

**Comment [D1]:** Running head should be written with a lowercase 'h' and the title that follows should be in all capital letters (e.g., 'Running head: RUNNING HEAD IS ALL CAPITAL LETTERS') (Figure 2.1, p. 41).

**Comment [D2]:** A running head should be no more than 50 characters (Chapter 8, 8.03, p. 229) (Figure 2.1, p. 41).

Detecting Deception: A Look at Aldert Vrij's Life

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**Comment [D3]:** Delete course information.

Abstract

Becoming a human lie detector seems to be that of movies and television series fiction, and not anything that can be achieved. However, Aldert Vrij a Social and Legal Psychologist has been awarded the nickname the human lie detector for doing just that. He has spent decades of research on accomplishing the methodology needed to perfecting the skill of deception detection. He then takes his research and aims it for individuals that can benefit from such a skill, our law enforcement officers. Vrij works close with local and international police departments in hopes of improving their methods of interrogation and investigation. Aldert Vrij is playing such a significant role in the perfection of a democratic society without really being detected himself. Vrij rarely talks about his individual and academic achievements for praise but instead for the articles he publishes with his research team. However, knowing and understanding an individual doing the research can help a reader understand why this researcher is so passionate about the field of study.

**Comment [D4]:** The running head appears on all subsequent pages absent the words 'Running head:' (e.g., 'RUNNING HEAD IS ALL CAPITAL LETTERS') (Chapter 2, 2.01, p. 23) (Figure 2.1, p. 41).

**Comment [D5]:** The abstract is left justified and should not have an indentation (Chapter 2, 2.04, p. 27) (Figure 2.1, p. 41).

**Comment [D6]:** Delete.

**Comment [D7]:** Do not use capital letters in this instance.

**Comment [D8]:** This word is misspelled. "perfect"

**Comment [D9]:** This passage is choppy. Rewrite to improve the flow for clarity.

**Comment [D10]:** "closely"

**Comment [D11]:** This passage is choppy. Rewrite to improve the flow for clarity.

When an individual attempts to detect lies they look for nonverbal cues, facial expressions, and vocal cues. Throughout past centuries the detection of lies relied heavily on the intuition of the individual with little scientific methodology. However, within the last century and more specifically within the last three decades a scientific methodology to detecting lies has emerged. One of the spearheads to perfecting the methodology is legal and applied social psychologist Aldert Vrij. Vrij continually works on past beliefs about detecting lies, improving interrogation techniques in order to distinguish the truth from the lies, and lecturing young individuals on how to improve the legal system from deceitful individuals. Almost as important as the research itself is the person behind the research. Vrij did not always believe in pursuing this aspect of psychology, therefore, looking into his inspiration, academic accomplishments, and achievements post doctorate will give an individual the vision that Vrij has for detecting deception.

Vrij discusses little about his childhood as it pertains to his success within the field of psychology. However, he does discuss the inspiration for the field of legal psychology and social psychology within an article for Applied Cognitive Psychology journal. In which Vrij states that he felt uninspired during his masters program work in Social Psychology and decided to take a year off to travel throughout Asia (Vrij, 2012). As someone who is such an influence to the interrogation and conviction of so many criminal offenders, the thought of the individual making such strides for it ever being unsure of what he is doing seems human. That maybe the historical figures that make such strides do not have a secret map that is hidden from the rest of the dreamers that never make it. Continuing in the article, Vrij explains his admiration for another individual, Frans Willem Winkel, who was a lecturer in the program at the Vrije University in Amsterdam (Vrij, 2012). Frans was a social psychologist that doubled as a lawyer and inspired

**Comment [D12]:** Use a comma here.

**Comment [D13]:** Choose a better word to more clearly or effectively convey this point.

**Comment [D14]:** Wrong form of the word.

**Comment [D15]:** A semicolon (;) should be used to separate independent clauses within a sentence.

**Comment [D16]:** Use a comma here.

**Comment [D17]:** Use a hyphen (-) when creating compound terms from more than one word.

**Comment [D18]:** Context needed.

**Comment [D19]:** The subject of your sentence should be easy to understand and clearly connected to the verb. It may help to reorganize the sentence in such a way that relationship between the subjects and verbs is clear.

