**CHAPTER 1**

**Concepts of Abnormality throughout History**

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 be most likely to consult the
   1. American Medical Association's Treatment Manual (AMA-TM).
   2. Diagnostic and Statistical Manual, fifth edition (DSM-5).
   3. International Classification of Mental and Behavioural Disorders (ICD-10).
   4. Diagnostic and Statistical Manual, sixth edition (DSM-6).
   5. The North American Guide to Psychiatric Disorders (NAPD-IV).

Answer: B

*Diff: 1 Type: MC Page Ref: 2 Skill: Application*

1. Psychopathology refers to
   1. the same disorder as psychopathy.
   2. disorders of the brain.
   3. a physical cause to psychological problems.
   4. only severe psychological disorders.
   5. the study of the nature of psychological problems.

Answer: E

*Diff: 2 Type: MC Page Ref: 4 Skill: Factual*

1. According to the text, behavior, speech or thought that impairs a person’s functioning corresponds *best* to which concept below?
   1. mental illness
   2. mental problem
   3. brain pathology
   4. psychological abnormality
   5. psychological disorder

Answer: D

*Diff: 2 Type: MC Page Ref: 4 Skill: Conceptual*

1. What is one difficulty in defining abnormal behaviour?
   1. eccentric behaviour usually indicates abnormal behaviour
   2. everyone is to some degree abnormal in their behaviour
   3. unusual behaviour may not be abnormal according to diagnostic criteria
   4. all people experience anxiety now and then
   5. people's behaviour depends on the situation

Answer: C

*Diff: 1 Type: MC Page Ref: 4 Skill: Factual*

1. Abnormal behaviour has been defined as that which occurs infrequently. Which of the following examples illustrates a problem with this definition?
   1. People with IQs below 70 are considered abnormal.
   2. Most people get depressed from time to time.
   3. Mathematical geniuses are considered rare in the population.
   4. Children often believe in the existence of monsters.
   5. Anxiety disorders are relatively rare in a given population.

Answer: C

*Diff: 2 Type: MC Page Ref: 4 Skill: Application*

1. Dr. Jayvonna is working with a patient who has to arrange and rearrange her food on her plate after each bite. Although her patient does not find this behaviour strange, other people find it odd. The definition of abnormality applicable to this patient is
   1. statistically unusual behaviour.
   2. violating the norms of society.
   3. distress to self and others.
   4. personal dysfunction.
   5. expert diagnosis.

Answer: B

*Diff: 1 Type: MC Page Ref: 6 Skill: Application*

1. Perhaps the biggest problem with using inappropriate behaviour as a criterion for abnormal behaviour is
   1. what is considered appropriate differs over time and location.
   2. mentally ill people are usually not dangerous.
   3. social norms tend to be constant over time.
   4. inappropriate behaviour is often the norm in North American culture.
   5. killers and murderers are generally sane.

Answer: A

*Diff: 2 Type: MC Page Ref: 6 Skill: Conceptual*

1. The authors discuss the Violation of Cultural Norms criterion as:
   1. an essential and sufficient component in defining psychological abnormality
   2. a necessary but not sufficient component of defining abnormality
   3. a consideration that will often be relevant to defining abnormality
   4. distinct from considerations of psychological abnormality
   5. a distraction from considerations of abnormality

Answer: C

*Diff: 2 Type: MC Page Ref: 6 Skill: Conceptual*

1. Which one of the following groups of principles have been used to define abnormality?
   1. diagnosis by an expert, personal distress, poor emotional control
   2. personal distress, delinquent activity, poor emotional control
   3. violation of norms, abnormal intellectual functioning, personal distress
   4. infrequency, personal distress, impaired functioning
   5. psychiatric diagnosis, harmful dysfunction, abnormal intellectual functioning

Answer: D

*Diff: 2 Type: MC Page Ref: 7 Skill: Factual*

1. Which is the most sensible way to logically combine the criteria used to define psychological abnormality?
2. [infrequency OR personal distress] AND impaired functioning
3. [infrequency OR impaired functioning] AND personal distress
4. infrequency AND [personal distress OR impaired functioning]
5. infrequency AND personal distress AND impaired functioning
6. infrequency OR personal distress OR impaired functioning

Answer: C

*Diff: 3 Type: MC Page Ref: 7 Skill: Application*

1. Changes in the way that abnormality has been viewed over time has resulted in
2. a clear understanding of the etiology of disorders.
3. effective treatments for all disorders.
4. fewer diagnostic categories.
5. high reliability of all diagnoses.
6. a shift from supernatural to natural causes in explaining disorders.

