

Chapter 01: Concepts of Abnormality Throughout History

Chapter 01 Multiple Choice Questions

1. **Your housemate has been overly concerned with keeping the kitchen clean. In fact, he scrubs the sinks and counters for half an hour each time someone puts something on them. In order to determine his diagnosis, a practitioner in North America would most likely consult the**

- A) American Medical Association's Treatment Manual (AMA-TM).
- B) Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5)
- C) International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- D) Diagnostic and Statistical Manual of Mental Disorders, sixth edition (DSM-6).
- E) The North American Guide to Psychiatric Disorders (NAPD-IV).

Difficulty: 1

QuestionID: 01-1-01

Page-Reference: 2

Skill: Application

Answer: B) Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DSM-5)

2. **Psychopathology refers to**

- A) the same disorder as psychopathy.
- B) disorders of the brain.
- C) a physical cause to psychological problems.
- D) only severe psychological disorders.
- E) the study of the nature of psychological problems.

Difficulty: 2

QuestionID: 01-1-02

Page-Reference: 4

Skill: Factual

Answer: E) the study of the nature of psychological problems.

3. **According to the text, behaviour, speech or thought that impairs a person's ability to function in a way that is generally expected of them in the context where the unusual functioning is occurring corresponds *best* to which of the following concepts?**

- A) mental illness
- B) mental problem
- C) brain pathology
- D) psychological abnormality
- E) psychological disorder

Difficulty: 2

QuestionID: 01-1-03

Page-Reference: 4

Skill: Conceptual

Answer: D) psychological abnormality

4. **According to Wakefield, a behaviour can be considered disordered when:**

- A) there is evidence of failure in a designed function and a judgment that the design failure is harming the person.
- B) there is evidence of failure in a designed function and evidence of significant personal distress.
- C) there is evidence of a failure in a designed function.
- D) the behaviour shows strong statistical deviation from an established norm.

E) the behaviour is very different from sociocultural expectations.

Difficulty: 2

QuestionID: 01-1-04

Page-Reference: 5

Skill: Conceptual

Answer: A) there is evidence of failure in a designed function and a judgment that the design failure is harming the person.

5. Abnormal behaviour has been defined as behaviour that occurs infrequently. Which of the following examples illustrates a problem with this definition?

- A) People with IQs below 70 are considered to have abnormal intellectual functioning.
- B) Most people get depressed from time to time.
- C) Mathematical geniuses are considered rare in the population.
- D) Children often believe in the existence of monsters.
- E) Anxiety disorders are relatively rare in a given population.

Difficulty: 2

QuestionID: 01-1-05

Page-Reference: 4

Skill: Application

Answer: C) Mathematical geniuses are considered rare in the population.

6. Dr. Smith is working with a client who has to arrange and rearrange her food on her plate after each bite. Although her client does not find this behaviour strange, other people find it odd. The definition of abnormality applicable to this client is

- A) statistically unusual behaviour.
- B) violating the norms of society.
- C) distress to self and others.
- D) personal dysfunction.
- E) expert diagnosis.

Difficulty: 1

QuestionID: 01-1-06

Page-Reference: 6

Skill: Application

Answer: B) violating the norms of society.

7. Perhaps the biggest problem with using inappropriate behaviour as a criterion for abnormal behaviour is

- A) what is considered appropriate differs across time and location.
- B) people with mental illnesses are usually not dangerous.
- C) social norms tend to be constant over time.
- D) inappropriate behaviour is often the norm in North American culture.
- E) killers and murderers are generally sane.

Difficulty: 2

QuestionID: 01-1-07

Page-Reference: 6

Skill: Conceptual

Answer: A) what is considered appropriate differs across time and location.

8. The authors discuss the Violation of Cultural Norms criterion as:

- A) an essential and sufficient component in defining psychological abnormality
- B) a necessary but not sufficient component of defining abnormality
- C) a consideration that will often be relevant to defining abnormality
- D) distinct from considerations of psychological abnormality
- E) a distraction from considerations of abnormality

Difficulty: 2

QuestionID: 01-1-08

Page-Reference: 6

Skill: Conceptual

Answer: C) a consideration that will often be relevant to defining abnormality

9. Which one of the following combinations of principles has been used to define abnormality?

- A) diagnosis by an expert, presence of personal distress, evidence of poor emotional control
- B) presence of personal distress, delinquent activity, poor emotional control
- C) violation of norms, abnormal intellectual functioning, presence of personal distress
- D) infrequency, presence of personal distress, impaired functioning
- E) psychiatric diagnosis, harmful dysfunction, abnormal intellectual functioning

Difficulty: 2

QuestionID: 01-1-09

Page-Reference: 7

Skill: Factual

Answer: D) infrequency, presence of personal distress, impaired functioning

10. Which is the most sensible way to logically combine the criteria used to define psychological abnormality?

- A) [infrequency OR personal distress] AND impaired functioning
- B) [infrequency OR impaired functioning] AND personal distress
- C) infrequency AND [personal distress OR impaired functioning]
- D) infrequency AND personal distress AND impaired functioning
- E) infrequency OR personal distress OR impaired functioning

Difficulty: 3

QuestionID: 01-1-10

Page-Reference: 7

Skill: Application

Answer: C) infrequency AND [personal distress OR impaired functioning]

11. Changes in the way that abnormality has been viewed over time has resulted in

- A) a clear understanding of the etiology of all mental disorders.
- B) effective treatments for all disorders.
- C) fewer diagnostic categories.
- D) high reliability of all diagnoses.
- E) a shift from supernatural to natural causes in explaining disorders.

Difficulty: 2

QuestionID: 01-1-11

Page-Reference: 8

Skill: Conceptual

Answer: E) a shift from supernatural to natural causes in explaining disorders.

12. If you lived in a society that explained changes in the weather as being influenced by the gods, you would likely view madness as being caused by

- A) schizophrenia.
- B) demon possession.
- C) brain dysfunction.
- D) weakness of character.
- E) irrational thoughts.

Difficulty: 1

QuestionID: 01-1-12

Page-Reference: 8

Skill: Application

Answer: B) demon possession.

13. What type of treatment was thought to be used by Stone Age people to treat madness?

- A) religious chanting
- B) death
- C) herbal brews to poison evil spirits
- D) trephination
- E) exorcism

Difficulty: 2

QuestionID: 01-1-13

Page-Reference: 8

Skill: Application

Answer: E) trephination

14. Maher and Maher proposed that the real purpose of trephination during the Stone Age was to:

- A) relieve migraines
- B) promote blood circulation in the limbs
- C) to bring people closer to a higher power
- D) to remove blood clots caused by blows to the head
- E) promote greater blood flow to the brain

Difficulty: 2

QuestionID: 01-1-14

Page-Reference: 8

Skill: Factual

Answer: D) to remove blood clots caused by blows to the head

15. To whom can we credit the original idea that dreams play an important role in understanding mental illness?

- A) Freud
- B) Aristotle
- C) Plato
- D) Hippocrates
- E) Galen

Difficulty: 2

QuestionID: 01-1-15

Page-Reference: 9

Skill: Factual

Answer: D) Hippocrates

16. Hippocrates played a major role in the way the causes and treatment of mental disorders were viewed. However, his greatest contribution to psychology was

- A) being the father of psychoanalysis.
- B) proving the value of leading a healthy life in preventing madness.
- C) emphasizing the natural causes of mental illness.
- D) separating the causes of madness into medical and magical causes.
- E) his idea that psychological functioning resulted from disturbances of bodily fluids.

