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Creepiness

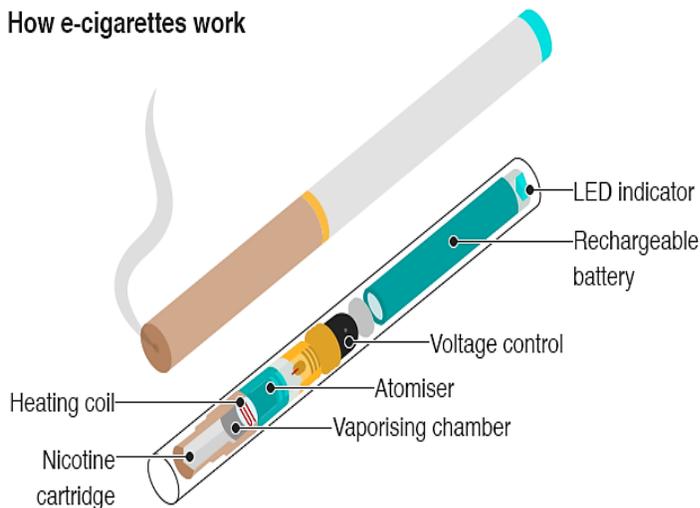
Think of situation(s) where you had felt uncomfortable and threatened; uncomfortable because you could neither identify the threat nor its nature (if it is sexual or physical violence, contamination, etc.) and threatened because you had no clue as to how to respond to that threat. Many would call such experience(s) as *Creepy*. *Feeling 'creeped out' is an evolved adaptive response to uncertainty about the presence of threat which helps us to be alert during times of ambiguity.* Recent studies have examined those elements that give people the creepiness. First of all, males are more likely to be perceived creepy, perhaps because of their threatening physique. Females are at greater risk for sexual assault, so they feel creeped out when faced with sexual threats. When it comes to an occupation, those associated with death (coroner, funeral director) or reflecting fascination with sex are perceived as most creepy. Being unpredictable is yet another important component of creepy behavior, so it comes as little surprise when unusual (inappropriate) non-verbal behavior especially touch can easily give someone the creeps. However it is to be noted that, creepy people are not always assumed to have ill intentions, they are just recognized to be dangerous.



E-Cigarettes

E-cigarettes are battery operated electronic devices, which deliver nicotine, other chemicals and flavors in the form of vapor, which is then 'vaped' or inhaled by the individual. Since they don't deliver nicotine by burning, e-cigarettes were initially considered as safer alternatives for traditional smoking; but *nicotine consumption is dangerous whether it is delivered directly or in vapor form.* Many countries have banned this product, but some like US and UK continue to have them as legal. Regulation of e-cigarettes is a highly debated topic among the public in such places. A new

How e-cigarettes work



study examines the underlying beliefs of people who support or oppose policies designed to restrict market access and public use of e-cigarettes. A majority believe that regulation is essential in order to protect people from second-hand vapors, to protect youth from trying e-cigarettes (vaping using e-cigarettes is considered cool by many), as well as giving them a chance to move on to conventional smoking when they get older. On the other hand, many believe that by restricting market access and use, the government is in fact intruding individual choice and disrupting the growth of various companies in the market. Recently FDA's regulation on e-cigarettes has banned access to minors and it also includes issues such as ingredient, product feature and health risk, along with its appeal to minors and non-users.

Environmental Decision Making

For the past few years, there has been increasing awareness on environmental issues, but humans are making very little effort to engage in pro-environmental activities. Why

