 14 translations available
- 7<sup>th</sup> grade or above reading level
  
- Measurement of “normal” personality differences

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## Theoretical Background

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- Based on CG Jung’s theory of psychological type
  
- Two attitudes
  - Extraversion & Introversion
  
- Four functions
  - Irrational perceiving / taking in information
    - Sensing & Intuition
  - Rational judging / organizing information
    - Thinking & Feeling

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## Theoretical Background

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### Eight mental functions

#### Perceiving

- Extraverted
  - Sensing, Intuition
- Introverted
  - Sensing, Intuition

#### Judging

- Extraverted
  - Thinking, Feeling
- Introverted
  - Thinking, Feeling

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## Type Measurement

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- Extraversion / Introversion (E-I)
  - Focus on attention and energy source
- Sensing / Intuition (S-N)
  - Information intake
- Thinking / Feeling (T-F)
  - Decision making
- Judging / Perceiving (J-P)
  - Orientation to environment

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## Type Measurement

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- S – real and tangible information, concrete factual information
- N – connections between facts, creativity
- T – logical and analytical
- F – emphatic and creating harmony
- J – scheduled, organized, systematic
- P – flexible and spontaneous

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## Types

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- People use functions in a hierarchy of preference
  - Dominant, auxiliary
  
- Sixteen types measured on the MBTI
  - Indicates preference for E-I, perception (S-N), judgment (T-F), and judging/perceptive (J-P)

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## Type Example

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- ISTJ (Introverted Sensing with Thinking)
  - Sensing is dominant, most conscious, introverted
  - Thinking is auxiliary, balances senses, extraverted
  - Feeling is tertiary, less conscious, extraverted
  - Intuition is inferior, least conscious, extraverted

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## Strengths

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- Strong theoretical background
- Focuses on a person's strengths
- Available in a wide range of languages
- Can be used in a wide number of settings
- Large number of studies published using the MBTI

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## Weaknesses

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- Not a diagnostic instrument
- Dichotomous rather than continuum based
- Based on Jung's non-scientific theory
  - No empirical evidence supporting his theory, instead drawn from anecdotal evidence
- Neither Myers nor Briggs had any formal training in psychology or test development
- Many interpretations of the MBTI types are extremely vague and can fit most people

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## Projective Tests

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The Psychodynamic Paradigm

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## Strange Beginnings

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- Many today associate projective tests with psychoanalytic or psychodynamic frameworks
- The majority, though, were not developed with these theories in mind, and were instead co-opted later

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### Rorschach Inkblot Test

- Developed in 1910's by Hermann Rorschach
  - He died in 1921 at age of 37
- Uses 10 standard inkblots, some of various colors and some in black and white
- Spent 10 years conducting research on both normals and psychiatric patients

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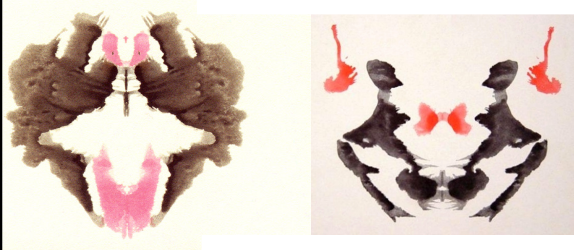
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### Rorschach Inkblot Test



Note that all of these were carefully constructed by Rorschach, and are not random drippings

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### Rorschach Inkblot Test

- Uses a free association phase first
  - Present card to patient, say only "What might this be?"
  - Write down word for word what that patient says
- After doing all the cards, move to an inquiry phase
  - "Where do you see this?" and "What makes it look like that?" type questions

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### Rorschach Inkblot Test

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- Give absolutely no feedback or input when administering the test
  - If you did, it would project your own input
  
- Multiple scoring systems for the Rorschach developed over the years
  - Exner's system is most widely used today

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### Exner's Comprehensive System

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- Massive standardization and revision of the Rorschach test
  - Began with a survey of both experts and people who used the Rorschach in everyday practice
  
- Gives detailed rules for administration, inquiry, scoring, and interpretation

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### Rorschach Criticism

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- Even after most people who use the Rorschach have been trained on using Exner's methods, they don't adhere to it
  
- Why?
  - 168 variables in Exner's system
  - Hard to learn, even harder to implement

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### Rorschach Criticism

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- CS starts with proposal that blots look like certain things – this is the opposite of their supposedly ambiguous nature
  
- Avoids using actual psychoanalytic theory to guide interpretations – when that is what it has been used for all along

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### Rorschach Criticism

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- The CS looks at the Rorschach more as an empirical measure (e.g. MMPI-2) than a psychodynamic measure
  
- Studies find that the MMPI and Rorschach have little relationship to each other, even on supposedly similar constructs