Difficulty: 1

QuestionID: 01-1-16

Page-Reference: 9

Skill: Conceptual

Answer: C) emphasizing the natural causes of mental illness.

17. According to Hippocrates, mental disorders should be treated by which one of the following?

- A) exorcism
- B) magical spells
- C) trephination
- D) healthy diet and exercise
- E) food and water deprivation

Difficulty: 1

QuestionID: 01-1-17

Page-Reference: 9

Skill: Conceptual

Answer: D) healthy diet and exercise

18. Hippocrates believed that psychological functioning was influenced by imbalances in bodily fluids. Each of the following was considered an essential fluid EXCEPT

- A) blood
- B) black bile
- C) cerebrospinal fluid
- D) yellow bile
- E) phlegm

Difficulty: 1

QuestionID: 01-1-18

Page-Reference: 9

Skill: Factual

Answer: C) cerebrospinal fluid

19. An ancient Greek was behaving quite aggressively and was quite short-tempered. He would likely have been diagnosed as having

- A) too little yellow bile.
- B) an excess of blood.
- C) excess phlegm.
- D) too much yellow bile.
- E) an overabundance of black bile.

Difficulty: 2

QuestionID: 01-1-19

Page-Reference: 9

Skill: Application

Answer: D) too much yellow bile.

20. Plato accepted many of Hippocrates' ideas, but rejected others. Which of the following best describes his belief about the cause of mental illness?

- A) that an imbalance in essential bodily fluids affects functioning
- B) that brain dysfunction affects behaviour
- C) that sociocultural factors play a critical role
- D) lack of education could cause mental illness
- E) that mental illness has natural causes

Difficulty: 3

QuestionID: 01-1-20

Page-Reference: 9

Skill: Conceptual

Answer: E) that mental illness has natural causes

21. The idea that both mental and physical disorders are caused by problems in the body was held by

- A) Soranus.
- B) Aristotle.
- C) Plato.
- D) the Greek physician Aretaeus.
- E) Hippocrates.

Difficulty: 1

QuestionID: 01-1-21

Page-Reference: 10

Skill: Conceptual

Answer: A) Soranus.

22. Jennifer is a psychotherapist, and she considers talking about problems to be therapeutic. Which of the following groups would most likely agree with her?

- A) early Egyptians
- B) Arabians
- C) classical Greek and Romans
- D) Europeans during the Middle Ages
- E) prehistoric people

Difficulty: 2

QuestionID: 01-1-22

Page-Reference: 10

Skill: Application

Answer: C) classical Greek and Romans

23. Early Arab asylums were established to

- A) protect society from the mentally ill.
- B) provide the mentally ill with a safe haven.
- C) begin the tradition of group therapy.
- D) reintroduce trephination as a major form of treatment.
- E) fulfill the requirements of the Quran.

Difficulty: 1

QuestionID: 01-1-23

Page-Reference: 10

Skill: Factual

Answer: B) provide the mentally ill with a safe haven.

24. Avicenna's The Canon of Medicine may have included early forms of which of the following modern methods of treatment?

- A) homeopathic treatment
- B) dream analysis
- C) behaviour therapy
- D) psychotherapy
- E) bloodletting

Difficulty: 3

QuestionID: 01-1-24

Page-Reference: 10

Skill: Conceptual

Answer: C) behaviour therapy

25. The notion of "possession" during the Middle Ages was often applied to

- A) people who disagreed with Church doctrine.
- B) people who sinned frequently.
- C) men who physically abused their wives.
- D) people who had suffered a nervous breakdown.
- E) people suffering from a mental illness.

Difficulty: 2

QuestionID: 01-1-25

Page-Reference: 11

Skill: Conceptual

Answer: E) people suffering from a mental illness.

26. During the 13th and 14th centuries, a woman caught talking to her garden plants would

- A) be treated by either prayer or exorcism of demons.
- B) be treated with hypnotism.
- C) be treated using special herbs and potions.
- D) be accused of witchcraft and tortured to prevent her evil powers from spreading.
- E) be considered psychotic.

Difficulty: 1

QuestionID: 01-1-26

Page-Reference: 11

Skill: Conceptual

Answer: A) be treated by either prayer or exorcism of demons.

27. The *spiritus vitae* was

- A) a disorder where people begin to dance in the streets and drink red wines.
- B) a spirit believed to possess individuals and cause madness.
- C) a bodily fluid believed by Paracelsus to result in mental illness.
- D) a naturalistic cause of madness.
- E) the venom of the tarantula.

Difficulty: 1

QuestionID: 01-1-27

Page-Reference: 11

Skill: Factual

Answer: D) a naturalistic cause of madness.

28. Your sister suddenly begins to leap about, jumping and dancing in the streets. During the Middle Ages, she would most likely be diagnosed with

- A) melancholia.
- B) trephination.
- C) the Tarantella.
- D) an excess of phlegm.
- E) spiritus vitae.

Difficulty: 2

QuestionID: 01-1-28

Page-Reference: 12

Skill: Application

Answer: C) the Tarantella.

29. According to Paracelsus, St. Vitus' Dance was caused by

- A) tarantula bites.
- B) psychic conflicts.
- C) imbalances in bodily fluids.
- D) mania.
- E) possession by evil spirits.

Difficulty: 2

QuestionID: 01-1-29

Page-Reference: 12

Skill: Factual

Answer: B) psychic conflicts.

30. Which of the following persons and treatments DO NOT match?

- A) Paracelsus and hypnotism
- B) Hippocrates and rest
- C) Galen and sympathetic listening
- D) Weyer and chanting
- E) Avicenna and behavior therapy

Difficulty: 1

QuestionID: 01-1-30

Page-Reference: 12

Skill: Conceptual

Answer: D) Weyer and chanting

31. What do the views of Paracelsus, Teresa of Avila, and St. Vincent de Paul have in common?

- A) They all attempted to develop a new system of classification.
- B) They believed that religious approaches could lead to a cure.
- C) They established asylums to humanely care for the mad.
- D) They argued for a more naturalistic approach to viewing mental illness.
- E) Each of them contributed to Freud's system of psychoanalysis.

Difficulty: 1

QuestionID: 01-1-31

Page-Reference: 12

Skill: Conceptual

Answer: D) They argued for a more naturalistic approach to viewing mental illness.

32. The term "bedlam" originated from

- A) a method of treatment used in early asylums.
- B) the lack of beds that was common in early asylums.
- C) the bizarre behaviour known as St. Vitus' dance.
- D) moments of frenzy among mad people.
- E) behaviour of the patients in deplorable early European asylums.