Answer: E

*Diff: 2 Type: MC Page Ref: 8 Skill: Conceptual*

1. 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
2. schizophrenia.
3. demon possession.
4. brain dysfunction.
5. weakness of character.
6. irrational thoughts.

Answer: B

*Diff: 1 Type: MC Page Ref: 8 Skill: Application*

1. What type of treatment was thought to be used by Stone Age people to treat madness?
   1. religious chanting
   2. death
   3. herbal brews to poison evil spirits
   4. trephination
   5. exorcism

Answer: D

*Diff: 2 Type: MC Page Ref: 8 Skill: Application*

1. Several methods were used during prehistoric times to treat abnormal behaviour. Which approach, however, was NOT common?
2. trephination
3. bedrest
4. induced trances
5. special care in asylums
6. magic

Answer: D

*Diff: 1 Type: MC Page Ref: 8-9 Skill: Factual*

1. To whom can we credit with the original idea that dreams play an important role in understanding mental illness?
2. Freud
3. Aristotle
4. Plato
5. Hippocrates
6. Galen

Answer: D

*Diff: 2 Type: MC Page Ref: 9 Skill: Factual*

1. Hippocrates played a major role in both how the causes and treatment of mental illness were viewed. However, his greatest contribution to psychology was
2. being the father of psychoanalysis.
3. proving the value of leading a healthy life in preventing madness.
4. emphasizing the natural causes of mental illness.
5. separating the causes of madness into medical and magical causes.
6. his idea that psychological functioning resulted from disturbances of bodily fluids.

Answer: C

*Diff: 1 Type: MC Page Ref: 9 Skill: Conceptual*

1. According to Hippocrates, mental disorders should be treated by which one of the following?
2. exorcism
3. magical spells
4. trephination
5. healthy diet and exercise
6. food and water deprivation

Answer: D

*Diff: 1 Type: MC Page Ref: 9 Skill: Conceptual*

1. Hippocrates believed that psychological functioning was influenced by imbalances in bodily fluids. Each of the following was considered an essential fluid EXCEPT
2. blood.
3. black bile.
4. brown bile.
5. green bile.
6. phlegm.

Answer: C

*Diff: 1 Type: MC Page Ref: 9 Skill: Factual*

1. An ancient Greek was behaving quite aggressively and was quite short-tempered. He would likely have been diagnosed as having
2. too little yellow bile.
3. an excess of blood.
4. excess phlegm.
5. too much yellow bile.
6. an overabundance of black bile.

Answer: D

*Diff: 2 Type: MC Page Ref: 9 Skill: Application*

1. Plato and Aristotle accepted many of Hippocrate's ideas, but rejected others. Which of the following best describes their belief about the cause of mental illness?
2. that an imbalance in essential bodily fluids affected functioning
3. that brain dysfunction affected behaviour
4. that environmental factors played the critical role
5. lack of education could cause mental illness
6. that mental illness had natural causes

Answer: E

*Diff: 3 Type: MC Page Ref: 9 Skill: Conceptual*

1. The idea that both mental and physical disorders were caused by problems in the body was held by
2. Soranus.
3. Aristotle.
4. Plato.
5. the Greek physician Aretaeus.
6. Hippocrates.

Answer: A

*Diff: 1 Type: MC Page Ref: 10 Skill: Conceptual*

1. Jennifer is a psychotherapist, and she considers talking about problems to be therapeutic. Which of the following groups would most likely agree with her?
2. early Egyptians
3. Arabians
4. classical Greek and Romans
5. Europeans during the Middle Ages
6. prehistoric people

Answer: C

*Diff: 2 Type: MC Page Ref: 10 Skill: Application*

1. Early Arabian asylums were established to
2. protect society from the mentally ill.
3. provide the mentally ill with a safe haven.
4. begin the tradition of group therapy.
5. reintroduce trephination as a major form of treatment.
6. fulfill the requirements of the Koran.

