Abnormal Psychology (Canadian) 3rd edition Flett Test Bank

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Chapter 1
Introduction: Definitional and Historical Considerations and Canada's Mental Health System

Question type: True/False

1) It is easy to remain objective when studying abnormal psychology.

Answer: False

Section Reference: Introduction
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

2) There is no single defining characteristic of abnormal behaviour.

Answer: True

Section Reference: What Is Abnormal Behaviour?
Difficulty: Easy
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

3) The Psy.D. approach is based on the scientist-practitioner model.

Answer: False

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

4) All psychologists would like to be able to prescribe medication.

Answer: False

Section Reference: What Is Abnormal Behaviour?
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

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5) Demons thought to cause abnormal behaviour could be released by trepanning.

Answer: True

Section Reference: Early Demonology
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

6) Hippocrates believed that abnormal behaviour was the result of brain pathology.

Answer: True

Section Reference: Somatogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

7) In the Middle Ages, mental illness was often mistaken for witchcraft.

Answer: True

Section Reference: Witchcraft and Mental Illness
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

8) Pinel was the first to remove chains from the mentally ill in asylums.

Answer: False

Section Reference: Moral Treatment
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

9) Today more care is provided in psychiatric units of general hospitals than in psychiatric hospitals.

Answer: True

Section Reference: Canadian Perspectives 1.2

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Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

10) The most recent research data shows that stays in psychiatric hospitals in Canada are typically longer than in psychiatric units of general hospitals.

Answer: False

Section Reference: Canadian Perspectives 1.2
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

11) Mesmer believed that one person could change another's behaviour.

Answer: True

Section Reference: Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

12) Lobotomies were never performed in Canada.

Answer: False

Section Reference: Canadian Perspectives 1.3
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

13) Mental illness can affect anyone.

Answer: True

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Easy
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Knowledge

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14) Most people with psychological disorders can never be cured of their illness.

Answer: False

Section Reference: The Public Perception
Difficulty: Hard
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Analysis

15) The media shapes our perception of the dangerousness of people with mental illness.

Answer: True

Section Reference: Anti-Stigma Campaigns
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

16) Most Canadians see mental health issues as separate from medical problems.

Answer: False

Section Reference: Mental Health Literacy
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

17) Anxiety Disorders carry the heaviest burden.

Answer: False

Section Reference: Cost of Mental Health Problems
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

18) Psychological treatment is fully covered by Medicare.

Answer: False

Section Reference: Transformations in Canada's Mental Health System – Romanow Report

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Difficulty: Easy
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

19) Women seek mental health care more than men.

Answer: True

Section Reference: Help-Seeking and the Perceived Need for Help
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

20) When mental health care is universally accessible, people with low SES seek care at equal rates to people with high SES.

Answer: False

Section Reference: Help-Seeking and the Perceived Need for Help
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

21) Focusing on prevention may help more than focusing on treatment on mental illness.

Answer: True

Section Reference: Community Psychology and Prevention
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Comprehension

Question type: Multiple Choice

22) An illustration of abnormal behaviour would be:

a) Soiling oneself once a month at age 14.
b) Experiencing anxiety when engaged in rituals after leaving the house.
c) Losing control of oneself in anger, with no apparent provocation.
d) None of the above are examples of abnormal behaviour.

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Answer: d

Section Reference: What Is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

23) A happily married man covertly purchases women's shoes. Afterwards he masturbates while wearing the shoes. This illustrates what definition of abnormality?

a) Disability or dysfunction
b) Unexpectedness
c) Personal distress
d) None of these; the behaviour is not abnormal.

Answer: d

Section Reference: What Is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

24) Which of the following illustrates the difficulty in defining abnormal behaviour as behaviour that is statistically infrequent?

a) IQ below 70 is considered mentally retarded.
b) It is unusual for people to have delusions.
c) Math prodigies are rare in the population.
d) Bedwetting is common in young children.