Difficulty: 1

QuestionID: 01-1-32

Page-Reference: 13

Skill: Factual

Answer: E) behaviour of the patients in deplorable early European asylums.

33. Early treatment of mentally ill individuals in the United States

- A) was more successful than many of the earlier treatments had been.
- B) was more humane than most of the approaches outside North America.
- C) was at times similar in cruelty to early supernatural treatments.
- D) differed from European treatment due to different societal values.
- E) was less successful than treatments introduced during the Middle Ages.

Difficulty: 2

QuestionID: 01-1-33

Page-Reference: 13

Skill: Application

Answer: C) was at times similar in cruelty to early supernatural treatments.

34. Treatment in the town of Gheel is similar to

- A) modern day treatment programs.
- B) a humanistic approach.
- C) a community treatment approach.
- D) that of the early Greeks.
- E) treatment advocated by many of the early Europeans.

Difficulty: 1

QuestionID: 01-1-34

Page-Reference: 13

Skill: Conceptual

Answer: C) a community treatment approach.

35. English "workhouses" were

- A) established during the Enlightenment period to deal with the insane.
- B) run by the patients.
- C) run by physicians.
- D) were special places where the mentally ill could work.
- E) used to hide the poor from society.

Difficulty: 1

QuestionID: 01-1-35

Page-Reference: 13

Skill: Factual

Answer: E) used to hide the poor from society.

36. Which of the following individuals is known for promoting a more humanitarian approach in mental hospitals?

- A) Benedict Morel
- B) Philippe Pinel
- C) St. Vincent de Paul
- D) Johannes Weyer
- E) Benjamin Rush

Difficulty: 1

QuestionID: 01-1-36

Page-Reference: 15

Skill: Factual

Answer: B) Philippe Pinel

37. What occurred at the Allen Memorial Hospital during the late 1950s and early 1960s?

- A) brain washing experiments.
- B) Dialectical behaviour therapy.
- C) administration of cannabis for the treatment of depression.
- D) humane treatment of patients.
- E) administration of selective serotonin re-uptake inhibitors.

Difficulty: 2

QuestionID: 01-1-37

Page-Reference: 14

Skill: Factual

Answer: A) brain washing experiments.

38. The mental hygiene movement

- A) resulted in a reduction in the number of people in institutions.
- B) resulted in an increase in patients in mental institutions.
- C) led to an increase in moral therapy.
- D) was criticized by Philippe Pinel.
- E) led to the advent of antipsychotic drugs.

Difficulty: 2

QuestionID: 01-1-38

Page-Reference: 15

Skill: Conceptual

Answer: B) resulted in an increase in patients in mental institutions.

39. All of the following are valid criticisms of the mental hygiene movement EXCEPT

- A) psychosocial treatments were less effective due to the large number of patients.
- B) physical treatments were often unpleasant.
- C) living conditions in the asylums were unpleasant.
- D) the original goals of the movement were less than noble.

E) overcrowding in asylums prevented proper care.

Difficulty: 2

QuestionID: 01-1-39

Page-Reference: 15

Skill: Conceptual

Answer: A) psychosocial treatments were less effective due to the large number of patients.

40. Moral therapy implies that

A) psychological therapy should be administered by the Church.

B) psychological therapy should be used more often.

C) mentally ill patients can benefit from spiritual enlightenment.

D) mentally ill patients need to be taught a moralistic approach to life.

E) mentally ill patients can be treated without chemical or physical restraints.

Difficulty: 2

QuestionID: 01-1-40

Page-Reference: 15

Skill: Conceptual

Answer: E) mentally ill patients can be treated without chemical or physical restraints.

41. Which of the following accomplishments are NOT attributed to Pinel?

A) looking to natural explanations as the cause of mental illness

B) clearly describing the symptoms of disorders

C) emphasizing the role of psychological and social factors in the development of mental illness

D) developing a systematic approach to classifying disorders

E) bringing moral therapy to North America

Difficulty: 2

QuestionID: 01-1-41

Page-Reference: 15

Skill: Factual

Answer: E) bringing moral therapy to North America

42. Cabanis (1757-1808) introduced the idea that personal factors as well as somatic factors accounted for mental disorders. His theories encouraged the _____ approach to treatment.

A) physical

B) social

C) institutional

D) psychological

E) biological

Difficulty: 1

QuestionID: 01-1-42

Page-Reference: 15

Skill: Factual

Answer: D) psychological

43. _____ introduced "degeneration" theory, which proposed that abnormal functioning was transmitted by hereditary processes.

A) Pinel

B) Cabanis

- C) Charles Darwin
- D) Cesare Lombroso
- E) Benedict Morel

Difficulty: 1

QuestionID: 01-1-43

Page-Reference: 15

Skill: Factual

Answer: E) Benedict Morel

44. Clinical Psychiatry, published by Kraepelin in 1883, was an important textbook because it

- A) introduced pioneering treatments for severe mental disorders.
- B) explained the causes of many common mental disorders.
- C) attempted to classify mental illnesses.
- D) joined together the professions of clinical psychology and psychiatry.
- E) described methods of treatment for psychiatric disorders.

Difficulty: 2

QuestionID: 01-1-44

Page-Reference: 15

Skill: Factual

Answer: C) attempted to classify mental illnesses.

45. Which of the following is a classification system of mental illness?

- A) CP-10
- B) GPI
- C) ECT
- D) WRS-R
- E) DSM-5

Difficulty: 1

QuestionID: 01-1-45

Page-Reference: 15

Skill: Factual

Answer: E) DSM-5

46. "All mental disorders are the result of biological problems." Who would be most likely to agree with this statement?

- A) Breuer
- B) Kraepelin
- C) Jung
- D) Freud
- E) Watson

Difficulty: 1

QuestionID: 01-1-46

Page-Reference: 15

Skill: Application

Answer: B) Kraepelin

47. Kraepelin's system of classification of mental illness

- A) did not influence later classification systems.

- B) suggested that psychological factors caused disorders.
- C) failed to recognize that certain groups of symptoms tended to occur together.
- D) recognized that different disorders had distinct features.
- E) offered suggestions for treatment.

Difficulty: 2

QuestionID: 01-1-47

Page-Reference: 15

Skill: Factual

Answer: D) recognized that different disorders had distinct features.

48. Groups of symptoms that tend to occur together are called

- A) biological.
- B) disabilities.
- C) categories.
- D) diatheses.
- E) syndromes.

Difficulty: 1

QuestionID: 01-1-48

Page-Reference: 15

Skill: Factual

Answer: E) syndromes.

49. Symptoms during the later stages of general paresis of the insane may show similarity to

- A) bipolar disorder.
- B) dementia.
- C) antisocial personality disorder.
- D) autism.
- E) schizophrenia.

Difficulty: 3

QuestionID: 01-1-49

Page-Reference: 16

Skill: Conceptual

Answer: B) dementia.