Answer: B

*Diff: 1 Type: MC Page Ref: 10 Skill: Factual*

1. Avicenna's The Canon of Medicine may have included early forms of which of the following modern methods of treatment?
2. homeopathic treatment
3. dream analysis
4. behaviour therapy
5. psychotherapy
6. bloodletting

Answer: C

*Diff: 3 Type: MC Page Ref: 10 Skill: Conceptual*

1. The notion of “possession” during the Middle Ages was often applied to
2. people who disagreed with Church doctrine.
3. people who sinned frequently.
4. men who beat their wives.
5. people who had suffered a nervous breakdown.
6. people suffering from a mental illness.

Answer: E

*Diff: 2 Type: MC Page Ref: 11 Skill: Conceptual*

1. During the 13th and 14th centuries, a woman caught talking to her garden plants would
2. be treated by either prayer or exorcism of demons.
3. be treated with hypnotism.
4. be treated using special herbs and potions.
5. be accused of witchcraft and tortured to prevent her evil powers from spreading.
6. be considered psychotic.

Answer: A

*Diff: 1 Type: MC Page Ref: 11 Skill: Conceptual*

1. The *spiritus vitae* was
2. a disorder where people begin to dance in the streets and drink red wines.
3. a spirit believed to possess individuals and cause madness.
4. a bodily fluid believed by Paracelsus to result in mental illness.
5. a naturalistic cause of madness.
6. the venom of the tarantula.

Answer: D

*Diff: 1 Type: MC Page Ref: 11 Skill: Factual*

1. Your sister suddenly begins to leap about, jumping and dancing in the streets. During the Middle Ages, she would most likely be diagnosed with
2. melancholia.
3. trephination.
4. the Tarantella.
5. an excess of phlegm.
6. spiritus vitae.

Answer: C

*Diff: 2 Type: MC Page Ref: 12 Skill: Application*

1. According to Paracelsus, St. Vitus' Dance was caused by
2. tarantula bites.
3. psychic conflicts.
4. imbalances in bodily fluids.
5. mania.
6. possession by evil spirits.

Answer: B

*Diff: 2 Type: MC Page Ref: 12 Skill: Factual*

1. Which of the following persons and treatments DO NOT match?
2. Paracelsus and hypnotism
3. Hippocrates and rest
4. Galen and sympathetic listening
5. Weyer and chanting
6. Avicenna and behavior therapy

Answer: D

*Diff: 1 Type: MC Page Ref: 12 Skill: Conceptual*

1. What do the views of Paracelsus, Teresa of Avila, and St. Vincent de Paul have in common?
2. They all attempted to develop a new system of classification.
3. They believed that religious approaches could lead to a cure.
4. They established asylums to humanely care for the mad.
5. They argue for a more naturalistic approach to viewing mental illness.
6. Each of them contributed to Freud's system of psychoanalysis.

Answer: D

*Diff: 1 Type: MC Page Ref: 12 Skill: Conceptual*

1. The term “bedlam” originated from
2. a method of treatment used in early asylums.
3. the lack of beds that was common in early asylums.
4. the bizarre behaviour known as St. Vitus' dance.
5. moments of frenzy among mad people.
6. behaviour of the patients in deplorable early European asylums.

Answer: E

*Diff: 1 Type: MC Page Ref: 13 Skill: Factual*

1. Early treatment of the mentally ill in the United States
2. was more successful than many of the earlier treatments had been.
3. was more humane than most of the approaches outside North America.
4. was at times similar in cruelty to early supernatural treatments.
5. differed from European treatment due to different societal values.
6. was less successful than treatments introduced during the Middle Ages.

Answer: C

*Diff: 2 Type: MC Page Ref: 13 Skill: Application*

1. Treatment in the town of Gheel is similar to
2. modern day treatment programs.
3. a humanistic approach.
4. a community treatment approach.
5. that of the early Greeks.
6. treatment advocated by many of the early Europeans.

Answer: C

*Diff: 1 Type: MC Page Ref: 13 Skill: Conceptual*

1. English “workhouses” were
2. established during the Enlightenment period to deal with the insane.
3. run by the patients.
4. run by physicians.
5. were special places where the mentally ill could work.
6. used to hide the poor from society.

