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Chapter One Questions: The Evolution of Clinical Psychology

According to the NIH, among the following the most common diagnosis is:

- A. Major Depressive Disorder
- B. Panic Disorder
- C. Schizophrenia
- D. Bipolar Disorder

ANSWER A

What percentage of people suffers from a mental disorder in a given year?

- A. 10%
- B. 75%
- C. 25%
- D. 2%

ANSWER: C

The onset of anxiety tends to occur during what stage of life?

- A. Early Infancy
- B. Early Adulthood
- C. Late Adolescents
- D. Early Childhood

ANSWER: B

The onset of most mood disorders tend to occur during what stage of life?

- A. Early Infancy
- B. Early Adulthood
- C. Late Adolescents
- D. Early Childhood

ANSWER: C

Clinical psychology is the branch of psychology that focuses on:

- A. Assessment strategies and interventions
- B. Behaviors acquired through conditioning
- C. How and why people change throughout there life
- D. Personality and individual differences

ANSWER: A

One concern expressed of a science-based approach to clinical psychology is:

- A. Group-based data is not used enough in clinical research
- B. Research findings occur to quickly
- C. Research can not provide useful guidance to account for each unique individual.
- D. Research is not systematic enough to provide clinical guidance.

ANSWER: C

What is Richard McFall's Cardinal Principal?

- A. Scientific clinical psychology is the only acceptable form of clinical psychology.
- B. A clinician's intuition is the only acceptable form of clinical psychology.
- C. Professional experience is the only acceptable form of clinical psychology.
- D. Individual focused research is the only acceptable form of clinical psychology.

ANSWER: A

What is the evidence-based practice (EBP) model?

- A. EBP focuses solely on scientifically supported treatments.
- B. EBP focuses only on evidence from individual case studies
- C. EBP focuses on research evidence and informed decision-making skills
- D. EBP focuses merely on the patient's preferences

ANSWER: C

What makes clinical psychology stand apart from other areas of psychology?

- A. It can be used to generate basic knowledge about human functioning.
- B. It can be used to understand human development over a life time.
- C. It can be used to assess and treat dysfunction
- D. It can be used to learn how individuals process and store information.

ANSWER: C

Historically, what was the main concept that was emphasized in counseling psychology and less in clinical psychology?

- A. Focus on children
- B. Focus on well adjusted individuals
- C. Focus on job satisfaction
- D. Focus on psychopathology

ANSWER: B

What type of setting are you most likely to find a counseling psychologist?

- A. Educational
- B. Hospital
- C. Businesses
- D. Government

ANSWER: A

What area of psychology is clinical psychology most similar?

- A. Developmental
- B. Industrial Organizational
- C. Personality
- D. Counseling

ANSWER: D

What is one role that most clinical psychologists do not do?

- A. Understand
- B. Medicate
- C. Assess
- D. Treat
- ANSWER: B

In terms of higher education, what program is most likely to focus on vocational issues more often?

- A. Clinical
- B. Counseling
- C. School
- D. Experimental
- ANSWER: B

What area of psychology is school psychology most similar?

- A. Child Clinical Psych
- B. Cognitive
- C. Personality
- D. Social
- ANSWER: A

Historically, what was the main concept that school psychology emphasized more than clinical child psychology?

- A. Focus on children
- B. Focus on behavioral and learning difficulties
- C. Focus on treatment of diagnosable mental disorders
- D. Focus on personality disorders

ANSWER: B

School psychology focuses on:

- A. Developing family based programs
- B. Promoting social skills
- C. Prevention of violence
- D. All of the above

ANSWER: D

Who provides more mental health services than any other health care profession?

- A. Clinical psychologists
- B. Primary care physicians
- C. Psychiatrists
- D. Neurologists

ANSWER: B

What physicians specialize in the diagnosis, treatment, and prevention of mental illness?

- A. Psychiatrist
- B. Neurologist

C. Psychologist

D. Endocrinologist

ANSWER: A

Standard psychiatric training strongly prepares psychiatrists for all of the following EXCEPT:

- A. Interaction between physical illnesses and emotional disturbances.
- B. Research skills in design and statistical analysis
- C. Understanding biological functioning and abnormalities
- D. None of the above

ANSWER: B

Standard psychiatry training has a primary emphasis in:

- A. Psychological treatment
- B. Cognitive behavioral therapy
- C. Intellectual functioning
- D. Psychopharmacological treatment

ANSWER: D

Aaron Beck was the primary developer for which type of treatment:

- A. Cognitive therapy for anxiety
- B. Interpersonal treatment of depression
- C. Cognitive therapy for depression
- D. Psychodynamic psychotherapy

ANSWER: C

What activity is not part of the practice of social workers?

- A. Prescribe psychoactive medication
- B. Research consultation
- C. Case management
- D. Therapy

ANSWER: A

Social workers are employed in all of the following settings EXCEPT:

- A. Correctional facilities
- B. School boards
- C. Private practice
- D. None of the above social workers are employed in all of the above settings

ANSWER: D

What is the role of a case worker?

- A. Coordinates services for patient
- B. Cognitive behavioral therapy
- C. Psychological assessment
- D. Research primarily focused on case studies

ANSWER: A

Interpersonal therapy can be provided by all of the following professionals EXCEPT:

- A. Clinical psychologist
- B. Psychiatrist
- C. Neurologist
- D. Clinical social worker

ANSWER: C

Which of the following professions typically has the least amount of structured training?