50. What were some of the harmful side effects of ECT when it was first used?

- A) patients experienced uncontrollable panic attacks during the procedure.
- B) the procedure recovered memories of childhood abuse.
- C) patients started to develop flashbacks that persisted after ECT was over.
- D) patients developed lesions that were not there prior to ECT.
- E) patients suffered broken limbs or cracked vertebrae.

Difficulty: 2

QuestionID: 01-1-50

Page-Reference: 17

Skill: Factual

Answer: E) patients suffered broken limbs or cracked vertebrae.

51. Somatogenesis refers to

- A) a disorder where people feel their body is not theirs.

- B) the idea that mental disorders are caused by biological factors.
- C) somatization disorder.
- D) a method of treating general paresis.
- E) the idea that mental disorders are caused by environmental factors.

Difficulty: 1

QuestionID: 01-1-51

Page-Reference: 16

Skill: Factual

Answer: E) the idea that mental disorders are caused by biological factors.

52. Insulin was used by Sakel during the mid-20th century in order to treat:

- A) schizophrenia
- B) anxiety disorders
- C) depression
- D) diabetes
- E) alcoholism

Difficulty: 1

QuestionID: 01-1-52

Page-Reference: 16

Skill: Factual

Answer: A) schizophrenia

53. Sakel administered insulin to patients in order to induce _____ which he believed would cure or reduce the symptoms of schizophrenia

- A) relaxation
- B) seizures
- C) shock
- D) coma
- E) low blood sugar

Difficulty: 1

QuestionID: 01-1-53

Page-Reference: 16

Skill: Factual

Answer: D) coma

54. ECT (electroconvulsive therapy) proved to be most successful in treating

- A) epilepsy
- B) anxiety
- C) drug addiction
- D) major depression
- E) schizophrenia

Difficulty: 1

QuestionID: 01-1-54

Page-Reference: 17

Skill: Factual

Answer: D) major depression

55. Dr. Ramos treats patients suffering from mood disorders, and she believes that their illnesses are a result of imbalances of chemicals in the brain. She would most likely adhere to which field of mental health?

- A) psychopharmacology
- B) cognitive psychology
- C) psychoanalysis
- D) clinical psychology
- E) health psychology

Difficulty: 1

QuestionID: 01-1-55

Page-Reference: 17

Skill: Application

Answer: A) psychopharmacology

56. Jason has been given Ritalin to control his hyperactive moods. He is receiving

- A) pharmacotherapy.
- B) palliative therapy.
- C) psychotherapy.
- D) psychosurgery.
- E) psychoanalysis.

Difficulty: 1

QuestionID: 01-1-56

Page-Reference: 17

Skill: Application

Answer: A) pharmacotherapy.

57. The textbook informs us that the process of deinstitutionalization was set in motion by three "revolutions" or movements:

- A) pharmacological revolution; patients' rights movement; and community mental health movement
- B) The French Revolution and the appointment of Philippe Pinel; patients' rights movement; upheavals in various local Canadian asylums
- C) the French Revolution; American Revolution; the patients' rights movement
- D) The French Revolution; American Revolution; Pinel's "revolution"
- E) The European Revolution; the North American revolution; the grassroots movement.

Difficulty: 3

QuestionID: 01-1-57

Page-Reference: 17

Skill: conceptual, factual

Answer: A) pharmacological revolution; patients' rights movement; and community mental health movement

58. Mesmer believed that hysteria was the result of

- A) a wandering uterus.
- B) disturbances in the distribution of magnetic fluids.
- C) imbalances in brain chemicals.
- D) too little of the neurotransmitter acetylcholine.
- E) animal magnetism.

Difficulty: 2

QuestionID: 01-1-58

Page-Reference: 18

Skill: Factual

Answer: B) disturbances in the distribution of magnetic fluids.

59. You are one of Mesmer's assistants during the 1700s. Your treatment of choice for dealing with hysteria would be considered a predecessor of

- A) psychopharmacotherapy.
- B) hypnotism.
- C) spiritual healing.
- D) the cathartic method.
- E) psychotherapy.

Difficulty: 2

QuestionID: 01-1-59

Page-Reference: 18

Skill: Application

Answer: B) hypnotism.

60. Which series depicts the best order of the transmission of ideas?

- A) Charcot > Mesmer > Breuer > Janet > Freud
- B) Mesmer > Charcot > Breuer > Janet > Freud
- C) Charcot > Freud > Breuer > Mesmer > Janet
- D) Charcot > Freud > Mesmer > Janet > Breuer
- E) Mesmer > Charcot > Janet > Breuer > Freud

Difficulty: 3

QuestionID: 01-1-60

Page-Reference: 18

Skill: Application

Answer: E) Mesmer > Charcot > Janet > Breuer > Freud

61. Which theorists have a psychogenic approach to understanding psychopathology?

- A) Freud; Watson; Meichenbaum
- B) Morel; Freud; Watson
- C) Kraepelin; Morel; Freud
- D) Krafft-Ebing; Morel; Cerletti
- E) Cerletti; Janet; Pavlov

Difficulty: 2

QuestionID: 01-1-61

Page-Reference: 15-20

Skill: Application

Answer: A) Freud; Watson; Meichenbaum

62. _____ believed that hypnotism was not valuable in treating hysteria.

- A) Braid
- B) Breuer
- C) Charcot
- D) Janet
- E) Watson

Difficulty: 2

QuestionID: 01-1-62

Page-Reference: 18

Skill: Factual

Answer: E) Watson

63. In the mid to late 1800s, several therapists became quite well known. Which of the following represents a correctly matched therapist and his treatment?

- A) Breuer & the cathartic method
- B) Charcot & anesthesia therapy
- C) Mesmer & animal hypnosis
- D) Freud & sex therapy
- E) Watson & hypnotherapy

Difficulty: 2

QuestionID: 01-1-63

Page-Reference: 18

Skill: Conceptual

Answer: A) Breuer & the cathartic method

64. In writing an essay on behaviourism, you would be likely to include all of the following statements EXCEPT

- A) abnormal behaviour is learned.
- B) psychology must be restricted to observable behaviour.
- C) behavioural approaches produced a revolution in psychological thought.
- D) Watson acknowledged that abnormal behaviour was likely present at birth.
- E) behavioural approaches have become established in treatment of disorders.

Difficulty: 2

QuestionID: 01-1-64

Page-Reference: 18

Skill: Conceptual

Answer: D) Watson acknowledged that abnormal behaviour was likely present at birth.

65. According to behaviourism, if psychology is to be a true science, it must be restricted to the study of:

- A) covert behaviour
- B) observable features
- C) cellular activity
- D) the brain
- E) animals

Difficulty: 2

QuestionID: 01-1-65

Page-Reference: 18

Skill: Conceptual

Answer: B) observable features

66. The first asylum for the mentally ill established in Canada was

- A) Vancouver Psychiatric Hospital.
- B) Montreal's Allen Memorial Hospital.
- C) the Rockwood asylum in Kingston.
- D) the Hotel Dieu in Quebec.
- E) the Hotel Dieu in Calgary.

Difficulty: 1

QuestionID: 01-1-66

Page-Reference: 19

Skill: Factual

Answer: D) the Hotel Dieu in Quebec.

