

SNS COLLEGE OF PHYSIOTHERAPY

Saravanampatti Post, Coimbatore – 641 035, T.N
(Affiliated by the Tamil Nadu Dr. M. G. R. Medical University, Chennai.)



DEPARTMENT OF PHYSIOTHERAPY- III YEAR

COURSE NAME- PSYCHOLOGY

TOPIC- METHODS OF PSYCHOLOGY

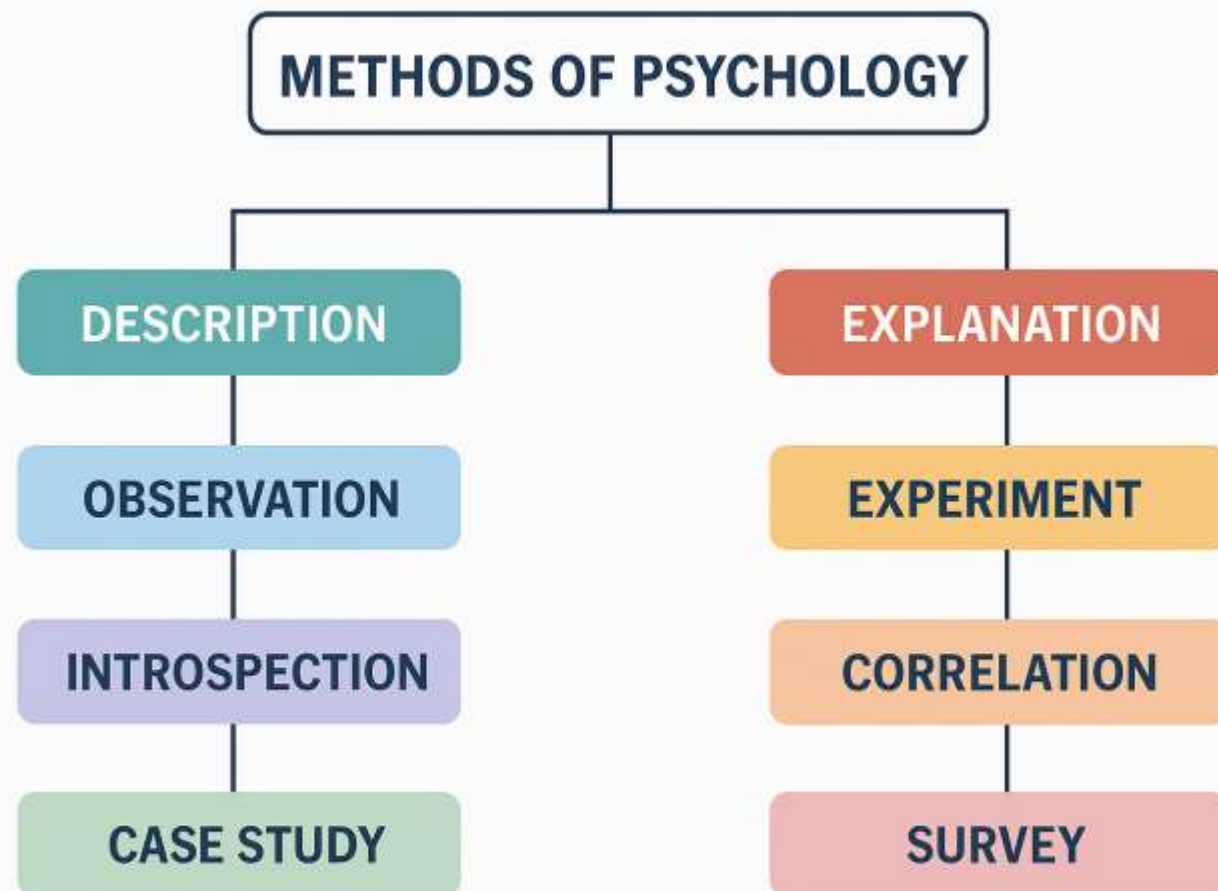
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What are Methods of Psychology?

- Methods of psychology are the **systematic ways of studying human behavior, mental processes, emotions, and reactions.**
- They help psychologists—and physiotherapists—understand **how patients think, feel, behave, and respond** to therapy.

MAJOR METHODS OF PSYCHOLOGY:

- Introspection Method
- Observation Method
- Experimental Method
- Case Study Method
- Survey Method
- Psychometric Testing
- Correlation Method
- Clinical Method



Introspection Method (Self-observation):

Definition:

- A person observes and reports their own thoughts, feelings, and sensations.