Answer: c

Section Reference: Statistical Infrequency
Difficulty: Easy
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

25) Autism is based on which of the following definitions of abnormal behaviour?

a) Statistical infrequency
b) Violation of personal norms
c) Personal distress

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d) Social distress

Answer: a

Section Reference: Statistical Infrequency
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Knowledge

26) A commonly accepted cut-off point for a diagnosis of mental retardation is an intelligence quotient (IQ) that is below:

a) 125
b) 100
c) 85
d) 70

Answer: d

Section Reference: Statistical Infrequency
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Knowledge

27) According to the criteria outlined by Davison et al. in their definition of abnormality, which of the following is *not* part of the definition?

a) Whether the behaviour violates social norms
b) Whether the behaviour causes personal distress
c) Whether the behaviour reflects a past history of abnormal behaviour
d) None of the above

Answer: c

Section Reference: What Is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Knowledge

28) Variations in cultural background make it difficult to define abnormal behaviour as simply behaviour which

a) involves a deviation from norms.

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b) leads to dysfunction.
c) improves after therapy.
d) causes personal distress.

Answer: a

Section Reference: Violation of Norms
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

29) Which of the following is least likely to be studied in abnormal psychology?

a) A prostitute
b) A psychopath
c) A developmentally delayed child
d) An anxious person

Answer: a

Section Reference: Violation of Norms
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

30) Which characteristic of abnormal behaviour do cultural differences affect most?

a) Statistical infrequency
b) Violation of norms
c) Personal distress
d) Disability or dysfunction

Answer: b

Section Reference: Violation of Norms
Difficulty: Easy
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

31) Kevin was seen walking around campus naked on the first day of term. When campus security caught up with him, they told him he was crazy and needed a psychiatric evaluation, despite Kevin telling them he was a nudist. While Kevin is not mentally ill, his behaviour meets which criteria of abnormal behaviour?

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a) Personal distress
b) Unexpectedness
c) Violation of norms
d) Disability or dysfunction

Answer: c

Section Reference: Violation of Norms
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

32) Defining abnormal behaviour on the basis of personal distress or suffering is problematic for which reason?

a) Distress and suffering is normal in modern society.
b) Some disorders do not involve personal suffering.
c) It ignores the suffering of family members of disturbed people.
d) Only people with depression experience personal distress.

Answer: b

Section Reference: Personal Suffering
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

33) Which criterion for abnormality applies to Cindy? Cindy is an accomplished lawyer who sought psychological help in dealing with the stresses of balancing work and family responsibilities.

a) Unexpectedness
b) Violation of social norms
c) Personal distress
d) Statistical infrequency

Answer: c

Section Reference: Personal Suffering
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

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34) Which of the following disorders would most likely not fit the "personal distress" characteristic of abnormal psychology?

a) Social phobia
b) Psychopathy
c) Obsessive-compulsive disorder
d) Depression

Answer: b

Section Reference: Personal Suffering
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

35) Ted, who has a fear of snakes, quit his job when he was asked to relocate to the Southwest (where snakes are more common.) This is an example of which criterion for abnormal behaviour?

a) Unexpectedness
b) Disability or dysfunction
c) Statistical infrequency
d) Violation of norms

Answer: b

Section Reference: Disability or Dysfunction
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

36) Transvestism (i.e., cross-dressing for sexual pleasure) was used in the textbook to make the point that:

a) The same behaviour both can and cannot meet criteria for abnormality.
b) Behaviours that distress other people can automatically be considered abnormal.
c) Even atypical behaviours may not necessarily reflect a disability.
d) Both A and C.

Answer: d

Section Reference: Disability or Dysfunction
Difficulty: Medium

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Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

37) Jim wants to be a professional basketball player, but his height (i.e., 5'5") will not allow him to make a career of the sport. This could be considered a _____, but it is not a concern of abnormal psychology.

a) Statistical infrequency
b) Violation of norms
c) Personal distress
d) Disability or dysfunction

Answer: d

Section Reference: Disability or Dysfunction
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

38) Pat threatened to punch out a student colleague when the latter refused to lend him $20. This is an example of which criteria for abnormal behaviour?

a) Unexpectedness
b) Disability or dysfunction
c) Statistical infrequency
d) A and B

Answer: a

Section Reference: Unexpectedness
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

39) While it is normal for students to get nervous before an exam, it may be considered abnormal for a student to be so anxious as to run screaming from the classroom when the exam is handed out. This is an example of which criteria for abnormal behaviour?

a) Statistical infrequency
b) Unexpectedness
c) Disability or dysfunction
d) Personal suffering

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Answer: b

Section Reference: Unexpectedness
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

40) Which of the following was developed so that credentials of psychologists in one province would transfer to other provinces in Canada?

a) Agreement on Provincial Trade (APT)
b) Mutual Recognition Agreement
c) Canadian Psychological Association (CPA)
d) College of Psychologists

Answer: b

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

41) According to Gauthier (2002), to become registered as a psychologist, one must demonstrate competency in the following core areas: interpersonal relatedness, assessment and evaluation, intervention and consultation, ethics and standards, and _____

a) child development.
b) organizational behaviour.
c) medical-legal matters.
d) research.