67. During the 17th century, in which Canadian province was it that the development of proper places of care for the mentally ill was most accepted?

- A) Alberta
- B) Manitoba
- C) Quebec
- D) British Columbia
- E) Ontario

Difficulty: 2

QuestionID: 01-1-67

Page-Reference: 19

Skill: Factual

Answer: C) Quebec

68. The first textbook printed in Canada dealing with care and housing of the mentally ill

- A) encouraged patience and tolerance.
- B) suggested that the mentally ill be treated at home.
- C) reflected the moral therapy approach.
- D) recommended treating them with floggings.
- E) recommended drug therapy.

Difficulty: 2

QuestionID: 01-1-68

Page-Reference: 19

Skill: Factual

Answer: D) recommended treating them with floggings.

69. Archival evidence shows that many early lobotomies were performed in Canada primarily to:

- A) restore calm and reason to the patient so that they could participate in psychotherapy
- B) reduce suffering in patients with acute occipital dysfunction
- C) alleviate hospital management problems and advance research
- D) determine the role of the cerebellum in cases of severe emotional problems
- E) cure schizophrenia

Difficulty: 1

QuestionID: 01-1-69

Page-Reference: 19

Skill: Factual

Answer: C) alleviate hospital management problems and advance research

70. Lobotomies were widely used treatments in Canada during the mid-1940s. This treatment involved

- A) lesioning of the brain by electrodes.
- B) pharmacotherapy.
- C) removal or disconnection of the frontal lobes of the brain.
- D) removal of the cerebellum.
- E) removal of the ovaries in women.

Difficulty: 1

QuestionID: 01-1-70

Page-Reference: 19

Skill: Factual

Answer: C) removal or disconnection of the frontal lobes of the brain.

71. Montreal's Allen Memorial Hospital was

- A) the first place in Canada to use psychoanalysis.
- B) founded by Ewen Cameron.
- C) a place where the criminally insane were housed.
- D) the site of a research project funded by the CIA.
- E) a leading Canadian hospital in the treatment and care of psychiatric patients.

Difficulty: 2

QuestionID: 01-1-71

Page-Reference: 14

Skill: Factual

Answer: D) the site of a research project funded by the CIA.

72. Dr. Ruth Kajander was one of the first psychiatrists in North America to recognize the value of using

- A) Herbal medicines in the treatment of psychosis.
- B) Exercise to treat severe major depression.
- C) Antidepressant medication to treatment substance use disorders.
- D) A major tranquilizer in the treatment of schizophrenia.
- E) Vitamin B12 in the treatment of mental illness.

Difficulty: 2

QuestionID: 01-1-72

Page-Reference: 19

Skill: Factual

Answer: D) A major tranquilizer in the treatment of schizophrenia.

73. Dr. Ruth Kajander can be noted for

- A) unique blend of drug and talk therapy with severely disordered patients.
- B) her role in the CIA-funded research in Montreal.
- C) recognizing the value of tranquilizers in treating depression.
- D) treating and reducing anxiety in patients prior to surgery.
- E) using chlorpromazine to treat schizophrenia.

Difficulty: 2

QuestionID: 01-1-73

Page-Reference: 19

Skill: Factual

Answer: E) using chlorpromazine to treat schizophrenia.

74. Each of the following persons based in Canada contributed to both theory and treatment EXCEPT

- A) J. F. Lehman
- B) Donald Meichenbaum
- C) Albert Bandura
- D) Zindel Segal
- E) Richard Walters

Difficulty: 1

QuestionID: 01-1-74

Page-Reference: 20

Skill: Conceptual

Answer: A) J. F. Lehman

75. Which of the following persons and accomplishments are INCORRECTLY matched?

- A) Breuer and hypnosis
- B) Meichenbaum and cognitive-behaviour therapy
- C) Bandura and social learning theory
- D) Kajander and depression
- E) Bandura and aggressive behaviour

Difficulty: 2

QuestionID: 01-1-75

Page-Reference: 19-20

Skill: Conceptual

Answer: D) Kajander and depression

76. Canadian psychologist Donald Meichenbaum's early work contributed significantly to the growth of ____ therapy.

- A) moral
- B) social-behaviour
- C) psychopharmacological
- D) cognitive-behavioural
- E) social learning

Difficulty: 2

QuestionID: 01-1-76

Page-Reference: 20

Skill: Factual

Answer: D) cognitive-behavioural

77. The Mental Health Commission of Canada (MHCC) aims to:

- A) be a catalyst for the reform of mental health policies
- B) facilitate, enable, and support a national approach to mental health issues
- C) diminish stigma and discrimination faced by Canadians living with mental disorders
- D) disseminate evidence-based information about mental health and mental illness
- E) reduce the role of psychiatry in the healthcare system

Difficulty: 1

QuestionID: 01-1-77

Page-Reference: 20

Skill: Conceptual

Answer: E) reduce the role of psychiatry in the healthcare system

78. Evidence-based practice is defined in the textbook as:

- A) integrating scientific evidence and individual expertise to inform optimum client care
- B) gathering evidence that certain methods are applicable to certain disorders
- C) gathering data from clinical practice to inform clinical research
- D) choosing methods in clinical practice that are based upon experimental evidence
- E) choosing methods in clinical practice that are based upon case study evidence

Difficulty: 2

QuestionID: 01-1-78

Page-Reference: 20

Skill: Conceptual

Answer: A) integrating scientific evidence and individual expertise to inform optimum client care

79. Which of the following is true regarding access to care in Canada?

A) Access to care is among the best in North America.

B) Access to care serves as a world model for how to optimize health care.

C) Access to care through the public health system is insufficient.

D) Access to care through workplace insurance benefits is among the best in the world.

E) Access to care is excellent for children but not for adults.

Difficulty: 2

QuestionID: 01-1-79

Page-Reference: 21

Skill: Factual

Answer: C) Access to care through the public health system is insufficient.

Chapter 01 True/False Questions

1. Mental illness conveys the same meaning as psychological abnormality, but it implies a medical or somatogenic rather than psychogenic cause.

a True

b False

Difficulty: 1

QuestionID: 01-2-80

Page-Reference: 4

Skill: Factual

Answer: a. True

2. Psychopathology refers to the problems suffered by people with psychological disorders.

a True

b False

Difficulty: 1

QuestionID: 01-2-81

Page-Reference: 4

Skill: Factual

Answer: a. True

3. Psychological abnormality refers to dysfunctional behaviour with psychogenic cause.

a True

b False

Difficulty: 2

QuestionID: 01-2-82

Page-Reference: 4

Skill: Factual

Answer: b. False

4. **According to the statistical concept, abnormal behaviour is that which occurs relatively infrequently.**

- a True
- b False

Difficulty: 1

QuestionID: 01-2-83

Page-Reference: 4

Skill: Factual

Answer: a. True

5. **Distress must be present in order for an individual to be diagnosed as suffering from a mental disorder.**

- a True
- b False

Difficulty: 2

QuestionID: 01-2-84

Page-Reference: 4

Skill: Conceptual

Answer: b. False

6. **Many mentally ill people are unpredictable and dangerous to themselves and others.**