Answer: E

*Diff: 1 Type: MC Page Ref: 13 Skill: Factual*

1. Which of the following individuals is known for promoting a more humanitarian approach in mental hospitals?
2. Benedict Morel
3. Philippe Pinel
4. St. Vincent de Paul
5. Johannes Weyer
6. Benjamin Rush

Answer: B

*Diff: 1 Type: MC Page Ref: 15 Skill: Factual*

1. This individual's campaign to improve the conditions for the mentally ill resulted in the opening of 32 state hospitals, including two in Canada.
2. Dorothea Dix
3. Cabanis
4. Benjamin Rush
5. William Tuke
6. Philippe Pinel

Answer: A

*Diff: 1 Type: MC Page Ref: 14 Skill: Factual*

1. The mental hygiene movement
2. resulted in a reduction in the number of people in institutions.
3. resulted in an increase of patients in mental institutions.
4. led to an increase in moral therapy.
5. was criticized by Philippe Pinel.
6. led to the advent of antipsychotic drugs.

Answer: B

*Diff: 2 Type: MC Page Ref: 15 Skill: Conceptual*

1. All of the following are valid criticisms of the mental hygiene movement EXCEPT
2. psychosocial treatments were less effective due to the large number of patients.
3. physical treatments were often unpleasant.
4. living conditions in the asylum were unpleasant.
5. the original goals of the movement were less than noble.
6. overcrowding in asylums prevented proper care.

Answer: A

*Diff: 2 Type: MC Page Ref: 15 Skill: Conceptual*

1. Moral therapy implies that
2. psychological therapy should be administered by the Church.
3. psychological therapy should be used more often.
4. mentally ill patients can benefit from spiritual enlightenment.
5. mentally ill patients need to be taught a moralistic approach to life.
6. mentally ill patients can be treated without chemical or physical restraints.

Answer: E

*Diff: 2 Type: MC Page Ref: 15 Skill: Conceptual*

1. Which of the following accomplishments are NOT attributed to Pinel?
2. looking to natural explanations as the cause of mental illness
3. clearly describing the symptoms of disorders
4. emphasizing the role of psychological and social factors in the development of mental illness
5. developing a systematic approach to classifying disorders
6. bringing moral therapy to North America

Answer: E

*Diff: 2 Type: MC Page Ref: 15 Skill: Factual*

1. 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.
2. physical
3. social
4. institutional
5. psychological
6. biological

Answer: D

*Diff: 1 Type: MC Page Ref: 15 Skill: Factual*

1. introduced “degeneration” theory, which proposed that abnormal functioning was transmitted by hereditary processes.
2. Pinel
3. Cabanis
4. Charles Darwin
5. Cesare Lombroso
6. Benedict Morel

Answer: E

*Diff: 1 Type: MC Page Ref: 15-16 Skill: Factual*

1. Clinical Psychiatry, published by Kraepelin in 1883, was an important textbook because it
2. introduced pioneering treatments for severe mental disorders.
3. explained the causes of many common mental disorders.
4. attempted to classify mental illnesses.
5. joined together the professions of clinical psychology and psychiatry.
6. described methods of treatment for psychiatric disorders.

Answer: C

*Diff: 2 Type: MC Page Ref: 16 Skill: Factual*

1. Which of the following are classification systems of mental illness?
2. CP-10
3. GPI
4. ECT
5. WRS-R
6. DSM-5

Answer: E

*Diff: 1 Type: MC Page Ref: 16 Skill: Factual*

1. “All mental disorders are the result of biological problems.” Who would be most likely to agree with this statement?
2. Breuer
3. Kraepelin
4. Pinel
5. Freud
6. Watson

Answer: B

*Diff: 1 Type: MC Page Ref: 16 Skill: Application*

1. Kraepelin's system of classification of mental illness
2. did not influence later classification systems.
3. suggested that psychological factors caused disorders.
4. failed to recognize that certain groups of symptoms tended to occur together.
5. recognized that different disorders were distinct.
6. offered suggestions for treatment.

Answer: D

*Diff: 2 Type: MC Page Ref: 15 Skill: Factual*

1. Groups of symptoms that tend to occur together are called
2. biological.
3. disabilities.
4. categories.
5. diatheses.
6. syndromes.