Advantages:

- Easy and direct
- Useful for emotional states

Limitations:

- Subjective
- Not suitable for children or cognitively impaired patients



Observation Method:

Definition:

- Systematic watching and noting of behavior.

Types:

- **Naturalistic observation:** in natural setting
- **Controlled observation:** in clinical setting

Advantages:

- Real-world behavior
- Non-intrusive

Limitations:

- Observer bias
- Time-consuming



Experimental Method:

Definition:

- Establishing cause-and-effect by manipulating variables.

Advantages:

- Scientific and controlled
- Replicable

Limitations:

- Artificial setting
- Ethical issues sometimes



Case Study Method:

Definition:

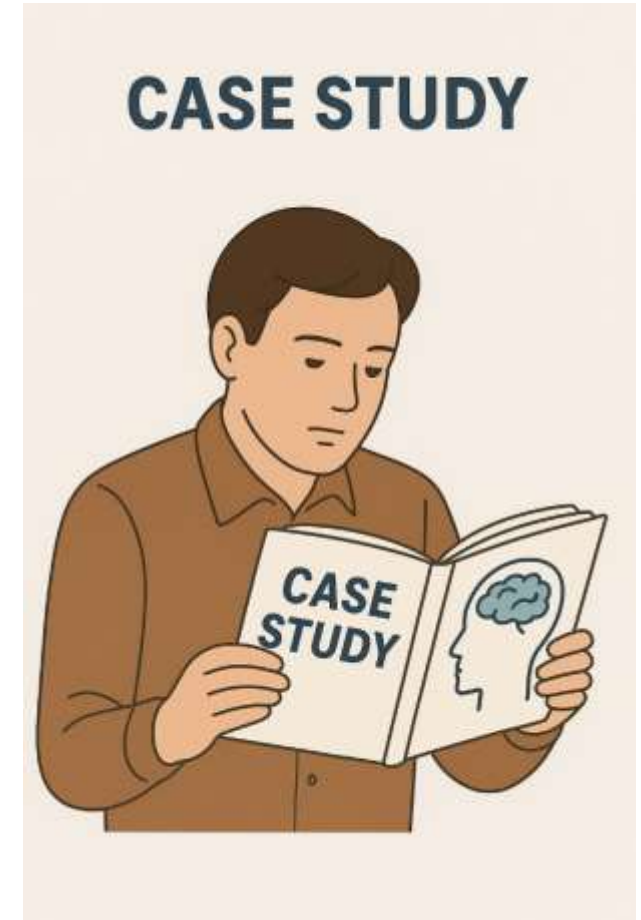
- Detailed investigation of one individual or a small group.

Advantages:

- In-depth data
- Suitable for rare cases

Limitations:

- Cannot generalize
- Time-consuming



Survey Method:

Definition:

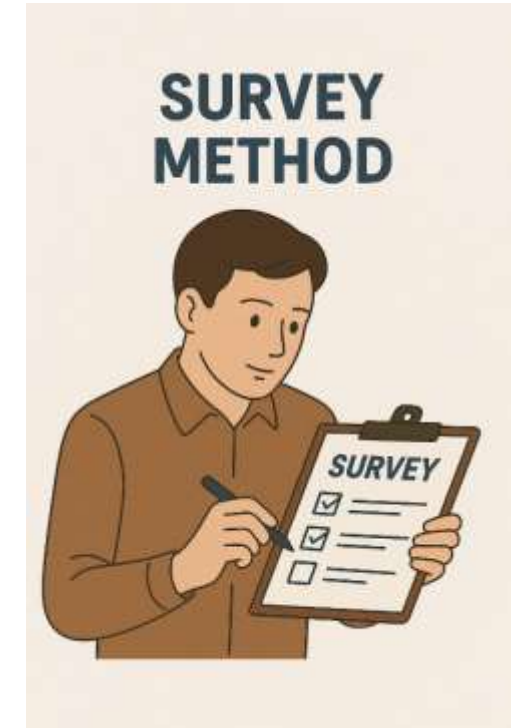
- Collecting data using questionnaires, interviews, rating scales.

Advantages:

- Collect large data quickly
- Cost-effective

Limitations:

- Social desirability bias
- Limited accuracy



Psychometric Testing:

Definition:

- Standardized tools to measure psychological attributes.