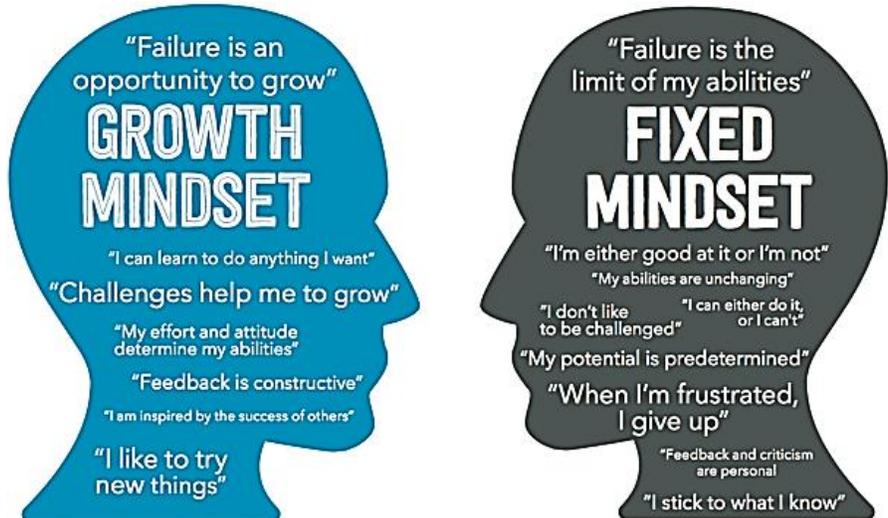


do we act less, even after acknowledging the potential benefits and the dire need for conserving nature? A research paper suggests that self-signaling may influence our environmental decision making process. Self-signaling is the way we determine our preferences based on our past behaviors without any regard to personal preferences and beliefs. Previously there would

have been times when we would have acted out purely for our own personal gains, which gave us immediate benefit. When we judge our likings based on such self-interested behaviors/thoughts, it can hinder us from acting in support of environmental safety. This is because *our previous self-interested actions, may serve as self-signals and prevent us from engaging in those activities that will not yield us immediate benefit.* It may as well be an explanation as to why we hesitate to contribute in decreasing environmental damage, as the benefit is not immediate. Since previous actions and thoughts have potential to influence future behavior, people can be encouraged to recall previous pro-environmental behavior or intention in order to promote effective decision making for environmental issues.

Parental mind set

Motivation and learning can be influenced by a child's intelligence mind-sets. Intelligence mind-sets refer to the beliefs about whether intelligence is fixed or malleable. This particular mind-set of children can be shaped by the failure mind-sets displayed by their parents. According to a recent study, parental beliefs about set-backs may have a strong influence on the children's perception of intelligence being fixed or growing. Failure mind-sets are those set of beliefs about failure being an enhancing or weakening experience. *Parents who believe failure to be a weakening experience have children who believe that they cannot develop their intelligence.* When they show excessive concern, anxiety and worry over poor performance and grades, children think that they can no longer work towards intellectual growth and that intelligence is fixed. These parents focus more on the children's ability and performance rather than what he/she are learning. As for parents with a learning orientation, they focus more on how to learn and improve, with less worry about failures or poor performances. They see intelligence as something to be built while learning. Children of such parents think that intelligence is malleable and can be developed through learning. Thus children's fixed and growth intelligence mind-sets can be predicted by the parent's perception about failure.



Embracing Boredom



Boredom is usually referred to the state of being weary and restless through lack of interest. It is characterized by disengagement, inattention, low arousal and distorted perceptions of time. For a very long time, boredom has been associated with various negative outcomes like depression, dissatisfaction in work and reduced quality of life. Zen Buddhism, however, states that allowing

oneself to experience boredom can be valuable, important and vital. It does not view boredom as the problem, but people's inability to tolerate or engage with it. Thus by exploring relevant literature and other studies, it was found that this *feeling of restlessness and tiredness can offer three significant values for an individual*. They include - the *opportunity to explore one's self, experience altered time perceptions and induce environmental creativity*. The altered perception of time offers insights into one's mind, self-identity, and the nature of reality by enabling a person to come face to face with the self. During this state, the mind wanders and associates freely which in turn sparks creative thinking. It is possible to achieve such positive outcomes through boredom if and only if we go deep into that feeling and explore it, instead of trying to distract ourselves or escape from it.