- a True
- b False

Difficulty: 1

QuestionID: 01-2-85

Page-Reference: 5

Skill: Factual

Answer: b. False

7. **Thomas Szasz claimed that the labels used to describe mental disorders reflected ways of controlling individuals suffering problems in living.**

- a True
- b False

Difficulty: 2

QuestionID: 01-2-86

Page-Reference: 6

Skill: Factual

Answer: a. True

8. **Thomas Szasz suggested that psychiatry invented mental disorders in order to wrest control over people with mental disorders from the clergy.**

- a True
- b False

Difficulty: 1

QuestionID: 01-2-87

Page-Reference: 6

Skill: Factual

Answer: a. True

9. **Darwin's conceptualization of the mechanism of evolution was called natural selection.**

a True

b False

Difficulty: 2

QuestionID: 01-2-88

Page-Reference: 7

Skill: Factual

Answer: a. True

10. **The bodily fluids believed to influence mental functioning were called humours.**

a True

b False

Difficulty: 1

QuestionID: 01-2-89

Page-Reference: 9

Skill: Factual

Answer: a. True

11. **The ancient physician Galen believed that mental disorders were entirely the result of physical causes.**

a True

b False

Difficulty: 1

QuestionID: 01-2-90

Page-Reference: 10

Skill: Factual

Answer: b. False

12. **The Arab world's approach to dealing with the mentally ill was that of compassion and humanity.**

a True

b False

Difficulty: 1

QuestionID: 01-2-91

Page-Reference: 10

Skill: Factual

Answer: a. True

13. **Galen wrote The Canon of Medicine, one of the most widely read medical books ever written.**

a True

b False

Difficulty: 1

QuestionID: 01-2-92

Page-Reference: 10

Skill: Factual

Answer: b. False

14. Supernatural explanations of mental illness became popular in Europe during the Middle Ages.

- a True
- b False

Difficulty: 1

QuestionID: 01-2-93

Page-Reference: 10-11

Skill: Conceptual

Answer: a. True

15. In the Middle Ages it was generally believed that those who were insane were possessed.

- a True
- b False

Difficulty: 2

QuestionID: 01-2-94

Page-Reference: 11

Skill: Conceptual

Answer: a. True

16. Johannes Weyer rejected the four humours theory of mental illness and claimed that mental illness resulted from disturbances of the spiritus vitae.

- a True
- b False

Difficulty: 2

QuestionID: 01-2-95

Page-Reference: 11

Skill: Factual

Answer: b. False

17. Paracelsus believed that psychic conflicts may result in mental illness and treated patients using an early form of hypnotism.

- a True
- b False

Difficulty: 2

QuestionID: 01-2-96

Page-Reference: 12

Skill: Factual

Answer: a. True

18. The first mental institution in North America was built by the Moors at San Hippolyto in Mexico.

- a True
- b False

Difficulty: 1

QuestionID: 01-2-97

Page-Reference: 12

Skill: Factual

Answer: b. False

19. Teresa of Avila and St. Vincent de Paul influenced the development of a more scientific approach to treating mental illness.

- a True
- b False

Difficulty: 1

QuestionID: 01-2-98

Page-Reference: 12

Skill: Factual

Answer: a. True

20. During the 17th century in Europe, the trend was toward an increasingly more humane and rational approach to dealing with the mentally ill.

- a True
- b False

Difficulty: 2

QuestionID: 01-2-99

Page-Reference: 12-13

Skill: Factual

Answer: b. False

21. Philippe Pinel was responsible for bringing moral therapy to North America.

- a True
- b False

Difficulty: 1

QuestionID: 01-2-100

Page-Reference: 15

Skill: Factual

Answer: b. False

22. Immersion in cold water, inducing convulsions with insulin and electric shock were treatments based on the belief that sudden shock could produce recovery from mental illness.

- a True
- b False

Difficulty: 1

QuestionID: 01-2-101

Page-Reference: 16

Skill: Factual

Answer: a. True

23. In 1949, a French doctor discovered that soldiers were calmed before surgery by chlorpromazine. He shared this finding with psychiatrists who had similar success in calming patients with serious mental illness; the success of this drug triggered the "pharmacological revolution" that followed.

- a True
- b False

Difficulty: 2

QuestionID: 01-2-102

Page-Reference: 17

Skill: Factual

Answer: a. True

24. **Deinstitutionalization in the 1950s was a great success, thanks to the careful and advance planning of community mental health programs.**

a True

b False

Difficulty: 1

QuestionID: 01-2-103

Page-Reference: 18

Skill: Factual

Answer: b. False

25. **Mesmer's work with hysteria sparked an interest in psychological explanations of disorders.**

a True

b False

Difficulty: 2

QuestionID: 01-2-104

Page-Reference: 18

Skill: Conceptual

Answer: a. True

26. **The early efforts of Canadian provincial governments to care for the insane were characterized by an unsystematic approach.**

a True

b False

Difficulty: 1

QuestionID: 01-2-105

Page-Reference: 19

Skill: Factual

Answer: a. True

27. **Albert Bandura and Richard Walters were responsible for developing cognitive behavioural therapy.**

a True

b False

Difficulty: 1

QuestionID: 01-2-106

Page-Reference: 20

Skill: Factual

Answer: b. False

Chapter 01 Essay Questions

1. Explanations for abnormal behaviour depend on various factors. Use several examples and describe some reasons why certain behaviours are or are not considered "abnormal."

Difficulty: 2

QuestionID: 01-3-107

Page-Reference: 4-6

Skill: Conceptual

Answer: Some people hold certain beliefs that others may consider odd or bizarre. However, the difficulty that exists is determining whether or not a particular behaviour is abnormal. For example, extremely religious individuals may believe in spirits and healing powers, but they do not have a mental disorder. Although someone may behave in an odd manner, it does not necessarily mean that they are psychologically disordered. As well, someone who commits criminal acts is behaving in a deviant manner, but is not necessarily mentally disordered. Therefore, it is important to keep in mind that our interpretations or ideas of how other people behave may not necessarily imply that that individual is mentally ill.

2. Briefly describe and critique the principles used to establish the criteria for abnormality. Which definition best defines the concept of abnormality?

Difficulty: 2

QuestionID: 01-3-108

Page-Reference: 4-7

Skill: Conceptual

Answer: Several principles are commonly used when determining the definition of abnormality. The statistical concept claims that behaviour should be judged abnormal if it occurs infrequently in the population. However, not all infrequent thoughts or actions should be considered abnormal. For example, those with an extremely high IQ are rare, but would be considered gifted as opposed to "abnormal." As well, some problem behaviours are quite common (e.g., depression, problematic alcohol use, cannabis use). Personal distress and dysfunction are often used as criteria. Patients experiencing a manic episode may feel little distress, however, and individuals who feel dissatisfied or in despair would not be labelled abnormal. Violation of social norms is also a criterion by which some people judge the presence of abnormal behaviour. People with schizophrenia, for example, may behave in ways counter to social norms; yet, so do criminals, and not all criminals are diagnosed with a mental disorder. It is generally a mental health expert who determines whether an individual suffers from a disorder; yet some believe that mental illness is socially constructed and is judged differently by different persons. None of the above criteria, on its own, is satisfactory in defining abnormal behaviour. No single criterion must be present or sufficient in defining abnormal behaviour, and generally all are used to some degree.