Answer: d

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

42) The Ph.D. in clinical psychology has _____ as main focus.

a) therapy
b) treatment
c) research

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d) medical

Answer: C

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

43) The Psy.D. approach is based on the _____ model.

a) scientist-practitioner
b) scholar-practitioner
c) medical-practitioner
d) boulder model

Answer: b

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

44) Before the Mutual Recognition Agreement came into effect in Canada, there was _____ among the provinces and territories in terms of the minimal academic requirements needed in order to be registered as a clinical psychologist.

a) no consensus
b) some consensus
c) almost complete consensus
d) None of the above are correct; a mutual recognition agreement has not been reached.

Answer: a

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

45) Psy.D. programs

a) have been in existence for many years in Canada.
b) will probably never be introduced in Canada because of disagreements among the provinces.

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c) were introduced in Canada in the last 15 years.
d) will probably never be introduced in Canada because they duplicate existing options.

Answer: c

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Comprehension

46) Psychiatrists differ from clinical psychologists in that psychiatrists

a) receive training in scientific bases of behaviour.
b) receive training in diagnosis of psychopathology.
c) undergo personal analysis as part of their training.
d) prescribe medication.

Answer: d

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

47) Which profession requires a research dissertation as a prerequisite for a doctoral degree?

a) Psychiatry
b) Clinical psychology
c) Psychiatric nurse
d) Psychoanalyst

Answer: b

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

48) The doctor of psychology degree (Psy.D.) emphasizes

a) medication based training.
b) psychodynamic training.
c) testing and measurement of mental illness.
d) clinical training more than research training.

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Answer: d

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective:
Bloom's: Knowledge

49) Who regulates and has jurisdiction over the practice of psychology in Canada?

a) The Federal Government
b) The Provincial Governments
c) The College of Psychologists
d) None of the above; the practice is not regulated.

Answer: b

Section Reference: Focus on Discovery 1.1
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

50) What is the difference between a Ph.D. and a Psy.D. program?

a) Ph.D. has more emphasis on research than Psy.D. program.
b) Psy.D. has more emphasis on research than Ph.D. program.
c) Psy.D. doesn't allow you to practice as a psychologist in Canada.
d) There is no difference between the two programs.

Answer: a

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Analysis

51) Clinical psychology Ph.D. candidates differ from Ph.D. candidates from other fields of psychology in that they learn skills in which two additional areas:

a) Diagnosis and ethics
b) Diagnosis and treatment
c) Diagnosis and statistics
d) Diagnosis and research design

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Answer: b

Section Reference: Focus on Discovery 1.1
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

52) Ernie is struggling with hallucinations. He visits a doctor, who prescribes medication for his symptoms. He most likely visited

a) a clinical psychologist.
b) a social worker.
c) a psychiatrist.
d) any of these professionals.

Answer: c

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Application

53) If someone holds a Psy.D. degree, she or he is:

a) A doctor of philosophy
b) A doctor of psychiatry
c) A doctor of psychology
d) None of the above

Answer: c

Section Reference: Focus on Discovery 1.1
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Application

54) A psychiatrist holds a _____ degree

a) Ph.D.
b) Psy.D.
c) Ph.D. (psychiatry)
d) M.D.

