

Thematic Apperception Test (TAT)

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Thematic Apperception Test – (Part – 5)

Criticisms

Like other projective techniques, the TAT has been criticized on the basis of poor psychometric properties (see above). Criticisms include that the TAT is unscientific because it cannot be proved to be valid (that it actually measures what it claims to measure), or reliable (that it gives consistent results over time). As stories about the cards are a reflection of both the conscious and unconscious motives of the storyteller, it is difficult to disprove the conclusions of the examiner and to find appropriate behavioral measures that would represent the personality traits under examination. Characteristics of the TAT that make conclusions based on the stories yielded from TAT cards hard to be disproved have been termed "immunizing tactics." These characteristics include the Walter Mitty effect (i.e., the assertion that individuals will exhibit high levels of a given trait in TAT stories that do not match their overt behavior because TAT responses may represent how a person wishes they were, not how they truly are) and the inhibition effect (i.e., the assertion that individuals will not exhibit high levels of a trait in TAT responses because they

are repressing that trait). In addition, as the present needs of the storyteller change over time, it is not expected that later stories will produce the same results.

The lack of standardization of the cards given and scoring systems applied is problematic because it makes comparing research on the TAT very difficult. With a dearth of sound evidence and normative samples, it is tough to determine how much useful information can be gathered in this manner.

Some critics of the TAT cards have observed that the characters and environments are dated, even "old-fashioned", creating a "cultural or psycho-social distance" between the patients and the stimuli that makes identifying with them less likely. In specific situations it is even hard to identify with people of opposite gender. Also, in researching the responses of subjects given photographs versus the TAT, researchers found that the TAT cards evoked more "deviant" stories (i.e., more negative) than photographs, leading researchers to conclude that the difference was due to the differences in the characteristics of the images used as stimuli.

In a 2005 dissertation, Matthew Narron, Psy.D. attempted to address these issues by reproducing a Leopold Bellak 10 card set photographically and performing an outcome study. The results concluded that the old TAT elicited answers that included many more specific time references than the new TAT.

Contemporary applications

Despite criticisms, the TAT continues to be used as a tool for research into areas of psychology such as dreams, fantasies, mate selection and what motivates people to choose their occupation. Sometimes it is used in a psychiatric or psychological context to assess personality disorders, thought disorders, in forensic examinations to evaluate crime suspects, or to screen candidates for high-stress occupations. It is also commonly used in routine psychological evaluations, typically without a formal scoring system, as a way to explore emotional conflicts and object relations.

TAT is widely used in France and Argentina using a psychodynamic approach.

David McClelland and Ruth Jacobs conducted a 12-year longitudinal study of leadership using TAT and found no gender differences in motivational predictors of attained management level. The content analysis, however, "revealed 2 distinct styles of power-related themes that distinguished the successful men from the successful women. The successful male managers were more likely to use reactive power [that is, aggressive themes while the successful female managers were more likely to use resourceful [that is, nurturing power themes. Differences between the sexes in the power themes were less pronounced among the managers who had remained in lower levels of management."

Popular culture

Due to the test's earlier popularity within psychology, the TAT has appeared in a wide variety of media. For example, the Thomas Harris novel *Red Dragon* (1981) includes a scene where the imprisoned psychiatrist and serial killer Dr. Hannibal Lecter mocks a previous attempt to administer the test to him. Michael Crichton included the TAT in the battery of tests given to the disturbed main character Harry Benson in his novel *The Terminal Man* (1972). The test is also given to the main characters in two widely differing tales about the human mind: *A Clockwork Orange* (1962) and Daniel Keyes's *Flowers for Algernon* (1958–1966). Italian poet Edoardo Sanguineti wrote a collection of poetry called *T.A.T* (1966–1968) that refers to the Test.

Additional Psychological Considerations:

- **Projection:** Since the TAT is a projective test, the stories individuals tell are thought to reflect their own experiences, desires, conflicts, and emotions. Psychologists interpret these projections to infer unconscious aspects of the person's psyche.
- **Defense Mechanisms:** The ways in which characters deal with challenges in the stories may reveal the test-taker's defense

mechanisms, such as repression, denial, or rationalization. For instance, if a person constantly tells stories in which characters avoid confronting problems, it might suggest that they themselves have difficulty facing difficult emotions or situations.

Limitations

While the TAT can be a valuable tool, it is not without its limitations and criticisms:

1. **Subjectivity in Interpretation:** The TAT is highly subjective in nature. Different psychologists may interpret the same response in different ways, leading to inconsistent conclusions. This subjectivity reduces the reliability of the test and makes it difficult to standardize results.
2. **Cultural and Contextual Bias:** The test's interpretation may be influenced by the cultural context in which it is administered. The pictures may be interpreted differently depending on the test-taker's cultural background, making it difficult to generalize results across diverse populations.
3. **Lack of Standardized Scoring:** Unlike other psychological assessments that use fixed scoring systems, the TAT lacks a standardized, objective scoring method. This makes it challenging to compare results between individuals or across different studies.
4. **Overemphasis on Unconscious Drives:** The test assumes that individuals project unconscious material through the stories they tell. However, some critics argue that the TAT places too much emphasis on unconscious processes and may overlook conscious thoughts, motivations, or behaviors that are just as important.
5. **Reliability Issues:** Because the TAT is so subjective, its **reliability** (the consistency of the test results over time) and **validity** (the accuracy of what the test is measuring) can sometimes be questioned. A story told today may reflect a

person's current state but may not accurately reflect their consistent personality or emotional functioning.

Conclusion

The Thematic Apperception Test remains a significant and widely-used projective assessment in psychology. Although it faces criticism regarding its subjective interpretation and lack of standardization, it continues to offer valuable insights into the unconscious aspects of a person's psyche, such as their desires, conflicts, emotional states, and worldview. By allowing individuals to project their thoughts and feelings onto ambiguous images, the TAT provides an opportunity to explore deeper psychological layers that might otherwise remain hidden, making it a powerful tool in both clinical and research settings.