3. Approaches to conceptualizing and treating abnormality have changed over time. Why is it valuable to be aware of the historical approaches to treating mental illness?

Difficulty: 2

QuestionID: 01-3-109

Page-Reference: 7-8

Skill: Factual

Answer: Many changes have occurred throughout time in the ways we have theorized about and treated mental illness. By examining historical accounts, we are better able to understand what we do today. Most of the ideas about abnormal behaviour reflect the general views of the time. When we criticize the ideas and treatments used in the past, we must remember that, in the future, people may scoff at our methods of treatment. Our ideas of what constitutes abnormal behaviour have changed over time. For example, in the past, individuals having visions were seen as gifted, whereas today they would be viewed as psychotic. Supernatural causes, such as possession, were accepted in the past as causing mental illness, while today natural causes such as biology, the environment, or personal experiences are accepted. It is important to keep in mind that many individuals, from Canada and elsewhere, have made discoveries that have influenced where we are today. Many more research and treatment findings will likely influence future treatment and conceptualization of mental disorders.

4. Compare and contrast the causes and treatment methods for madness used in Stone Age cultures and by the ancient Greeks and Romans and the Arabs.

Difficulty: 2

QuestionID: 01-3-110

Page-Reference: 8-11

Skill: Application

Answer: Evidence from prehistory has implied that the Stone Age surgeons cut small holes in the skull (trephination), possibly to release evil spirits that were causing the victim to engage in abnormal behaviour. Hunter-gatherer societies viewed madness as resulting from supernatural causes, and they tended to invoke an emotional release through the use of trances. Greek and Roman thought emphasized more natural causes for madness. Hippocrates believed that madness was caused by an imbalance in bodily fluids, and his treatment methods reflected a more scientific approach. He suggested treatments such as exercise, bleeding and vomiting, and a good diet. Plato emphasized sociocultural causes and looked to the importance of dreams. His treatment approach reflected more of community care, suggesting that relatives should care for the mentally ill at home. Galen stressed both physical and mental sources of disorder, and effective treatments included comfortable surroundings (no stressful procedures), and talking about difficulties. The Arabs held a supportive, compassionate attitude towards the mentally ill. Treatment reflected these attitudes, with asylums being places of refuge and protection. Thus, views of mental illness changed from supernatural to natural, with treatment methods changing as well.

5. Describe the contributions of two historical persons in Europe who influenced the theory and treatment of mental illness.

Difficulty: 2

QuestionID: 01-3-111

Page-Reference: 11-15

Skill: Factual

Answer: Paracelsus (1493-1541) was one of the first to attack the beliefs about the supernatural and offered naturalistic origins to madness. He rejected the four humours theory of Hippocrates and attempted to develop a new system classification where all mental illness was seen to stem from disturbances of the spiritus vitae. He was the first to suggest that psychic conflicts causes mental disorders and utilized an early version of hypnotism as treatment. His view represented a more scientific approach to dealing with mental illness.

Philippe Pinel (1745-1826), was one of the leaders of the reform movement to improve conditions for the mentally ill. Pinel was a true humanitarian who carried out dramatic changes in institutions at a time when few accepted his ideas. As well, he influenced psychiatry as a whole by developing a systematic and statistical approach to classifying, managing, and treating mental disorders. He was a scientist who emphasized natural causes to mental illness and firmly believed that the mentally ill should be treated with compassion and respect.

6. Despite its aims, the mental hygiene movement of the 19th century did not meet its goals. Describe the reasons for this movement, the instrumental figures responsible for this movement, and the reasons behind its lack of success.

Difficulty: 2

QuestionID: 01-3-112

Page-Reference: 13

Skill: Factual

Answer: Conditions for the mentally ill during the 1800s were horrendous. The mentally ill were left wandering from place to place and were rarely taken proper care of. In poorhouses, they were chained up and often taunted by visitors. Thus, reformers insisted on the establishment of mental asylums where proper care would be given to the mentally ill. Dorothea Dix (1802-1877), who became one of the leaders of the mental hygiene movement, visited a local prison, and, horrified by the conditions, became determined to make changes. She was also concerned with the suffering of mental patients, and began a nationwide campaign to improve life for these individuals. Thus, the goal of the mental hygiene movement was to

protect and provide humane treatment for the mentally ill. However, the movement of people into large asylums did not make life better. There was a problem with overcrowding, and staff did not have the time to properly care for the considerable number of patients. Physicians replaced psychosocial treatments with physical treatments, which were often cruel rather than compassionate.

7. Moral therapy was an important approach in the treatment of the mentally ill. Define the basis of this approach, describe the individuals responsible for promoting this approach, and why it lost popularity.

Difficulty: 2

QuestionID: 01-3-113

Page-Reference: 12-15

Skill: Factual

Answer: Moral therapy, advocated by humanitarian reformers (such as Lett, Pinel, Tuke, and Rush), gained popularity in Europe and North America during the early 1800s. Moral therapy was based on the idea that the insane should be treated humanely, without physical restraints. Patients were to be treated with compassion and respect, in a relaxing, stress-free environment. Most advocates of moral therapy believed they could cure mental illness through peaceful surroundings, proper diet and exercise, and activities. In fact, moral therapy did appear to have positive benefits. However, during the 1900s, moral therapy in Canada lost popularity and was replaced by physical and chemical restraints and somatic therapy. Public institutions became larger, thus decreasing the use of moral therapy. Biological approaches suggested that mental problems could be solved quickly and easily through surgery or medication. Even today, no one therapy quite exemplifies the humane approach of moral therapy.

8. The growth of mental health services in Canada has been characterized by both positive and negative accomplishments. Describe two of the negative practices used and speculate on the importance of these events for modern practices.

Difficulty: 2

QuestionID: 01-3-114

Page-Reference: 14, 19-20

Skill: Factual

Answer: Various harsh methods have been used in the name of treating the mentally ill in Canada, even as late as the mid-1900s. One widely used treatment method was psychosurgery, such as prefrontal lobotomies. Tens of thousands of Canadians during the 1940s-60s had the frontal lobes of their brains disconnected or surgically removed. Most of these early lobotomies appeared to be performed to advance research or make life easier for the staff, as opposed to the health of the patient.

Another abuse of psychiatric power in Canada was the brainwashing experiments performed by Dr. Ewen Cameron, at Montreal's Allen Memorial Hospital during the late 1950s and early 1960s. Cameron "treated" the patients to massive doses of electroconvulsive therapy, prolonged sensory deprivation, and chemically-induced sleep. During their periods of sleep, he played audiotapes to the patients telling them how horrible they were and they must change. These unfortunate patients were also injected with LSD and were not told that they were being used in a research experiment.