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Answer: d

Section Reference: Focus on Discovery 1.1
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

55) Analysis of the results of the National Population Health Survey leads to the conclusion that psychological services in Canada are:

a) Vastly underutilized
b) Somewhat underutilized
c) Vastly overutilized
d) None of the above

Answer: a

Section Reference: What Is Abnormal Behaviour?
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

56) Who delivers the majority of primary mental health care in Canada?

a) Psychiatrists
b) Psychologists and psychological associates
c) General Practitioners
d) Social Workers

Answer: c

Section Reference: What Is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

57) In Canada, according to Goering et al. (2000), the major proportion of mental health care is delivered by:

a) Psychologists
b) Psychiatrists
c) General Practitioners
d) Social Workers

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Answer: c

Section Reference: What Is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

58) Bill lives in a small rural town in northern British Columbia. He has been clinically depressed for one year and has decided to seek professional help for his problem. Given Bill's geographical location, he is most likely to be seen by a:

a) A psychologist
b) A psychoanalyst
c) A family doctor
d) A psychiatrist

Answer: c
Section Reference: What Is Abnormal Behaviour?
Difficulty: Hard
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Application

59) Clinical psychologists

a) do not agree on the merits of being able to prescribe medications.
b) are currently able to prescribe medications in some provinces.
c) believe that no special training is required to prescribe medications.
d) align with psychiatrists in their views on psychologists prescribing medications.

Answer: a

Section Reference: What Is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Comprehension

60) There has recently been a debate regarding whether psychologists should be allowed to

a) focus on research rather than clinical practice.
b) study social factors influencing psychopathology.
c) admit patients to the hospital.
d) prescribe medication.

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Answer: d

Section Reference: What Is Abnormal Behaviour?
Difficulty: Hard
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

61) Demonology was the

a) practice of expelling evil spirits from a possessed person.
b) devil worship and satanic cults that some ascribed to causing mental illness.
c) idea that an evil being may live in a person and control his or her mind and body.
d) somatogenic hypothesis of mental illness.

Answer: c

Section Reference: Early Demonology
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

62) The first theory of deviant behaviour attributed the behaviour to

a) demonic possessions.
b) dysfunctional learning experiences.
c) excessive black bile.
d) hypochondria.

Answer: a

Section Reference: Early Demonology
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

63) When it was believed that deviant behaviour was caused by being possessed by evil spirits, two known treatments of deviant behaviour were:

a) Hanging and juices
b) Bloodletting and hanging
c) Exorcism and trepanning
d) Moral treatment and juices

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Answer: c

Section Reference: Early Demonology
Difficulty: Medium
Learning Objective:
Bloom's: Knowledge

64) Expelling evil spirits by chanting and torture is known as

a) somatic therapy.
b) exorcism.
c) witchcraft.
d) Santeria.

Answer: b

Section Reference: Early Demonology
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

65) While trepanning of skulls was rather common among Stone Age or Neolithic cave dwellers, there is also evidence that it was practiced among:

a) East Coast Natives
b) North Eastern Inuit
c) North Western Inuit
d) West Coast Natives

Answer: d

Section Reference: Early Demonology
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

66) According to the four humours (bodily fluids) theory of Hippocrates, depression is caused by an imbalance of

a) phlegm.
b) blood.
c) black bile.
d) yellow bile.

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Answer: c

Section Reference: Somatogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Analysis

67) Hippocrates influenced psychology by

a) distinguishing medicine from religion.
b) emphasizing a psychogenic hypothesis of mental illness.
c) reforming mental hospitals.
d) suggesting mental illness was punishment from God.

Answer: a

Section Reference: Somatogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

68) The somatogenic approach emphasized by Hippocrates suggested that problems result from

a) natural causes.
b) demonic possession.
c) dysfunctional beliefs and ideas.
d) neurotransmitter imbalance.

Answer: a

Section Reference: Somatogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Analysis

69) Erin has been extremely anxious and depressed over a period of several weeks. An advocate for the somatogenic hypothesis would suggest which of the following explanations for her problem?

a) Demonic possession.
b) A stressful life event.
c) A prior abuse situation.

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d) A biochemical imbalance.

Answer: d

Section Reference: Somatogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

70) Egon, who lived in the Dark Ages, was receiving treatment for mental illness. Who was most likely treating him?

a) A psychiatrist.
b) A monk.
c) An asylum worker.
d) No treatment was provided.

Answer: b

Section Reference: The Dark Ages and Demonology
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

71) The *'Malleus Maleficarum*' was

a) a witch hunt manual.
b) a ceremonial guide used by witches.
c) a treatment manual used in early mental hospitals.
d) a Freudian perspective on mental illness.

Answer: a

Section Reference: The Persecution of Witches
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

72) The *Malleus Maleficarum* was

a) an ancient Greek method of treating depression.
b) an asylum for 'lunatics'.
c) a manual which specified symptoms of demonic possession.