**Comment [D20]:** Do not use capital letters in this instance.

**Comment [D21]:** Unclear. Rewrite so that your intended meaning is more apparent to the reader.

**Comment [D22]:** "who"

Vrij to reach for a dissertation for his PhD discussing the differences in lie detection by police officers in either African-Dutch inmates or White Dutch inmates. This influence inspired Vrij to continue in the detection of lies for individuals as it pertains to the legal system. His next work following his dissertation lead to reviewing current manuals within police academies and agencies to detect errors in ways officials suspect persons of interests either tell the truth or lie. He acknowledged that there is a significant difference between when law enforcement officials believe an African-Dutch individual is lying and when a White-Dutch individual is lying. In documenting all the facial expressions, hand gestures, and verbal cues Vrij noted that the individual's cues followed suit with their skin color, and decided to switch the cues with the racial ethnicities of the subjects (Vrij, 2000). The officials were not aware of the switch and were told to merely tell the researchers whether they believe they were lying or telling the truth. Vrij had law enforcement officials interview those of both racial ethnicities and found that when the actors portraying inmates demonstrated African-Dutch nonverbal cues from either ethnicity the officials believed they were being dishonest, but when reversed they believed they were telling the truth (Vrij, 2000). However it is important to note that the officials did not assess the detection of lies or truth telling accurately and completely each time and per racial group represented, but that the majority of officials leaned towards accepting White-Dutch nonverbal cues than African-Dutch as being less deceitful. Vrij became inspired to continue perfecting the detection of lies for law enforcement officials and believed that he could prevent confusion within the interrogation room. Following Vrij's work Porter, Woodworth, & Birt began reviewing footage based on how federal parole officers detect lies based off the information found in Vrij's research (2000). They found similar findings that nonverbal cues, eye contact, and pitch or volume when performed at that of a typical racial ethnicity popular to the area. The

**Comment [D23]:** This passage is choppy. Rewrite to improve the flow for clarity.

**Comment [D24]:** Choose a better word to more clearly or effectively convey this point.

**Comment [D25]:** Use a hyphen ( - ) when creating compound terms from more than one word.

**Comment [D26]:** This sentence should be a new paragraph.

**Comment [D27]:** Use consistent verb tense throughout this passage.

**Comment [D28]:** Use a comma here.

**Comment [D29]:** This passage is choppy. Rewrite to improve the flow for clarity.

**Comment [D30]:** When presenting lists of three or more items, be sure to separate each item with a comma (e.g., milk, bread, and butter). Commas may also be used to assist the reader in making sense of long passages or compound sentences by indicating opportunities for brief pauses.

Federal parole officers identified that they believed the suspect to be lying when faced with typical African American gestures and cues (Porter, Woodworth, & Birt, 2000). Aldert is astounded at the results at the unconsciously racial indicators within law enforcement mentalities and decides to create a way in which law enforcement officers can use a methodology that diverts from unconscious pretenses.

**Comment [D31]:** Use consistent verb tense throughout this passage.

During this time of systematic research on the methodology of visual deception detection, Aldert Vrij is conducting additional research on auditory deception detection. And even more fascinating is that he focuses on when an individual has communication via the telephone (Vrij & Mann, 2004). Many times a law enforcement officer will have to contact people of interest via telephone and ask for them to come down to the station or discuss matters with witnesses who have abandoned the district of the crime. Vrij & Mann found a way to systematically approach vocal cues (pitch), speech rate, and speech disturbances (61). When an individual relies on intuition and guessing to indicate whether a person is lying or not the accuracy of their judgment is severely decreased because they are less likely to be looking for key indicators. For example, if a news anchor is interviewing a well-known celebrity over the phone the indicators of body language, proximity, and facial expression are taken away. If the news anchor is prone not to liking this celebrity for various outside reasons without using the systematic methodology that Vrij and Mann discuss in their article, the news anchor is more likely to not take a word of the celebrity as being honest (63). But if the news anchor were to listen for vocal indicators such as pitch; which is when the celebrities pitch goes up two levels (similar to experiencing random adult puberty moments) then that could indicate a problem with their answer. The anchor should also note how fast or slow they answer a question, and if there is a constant stutter, pause, or clearing of the throat; which would lead a person to believe the individual could be lying.

**Comment [D32]:** Use past tense.

**Comment [D33]:** The rest of this passage does not focus enough on the life of Vrij.

Without these indicators an individual's guess is about fifty percent accurate according to their research (65). Although fifty percent is better than nothing, that number is not something to accurately rely on especially when the decision could be more seriously balanced like life without parole for a crime. However, with the methodology used, an individual without proper training like Vrij can still be about seventy to seventy-five percent accurate (67). This number is a much better indicator for decision-making about deception than merely guessing without the methodology, and is continually being improved upon to increase the accuracy rate. After accomplishing systematic ways for law enforcement officials and federal agents to methodically indicate whether a person is lying or not, Vrij set his sights on how an individual recreates an event for officials in order to detect deception.

**Comment [D34]:** Casual language can diminish the overall quality of a paper and allow a reader to misunderstand key themes, points, or arguments. Revise this section to increase its clarity.