Advantages:

- Standardized and reliable

Limitations:

- Requires trained personnel
- Cultural differences affect outcome



Correlation Method:

Definition:

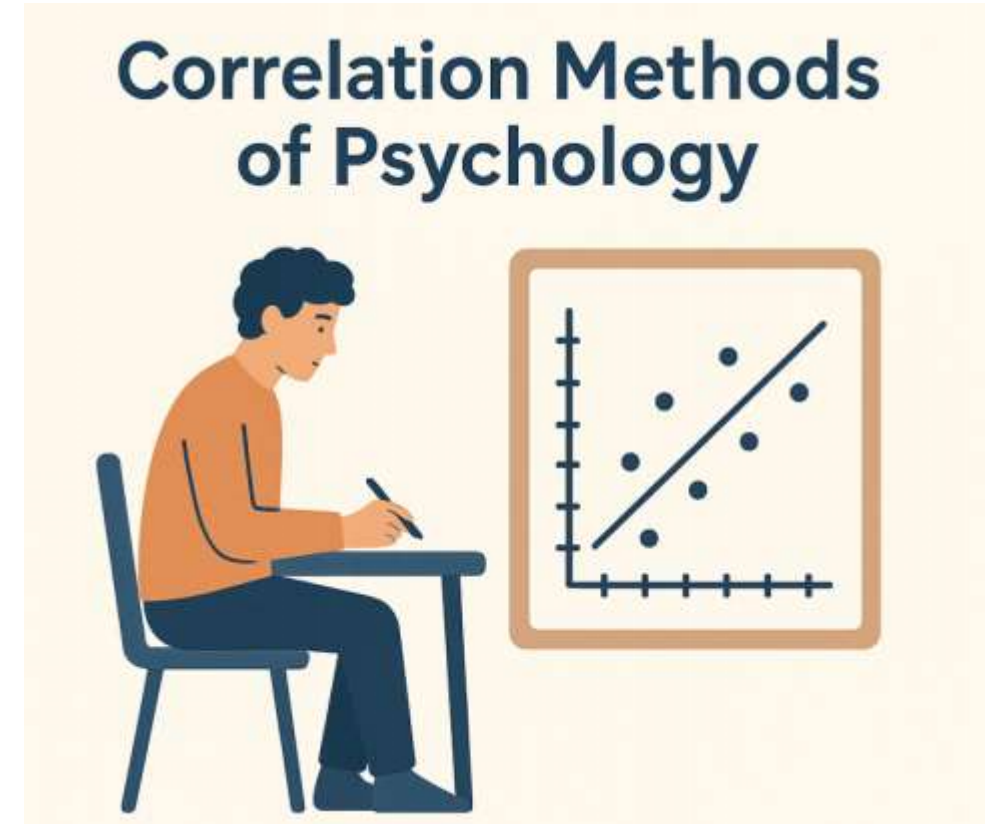
- Examining relationship between two variables.

Advantages:

- Identifies patterns
- Useful for predictions

Limitations:

- Does NOT prove cause and effect



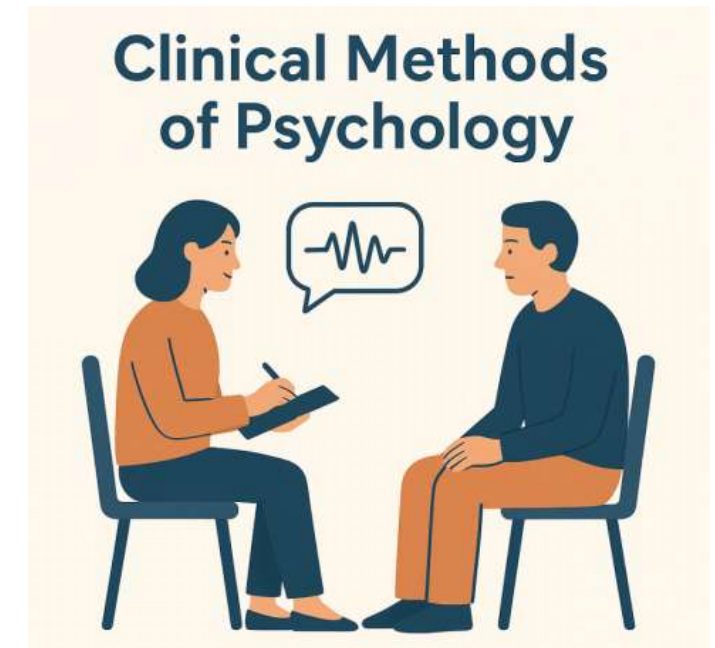
Clinical Method:

Definition:

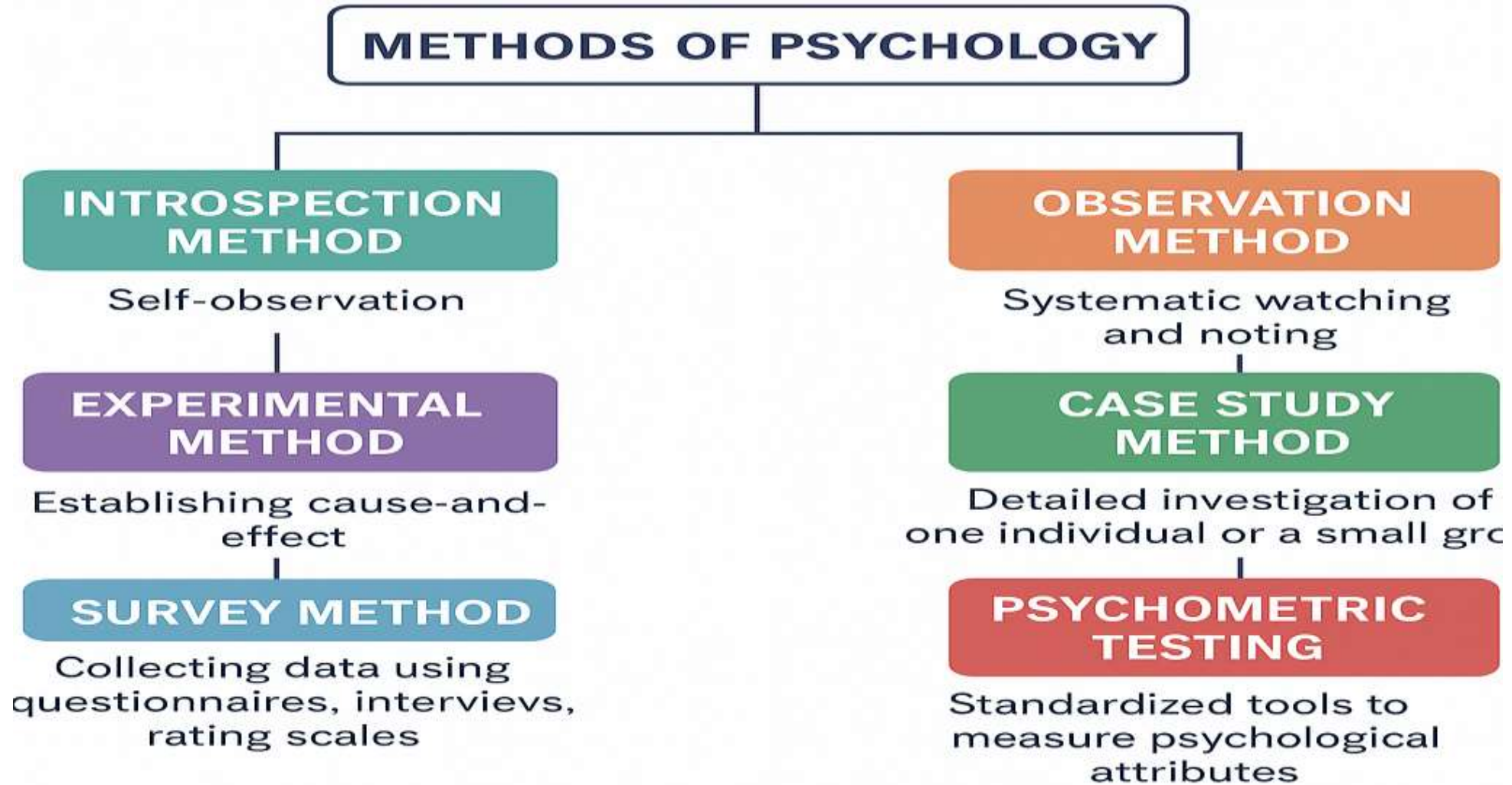
- Assessment + Diagnosis + Treatment based psychological approach.

Uses for Physio:

- Motivational counseling
- Managing fear of movement (kinesiophobia)
- Improving adherence



SUMMARY



THANK YOU