Urban Bird feeding

In an increasingly urbanized world there is growing concern that many people are becoming disengaged from the natural world. Despite the reduced opportunities, many people still seek out regular interactions with nature. Strengthening understanding of the motivations behind why they do so may be the key to maximizing the benefits, as well as harnessing support for broader conservation issues. This study attempts to explore the motivations behind bird feeding in urban areas. It was found that feeding birds provided psychological benefits to so many people. *People who fed birds regularly reported that they felt more relaxed and connected to nature* when they watched garden birds and perceived that bird feeding is beneficial for bird welfare. These feelings of being relaxed and connected to nature were the strongest drivers.



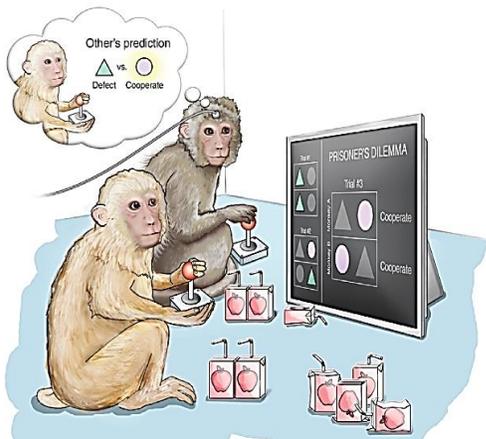
A major challenge in harnessing people's interest in local and broader conservation issues is that many people simply do not notice the nature that is around them. As urban expansion continues to threaten species conservation and changes peoples' relationship with the natural world, feeding birds may provide an important tool for engaging people with nature to the benefit of both people and conservation.

Positive Affect through Smartphone Photography

A study investigated how smartphone photography can be used to help individuals increase their positive affect. The study compared the impacts of photo-taking on well-being in three different experimental conditions, to which participants were randomly assigned: the 'Selfie' group that took photos while smiling (self-perception), the 'Personal' group that took photos of things that made themselves happy (self-efficacy) and the 'Other' group that took photos of things that would make other people happy and sent the photos to others (prosocial). The participants were required to take a photo according to their assigned condition and then report their mood every day, using an App. User's mood in valence (i.e., how positive one feels) and arousal (i.e., how intense the feeling is) were assessed at the end of intervention period. Participants in the Selfie condition observed changes in their smile and mood over the course of the study. Most participants in the Personal condition became more mindful, reflective, and appreciative by taking photos and thought more carefully about the source of their happiness. In the Other condition, most *participants reported thinking more of and feeling more connected with strong ties during the photo intervention period than before*. Connecting with strong ties reduced their stress, feeling much calmer after taking and sending photos. Thus, any photo-taking with the intent to increase one's happiness could increase positive affect.



The Neural Responses to Social Cooperation in Gain and Loss Context



Cooperation is an associative and basic process of social life. A recent fMRI study, investigated how the contexts of loss and gain moderated neural and behavioral responses to mutual cooperation. A variant of the one-shot 'Prisoner's Dilemma' game was adopted where anonymous participants and partners independently decide whether or not to cooperate with each other and each is awarded (in gain context) or deprived of (in loss context) a payoff that depends upon the

interaction of their respective choices. Mutual cooperation leads to a modest payoff to both players, while both players are deprived of payoff in case of mutual defection. The participants were scanned for their responses in each context and were asked to rate their emotional reactions to four PD game outcomes (CC: player and partner both cooperated; CD: player cooperated and partner defected; DC: player defected and partner cooperated; DD: player and partner both defected). Participants chose to cooperate in nearly half of the experiment trials, and they cooperated more in the gain than in the loss context. Mutual cooperation was the most personally satisfying outcome. Participants experienced high level positive emotions such as happiness and trust for CC outcome, while the most profitable DC outcome provoked negative feelings of shame and guilt. ROI (Region Of Interest) and whole brain analysis revealed *more activities in the ventral striatum and the orbitofrontal cortex for mutual cooperation* relative to the other three outcomes. Cooperation-specific activations in the ventral striatum only existed in the gain context, but activations in the orbitofrontal cortex were not affected by context. *Dorsal medial prefrontal cortex and rostral anterior cingulate cortex activities were also found when identifying activations associated with mutual cooperation.*