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### Rorschach Criticism

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- Research *not* conducted by Exner shows
  - Overpathologizing
  - Low diagnostic accuracy outside of psychotic disorders
  - Lack of relationship to objective measures of psychopathology and personality

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### Rorschach Uses

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- Useful as a sample of cognitive-perceptual behavior
- Screening for highly unusual / distorted perceptions and loose associations
- To observe reactions to ambiguous stimuli with few cues about "correct" responses
- Observation of behavior during test and response to test
  - May disclose things because he/she believes the test can somehow detect information

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### Rorschach Uses

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- Should NOT be used diagnostically, in any way
- Given the amount of time it takes to administer and score, and it's lack of support for examining psychopathology, it should not regularly be used as a part of any assessment battery

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### Thematic Apperception Test

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- Psychodynamic theory says that responses to the TAT reveal hidden impulses in a coherent, dramatic form
- "Expose the underlying tendencies which the subject...is not willing to admit, or cannot admit because he is unconscious of them"

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### Thematic Apperception Test

- Included in MAB to appraise the patient's view of themselves and their world
- Does this by having people make up stories based on ambiguous pictures of people in different settings

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### Thematic Apperception Test



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### TAT Interpretation

- There are normative responses for each card based on clinical experiences
- Responses reveal your personality, how you relate to others, problems and stressors
  - Reveals both conscious and unconscious processes, according to proponents

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### TAT Interpretation

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- Unfortunately, most people don't actually follow a standardized scoring system
- Useful findings only work when using specific scoring systems

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### TAT Uses

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- Some limited empirical support in assessing for personality disorders and achievement motives when using particular scoring systems
- Lacks incremental validity, though, or ability to clinically differentiate any other populations
- So, don't use it clinically

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### Figure Drawings

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- Reportedly assess personality and psychopathology require that an individual to draw pictures of a person, people, or objects
- Two broad approaches – global and sign

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### Global vs Sign

- Global interpretation is based on sets of indicators that are summed to yield a total score of adjustment
- Sing relies on identification of isolated features of the drawing (e.g., eye size, size of figure, placement of figure) that are supposedly related to specific pathology or personality problems

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### Figure Drawing Tests

- Draw-A-Person test (DAP; Harris, 1963)
- House-Tree-Person test (HTP; Buck, 1948)
- Kinetic Family Drawing test (KFD; Burns & Kaufman, 1970).

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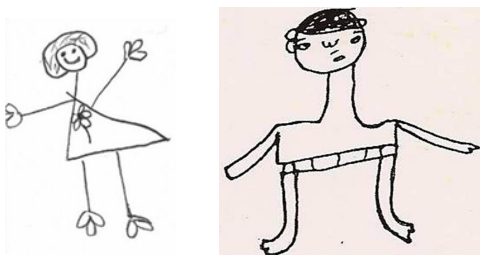
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### Draw-A-Person Examples



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### House-Tree-Person Example

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### Kinetic Family Drawing

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### FD Administration

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- Very easy and quick
- Each has it's own standard way, but most practitioners just use their own wording

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### FD Psychometrics

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- 60 years of research...and very little agreement
- Majority show poor reliability (especially for sign approach) and low validity
- Poor guidelines don't help
  - "Pathology could be seen in drawings that were too large or too small, lines that were too heavy or too light, and ones that had either too few or too many corrections."

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### FD Uses

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- KFD was able to differentiate between children with and without mood disorders
- DAP distinguished among children who had mood disorders and mixed mood/anxiety problems
- DAP differentiates between groups of children with and without disruptive behavior problems

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### FD Criticisms

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- No incremental validity, even for the supported uses
- Research has not controlled for IQ or artistic talent

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### Sentence Completion Tasks

- Began as experimental tasks, co-opted by Jung for association, morphed into phrases and then sentences
- Over 40 published SCTs, we'll talk about two

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### Rotter Incomplete Sentences Blank

- Developed for assessing combat veterans returned from World War II, later adapted to be used with high school students, college students, and adults
- A screening measure for overall adjustment
- Adequate interrater, split-half, and test-retest reliability

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### Rotter Incomplete Sentences Blank

- Support for ability to distinguish poorly adjusted from well-adjusted
- Detecting delinquent adolescent high school males compared to peers

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Washington Univ. Sentence Completion Test

- Research measure, not used clinically
  
- Very strong reliability of numerous types
  
- Quite well-validated as measure of ego development

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SCT Thoughts

- Again, no incremental validity
  
- More research needed to develop specific stems for use in diagnosing psychopathology
  - "WHEN I ENTER A ROOM \_\_\_\_\_"
  - "I OFTEN THINK \_\_\_\_\_"

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