

## Explanation of DRAINS concepts

This sheet will help you to understand what is meant by the DRAINS concepts (which you can use to evaluate all of the approaches). Some of them can either be a strength or a weakness and some are more applicable to certain approaches than others.

Why might this be a strength?	Definition of concept	Why might this be a weakness?
+ Allows for the development of 'laws'; hence determinism forms the basis of science. It also allows treatments to be developed as it is easier to establish cause and effect.	<b>D</b> eterminism proposes that all behaviour is caused by preceding factors and is thus predictable.	- Underestimates the uniqueness of human beings and their freedom to choose their own destiny. May remove responsibility from individuals for their actions.
+ Offers a very empowering view to individuals who can control their own destiny.	Free will proposes we have choice and that we are free to choose our behaviour. A person is responsible for their own actions.	- Individuals are responsible for their actions; free will assumes all are capable of self-control, which may not be the case.
+ It means we can isolate a factor and research it or treat problems by focusing on it.	<b>R</b> eductionism means explaining a behaviour by reducing it down to its constituent parts.	- It may offer an explanation that is perhaps <i>too</i> simplistic.
+ It offers a better view of human behaviour than reductionism as it takes into account more factors, including complex ones.	Holism looks at higher level explanations; the whole is greater than the sum of its parts.	- Not a very scientific view; it makes researching and treating problems very complex.
+ If an approach has led to real life applications, this not only benefits those who have received the therapy, but also provides further evidence that the underlying principles of the approach are correct.	<b>A</b> pplications are where psychological knowledge has been used for some purpose. Psychological knowledge has traditionally been used in therapies, but it has also aided in education and many other fields.	- The effectiveness of applications is tricky to verify, and as yet no therapy has been able to cure all people of all disorders.
+ Recognises the role that individual differences play in human behaviour.	<b>I</b> diographic - Psychologists want to discover what makes each of us unique.	- Makes it harder to apply laws of human behaviour to everyone and develop treatments. Also harder to investigate in a scientific way.
+ Considered to be very scientific as it is easy to replicate and you can generalise. Means that treatments developed from an approach can be widely applied.	<b>N</b> omothetic - Psychologists are concerned with what similarities we share with others. They like to establish 'laws' or generalisations.	- Can offer an impersonal and superficial appreciation of the behaviour, ignoring individual differences.
N/A	<b>N</b> ature - Psychologists emphasise the importance of innate factors over social factors.	- May be ignoring significant factors in the development of a behaviour.
N/A	<b>N</b> urture - Psychologists emphasise the importance of social or learning factors over innate factors.	- May be ignoring significant factors in the development of a behaviour.
+ Ensures that all possible significant factors in a behaviour are acknowledged and investigated.	<b>I</b> nteractionist - Psychologists acknowledge that biological, social and learning may ALL play a role.	- May acknowledge a factor that does not really play a significant role in the behaviour.
+ People are more likely to believe the principles of the approach if scientific research has been carried out to investigate its ideas.	<b>S</b> cientific - where research has been carried out in a controlled, objective, replicable way; hypothesis formed and tested.	- Due to ethical restrictions, some research cannot be carried out in a 'scientific' way.
N/A	<b>U</b> nscientific - where the concepts investigated by the approach are unfalsifiable, or the methods used are subjective.	- Seen as less credible, people are less likely to believe the assumptions of the approach as it is taken less seriously.