The downside of choice



Choice plays a significant role in various aspects of life and has a strong influence on people's preferences and motivation, says previous studies. This study aims to investigate the role of choice in visual search. The participants were divided into two groups – the first group (choice condition) was given choice to visual search, choosing from experimental block conditions (A, B or C). They were unaware that all the conditions had the same block. The other group was not provided with any choice (no choice condition). Both the groups were given a cognitive neutral task- they were asked to search and respond to the orientation of the target letter 'T'; by pressing M (if bottom of T pointed to the right) or the letter Z (if bottom pointed to the left). The results showed that the participants in the choice condition rated the task as both more enjoyable and likeable than those in the no choice condition. But their actual search performance and efficiency was found to be decreased. This may be because the participants in the choice condition seem to adapt an active strategy (directing their attention deliberately to items in the display) which involves executive processes. In the second experiment, when the executive processes were otherwise occupied in a task switching activity, the

difference in search performance across both conditions disappeared. This explains the results of the initial experiment - *people adopted a more active search strategy involving executive processes after choosing; this led them to be more motivated and invested in the task*. Thus the low efficiency in search performance indicates that although presenting people with a choice led to greater enjoyment, it did so at the price of impairing performance.

Catch It: An innovative CBT smartphone app

Mobile devices and technology are being increasingly used in the field of medical care. Mobile applications have been increasingly used in the field of medical care, providing health care information to healthy living. Cognitive Behavior Therapy is a very effective and most commonly used intervention in this field. People in an online course were asked to download the app - Catch It. This app works through three principles - *identifying the thoughts and/or emotions; checking it (whether the thoughts and/or emotions are appropriate) and finally changing it (helping to generate new thought)*. The study aimed to find how often people used the app. Thus 'Catch It' helps the user to identify the thought, rate their mood and helps them change it.



To ensure confidentiality, each user was provided with a separate PIN and the information provided would only read by the researchers. They could select their mood from the menu option; and further answer the questions about what they felt, what happened, what they thinking, at what time and in which place they felt that thought as well as the information about the strength and intensity of the thought . Then they had to write a feedback regarding what had to be changed, had it changed and the current severity of the emotion. In short, this app works similar to that of thought diary. The results revealed that a majority used it only once while the rest felt it as helpful. Using Catch It helps reduce negative feelings and improve one's well- being, but further research is needed to determine the effectiveness of this app.

Prosocial Behavior and Subjective Insecurity in Violence context



Victimization has an influence on subjective insecurity. Subjective perception of insecurity, which can be distinguished through objective and subjective measures, can have an influence on one's life choice and behavior. Similarly a person's subjective experience can have an impact on elements like co-operation, trust and altruistic behavior. A study aimed to explore the relationship

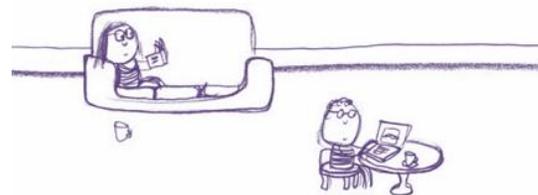
between the consequence of facing violence and prosocial behavior. Conducted with 800 farmers who had been exposed to some kind of violence, this study found that subjective insecurity constricts co-operation while having a positive effect on trust and altruism. Individuals who reported high level of exposure to violence displayed more altruism and were willing to take risk. Based on differences in gender, education, individual preference and contextual influences the perceptions of subjective insecurity among individuals vary. Thus *people who have experienced violence in their lives may be more likely to display prosocial behaviors during their lifetime.*

Talking less during social interaction predicts enjoyment

Humans like to interact with each other and social interaction gives them happiness. Many people report being happy when interacting with close friends, family and acquaintances. A person's emotional response to the conversation determines the quality of the conversation. *Emotional quality in specific depends not only on what is said, but also how it is said.*

