

## Title: Idiographic and Nomothetic Approaches

*Specification: Idiographic and nomothetic approaches to psychological investigation*

Q1	Which of the following statements describes a nomothetic approach in psychology.	
A	Studying an individual and formulating general laws	
B	Studying an individual and not formulating general laws	
C	Studying a large group and formulating general laws	
D	Studying a group and not formulating general laws	

Q2	Decide whether the following statements are true or false. Make sure you can justify each decision.	
A	The nomothetic approach considers the unique experience of human nature and behaviour.	
B	Nomothetic and idiographic approaches are often used together to provide a complete understanding of human behaviour.	
C	An idiographic approach utilises qualitative data and information, often obtained from interviews and observations.	
D	The Humanistic Approach is considered nomothetic.	
E	The nomothetic approach is considered as scientific because it places emphasis on quantitative methods and replication.	
F	The biological, behaviourist and cognitive approaches are generally considered to be nomothetic.	

Q3	Idiographic or nomothetic approach?		
The following topics are examples of an idiographic or nomothetic approach. For each one state which type of approach is being used and why.			
		TYPE	JUSTIFICATION
A	<b>Year 2 Approaches in Psychology:</b> Maslow put forward the Hierarchy of Needs to explain how human motivation is based on the need for fulfilment and personal growth.		
B	<b>Year 1 Psychopathology:</b> SSRIs are an antidepressant that is used to treat OCD. These drugs prevent the re-absorption of serotonin so that there is an increase in the availability of serotonin in the synapse.		

C	<b>Year 1 Memory:</b> The Multi-Store Model suggests that memory is made up of three discrete components including SR, STM and LTM.		
D	<b>Year 1 Attachment:</b> The Learning Theory of Attachment suggests that children form an attachment as a result of classical conditioning and through forming an association between the mother and food.		
E	<b>Year 1 Memory:</b> Patient KF (Shallice and Warrington, 1970) had a motorbike accident. His STM forgetting of auditory information was greater than his forgetting of visual information.		
F	<b>Year 2 Forensic:</b> Eysenck's personality theory suggests that personality is divided into different categories, including introversion and extraversion, neuroticism and stability.		

**Q4 Apply your knowledge**

A psychologists wanted to study delinquent behaviour in schools. One psychologist chose to conduct a case study on a pupil called Nathan who has ADHD, whereas another psychologist chose to examine an entire Primary School population to come up with a theory about delinquent behaviour.

**Using your knowledge of the idiographic and nomothetic approach, outline one strength of both approaches in relation to this scenario. [6 marks]**