- A. Social workers
- B. Clinical psychologist
- C. Child care workers
- D. Psychiatric nurses

ANSWER: C

- St. Vincent de Paul of the late 1500s proposed that mental and physical illnesses were caused by the following:
- A. Demonic possession
- B. Natural forces
- C. Biopsychosocial approach
- D. Societal forces

ANSWER: B

During the 1500s one form of treatment for mental illness included:

- A. Immersion in frigid water
- B. Electric shock therapy
- C. Psychoanalytic therapy
- D. Psychotropic medication

ANSWER: A

Benjamin Rush of the United States promoted which of the following types of treatment?

- A. Bleeding with leeches
- B. Moral therapy
- C. Restraints
- D. Clinical neurology

ANSWER: B

What was moral therapy?

- A. Treatment that used compassion and patience
- B. Treatment that used punishment or restraints
- C. Treatment that used religion and church
- D. Treatment that used hypnosis

ANSWER: A

What best describes hysteria?

- A. Obsession and nervousness
- B. Neurological symptoms with no medical basis
- C. Severe sadness
- D. Hallucinations and delusions

ANSWER: B

Jean Martin Charcot of France is credited with being the primary developer of which of the following treatments:

- A. Cognitive behavior therapy
- B. Moral therapy
- C. Psychoanalytic therapy
- D. Early stages of hypnosis

ANSWER: D

Wilhelm Wundt of Germany who was credited with establishing the first psychology laboratory focused his studies on which of the following:

- A. Assessment and treatment
- B. Sensation and perception
- C. Reaction time and intelligence
- D. Personality disorders and testing

ANSWER: B

Emil Kraepelin was most known for his work on:

- A. Hypnosis and suggestion
- B. Syndromes and classification
- C. Intelligence testing
- D. Psychological assessment

Alfred Binet is most known for his work on:

- A. Hypnosis and suggestion
- B. Syndromes and classification
- C. Intelligence testing
- D. Psychological assessment

ANSWER: C

What does the Wechsler-Bellevue test measure?

- A. Personality
- B. Intelligence
- C. Attention
- D. Mental health

ANSWER: B

What is the Rorschach inkblot test thought to measure?

A. Mental functioning based on objective report

- B. Mental functioning based on test performance
- C. Mental functioning based on self-description
- D. Mental functioning based on an ambiguous stimulus

ANSWER: D

What type of test is the Thematic Apperception Test (TAT)?

- A. Intelligence test
- B. Projective test
- C. Memory test
- D. Performance test

ANSWER: B

What is thought to be one of the major pitfalls in projective tests?

- A. Lack of standardization
- B. Lack of reliability
- C. Lack of validity
- D. All of the above

ANSWER: D

What is the Minnesota Multiphasic Personality Inventory (MMPI-2) used to measure?

- A. Psychological disturbances among adults
- B. Intelligence among children
- C. Psychological disturbances among children
- D. Intelligence among adults

ANSWER: A

What best describes the focus on behavioral assessment?

- A. Observable and current personality factors
- B. Observable and current behaviors
- C. Observable and current interests
- D. None of the above

ANSWER: B

Which assessment usually requires observation by a third party?

- A. Personality tests
- B. Intelligence tests
- C. Projective tests
- D. Behavioral tests

ANSWER: D

What best describes clinical utility?

- A. Assessment data leading to a better clinical outcome
- B. Assessment data adding to the validity of that assessment
- C. Assessment data leading to a better range of psychological measures
- D. Assessment data adding to improved reliability of that assessment

ANSWER: A

Why is service evaluation important?

A. It shows a clinician's service works

B. It shows a clinician's service is affordable

C. It shows a clinician's service is enjoyed by the patient

D. It shows that the clinician's service developed a broadly based picture of the patient

ANSWER: A

The Interpretation of Dreams marked an important milestone for what movement?

A. Psychoanalytic

B. Cognitive Behavioral

C. Hypnosis

D. Behavioral ANSWER: A

One common assumption in the early 1900s (especially by Sigmund Freud and Carl Jung) was that all psychopathology stemmed from:

A. Parents

B. Ego

C. Unconscious

D. Environment

ANSWER: C

Who is often described as the father of clinical psychology and who also coined the term "clinical psychology"?

A. Sigmund Freud

B. Carl Jung

C. Lightner Witmer

D. Alfred Adler

ANSWER: C

Who believed that people were inherently capable of developing in a positive health manner?

A. Carl Roger

B. Sigmund Freud

C. Carl Jung

D. Mary Cover Jones

ANSWER: A

Which area of clinical psychology is quite recent?

A. Assessment

B. Prevention

C. Intervention

D. Hypnosis

ANSWER: B

A 2009 survey of clinical and adolescent psychologists asked respondents to predict major changes in clinical practice, research, and training. In all three areas respondents said the greatest influence would be:

A. Neuroimaging

B. Human genome research

C. Computer-mediated assessment and treatment

D. Evidence based practice

ANSWER: D

Which best defines Meta-Analysis?

A. Technique that studies a single group, incident, or community

B. Technique by which groups of studies can be statistically combined and compared

C. Technique involves studying the same group of individuals over an extended period of time.

D. Technique that gathers data on present conditions

ANSWER: B