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APPENDIX A: ADDITIONAL DETAIL REGARDING CONTENT AND DETERMINANT SCORING ON THE RORSCHACH

The content below was taken verbatim from Exner, (1993)

1. SYMBOLS AND CRITERIA USED FOR CODING CONTENT

- Na** Nature: this symbol is used for a broad variety of contents from the natural environment that are not coded as (Bt) or (Ls), such as the sun, moon, planet, sky, mist, etc.
- Ls** Landscape: this involves percepts of landscape such as mountains, hill, island, cave, rocks, and a seascape such as a coral reef or underwater scene.
- Ge** Geography: this involves the percept of a map, either specified or unspecified.
- Art** Art: this involves percepts of paintings, drawings and illustrations either abstract or definite such as statues, jewellery and decorations.
- Bt** Botany: this involves the percept of any plant life such as bushes, flowers, trees or parts of plants.
- Ay** Anthropology: this involves percepts that have a specific cultural or historical connotation such as totem, Roman helmet.
- Cl** Clouds: this is used specifically for the content cloud. Variations of this category such as fog or mist are coded Na.
- X+ %** this percentage represent the proportion of good form usage throughout the record.

2. DETERMINANTS

According to Exner (1974) determinants are seen as the “core” of the structural summary data and represent the psychological action, which has occurred at the time when the subject formed a response. There are seven broad categories of determinants, each of which represents how the subject translates the stimulus field. These categories are presented below as follows:

- (a) **Form.** A common determinant to all responses, either as the only determinant or combined with other determinants.
- (b) **Movement.** This category has three sub-categories, i.e., Human Movement, Animal Movement and Inanimate Movement. All movement is either passive or active. The constellation of movement responses offers the examiner insight in the specifics of ideation that are related to needs.
- (c) **Chromatic colour.** This category includes three symbols (FC, CF, C), the choice of which depends on the extent to which form is involved. Responses that have dominance of colour with low form quality, reflect excessive relaxation of cognitive control, where mental activity is temporarily overwhelmed and controlled by emotions.
- (d) **Achromatic colour.** This includes three symbols (C', C'F, FC') the choice of which depends on the extent to which form is involved in the answer. According to Exner, (1974) Klopfer reported that the C' responses relate to a toned down affective experience in which a hesitancy occurs for a more direct expression of affect.
- (e) **Shading.** This category has three sub-categories, each with three symbols: Y, YF, FY; V,VF, FV; and T, TF, FT. These sub-categories account for different uses of shading, i.e., Texture, Depth or dimensionality, and Diffuse. Texture responses are the most common of the shading responses, and relate to a need for affection. If form is used together with texture, then it relates

awareness and differentiation of the person's need for affection and dependency. If the responses contain form, the affective need is controlled and could possibly be used as an advantage for the subject. Conversely, when form is absent in the texture or is secondary, it could relate to overwhelming affective deprivation that affects the subject's attempts to maintain useful and productive interpersonal contacts. Texture answers reflect willingness to be more open with the environment.

Psychosomatic patients give fewer texture answers than patients being treated for other illnesses do. It is best described as an indication of needs for affective interpersonal contact. Diffuse shading responses reveal a painful absence of action, and relate to a sense of helplessness, anxiety and a tendency to withdraw.

Y is commonly elevated in stress-related helplessness.

- (f) **Pure Form Response.** The symbol F is used for responses in which the impression of dimensionality is based on size or contour. Pure Form is related to affect-free conditions and represents a form of affective delay or control and is a good index of the attention and concentration features of a subject's thinking operations. An excess of F reflects some form of defence to create a conflict-free situation, and even where these situations are present, they may be consciously controlled by thought operations.
- (g) **Pairs (2).** These responses always involve some use of form, and are based on the symmetry of the blots. Pairs are used where there are two objects seen but not as in a mirror image.

The determinants that are presented in either the S-CON or the DEPI are described next:

White Space (S)

A white area is used in the response, scored only with another location symbol as in WS, DS, or DdS (i.e., respectively the whole card, large detail or small detail associated with white space). Such responses mostly occur in Cards I and II, and less frequently in Cards IV, V, VI and VIII.