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d) a method of torture in the Middle Ages that led to confessions of delusions.

Answer: c

Section Reference: The Persecution of Witches
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

73) In the Middle Ages, mental illness

a) was believed to be associated with magical powers.
b) was treated with more compassion than in modern times.
c) resulted in the sufferer being confined to converted leper hospitals.
d) resulted in burning at the stake.

Answer: c

Section Reference: Development of Asylums
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

74) Early asylums were developed

a) to isolate socially undesirable people.
b) to protect people from the inquisition.
c) after the discovery of syphilis.
d) in conjunction with the somatogenic hypothesis.

Answer: a

Section Reference: Development of Asylums
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

75) One problem with early asylums was that they did not just admit people with mental illnesses, but also admitted people who were homeless or beggars. Why was this a problem?

a) People who didn't need treatment were receiving it instead of the people who needed it.
b) People were simply isolated from society at large and not offered actual treatment.
c) People without mental illnesses were being exposed to harsh treatment (e.g., shock therapy).

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d) People with mental illness were taken advantage of by the others.

Answer: b

Section Reference: Development of Asylums
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

76) Bedlam

a) originated from observations of the ritualistic chanting of 'witches'.
b) was a common practice of witches that involved trances and casting spells.
c) is the term associated with the chaotic conditions in early asylums.
d) the practice of prescribing total bed rest for mentally ill people.

Answer: c

Section Reference: Bethlehem and Other Early Asylums
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

77) In 1791, Cyrus was committed to an asylum in the United States. If he was treated by a supporter of Benjamin Rush, which treatment was he likely to have experienced there?

a) Token economy
b) Bloodletting
c) Exposure to a restful and quiet environment
d) Hypnosis

Answer: b

Section Reference: Bethlehem and Other Early Asylums
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

78) Benjamin Rush offered several treatment methods for the "insane", one of which included

a) exorcism.
b) trepanning.
c) frightening.

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d) removing chains from the mentally ill.

Answer: c

Section Reference: Bethlehem and Other Early Asylums
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

79) Who is associated with creating more humane environments at mental hospitals?

a) Joseph Breuer
b) Philippe Pinel
c) John Watson
d) B.F. Skinner

Answer: b

Section Reference: Moral Treatment
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

80) When first introduced as a more humane form of treatment, moral treatment was

a) given to everyone who needed it.
b) given to only white people.
c) given to people only from the upper classes.
d) too abstract a concept to influence treatment given to anyone.

Answer: c

Section Reference: Moral Treatment
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

81) Moral treatment involved

a) herbal remedies that may have been toxic.
b) fighting social inequities.
c) treatment directed toward the individual.
d) religious guidance.

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Answer: c

Section Reference: Moral Treatment
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

82) The York Retreat in England was an early mental hospital. A recent evaluation of records from 1880 to 1884 showed that

a) treatment was highly effective.
b) torturous methods of treatment were routinely used.
c) some innovative somatic therapies were developed.
d) fewer than one-third of patients improved.

Answer: d

Section Reference: Moral Treatment
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

83) Initial attempts to provide moral treatment at asylums in Canada were undermined by

a) having separate asylums for the rich and poor
b) inadequate space
c) having too many untreatable patients
d) families insisting on being involved in treatment

Answer: b

Section Reference: Moral Treatment
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

84) The humanitarian Phillipe Pinel (1745 – 1826), though credited with many advances in the care of the mentally ill, has been criticized because of his practice of

a) sexual sterilization.
b) drug-induced comas for unruly patients.
c) bloodletting.

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d) treating only upper-class citizens.

Answer: d

Section Reference: Moral Treatment
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

85) Built in 1714, as the first asylum in Canada, the _____ was the precursor to the 19th century asylums in Canada.

a) Homewood Resort
b) Hôtel-Dieu
c) L'Hospice Ste. Anne
d) L'Hospice St. Julien

Answer: b

Section Reference: Asylums in Canada
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

86) American reformer Dorothea Dix, who made appeals and worked tirelessly on behalf of the mentally ill in America,

a) was never allowed to make similar appeals in Canada.
b) made numerous appeals in provinces throughout Canada.
c) was generally pleased with the condition of asylums in Canada.
d) was very vocal about the poor conditions of Canadian asylums.