Answer: E

*Diff: 1 Type: MC Page Ref: 16 Skill: Factual*

1. Symptoms during the later stages of general paresis of the insane may show similarity to
2. bipolar disorder.
3. disorders such as Alzheimer's.
4. antisocial personality disorder.
5. autism.
6. schizophrenia.

Answer: B

*Diff: 3 Type: MC Page Ref: 16 Skill: Conceptual*

1. The germ theory of disease led to the idea that
2. it was important to wash your hands after being with psychiatric patients.
3. only biological treatments are beneficial for mental illness.
4. heredity plays an important role in the transmission of mental disease.
5. General Paresis of the Insane may be a consequence of syphilis.
6. germs may cause anxiety.

Answer: D

*Diff: 2 Type: MC Page Ref: 16 Skill: Application*

1. Somatogenesis refers to
2. a disorder where people feel their body is not theirs.
3. the idea that mental disorders are caused by biological factors.
4. somatization disorder.
5. a method of treating general paresis.
6. the idea that mental disorders are caused by psychological factors.

Answer: B

*Diff: 1 Type: MC Page Ref: 16 Skill: Factual*

1. Insulin was used by Sakel during the mid-20th century in order to treat:
2. schizophrenia
3. anxiety disorders
4. depression
5. diabetes
6. alcoholism

Answer: A

*Diff: 1 Type: MC Page Ref: 17 Skill: Factual*

1. Sakel administered insulin to patients in order to induce which he believed would cure or reduce the symptoms of schizophrenia
2. convulsions
3. seizures
4. shock
5. coma
6. low blood sugar

Answer: D

*Diff: 1 Type: MC Page Ref: 17 Skill: Factual*

1. ECT (electric shock therapy) proved to be most successful in treating
2. epilepsy.
3. anxiety.
4. drug addiction.
5. depression.
6. schizophrenics.

Answer: D

*Diff: 1 Type: MC Page Ref: 17 Skill: Factual*

1. 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 psychology?
2. psychopharmacology
3. cognitive psychology
4. psychoanalysis
5. clinical psychology
6. health psychology

Answer: A

*Diff: 1 Type: MC Page Ref: 17 Skill: Application*

1. Jason has been given Ritalin to control his hyperactive moods. He is receiving
2. pharmacotherapy.
3. palliative therapy.
4. psychotherapy.
5. psychosurgery.
6. psychoanalysis.

Answer: A

*Diff: 1 Type: MC Page Ref: 17 Skill: Application*

1. The textbook informs us that process of deinstitutionalization was set in motion by three “revolutions” or movements:
2. pharmacological revolution; patients’ rights and community mental health movements
3. The French Revolution and the appointment of Philippe Pinel; patients’ rights movement; upheavals in various local Canadian asylums
4. the French Revolution; American Revolution; the patients’ rights movement
5. The French Revolution; American Revolution; Pinel’s “revolution”
6. none of the above

Answer: A

*Diff: 3 Type: MC Page Ref: 18 Skill: conceptual / factual*

1. Mesmer believed that hysteria was the result of
2. a wandering uterus.
3. disturbances in the distribution of magnetic fluids.
4. imbalances in brain chemicals.
5. too little of the neurotransmitter acetylcholine.
6. animal magnetism.

Answer: B

*Diff: 2 Type: MC Page Ref: 18 Skill: Factual*

1. You are one of Mesmer's assistants during the 1700s. Your treatment of choice for dealing with hysteria would be considered a predecessor of
2. psychopharmacotherapy.
3. hypnotism.
4. spiritual healing.
5. the cathartic method.
6. psychotherapy.