These two examples make us aware of the importance of treating patients ethically and with respect and humanity. It is important that people in charge of the mentally ill do not abuse their power and that their treatment be properly monitored. We need to make an attempt to help the mentally ill with as little discomfort as possible.

9. Describe why the discovery that syphilis was the cause of general paresis was important to the modern view of mental illness.

Difficulty: 2

QuestionID: 01-3-115

Page-Reference: 16

Skill: Conceptual

Answer: Richard von Krafft-Ebing (1840-1902) was interested in the possibility that patients suffering from General Paresis of the Insane (GPI) may have acquired it through infection. Following Pasteur's germ theory of disease, Krafft-

Ebing discovered that GPI was a long-term effect of syphilis. This finding sparked the view that all mental disorders might be caused by infections or some other biological factors. Somatogenesis (the belief that psychopathology is caused by biological factors) became a popular approach for those in the mental health field. There was increased optimism that all disorders would be cured by medical means. The discovery that GPI was caused by syphilis resulted in a more scientific approach to viewing mental illness and encouraged the use of various physical approaches to treatment.

10. Compare and contrast the somatogenic and psychogenic approaches to mental health and describe the positive effect that these approaches have had.

Difficulty: 2

QuestionID: 01-3-116

Page-Reference: 16-19

Skill: Factual

Answer: The somatogenic approach focuses on biology. Somatogenecists assume that mental illnesses are caused by infections or disrupted biological functioning. The early somatogenecists thought that medication or surgery would "cure" the infection or physical problem, and mental health would be renewed. This approach was quite popular during the late 1800s and resulted in a more scientific approach to psychology, as well as experimentation with different types of physical treatments. During the 1950s, pharmacological agents became available and were associated with the idea that mental disorders are caused by chemical imbalances in the brain. During this time, the effects that neurotransmitters had on behaviour was discovered and many drugs were synthesized which could be used to treat psychiatric patients. This proved to be very valuable.

Psychogenic approaches focus on the psychological factors underlying mental illness. These approaches include Freud's psychoanalytic approach, Watson's behaviourism, and numerous others. Mesmer's work with hysteria spurred interest in this approach, treating hysteria with an early form of hypnosis. Charcot and Janet became particularly interested in psychological explanations of hysteria and the use of hypnosis as a treatment. Thus, psychoanalysis was born, as Breuer and Freud began to employ methods such as hypnosis and encouraging patients to talk about their past and their problems. Behaviourists believed that abnormal behaviour was learned and could be unlearned, and that in order for psychology to function as a science, only observable behaviour should be focused on.

Although extremely different, both models have generated much research and increased our knowledge about the causes of mental illnesses, and generated effective treatments.

11. After reading about the history of how mental illness has been dealt with, you are determined to advance the profession of psychology. You have been chosen to speak at a conference for the Canadian Psychological Association (CPA) Task Force to promote evidence-based practice (EBP) in clinical psychology. Define EBP, state the "goods" that it promises and how it can deliver them. Operationalize the concept of EBP for clinicians (i.e., what behaviours on the part of the clinician are entailed by a commitment to EBP?); make recommendations for how this could be implemented in one's practice and spread throughout the profession.

Difficulty: 3

QuestionID: 01-3-117

Page-Reference: 20-21

Skill: Conceptual, Application

Answer: As defined by our colleagues at the American Psychological Association, Evidence-Based Practice (EBP) refers to the integration of scientific evidence with individual expertise in order to inform optimum client care. The textbook tells us that the purpose is to bolster the efficacious treatment of mental disorders, maintain the competitiveness of psychologists in the mental health market, and to increase accountability and reduce liability. In lay terms, this means that clinicians actively maintain awareness of the most current and useful information available about the clients they treat and the methods they use to help those clients. That information will be based not only on research but also upon the experiences of colleagues that could usefully inform their clinical activities, help them avoid errors and pitfalls etc.

EBP achieves these goods by increasing communication between and among clinicians and clinical researchers, reducing time, trial and error in finding the most effective assessment and treatment tools, making adjustments as indicated by the client's response. By utilizing the most up-to-date and pertinent information from researchers and fellow clinicians, the informed clinician provides the best treatment in the most efficient manner, with minimized risk of harm resulting from

delays, trial-and-error, ineffective or inappropriate interventions. By helping our clients more effectively and efficiently, there is the added bonus of advancing the interests of psychology as a profession in the mental health marketplace.

The value of a particular clinician's experience is recognized in the definition of EBP: communication among clinicians is part of what EBP is all about. At the same time, it is obvious that even the most experienced and knowledgeable clinician cannot compete with a database that is constantly evolving in response to the inputs researchers and clinicians from all over the world.

Operationalized, EBP requires the clinician to identify and utilize appropriate and efficient sources of information regarding the problems they assess and treat – to routinely consume information relevant to their practice, and to seek more information as required. The available information can be described in terms of "layers", with the most accessible layer being clinical practice guidelines, which have "boiled down" the most current and pertinent information for the clinician who lacks the time to do this for him or herself. Other clinicians will prefer to go deeper, to review articles in journals that provide not only the clinical practice guidelines, but the controversies behind some of the decisions as to how to formulate these. Clinicians will choose formats that suit their needs. The clinician can consult with their peers as to how to achieve this. EBP involves staying current, which requires a commitment of regular intake as well as focused searches as the need arises.

Ideally, the EBP clinician will regularly receive communication with peers through networks (e.g., email listservs) where issues in implementing clinical practice guidelines, special populations and situations are discussed. Clinicians who take EBP seriously will feel obligated to disseminate information to their colleagues – not only information directly relevant to practice, but information about EBP itself and methods of efficiently accessing EBP information. Clinicians might see it as their duty to set up email listservs etc. This is a good thing for obvious reasons – i.e., more clinicians will be doing a better job, which is good for clients, clinicians and the profession as a whole. It's also beneficial because greater numbers of clinicians sharing information will contribute not only to a faster-evolving database but also a better infrastructure for sharing the information. Clinicians might proactively think about ways they might achieve this, for example by sharing their information sources with colleagues in close proximity, seeking other opportunities in their spheres of influence etc.

12. Technology-delivered psychotherapy is becoming more and more popular. Describe the opportunities and the challenges that psychologists and other mental health professionals face with the proliferation of technology?

Difficulty: 2

QuestionID: 01-3-118

Page-Reference: 22

Skill: Conceptualization

Answer: The widespread availability of technology provides greater opportunity to provide access to psychological services to those who previously would not have had access. For example, those who live in remote areas would not have been able to gain easy access to psychological services at a clinic or at a hospital. Technology also introduces new ways to collect patient data. For example, tablets and smartphones make it possible to track behaviour in real time and this may be helpful in certain therapies and may improve the accuracy of data collection. But technology is associated with ethical challenges. For example, mental health professionals must be careful with the way they manage their online presence (e.g., on Facebook or Twitter) and must exercise caution in sharing personal information (e.g., photos) on social media platforms. Also, mental health professionals must carefully consider what opinions they decide to make public online.