So is it possible to predict which conversations are enjoyable without hearing the words that are spoken? Researchers studied the conversational properties (conversation length, rate of turn taking, proportion of speaking time) and acoustical properties (volume, pitch) during conversations to determine their impact on the psychological outcome – enjoyment. Using the My Social Ties app, the acoustical information about everyday conversations of 36 participants was gathered over a period of 6 days. The results revealed that

HAPPINESS IS



...comfortable silence.

during social interactions acoustical properties like volume and pitch can predict the emotional response to the conversation without even hearing its content. It showed that, the *lesser the people spoke the more they enjoyed their conversations*. Therefore, contrary to certain beliefs, talking in smaller proportion of time than usual during social interactions may actually predict that the person is enjoying the conversation.

Background Music in Shark Documentaries on Viewers' Perceptions of Sharks

Engaging a supportive public in shark conservation is getting more challenging due to the general negative attitudes toward sharks. A recent study, investigated a subtler, yet powerful factor that negative attitude – background music accompanies shark documentaries on Participants who video clip of to ominous (horror) regarded sharks and less positively



contributes to this the effect of that often footage in viewer's perception. viewed a 60-second swimming sharks set background music more negatively than those who

watched the same video clip set to uplifting background music or to silence. Notably, participants who did not watch the video clip, but only listened to the 60-second uplifting or ominous audio clip (or waited in silence for 60 seconds), generally regarded sharks more negatively and less positively than those who watched the video clip. But the difference between audio only and video only treatment was not the primary intent of this study. This is the first study to demonstrate empirically that the soundtrack accompanying shark documentary footage can affect viewers' perceptions of sharks. Thus, documentary filmmakers and viewers should be aware of the *effects of the soundtrack on the interpretation of the educational content*.

Cold showering



Bathing in cold water claims to have several benefits on health such as improvement in immune system, cardiovascular circulation, vitality, etc. Even from the time of Hippocrates, the father of medicine, cold bathing has found its place in the treatment of serious illness. Cold water therapy uses cold water immersion, cold bathing and cold showering interchangeably. Most of the studies have assessed the physiological responses to cold therapy, especially on athletes regarding reduction in muscle soreness. However a recent study sought to

determine the cumulative effect of a routine (hot-to-) cold shower on both physiological and psychological factors like sickness, quality of life and work productivity. Those individuals who shifted from taking hot showers to cold water showers for at least 30 days reported reduction in sick leaves, but not the number of illness days. This intervention could modulate only the intensity but not the duration of illness. Nevertheless, a combination of cold shower and physical exercise showed 54% reduction in absence due to sickness. Further, they reported an increase in perceived energy levels. Cold water showering on the short run (30 consecutive days) had a slight beneficial effect on the quality of life of the participants. Even though no harmful effects of cold showering were previously reported, those with severe comorbidity like cardiac and pulmonary illness were excluded from this trial. Thus *showering in cold water can prove beneficial to the immune system and to an extent increase the quality of life for individuals*. Be it the Indians who believe in taking a dip in the river during the early hours of the morning, or the thousand who takes cold water bath every day, they sure have/had their fair share in enhancing their immune system.

"I don't want to grow up, I'm a [Gen X, Y, Me] kid"

Today, it is common to hear the phrases - 'I don't want to grow up' and 'I want to become a kid again'. Though many would brush them off as matters of trivial concern,



researchers have acknowledged the need to understand the fear behind growing up. Collectively termed as maturity fear, it refers to the desire to return to childhood combined with fears of becoming an adult and facing the demands of adult life. Studies have found that this maturity fear has in fact been increasing among young adults over the decades. The various contributing factors to this fear may include the challenging economic times, social pressures to remain youthful, and/or internal fears of assuming increased responsibility. A *majority of adults have a negative stereotype for aging by viewing it as a disease which should be either avoided or cured*. In the context of latest economic downturns, the increasing pressure to find employment and difficulty in