Answer: B

*Diff: 2 Type: MC Page Ref: 18 Skill: Application*

1. Which series depicts the best order of the transmission of ideas?
2. Charcot > Mesmer > Breuer > Janet > Freud
3. Mesmer > Charcot > Breuer > Janet > Freud
4. Charcot > Freud > Breuer > Mesmer > Janet
5. Charcot > Freud > Mesmer > Janet > Breuer
6. Mesmer > Charcot > Janet > Breuer > Freud

Answer: E

*Diff: 3 Type: MC Page Ref: 18 Skill: Application*

1. Which theorists have a psychogenic approach to understanding psychopathology?
2. Freud; Watson; Meichenbaum
3. Morel; Freud; Watson
4. Kraeplin; Morel; Freud
5. Krafft-Ebing; Morel; Cerletti
6. Cerletti; Janet; Pavlov

Answer: A

*Diff: 2 Type: MC Page Ref: 15-20 Skill: Application*

1. believed that hypnotism was not valuable in treating hysterics.
2. Braid
3. Breuer
4. Charcot
5. Janet
6. Watson

Answer: E

*Diff: 2 Type: MC Page Ref: 19 Skill: Factual*

1. In the mid to late 1800s, several therapists became quite well known. Which of the following represents a correctly matched therapist and his treatment?
2. Breuer & talk therapy
3. Charcot & anesthesia therapy
4. Mesmer & animal hypnosis
5. Freud & sex therapy
6. Watson & hypnotherapy

Answer: A

*Diff: 2 Type: MC Page Ref: 18 Skill: Conceptual*

1. In writing an essay on behaviourism, you would be likely to include all of the following statements EXCEPT
2. abnormal behaviour is learned.
3. psychology must be restricted to observable behaviour.
4. behavioural approaches produced a revolution in psychological thought.
5. Watson acknowledged that abnormal behaviour was likely present at birth.
6. behavioural approaches have become established in treatment of disorders.

Answer: D

*Diff: 1 Type: MC Page Ref: 19 Skill: Conceptual*

1. Jonah is afraid of heights. Dr. Morlin employs an approach to deal with Jonah's phobia that involves having Jonah practice exposing himself to high places. This approach would best be viewed as
2. psychopharmacological.
3. behavioural.
4. biological.
5. cathartic.
6. psychoanalytical.

Answer: B

*Diff: 2 Type: MC Page Ref: 19 Skill: Application*

1. The first asylum for the mentally ill established in Canada was
2. Vancouver Psychiatric Hospital.
3. Montreal's Allen Memorial Hospital.
4. the Rockwood asylum in Kingston.
5. the Hotel Dieu in Quebec.
6. the Hotel Dieu in Calgary.

Answer: D

*Diff: 1 Type: MC Page Ref: 19 Skill: Factual*

1. 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?
2. Alberta
3. Manitoba
4. Quebec
5. British Columbia
6. Ontario

Answer: C

*Diff: 2 Type: MC Page Ref: 19 Skill: Factual*

1. The first textbook printed in Canada dealing with care and housing of the mentally ill
2. encouraged patience and tolerance.
3. suggested that the mentally ill be treated at home.
4. reflected the moral therapy approach.
5. recommended treating them with floggings.
6. recommended drug therapy.

Answer: D

*Diff: 2 Type: MC Page Ref: 19 Skill: Factual*

1. Archival evidence shows that many early lobotomies were performed in Canada primarily to:
2. restore calm and reason to the patient so that they can participate in psychotherapy
3. reduce suffering in patients with acute occipital dysfunction
4. alleviate hospital management problems and advance research
5. determine the role of the cerebellum in cases of severe emotional problems
6. cure schizophrenia

Answer: C

*Diff: 1 Type: MC Page Ref: 19-20 Skill: Factual*

1. Lobotomies were widely used treatments in Canada during the mid-1940s. This treatment involved
2. lesioning of the brain by electrodes.
3. pharmacotherapy.
4. disconnection of the frontal lobes of the brain.
5. removal of the cerebellum.
6. removal of the ovaries in women.

Answer: C

*Diff: 1 Type: MC Page Ref: 19-20 Skill: Factual*

1. Montreal's Allen Memorial Hospital was
2. the first place in Canada to use psychoanalysis.
3. founded by Ewen Cameron.
4. a place where the criminally insane were housed.
5. the site of a research project funded by the CIA.
6. a leading Canadian hospital in the treatment and care of psychiatric patients.

Answer: D

*Diff: 2 Type: MC Page Ref: 14 focus box Skill: Factual*

1. Cameron's experiments were problematic because
2. he attempted to brainwash patients through various “treatments”.
3. patients agreed to participate.
4. he did not realize the CIA were involved.
5. they received public approval.
6. his patients were not troubled by the research.