**Comment [D35]:** Use a comma here.

**Comment [D36]:** Use a comma here.

When police first canvas an area after a crime and come up with witnesses, there first order of business (besides crime scene analysis and evidence collection) is to question the events that occurred. Typically, the police officers would have the individual tell the story from the beginning and ask questions along the way. However, Vrij did not believe this was the best process in detecting any sort of deceit. Typically after a traumatic event an individual will replay the scene in their minds repeatedly before being questioned. Vrij believes that it is during these replays that an individual begins to over look minor details, explain what they believe was what happened, and sometimes add details that do not hold ground (Vrij et. al, 2008). For instance, a witness could begin second guessing the license plate number of the car they saw, the color of the suspects hair, and even what clothes the suspect was wearing. By forcing the witnesses, victims, and persons of interests to replay the events in reverse order, an officer is more likely to detect deception because it is harder for the individual to tell a story backwards and lie convincingly. This is similar to the police technique of asking an intoxicated individual to state

**Comment [D37]:** This paragraph should be revised further for clarity.

**Comment [D38]:** Use a comma here.

**Comment [D39]:** "There" refers to a place or direction (there was a dog crossing the road). "Their" is a plural possessive pronoun. "They're" is the contraction for 'they are'.

**Comment [D40]:** Use a comma here.

**Comment [D41]:** There is an unnecessary space here; delete it.

**Comment [D42]:** Use consistent verb tense throughout this passage.

**Comment [D43]:** This should be one word.

**Comment [D44]:** Use a comma here.

**Comment [D45]:** Use the possessive noun form.

the alphabet backwards as part of a DUI examination. The individual has a harder time processing the next step therefore a harder time processing a convincing lie (Vrij et. al, 2008). Having an individual process the event backwards can also cause confusion and sometimes a stressful environment on the witness however; it is a great method to detect whether an accomplice knows more than they lead on. Since discovering his love and passion for legal and social psychology, Vrij has accomplished many ground breaking ways law enforcement officials can better obtain the truth and therefore place more guilty individuals in jail.

Since his doctorate work in 1991 Vrij has published multiple articles in various journals, testified in court as an expert witness, and even been called in on many important investigations to assist in interrogation. While accomplishing all of this Vrij is editor of the scholarly journal *Legal and Criminological Psychology*, serves on the boards of four different scholarly journals including *Law and Human Behavior*, and is on the board of governors for the Society of Applied Research in Memory Cognition (Vrij, 2012). Vrij is currently an active lecturer at the University of Portsmouth in the United Kingdom, and oversees more than thirty doctorate dissertations in the field of Social Psychology. Many have contributed Vrij to be a human lie detector and shortly after receiving that nickname in 2008 he became the inspiration for a hit television series called *Lie to Me* (Vrij, 2012). In which the actor uses the techniques and methodology published by Vrij and his team in order to dramatically interrogate individuals suspected of crimes. Vrij continues to do research towards perfecting the detection of lies within the legal system. Unfortunately Vrij does not believe we could ever be one hundred percent perfect at detecting deception, but that the odds of being close to it are attainable (Vrij, 2012). Therefore, Vrij will continue to do research so long as individuals continue to lie.

**Comment [D46]:** A semicolon (;) should be used to separate independent clauses within a sentence.

**Comment [D47]:** Use a comma here.

**Comment [D48]:** Colorful and dramatic language or overly creative writing undermines the strength of the paper and distracts the reader from the paper's key message. Revise this section to better support the arguments or points being made.

**Comment [D49]:** Use a comma here.

**Comment [D50]:** Use a helping verb that communicates tense here (e.g., have, had, has been, etc.).

**Comment [D51]:** Use a comma here.

**Comment [D52]:** This passage is choppy. Rewrite to improve the flow for clarity.

**Comment [D53]:** Italics are necessary when referencing a periodical or a periodical volume number (Chapter 4, 4.21, p. 105).

**Comment [D54]:** Use a comma here.

**Comment [D55]:** Italics are necessary when referencing a periodical or a periodical volume number (Chapter 4, 4.21, p. 105).

**Comment [D56]:** When presenting lists of three or more items, be sure to separate each item with a comma (e.g., milk, bread, and butter). Commas may also be used to assist the reader in making sense of long passages or compound sentences by indicating opportunities for brief pauses.

**Comment [D57]:** This sentence is missing a subject. Add a subject to make a complete sentence.

**Comment [D58]:** Use a comma here.

Aldert Vrij is a little known psychologist who has accomplished many achievements within the field of legal psychology. He continues to be an inspiration to young psychologists desiring to help put deserving individuals behind bars using deception detection. He has rewritten the rules of interrogation across the board for all police departments, and will continue to add to the handbooks that officers receiving during their initial training. He will continue to strive towards more achievements and articles, but more importantly he will continue to strive for knowledge. Knowledge of a subject area is one of the best things to strive for whether an individual is acknowledged for such strides or not.