launching one's career may be a nightmare for many. Recent economic changes have made parents become more controlling and protective, leaving the children less prepared to take risk during the transition stage. Thus being anxious about their ability to create a flourishing, independent life for themselves is common for such individuals. Many fear transition to adulthood because they would have to leave the comforts of adolescence for the demands of adulthood. This is a serious threat since regardless of the fear; maturity is inevitable and natural, and fearing maturity will only make it harder

evaluation. Value can be interpreted as a ratio, or trade-off, between quality and price. This novel study applied a method of calculating student-centered value, in the context of a change in the space and mode of learning and explored its impact on learning outcomes and quality in the field of health professional education. The focus of this study was the 'Value to Student' which represents the price paid (the course fees), additional expenses categorized into user costs, and the perceived gross benefit (including their learning outcomes and learning experience). Within the context of this study, a blended learning approach was implemented among third year students of the Bachelor of Physiotherapy and compared to the previously followed campus face-to-face approach, based on the concepts of value, price and worth. The major structural changes included the implementation of web-conferencing CBL, 50% reduction of lectures and introduction of online lectures, increased use of low-fidelity and high-fidelity simulations, structured self-directed practical sessions supplemented by eBook creations, reducing live tutor attendance in practical activities by 50%, the implementation of peer-assisted tutoring, and an increase in online self-directed learning resources. The data were collected via a post-unit survey. It was found that *students valued the blended learning approach more. Student satisfaction was also greater with the blended learning approach compared to the campus-based face-to-face approach.* However, learning outcomes were equivalent with both approaches, based on the unit examination. Measuring economic value to the student could be used as a way of evaluating effective change in a modern health professional curriculum.

Transformational leadership

Transformational leadership is a style of leadership where leaders and followers make each other advance to a higher level of morality and motivation. It is characterized by four specific behaviors: Idealized influence, Inspirational motivation, Intellectual



stimulation and Individualized consideration. This style of leadership emphasizes on ethical means and ethical ends in pursuit of goals. Such leadership brings forth outcomes like follower motivation, satisfaction,

prosocial behavior, job effectiveness and effective performance of individual as well as the organization. Earlier researches have showed that the trait of extraversion and *general mental ability* (GMA) are predictive of transformational leadership. Some neuropsychological studies found that executive functions are linked to transformational leadership. A recent study examined the interaction of executive

functions of cognitive control and decision making and how it predicts transformational leadership. Cognitive control includes two components: inhibition of prepotent response (the will and stability to overcome urges or pre-potent response) and mental flexibility (ability to hold several mental representations simultaneously in the working memory) which is the key to self - regulation. Decision-making, a self-directed behaviour, is the process of choosing among a dynamic set of several alternatives based on the subjective value assigned. These executive functions i.e., *cognitive control and decision-making incrementally predict transformational leadership and seem to be better predictors than extraversion and GMA*. It was also observed that either high mental flexibility or low risk decision-making were sufficient to achieve higher levels of transformational leadership. Thus, executive functions maybe used as a tool while recruiting leaders for organizations which focus on novel solutions and greater causes.

Experiences of posttraumatic growth in siblings of children with cancer

It is known that childhood cancer can occur abruptly without any early symptoms even though their rate of cure is high. Understanding the nature of cancer-related distress and posttraumatic growth in siblings of children with cancer is useful in achieving better psychosocial outcomes for both children with cancer and their families. A study investigated the *experiences of few siblings who had a brother or sister diagnosed and treated for cancer*. Semi structured interviews were conducted and the results of the study were put under three themes. Siblings initially experienced difficult emotions such as fear, uncertainty, helplessness and sadness. Beyond the difficulties experienced by them, most described that the changes in their lives gave them opportunities for growth. They felt a *sense of improvement in their relationships - those within as well as those outside their families*. They also reported the impact their sibling's cancer had on their emerging sense of selves as people, including a *sense of increased personal resilience and responsibility*.



Overall, the *siblings felt positive changes in self, strengthened relationships with others, and better plans for the future*. Further they described few factors that they found helpful and unhelpful in adjusting to these changes, which helps one to understand the coping strategies used by these siblings while living with a brother/sister diagnosed with cancer.

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