

Lambda mean $.60 \pm .30$

High $\geq .90$

Low $\leq .30$

$F / (R-F)$

Lambda is a measure of simplicity in responding. Lambda decreases as age increases; if asked to give very quick responses, people give fewer F responses. Thus, an F represents a complex cognitive process to simplify the blot and the answer given.

Low Lambda represents a limited ability to back away from complexity, to save resources for later. The person may have difficulty finding the simplest and most economical approach to a problem. They likely gave more color responses, indicating that they have difficulty problem solving without emotions becoming involved. They may try to be emotionally constricted as a defense.

High Lambda with a low IQ is likely simplistic processing, while high Lambda with average or better IQ likely represents a stylistic tendency to oversimplify matters, to avoid complexity in order to avoid being overwhelmed.