The human mindset is subject to many bias that can influence the way we think. These biases can even occur in psychology studies where the observations may be incorrect or skewed due to the researchers’ biases. Three examples of biased mindsets we will discuss include: using a biased sample that misrepresents a larger population, choosing or interpreting certain sources that supports the study and/or confirms the hypothesis, and directly or indirectly influencing the results of the study to get a certain outcome.

When psychology researchers use a biased sample that misrepresents a larger population, they are committing a sample bias. The people in this kind of sample are not selected randomly, but may be ‘hand-picked’ so that the observations made in the study will seem to support the hypothesis the researcher(s) made. For example, the researcher(s) of a study that hypothesizes that hard-working people tend to like apple juice more than orange juice may choose people who like generally apple juice for their sample, and thus in their observations, it will seem as if their hypothesis is true.

Furthermore, some psychology researchers may also choose or interpret certain sources that supports their study and/or confirms their hypothesis, while ignoring any other sources that do not support their study. This is called confirmation bias. For example, the researcher(s) of a study may incorrectly interpret statistical information from other sources in a way that fits with their hypothesis.

Lastly, psychology researchers may directly or indirectly influence the results of their study due to get a certain outcome. This experimenter bias can happen indirectly if the researcher(s) are unaware that they are committing the bias. If the bias happens directly (i.e. the researcher(s) are aware that they are committing the bias), an example would be where the researcher(s) know which patients are receiving a placebo or the actual test drug (Grinnell).

Therefore, because the human mindset is subject to biases that can influence the way we think, researchers in psychology studies may commit a sample, confirmation, or experimenter bias by using a biased sample that misrepresents a larger population, choosing or interpreting sources that support their study and/or confirm their hypothesis, or by directly or indirectly influencing the study to get a certain outcome. These three examples show how biased mindsets can influence observations made in psychology studies, and thus these observations may be incorrect or skewed.