**Comment [D59]:** Choose a better word to more clearly or effectively convey this point.

**Comment [D60]:** Citation needed.

Choosing Aldert Vrij as the topic of a miniature biography was no ordinary task. As there is such minimal information to the personal life of a current figure within the field of psychology, much to be learned about the man is through the passion within his research. With Vrij, the passion for the legal system is what draws a person towards his research. For any individual much like the writer of this paper who desires to be a contributor to the psychological aspects of the legal system, Vrij would be considered a trailblazer and hero. Aldert Vrij has created such an amazing path for future criminal, forensic, social, and legal psychologists to walk on that it would be hard not see such amazing progress in the near future.

**Comment [D61]:** Use section headings and subheadings to guide the reader.

**Comment [D62]:** This passage is choppy. Rewrite to improve the flow for clarity.

**Comment [D63]:** Use a comma here.

**Comment [D64]:** Change to "author"

References

Porter, S., Woodworth, M., & Birt, A. R. (2000). Truth, lies, and videotape: An investigation of the ability of federal parole officers to detect deception. *Law and Human Behavior*, 24(6), 643-58. Retrieved from <http://search.proquest.com/docview/204166325?accountid=12085>

Vrij, A. (2000). *Detecting lies and deceit: the psychology of lying and the implications for professional practice*. Chichester: John Wiley.

Vrij, A. (2012). How I got started: From applied social psychology to applied cognitive psychology. *Applied Cognitive Psychology*, 26(5), 825-826. doi: 10.1002/acp.1841

Vrij, A., Mann, S. A., Fisher, R. P., Leal, S., Milne, R., & Bull, R. (2008). Increasing cognitive load to facilitate lie detection: The benefit of recalling an event in reverse order. *Law and Human Behavior*, 32(3), 253-65. doi:<http://dx.doi.org/10.1007/s10979-007-9103-y>

Vrij, A., & Mann, S. (2004). Detecting deception: The benefit of looking at a combination of behavioral, auditory and speech content related cues in a systematic manner. *Group Decision and Negotiation*, 13(1), 61-79. Retrieved from <http://search.proquest.com/docview/223826926?accountid=12085>

**Comment [D65]:** The periodical title should be in italics (Chapter 6, 6.30, p. 186; Chapter 7 gives specific examples).

**Comment [D66]:** The volume number should be in italics (Chapter 6, 6.30, p. 186; Chapter 7 gives specific examples).

**Comment [D67]:** An example of a typical reference of a periodical is as follows: Andrew, B. C. (2009). A study of child learning styles. *Children Science Quarterly*, 2(3), 120-142. The author surname and initials appear first followed by the year of publication in parentheses; the article title appears second; the journal name appears third in italics followed by volume number also in italics; the issue number follows in parentheses; and page numbers at the end (Chapter 6, 6.27-6.30, pp. 184-186).

**Comment [D68]:** Only the first word of the article title and subtitle is capitalized. Subtitles are indicated by the presence of a colon (Chapter 6, 6.29, p. 185).

**Comment [D69]:** Book and report titles should be in italics (Chapter 6, 6.30, p. 186; Chapter 7 gives specific examples).

**Comment [D70]:** State or country is needed as well.

**Comment [D71]:** APA style papers have one-inch margins (Chapter 8, 8.03, p. 228).

**Comment [D72]:** The periodical title should be in italics (Chapter 6, 6.30, p. 186; Chapter 7 gives specific examples).

**Comment [D73]:** APA style papers have one-inch margins (Chapter 8, 8.03, p. 228).

## Appendix

A. Publication of: *Detecting lies and deceit: the psychology of lying and the implications for professional practice*. Wrote down the methodology and current research to date on detecting lies. Heavily influenced by criminal and legal aspects of psychology this book gave grounds for funding of further research in this field (2000).

**Comment [D74]:** Capitalize this word.

B. Publication of: *Detecting deception: The benefit of looking at a combination of behavioral, auditory and speech content related cues in a systematic manner*. This work created the basis of systematic mannerism and methodology for detecting lies.

Although previous research had been done and published this work really embarked Vrij on the recognition of such methodology as it pertains to the field of law enforcement (2004).

**Comment [D75]:** This passage is choppy. Rewrite to improve the flow for clarity.

C. Publication of: *Increasing cognitive load to facilitate lie detection: The benefit of recalling an event in reverse order*. This publication and subsequent redefinition of how to question witnesses gave Vrij the respect within the police force to work within the area of expert testimonies. It also allowed Vrij to step into observation rooms overlooking interrogation rooms (2008).

D. Hired as a University of Portsmouth lecturer as an Applied Social Psychologist. This job gave Vrij a solid platform to not only teach the next generation of psychologists at a doctorate level, but also better grounds for funding within his research. Received stating within the British Psychological Society and began receiving offers to be editor and board member of various British Scholarly Journals.

**Comment [D76]:** Do not use capital letters in this instance.

**Comment [D77]:** This is a sentence fragment. Rewrite to ensure that the sentence has both a subject and verb and is a complete thought.