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**The Strange Power of the Placebo Effects**

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### **The Strange Power of the Placebo Effects**

Individual's mind plays a critical role in their well-being because it has a substantial influence on the body. Therefore, it is through the mind that the body can heal. Also, the mind can make the body perceive a fake treatment that can result in an actual therapeutic outcome known as the placebo effect. The placebos can also cause an authoritative inspiration to imitate the effects of factual treatment. Donnerstag (2011) defined placebo as simply something lacking known therapeutic value but bettering people's moods. Therefore, a placebo refers to a treatment or process intended to deceive individuals of a clinical experiment because it does not have any active elements. However, it generates a physical impact on the person consuming it.

Placebos are vital to developing reliable clinical trials because they always have significant impacts on individuals referred to as placebo effects. Placebo can occur in different ways, such as pills, creams, drinks, surgery, injections, or even buttons (Donnerstag, 2011). although the buttons can include door buttons, they do not have much to offer in the individual, making them feel they are in control, making them feel better. The placebo has strong effects because despite having no medicinal value, it can lessen pain half times the way aspirin does (Donnerstag, 2011). similarly, the effects are more substantial that some people want the placebo to be banned in sports.

Control groups and double-blind studies are vital in decreasing the challenges in interpreting results of a study because of placebo effect. The control groups measurement will be used to indicate what will happen when there is no treatment. For instance, when scientists want to know if the drug is effective, they will use a control group to compare the two treatments. The results will be presented as a contrast. They will be essential in reducing the placebo effects,

actual or deceptive enhancement in the individual situation because of hopeful thinking by experimenter or patient.

Similarly, the blinded study is also vital in reducing the challenges of interpreting the placebo effects. The blinded study individuals do not need to know if they were assigned to get the actual treatment or the placebo. Reducing the difficulties of interpreting the placebo effects is because the participants, experimenters, and nurses do not know if the drug used is natural or placebo since the computer program determines this. Individuals participating in the double-blind study will realize the type of drug they took after completing the study.

Science plays a critical role in testing and approving certain elements and forces of nature that substantially affect individuals. Therefore, as CrashCourse (2018) stated, methods that serve to confirm beliefs are pseudoscience and can be used to prove anything. The same source stated that science disconfirms and pseudoscience disconfirms. Donnerstag (2011) stated that a placebo could cause addiction because, based on the example provided, a group of women took placebo for more than five years in their life, and forty percent of them suffered withdrawal effects. This needs to be proved to confirm that it is not pseudoscience.

Moreover, the notion that a placebo makes individuals get treated is essential to confirm its cause of their beliefs and expectations. Therefore, individuals believe that placebo use will make them get treated based on the study presented by Donnerstag (2011), good adherence to taking drugs had a 4.7% chance of dying, while a poor adherence to taking drugs has an 8.7% chance of death. Nevertheless, those with good adherence to taking a placebo have a 5.1% chance of dying less than those not taking drugs.

Every false belief is reasonable because it gets individuals to get closer to believing true things. Therefore, the only accurate tests of a theory are those that attempt to falsify it. Although individuals believe the placebo affects their body, it will be vital to disconfirm the placebo hypothesis that it does not have any therapeutic value but just the expectations and beliefs that bring placebo effects.

### References

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