Examples of comparison and contrast:

I compared this piece to another piece on breastfeeding and oral health and found a slightly different view. The piece that I found from a 2005 issue of the La Leche League’s “New Beginnings” periodical indicated that the emergence of cavities and other oral health problems is largely dependent on the health of the mother. Her own oral health and what she is eating is what will contribute to that of her baby. Seems like common sense, however the writer from the USBC article, merely mentions that the genetics of the mother could be to blame for Early Childhood Caries (ECC) and not her daily eating habits.

Looking at the data of the efficacy of the Lactational Amenorrhea Method in preventing postnatal pregnancies and the data between other forms of birth control, you will note that they are nearly identical. Both prevent pregnancy in the first 6 months following the birth of a child at a rate of 98%. However, the methods and the mindset accompanying each is about as far apart as you can imagine. First, LAM does not require anything other than to nourish your new baby through breastfeeding, while using birth control can mean taking a daily dose of hormones, inserting gels or diaphragms, getting monthly shots, or wearing patches on your skin. While LAM is relatively convenient and cost-free, it does carry the price tag of having to carefully watch and be in tune with your own body’s tell-tale signs of returning fertility. In the case of early ovulation and return of menses the chances of becoming pregnant return to the odds of any other time during your fertile years.

I envision that we could use the data from this study to compare/contrast with other western countries to discover if foreign healthcare systems are demonstrating similar or different outcomes. In my limited knowledge of foreign breastfeeding policy, I think we would likely see better outcomes in places like Sweden, the Netherlands, and maybe even Canada. Furthermore, we could take these outcomes and determine the variables that are contributory to positive outcomes in physician knowledge of breastfeeding and infant growth. We may be able to broaden the use of proper breastfeeding infant growth charts, and thus raise our breastfeeding rates.

Blehar’s study, Anxious attachment and defensive reactions associated with daycare (1974) illustrates that middle class children show a negative attachment with their mothers after full-time daycare over an extended period of time. It does not, however, discuss how low income children fair in regards to maternal attachment. In this comparison, I would contrast these findings to determine if socioeconomic status affects the mother-child relationship of children in daycare. To complete this study I would examine data from a study conducted using low-income participants and contrast them with the study from Blehar’s findings.

Phenomenal Woman by Maya Angelou and The Negro Mother by Langston are both poems which celebrate femininity, but differ in that Angelou’s poem celebrates the vitality of a woman who reigns free while Langston’s poem celebrates the strength of the all-inclusive Black Mother who has survived hardship, strife and turmoil, while still finding a way to thrive as well. In Angelou’s poem, one sees a woman who is the center of attention which could be full of sexual and spiritual
attraction, as well as aesthetic appreciation. The focus of her femininity (and the praise it garners) lies in her ability to attract men, elicit jealousy in women, and be in control of her physical appeal. Such a focus is the type that is usually associated with the freedom of being young, single, and beautiful. On the other hand, Hughes' poem focuses on listing the hardships and injustices the Black Mother has endured, but celebrating the fact that she has survived them despite (and because of) them by proclaiming that her memory will be carried on through her children. Because of the freedom and strength endowed upon her children, the Black Mother can overcome her circumstances through the betterment of their, therefore making her worthy of praise. Thus, it is made clear that Maya Angelou's poem could probably be more in line with feminist praise, while Langston Hughes' poem would be more in line with masculine ideas of feminine strength.

More than 6 in 10 persons in local jails in 2002 were racial or ethnic minorities, unchanged from 1996. In 2000, the US Census Bureau shows: 23% of all US population was racial or ethnic minorities. This is significant: 23% of the population, but in contrast were 60% of the prison population.

While the data in the research by Santelli, et al is used to compare the increased use of contraception and the decline in pregnancy rates in the United States, this data would be useful in other areas as well. One could compare the statistics of adolescent pregnancy rates and/or contraceptive use in other developing countries to those in the US. Another way this data could be used is to examine the age of initiation of sexual activity in the US versus that in other developing countries. Still another use of this data is to compare both the pregnancy rates as well as the contraceptive use rates of those adolescents that receive abstinence only sexuality education to those that receive a comprehensive approach to sexuality education.

Short term therapy treatments often include cognitive behavioral therapy to which works on the immediate problem at hand. Cognitive behavioral and other short-term therapies have long been designed to be efficient therapies that get people up and back to work in the capitalistic society with which we live and that systems have been designed. Short term therapies are innovative however, they are used to minimize hospitalization and to be more affordable to more people. Short term therapies such as cognitive-behavioral therapy try to focus on more positive or productive thinking and to over-ride the human body, behaviors and emotions. Many of us can do this but is it healthy? This has long been the debate between long term therapies (mostly psychodynamic) and shorter term therapies (more often cognitive-behavioral therapy and/or group therapy) (Rollnick, S., Mason, P. & Butler, C. 1999).

Longer term methods often include psychodynamic therapy and the expressive arts therapies. Psychodynamic therapies look at learning about the self through the exploration of the subconscious. They require a deep look into oneself and acknowledge the body and psyche’s ability to emote and process information leading to healing and a greater understanding of one’s self (Sanford, J., 1977; Rogers, 1961; Rubin, J., 2005).

Both cognitive-behavioral (or short term methods) and psychodynamic and/or expressive therapies (often longer term) are effective by different approaches. Integrative therapies such as: cognitive-behavioral expressive therapy combine the resources from both schools that work in order to promote the most resourceful and effective therapy possible. Cognitive-behavioral, psychodynamic and integrative therapies that can include the use of the expressive arts and other
therapies offer many therapeutic models with which can be used to treat the many different illnesses and personalities that there are in the world (Rubin, 2005).