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Both the British Psychological Society (BPS) and the American Psychological Association (APA) give ethical guidelines which researchers must adhere to for their research to be accepted as ethical. The BPS Code of ethics and conduct was published in 2009. It includes standards of respect (which ensures researchers value the dignity and worth of all participants), competence (which ensures researchers are aware of their capabilities and limits of their training, knowledge, and experience), responsibility (which ensures researchers understand the responsibilities they have to participants, the public, and psychology), and integrity (which ensures researchers are honest, accurate, and fair). The APA Ethical Standards of Psychologists was published in 1953 which was the first ethical code they created and was over 170 pages long.

It presented many ethical dilemmas that psychologists wrote to the committee about, although, the makers of this first code allowed it to be a continual work in progress. The APA adopted the ethical principles of psychologists and code of conduct in 2002, then amended it in 2010, and again in 2016. Now, the 2017 edition is only 16 pages long. The code gives ethical standards information including how to resolve ethical issues, competence, human relations, privacy and confidentiality, advertising, record keeping, education and training, research and publications, assessment, and

therapy.

Since

this introduction of ethical guidelines, there have been improvements in the ethics of studies. One example of this is a partial replication of Milgram (1963) conducted by Burger (2009).

This study replicated Milgram in as many ways as it ethically could, however it made several changes in the procedure of the study. In Milgram's study, shocks went up to 450V so many participants became distressed towards the end, which was unethical. Burger noted that in Variation 5 of Milgram's experiment, all the participants who dropped out did so by 150V and the participants who continued after 150V went on to the end. So, 150V was named the "point of no return".

Therefore, in Burger's study, if participants went to continue past 150V, the experiment would be stopped and it was assumed that they would carry on to 450V, preventing them from experiencing high levels of distress. Also in Burger's study, participants were told at least three times that they could withdraw from the study at any time. However, this was not done in Milgram's study. The participants were therefore made more aware of their right to withdraw in this study than in Milgram's. Also in Burger's replication, the participant only received a 15V sample shock as opposed to the 45V sample shock given to participants in Milgram's study (these were done to give a taste of what the shocks felt like for the learner), therefore meaning that there was less physical harm done to the participants in Burger's study as the shock they received was lower.