Movement

- (a) **FM (Animal Movement):** This relates to a response in which a kinaesthetic activity of an animal is involved. It represents more primitive operations than Human Movement (M) responses. FM responses manifest a sense of urgency where the subject becomes psychologically aware of impulses, which strive for immediate gratification, rather than working towards long-term goals. FM is related to a process that is not deliberately initiated, controlled or directed. It is relatively consistent across age groups in the normative data and may be an expression of an impulse.

Both FM and Inanimate Movement (m) seem related to the presence of mental activity that is provoked by demand states. In that context they appear similar but yet different. m Responses are unstable and appear to be induced by situations. The mental activity to which they are related seems to be involved in feelings of helplessness or loss of control. When this activity takes place, the subject tends to lose his or her concentration, and reasoning capacity can be interfered or interrupted easily. Depressed patients often complain of concentration problems.

The presence of a high number of FM in a protocol is related to behavioural dysfunction. When FM exceeds m, the subject is often found to be defensive, including the use of intellectualisation, rationalisation, regression and substitution. Subjects with more FM and m responses have tendencies of being

aggressive under states of diminished consciousness and becoming lively and energetic when the quality of FM tend to change during treatment.

- (b) **M (Human Movement):** According to Exner (1995), M is scored when a response describes human contents as engaged in some activity, or when the activity is strongly marked by fantasy and imagination. Clues to pathological social withdrawal are provided in the case where there is a low frequency of responses involving human content, especially human movement (M) and Pure Human content (Pure H).

According to De Cato (1993) when M is present, intellectual reasoning, which develops with cognitive maturation relates M response to coping. It delays spontaneous impulsive reactions and helps the individual to make adjustments to reality. It is a sophisticated inner experience, which appears not to be a conscious effort, but which is marked by organisation and reasoning to defend the self from hostilities of the world. M responses indicate deep-seated modes of behaving in social interactions, which are felt to be personal or important. In general M responses may also be considered to reflect a mental set for being interested in human interaction. Subjects who give inadequate M responses are seen as pathologically withdrawn from engaging in thinking about interactions with people.

According to Exner (1995), failing to produce one or two M responses is significant among adults and it is unlikely that a non-patient will fail to give M response, even at an early age. When the form quality of M is poor, a high likelihood of psychopathology related to poor social skills and poor interpersonal relationship emerges. In severe cases it may indicate psychosis. On the other hand, Exner (1974) reported that the presence of good quality M indicates positive prognostic outcome especially if the person is seriously mentally disturbed. Interestingly, the presence of M responses alone does not guarantee social skills. For example, subjects who give M responses without form may be interested in social relationship but doing this inappropriately and

unrealistically. Hence M responses are as likely to be associated with deficient social skills and poor interpersonal relationship as failure to produce the M at all.

The content of M response is also important to determine its position in social skills. Subjects whose interpersonal interests are associated with fragmentary and depreciatory views of people or who are focused on non-human objects, rarely have sufficient social skills to maintain adequate interpersonal relationships.

- (c) **m (Inanimate Movement):** This relates to a response in which movement of inanimate and inorganic object is involved. It represents forces that are beyond the control of an individual and that are consequently becoming a threat to the overall stability and organisation of personality. These m responses are associated with frustration, especially with regard to interpersonal relations. Fm and m responses are less organised compared to M responses, where the M responses reflect efforts to mediate stimulus inputs.

Chromatic Colour Responses (FC, CF, C)

- (a) **Pure C: Pure Colour:** Pure C is scored for answers based exclusively on the chromatic colour features of the blot without involving any Form features. The manner in which people deal with chromatic colour indicates how they are likely to deal with strong emotional stimulation and if the colour response is poorly modulated then this may indicate inadequate emotional control. Most importantly Pure C is an unmodulated use of colour and when given suggests unrestrained emotionality with no effort to integrate the feelings. The presence of one Pure C in a record cannot be view as a persistent personality characteristic unless two or more are present, in which case a conclusion of the likelihood of emotional control could be made (Exner, 1993).

- (b) **CF: Colour Form:** This is used for answers that are formulated primarily because of the chromatic colour features of the blot. Form features are used but are of secondary importance.
- (c) **FC: Form Colour:** This relates to a form dominated response in which the chromatic colour is used and integrated in the articulation of the response.