Answer: A

*Diff: 1 Type: MC Page Ref: 14 focus box Skill: Conceptual*

1. Dr. Ruth Kajander can be noted for
2. unique blend of drug and talk therapy with severely disordered patients.
3. her role in the CIA-funded research in Montreal.
4. recognizing the value of tranquillizers in treating depression.
5. treating and reducing anxiety in patients prior to surgery.
6. using chlorpromazine to treat schizophrenics.

Answer: E

*Diff: 2 Type: MC Page Ref: 20 Skill: Factual*

1. Each of the following persons based in Canada contributed to both theory and treatment EXCEPT
2. J. F. Lehman.
3. Donald Meichenbaum.
4. Albert Bandura.
5. Ruth Kajander.
6. Richard Walters.

Answer: A

*Diff: 1 Type: MC Page Ref: 19-20 Skill: Conceptual*

1. Which of the following persons and accomplishments are INCORRECTLY matched?
2. Breuer and hypnosis
3. Meichenbaum and cognitive-behaviour therapy
4. Bandura and social learning theory
5. Kajander and depression
6. Bandura and aggressive behaviour

Answer: D

*Diff: 2 Type: MC Page Ref: 20 Skill: Conceptual*

1. Canadian psychologist Donald Meichenbaum's early work contributed significantly to the growth of therapy.
2. moral
3. social-behaviour
4. psychopharmalogical
5. cognitive-behavioural
6. social learning

Answer: D

*Diff: 2 Type: MC Page Ref: 20 Skill: Factual*

1. The Mental Health Commission of Canada (MHCC) aims to:
2. be a catalyst for the reform of mental health policies
3. facilitate, enable, and support a national approach to mental health issues
4. diminish stigma and discrimination faced by Canadians living with mental disorders
5. disseminate evidence-based information about mental health and mental illness
6. all of the above

Answer: E

*Diff: 1 Type: MC Page Ref: 20 Skill: Conceptual*

1. Evidence-based practice is defined in the textbook as:
2. integrating scientific evidence and individual expertise to inform optimum client care
3. gathering evidence that certain methods are applicable to certain disorders
4. gathering data from clinical practice to inform clinical research
5. choosing methods in clinical practice that are based upon experimental evidence
6. choosing methods in clinical practice that are based upon case study evidence

Answer: A

*Diff: 2 Type: MC Page Ref: 21 Skill: Conceptual*

True / False Questions:

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

Answer: A

*Diff: 1 Type: TF Page Ref: 4 Skill: Factual*

1. Psychopathology refers to the problems suffered by people with psychological disorders.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 4 Skill: Factual*

1. Psychological abnormality refers to dysfunctional behavior with psychogenic cause.
2. True
3. False

Answer: B

*Diff: 2 Type: TF Page Ref: 4 Skill: Factual*

1. According to the statistical concept, abnormal behavior is that which occurs relatively infrequently.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 4 Skill: Factual*

1. Distress must be present in order for an individual to be diagnosed as suffering from a mental disorder.
2. True
3. False

Answer: B

*Diff: 2 Type: TF Page Ref: 4 Skill: Conceptual*

1. Many mentally ill people are unpredictable and dangerous to themselves and others.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 5 Skill: Factual*

1. Thomas Szasz claimed that the labels used to describe mental disorders reflected ways of controlling individuals suffering problems in living.
2. True
3. False

Answer: A

*Diff: 2 Type: TF Page Ref: 7 Skill: Factual*

1. Thomas Szasz suggested that psychiatry invented mental disorders in order to wrest control over people with mental disorders from the clergy.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 7 Skill: Factual*

1. Sigmund Freud has been called the father of modern medicine.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 9 Skill: Factual*

1. The bodily fluids believed to influence mental functioning were called humours.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 9 Skill: Factual*

1. The ancient physician Galen believed that mental disorders were entirely the result of physical causes.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 10 Skill: Factual*

1. The Arab world's approach to dealing with the mentally ill was that of compassion and humanity.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 10 Skill: Factual*

1. Galen wrote The Canon of Medicine, one of the most widely read medical books ever written.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 11 Skill: Factual*

1. Supernatural explanations of mental illness became popular in Europe during the Middle Ages.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 10-11 Skill: Conceptual*

