

PLACEBO EFFECT RESEARCH POSTER

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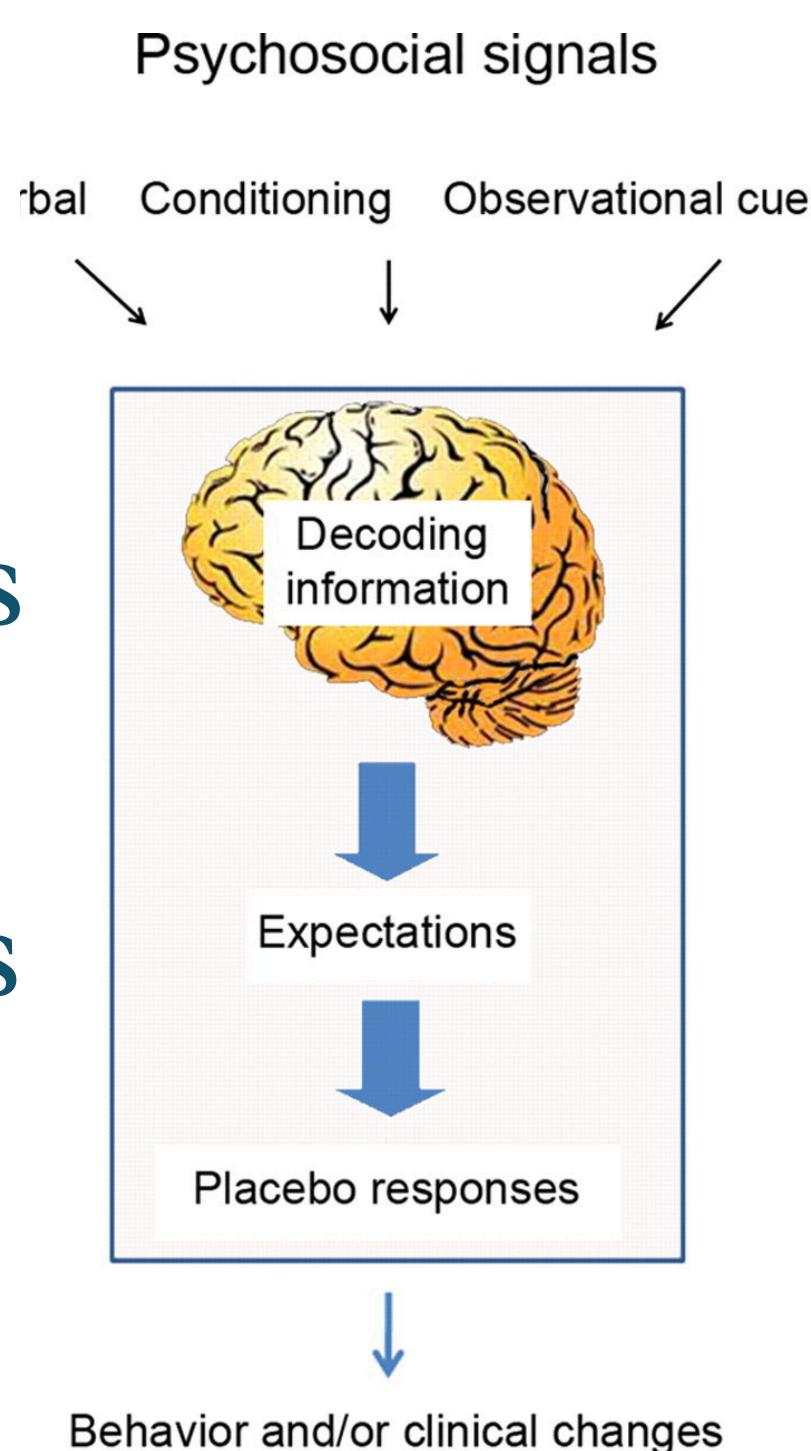
To what extent does the placebo effect interfere with one's psychological stability and treatment?

Introduction

The Placebo Effect is a significant part of the growth of medication in physical and emotional aspects, it is evolving as we discover more information about the reaction it causes for different types of people going through different things. One sub area is the emotional contribution of the placebo effect and how the placebo effect can impact the mind and thoughts both positively and negatively. Another sub area of my research is the placebo effect in treatment and how it is developing as a real medication. The last sub area is the nocebo effect, which is the antithesis of the placebo effect regarding the negative outcomes. The placebo effect is a fundamental part of development in the medicinal part of healing both physically and mentally which is important to build a better and more functional society.

Analysis

The brain detects psychosocial signals like conditioning, verbal and observational cues. It interprets and translates them into neural inputs that are essential to form expectations which lead to placebo responses which ends in behavior and clinical changes. It demonstrates a link between behavior, brain, and bodily responses.



Discussion

When people believe something wholeheartedly, it will affect the way they live their lives, even through small simple mannerisms. These effects can change the course of someone's life because they can believe that something will help even though it really makes no difference, or they can believe something is bad that really has no negative effects. Once people believe that something will have a positive or negative effect on them, even without evidence, it will subconsciously alter the way that they act on a day-to-day basis.

Purpose

The purpose is to find out how and to what extent the Placebo effect can be used medicinally. Not only to replace medications for physical issues, but also mental issues. Through finding this out, also find out what limitations come with it and how the nocebo effect also comes in as a factor.

Methods

Figure 1. Researching articles and sources that define the placebo effect and the way it works. Looking into studies that use scientific evidence to support why the placebo effect works the way it does.

Figure 2. Researching articles and sources that include studies and surveys done as proof to their hypothesis. Studying actual real life information from all people.

Results

The placebo effect and nocebo effect play a huge role in the way modern medicine functions both physically and mentally, but on its own it can not necessarily cure anyone at least long-term. With some people, it is more effective and can help them immensely when being treated, but for some it has little to no effect on their healing journey. For example, when people realize that the placebo effect is actually having an effect on their mind and the way they are processing something they are going through whether it is a treatment or not, it usually loses its significance. But again, it varies for everyone and sometimes it can completely change the course of ones medications effectiveness. The placebo effect is one of the most powerful psychological effect that can happen to someone.

Conclusion

Ultimately, the placebo effect most definitely interferes with one's psychological stability and treatment to an extent, but it does not equate to a true treatment. The placebo effect can be used as a treatment for only certain people, and it also cannot be relied on because of its various results.