

Test Bank – Chapter 2  
Evolution of Clinical Psychology

Note: New or modified questions are marked with an \*.

**Multiple Choice Questions**

1. The discipline of clinical psychology came into existence around the beginning of the

- A) 1700s.
- B) 1800s.
- C) 1900s.
- D) 1950s.

Ans: C

2. \_\_\_\_\_ was an early pioneer in the field of mental health who advocated for better treatment of the mentally ill in England.

- A) William Tuke
- B) Phillippe Pinel
- C) Eli Todd
- D) Henry Murray

Ans: A

3. \_\_\_\_\_ was an early pioneer in the field of mental health who advocated for better treatment of the mentally ill in France.

- A) Eli Todd
- B) Edward Lee Thorndike
- C) Phillippe Pinel
- D) Hermann Rorschach

Ans: C

4. Eli Todd is most notable for

- A) creating an inkblot personality test that is still used by many clinical psychologists.
- B) advocating for humane treatment of the mentally ill in the U. S.
- C) coining the term "clinical psychology."
- D) creating the first widely used test of intelligence.

Ans: B

5. Dorothea Dix's efforts to improve the treatment of the mentally ill resulted in the creation of institutions in

- A) the United States.
- B) Asia.
- C) Europe.
- D) all of the above

Ans: D

6. The first psychological clinic was founded

- A) by Lightner Witmer.

- B) in the 1890s.
- C) at the University of Pennsylvania.
- D) all of the above

Ans: D

7. At the first psychological clinic, the clients were primarily

- A) children with school-related problems.
- B) adults with personality disorders.
- C) children and adults with depression.
- D) couples experiencing relationship problems.

Ans: A

8. The journal founded by Lightner Witmer was entitled

- A) Treatment of Emotional and Behavioral Disorders
- B) The Psychological Clinic
- C) Behavior Change
- D) Psychology and Behavior

Ans: B

9. Lightner Witmer originally defined clinical psychology as related to the disciplines of

- A) social work.
- B) education.
- C) medicine.
- D) all of the above

Ans: D

10. Emil Kraepelin

- A) is considered a pioneer of the diagnosis of mental disorders.
- B) authored an objective personality test that remains widely used among clinical psychologists today.
- C) all of the above
- D) none of the above

Ans: A

11. The first edition of the DSM was published in

- A) 1896.
- B) 1926.
- C) 1952.
- D) 1980.

Ans: C

12. The DSM is published by the

- A) American Psychological Association.
- B) National Association of Social Workers.
- C) American Psychotherapy Association.
- D) American Psychiatric Association.

Ans: D

13. Which of the following statements is true?

- A) Each edition of the DSM has included fewer pages and diagnoses than the previous edition.
- B) Specific diagnostic criteria have been a characteristic of the DSM since its first edition.
- C) all of the above
- D) none of the above

Ans: D

\*14. Which of the following are included among the “proposed criteria sets” of the DSM-5 for possible inclusion in future DSM versions?

- A) persistent complex bereavement
- B) internet gambling disorder
- C) attenuated psychosis syndrome
- D) all of the above

Ans: D

15. David Wechsler created

- A) an inkblot test of personality.
- B) a popular objective questionnaire measuring symptoms of depression.
- C) a test of intelligence.
- D) the MMPI.

Ans: C

16. The MMPI

- A) is an objective test of personality.
- B) was created prior to the Rorschach Inkblot test.
- C) all of the above
- D) none of the above

Ans: A

17. Psychotherapy began to play a significant role in the history of clinical psychology around

- A) 1900-1910.
- B) 1940-1950.
- C) 1970-1980.
- D) 1990-2000.

Ans: B

18. Currently, the most popular singular psychotherapy orientation among clinical psychologists is the \_\_\_\_\_ orientation.

- A) behavioral
- B) cognitive
- C) psychodynamic
- D) humanistic

Ans: B

19. The historic Boulder conference took place in

- A) 1896.
- B) 1921.
- C) 1949.
- D) 1969.

Ans: C

20. Which of the following assessment methods was created most recently?

- A) MMPI
- B) Thematic Apperception Test
- C) NEO-PI-R
- D) Rorschach Inkblot Method

Ans: C

21. At the 1896 convention of the American Psychological Association, when Lightner Witmer encouraged his colleagues to “throw light upon the problems that confront humanity,” he meant that they should

- A) develop a diagnostic manual.
- B) open psychological clinics.
- C) convince local politicians to improve the conditions of inpatient facilities for the seriously mentally ill.
- D) organize and lobby for the right to prescribe medication.