1. In the Middle Ages it was generally believed that those who were insane were possessed.
2. True
3. False

Answer: A

*Diff: 2 Type: TF Page Ref: 11 Skill: Conceptual*

1. Johannes Weyer rejected the four humors theory of mental illness and claimed that mental illness resulted from disturbances of the spiritus vitae.
2. True
3. False

Answer: B

*Diff: 2 Type: TF Page Ref: 12 Skill: Factual*

1. Paracelsus believed that psychic conflicts may result in mental illness and treated patients using and early form of hypnotism.
2. True
3. False

Answer: A

*Diff: 2 Type: TF Page Ref: 12 Skill: Factual*

1. The first mental institution in North America was built by the Moors at San Hippolyto in Mexico.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 12 Skill: Factual*

1. Teresa of Avila and St. Vincent de Paul influenced the development of a more scientific approach to treating mental illness.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 13 Skill: Factual*

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

Answer: B

*Diff: 2 Type: TF Page Ref: 12-13 Skill: Factual*

1. Philippe Pinel was responsible for bringing moral therapy to North America.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 15 Skill: Factual*

1. 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.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 17 Skill: Factual*

1. In 1949, a French doctor discovered that soldiers were calmed before surgery by chloropromazine; 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.
2. True
3. False

Answer: A

*Diff: 2 Type: TF Page Ref: 18 Skill: Factual*

1. Deinstitutionalization in the 1950’s was a great success, thanks to the careful and advance planning of community mental health programs.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 18 Skill: Factual*

1. Mesmer's work with hysteria sparked an interest in psychological explanations of disorders.
2. True
3. False

Answer: A

*Diff: 2 Type: TF Page Ref: 18 Skill: Conceptual*

1. The early efforts of Canadian provincial governments to care for the insane were characterized by an unsystematic approach.
2. True
3. False

Answer: A

*Diff: 1 Type: TF Page Ref: 19 Skill: Factual*

1. Albert Bandura and Richard Walters were responsible for developing cognitive behavioural therapy.
2. True
3. False

Answer: B

*Diff: 1 Type: TF Page Ref: 20 Skill: Factual*

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.”

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 are not mentally disordered. Although someone may behave in an odd manner, it does not necessarily mean that he or she is psychologically disordered. As well, someone who commits criminal acts is behaving in a deviant manner, but is not 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.

*Diff: 2 Type: ES Page Ref: 4-5 Skill: Conceptual*

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

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. 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, alcoholism). Personal distress and dysfunction are often used as criteria. Manic patients may feel little distress, however, and individuals who feel dissatisfied or in despair would not be labelled abnormal. Schizophrenics, 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 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.

*Diff: 2 Type: ES Page Ref: 4-7 Skill: Conceptual*

1. Approaches to conceptualizing and treating abnormality have changed over time. Why is it valuable to be aware of the historical approaches to treating the mentally ill?

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.

*Diff: 2 Type: ES Page Ref: 7-8 Skill: Factual*

1. 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.

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.

*Diff: 2 Type: ES Page Ref: 8-11 Skill: Application*

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

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 caused 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.

*Diff: 2 Type: ES Page Ref: 11-15 Skill: Factual*

1. 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.

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.

*Diff: 2 Type: ES Page Ref: 13 Skill: Factual*

1. 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.

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.

*Diff: 2 Type: ES Page Ref: 12-15 Skill: Factual*

1. 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.

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.

*Diff: 2 Type: ES Page Ref: 19-21 Skill: Factual*

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

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.

*Diff: 2 Type: ES Page Ref: 15-16 Skill: Conceptual*

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

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.

*Diff: 2 Type: ES Page Ref: 16-19 Skill: Factual*

1. 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 CPA Task Force to promote evidence-based practice (EBP) in clinical psychology. Define EBP, state the “goods” that it promises how it can deliver them. Operationalize the concept of EBP for clinicians (i.e., what behaviors 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.

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 layman’s 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 clinician 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. They 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 list serves) 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 EBP itself and methods of efficiently accessing EBP information. Clinicians might see it as their duty to set up email list serves etc. This is a good thing for the 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.

*Diff: 3 Type: ES Page Ref: 21 Skill: Conceptual / Application*