



Bedales Psychology Newsletter



Happy Holidays

Hello and welcome to the third special Christmas edition of the Psychology Newsletter! This is a newsletter made for anyone interested in anyone interested in the human mind and behaviour, not just psychology students.

In this issue we will be discussing the Christmas and the research into Christmas, the London 6.2 lectures and a test to see if you would make a good Santa by being as unbiased as him. We hope you enjoy it!



Expectation of Christmas music caused Auditory Hallucinations

Aaron Vracar

[An experiment](#) was done to see auditory hallucinations in white noise. In the current experiment, 44 undergraduate students were asked to listen to white noise and instructed to press a button when they believed hearing a recording of Bing Crosby's White Christmas without this record actually being presented. Fourteen participants (32%) pressed the button at least once. These participants had higher scores on fantasy proneness and the Launay–Slade Hallucination Scale (LSHS) compared to participants without hallucinatory reports. Both groups did not differ in terms of imagery vividness or sensitivity to social demands. Logistic regression suggested that fantasy proneness is a better predictor of hallucinatory reports than are LSHS scores. This might imply that hallucinatory reports obtained during the White Christmas test reflect a non-specific preference for odd items rather than schizophrenia-like, internal experiences.



6.2 Lecture Trip to London

Robben Alikar and Lauren MacMillan

The psychology trip, although loosely related to our Psychology specification, proved to be quite interesting and insightful; providing us with more information offered to us in our textbooks that we could apply to our exams.

They were all fascinating and engaging, in particular the talk on Autism. In the media recently, it has been portrayed that we are all on the autistic spectrum; however this is not the case. We are all on a continuum where there is the spectrum of autism as

is a small a part of that. We learnt that by taking an AQ-10 test you can see where you fall for the traits of autism without having the disorder. We all share traits with autistic people and this shows us how similar we really are.

One of the speakers spoke to us about her experience working as a recent University graduate in prisons, where she was the only woman in her work environment. She provided interesting first-hand experience about what it was like working so closely with men convicted of various crimes that often used her position as the person that listened to prisoners' complaints as a way to have some level of contact with a woman. She also spoke to us extensively about psychopaths and what classifies them as one.

The last speaker was definitely my favourite of the day. He spoke about the psychology of dance and why we dance. It was at the end of a fairly long day of talks, and although you would think the audience would be too tired to engage with his talk, his excitement for his field of research was infectious. After speaking to us about how dance and synchronised movements allowed for bonding between people, he managed to get us all on our feet doing the Haka and chanting the same phrase as the New Zealand All Blacks had in a video he had just shown us.

There was a brief presentation from a Psychology teacher about the most effective ways to revise, and about how to get the most from our exam. She also gave us different ways we could make our revision interesting whilst remaining effective.

The most useful piece of information I got out of that talk was: 'Read the flippin' question!'

We would like to give a big thank you to Sarah who organised and took us on this great day of lectures.



Why not to give Money at Christmas

Scovia England

It is economically better for us to give money as a present other than getting something that you are not too sure the person will like. The perfect present is receiving something that you truly wanted because acting only takes you a short way. Imagine receiving an ugly jumper and acting like you love but then you will be expected to actually wear!! Advice from economists is that Money is probably the best present to give and to receive.

Buying presents run the risk of getting something the recipient doesn't want and therefore won't value; Money allows them to get exactly what they want. Secondly, presents take up an enormous amount of time, are a waste of materials and is detrimental to the earth as factories thrive up consumerism and lots of waste products poison the earth. Cash giving saves loads time, stress and the environment.

However, people have different perceptions on the money. Money has unpleasant associations, including selfishness and unthoughtfulness. Some psychology experiments show that money seems to drive people towards behaving inconsiderately. Similar experiments indicate people are more generous when they have the chance only to give time, than when they have the opportunity simply to

donate money. People prefer to give money to charity because it is pragmatically more helpful than receiving an object that is probably not needed.

Studies have been done to prove that people would prefer to receive money for a present however often opt for an object. The quote "it is the thought that counts" has been ingrained in us so much so that people risk their chances of getting a materialised present to symbolise their love for the recipient. This is sent to be psychologically more rewarding than getting cash for Christmas. It is also better for relationships to get your partner a material present rather than money because it shows that you know them on a deep and meaningful level. It would be easier to fake love by giving money because you wouldn't have to go through the process of finding the perfect present.

Studies also show that women are more into Christmas than men. Females disproportionately give 84% of all gifts and receive only 61%. This confirms Psychologists' suspicion that women shoulder the main burden of relationship maintenance. Women divide their gifts equally between males and females. Male givers without female "collaborators" are relatively rare (16%) and most of their gifts are given to females. Gifts from males to males are rare (4%) compared to gifts from females to females (17%). So this Christmas try your hardest to get the best presents for your loved ones as it boosts them. It shows that you care, which is good for their psychological health.



Are you bias?

Follow the link – or google Harvard IATs tests – and see if you are as unbiased as you think. Feel free to skip the personal questions (advised as there are a lot) and just complete the tests. Don't worry, it is perfectly natural to be slightly biased!

<https://implicit.harvard.edu/implicit/takeatest.html>