Ans: B

22. \_\_\_\_\_, more than any other activity, characterized clinical psychology during the earliest years of the profession.

- A) Cognitive psychotherapy
- B) Behavioral psychotherapy
- C) Motivational interviewing
- D) Assessment of intelligence

Ans: D

23. From roughly 1900-1950, the treatment of mental illness

- A) did not exist.
- B) was conducted primarily by clinical psychologists.
- C) was conducted primarily by physicians.
- D) was conducted primarily by counseling psychologists.

Ans: C

24. \_\_\_\_\_ opened the York Retreat, a residential treatment center where the mentally ill would always be cared for with kindness, dignity, and decency.

- A) Philippe Pinel
- B) William Tuke
- C) Dorothea Dix
- D) Eli Todd

Ans: B

25. Lightner Witmer founded the first psychological journal called

- A) *Psychology Today*.

- B) *The Journal of American Psychology*.
- C) *The Psychological Clinic*
- D) none of the above

Ans: C

26. Emil Kraepelin developed a two-category system of mental illness consisting of

- A) internalizing and externalizing disorders.
- B) exogenous and endogenous disorders.
- C) depressive and anxious disorders.
- D) none of the above

Ans: B

\*27. The current diagnostic manual used by psychologists and psychiatrists is the

- A) DSM-IV
- B) DSM-5
- C) CDC-2
- D) CDC-3

Ans: B

\*28. \_\_\_\_\_ is included in the DSM-5's "proposed criteria sets" and is a disorder in which a person experiences mild or brief delusions, hallucinations, or other psychotic phenomena.

- A) Internet gambling disorder
- B) Attenuated psychosis syndrome
- C) Persistent complex bereavement
- D) Schizophrenogenic mother syndrome

Ans: B

### Short Answer Questions

1. Who founded the first psychological clinic?

Ans: Lightner Whitmer

2. What population and what problems were addressed in the first psychological clinic?

Ans: School children; problems in the school setting related to learning or behavior

3. Who is considered the "father of descriptive psychiatry?"

Ans: Emil Kraepelin

\*4. What organization is the author of the *DSM-5*?

Ans: American Psychiatric Association

5. David Wechsler is most famous for creating \_\_\_\_\_.

Ans: an intelligence test designed specifically for adults *or* the Wechsler-Bellevue test

6. The Rorschach Inkblot Method and the Thematic Apperception Test are both examples of \_\_\_\_\_.

Ans: projective personality tests

7. The Minnesota Multiphasic Personality Inventory is an example of a(n) \_\_\_\_\_ personality test.

Ans: objective

8. What historical event elevated psychotherapy to become one of the most common activities of clinical psychologists?

Ans: World War II

### **Essay Questions**

1. Briefly explain how the size and scope of the DSM has changed since its original edition.

Ans: It has generally expanded in size and scope with every new edition. The largest increase took place from DSM-II to DSM-III.

\*2. Compare and contrast the proposed disorder attenuated psychosis syndrome with the official disorder schizophrenia.

Ans: In attenuated psychosis syndrome, the person experiences mild or brief delusions, hallucinations, or other psychotic phenomena. These are the same kinds of symptoms experienced by people with schizophrenia, but in attenuated psychosis syndrome, the symptoms would be more fleeting, less intense, and the person's perception of reality would remain largely intact.

3. Briefly explain the fundamental differences between projective personality tests (e.g, Rorschach, TAT) and objective personality tests (e.g., MMPI, MMPI-2, NEO-PI-R).

Ans: Projective tests involve presenting the client with ambiguous stimuli. They assume that the way an individual perceives and makes sense of the blots corresponds to the way they perceive and make sense of the world around them. Objective tests are typically pencil-and-paper self-report instruments with more restricted ranges of responding (e.g., multiple choice or true-false rather than free response). Objective tests have generally had less questionable reliability and validity than projective tests.

4. Briefly summarize three of the ways in which war has influenced the history of clinical psychology.

Ans: Army Alpha and Beta intelligence tests during World War I, used to measure the intelligence of recruits and soldiers, were precursors to today's intelligence tests. Wechsler's clinical experiences during World War I aided his creation of the Wechsler-Bellevue. Following World War II, veterans returned with "shell shock," and other psychological symptoms; the U.S. government provided significant funding to train additional clinical psychologists to treat these veterans. The Nazi presence in Europe during the 1930s forced many influential figures in clinical psychology (e.g., Sigmund Freud) to flee to the United States. Clinical psychologists play a critical role in treating veterans from recent military conflicts in Iraq and Afghanistan; the VA is one of the country's largest providers of mental health services.