Achromatic Colour

- (a) **C' (Pure Achromatic Colour):** This is based exclusively on the grey, black or white features of the blot, without the addition of form features and are used clearly as colour.
- (b) **FC' (Form Achromatic Colour):** This is a form dominated response in which the achromatic colour is used and integrated in the articulation of the response.
- (c) **C'F (Achromatic Colour Form):** This is a response sparked by and articulated primarily in terms of the achromatic colour, and some form features are used as well.

Shading

(f) **Vista (V, VF, FV)**

V Pure Vista: This is a response sparked by and articulated in terms of shading, interpreted as representing a three dimensional effect, without the use of form features.

VF Vista Form: This is a response sparked by and articulated primarily in terms of shading, interpreted as representing a three dimensional effect, and some Form features are used as well.

FV Form Vista: This is a form dominated response in which the shading is used and integrated and interpreted as representing a three-dimensional effect, and some Form features are used as well.

According to Exner (1993) Vista responses relate to a person attempting to handle anxiety introversively. Such people distance themselves from problematic situations. They show symptoms of feeling inferior, depressed and with potential of being suicidal. Such subjects have negative attitudes towards themselves, with guilt feelings. The absence of vista is a favourable sign if FD is present. FD implies introspection and being critical of self.

(g) **Shading Texture**

T Pure texture response: This is used for answers in which the shading components of the blot are translated to represent a tactual phenomenon, with no consideration to the form feature.

FT Form texture response: This is used for responses that are based mainly on the form features. Shading features of the blot are translated as tactual, but are of secondary importance.

TF Texture forms response: This is used for responses in which the shading features of the blot are interpreted as tactual, and form is used secondarily, for purpose of elaboration and or clarification.

(h) **Shading Diffuse**

Y Pure shading response: This is used for answers that are based exclusively on the light dark features of the blot, that are completely formless and do not involve reference to either texture or dimension.

YF Shading form response: This is used for responses primarily on the light dark feature of the blot. Form features are included, but are of secondary importance.

FY Form shading response: This is used for responses that are based mainly on the form features of the blot. The light dark features of the blot are included as elaboration and /or clarification and are secondary to the use of form.

Form Dimension

FD (Form based Dimensional response): The shape of the blot is used to articulate a three dimensional image. This scoring is used for answers in which the impression of depth, distance, or dimensionality is created by using the elements of size and or shape of contours. No use of shading is involved in creating this impression.

Pairs and Reflection

(c) **(2) The pair's response:** This is used for answers in which two identical objects are reported, based on the symmetry of the blot. The object must be equivalent in all respects, but must not be identified as being reflected or as mirror images, e.g. two bears dancing.

(d) **rF Reflection form response:** This is used for answers in which the blot or blot area is reported as a reflection or mirror image because of the symmetry of the blot. This type of reflection is very uncommon and always involves content with specific form, e.g. clouds, landscape and shadow.

(e) **Fr Form reflection response:** This is used for answers in which the form of the blot is used for identifying specific content and in turn being interpreted as reflected because of the symmetry of the blot, e.g. mirror images.

APPENDIX B: THE STRUCTURED QUESTIONNAIRE

Date of interview :

Name :

Date of birth :

Age :

Sex :

Marital Status : Single: Married: Divorced: Widowed: Separated: Other:

Level of education :

Occupation :

Religion :

Referred by :

Reason for referral:.....

Seen by :

Psychiatrist:

Psychologist:

2. **Presenting problem/ complaints/ verbatim**
3. **Do you have any other physical complaints**
4. **Did your illness affected you at work / school**
5. **How do you feel about being ill**
6. **Did you ever have suicidal thoughts**
7. **How do you feel about yourself**
8. **Causes of the illness**
9. **Medical history**
 - TB
 - Asthma
 - Hypertension
 - Diabetes mellitus
 - Heart disease
 - Alcoholism
 - Ulcers
 - Surgical operation
 - Allergies
 - HIV
 - Other
10. **Stressors**



APPENDIX C: IMPRESSIONS ON THE MMPI

Name and surname of the patient:

1. How did you find this test?

a. Difficult : yes or no, why?

b. Tricky : yes or no, why?

c. Confused : yes or no, why?

d. Boring : yes or no, why?

e. Stressful : yes or no, why?

2. Is the test long, short or normal?

3. Is this test helpful for you? Yes or no, why?

4. Do you have any suggestions concerning this test?