Answer: d

Section Reference: Canadian Perspectives 1.1
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

87) For what viewpoint on the treatment of mentally ill people is writer J.F. Lehman famous?

a) He was a strong proponent of moral treatment.
b) He preferred psychotherapy in favour of the medical management of symptoms.

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c) He attempted to overcome neglect and suffering by moving patients into the community.
d) He promoted the use of stringent discipline, even to the point of physical punishment.

Answer: d

Section Reference: Asylums in Canada
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

88) In Canada in 1864, what was the primary factor deemed responsible for the rising death rate among Asylum inmates?

a) Overcrowding
b) Malnutrition
c) The spread of the flu
d) Riots and revolts

Answer: a

Section Reference: Asylums in Canada
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

89) Quebec began admitting patients to hospitals as early as _____, but psychiatric asylums did not exist there until ____.

a) 1667; 1900
b) 1714; 1840
c) 1776; 1867
c) 1840; 1910

Answer: b

Section Reference: Asylums in Canada
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

90) Which of Canada's provinces was the last to open an asylum for the mentally ill?

a) British Columbia
b) Prince Edward Island

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c) Manitoba
d) Alberta

Answer: d

Section Reference: Asylums in Canada
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

91) Which Canadian provinces were the first and last provinces to open asylums?

a) Alberta and Nova Scotia
b) Nova Scotia and Quebec
c) Quebec and Ontario
d) Quebec and Alberta

Answer: d

Section Reference: Asylums in Canada
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

92) What was the purpose of the Private Lunatic Asylums of 1853?

a) To ensure the right to privacy for asylum inmates.
b) To ensure inmate confidentiality through more stringent record keeping policies.
c) To establish separate facilities for wealthy lunatics.
d) To provide home monitoring for wealthy mental patients.

Answer: c

Section Reference: Asylums in Canada
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

93) For what was Homewood Retreat in Guelph, Ontario famous?

a) It provided private rooms for wealthy patients.
b) It was the first private asylum in Ontario.
c) It was the first place to employ moral treatment techniques.

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d) It was the first asylum to employ psychiatrists.

Answer: b

Section Reference: Asylums in Canada
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

94) Which of the following was *not* a trend in terms of the development of institutions in Canada?

a) Separate provisions for mentally ill and physically ill patients.
b) Separation of the mentally ill from criminals.
c) Segregation of the mentally ill from the wider community.
d) Separation of mentally ill patients based on gender.

Answer: d

Section Reference: Asylums in Canada
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Analysis

95) If Barry were to be admitted to Homewood Retreat in the late 1800s, what kind of treatment would he have likely received under the care of Dr. Lett?

a) Compassionate and caring moral therapy
b) Drug treatment
c) Electro-convulsive treatment (ECT)
d) Psychoanalysis

Answer: a

Section Reference: Asylums in Canada
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

96) Beginning in the 1950s, what became the central mode of treatment in Canada?

a) Psychoanalysis
b) Behaviour therapy

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c) Psychotropic medications
d) Cognitive therapy

Answer: c

Section Reference: Canadian Perspectives 1.2
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

97) When did deinstitutionalization begin in Canada?

a) 1950's
b) 1960's
c) 1970's
d) 1980's

Answer: c

Section Reference: Canadian Perspectives 1.2
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

98) What was the main goal of deinstitutionalization?

a) To accommodate the civil rights of mental health patients.
b) To shift the care of patients to services in the community.
c) To destigmatize mental illness.
d) To integrate mental patients into the community.

Answer: b

Section Reference: Canadian Perspectives 1.2
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

99) Which of the following was NOT a result of deinstitutionalization in Canada?

a) Poverty among the deinstitutionalized
b) Homelessness among the deinstitutionalized
c) More beds in general hospitals

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d) Increased financial support for community mental health programs

Answer: d

Section Reference: Canadian Perspectives 1.2
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

100) The current trend in Canada is to

a) Decrease the number of beds in psychiatric hospitals.
b) Increase the number of beds in psychiatric hospitals.
c) Neither increase nor decrease the number of beds in psychiatric hospitals.
d) None of the above.

Answer: a

Section Reference: Canadian Perspectives 1.2
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

101) Andre is admitted to a mental hospital after complaining that he is feeling suicidal. If he is in a modern mental hospital, then the primary treatment he will receive will be

a) moral therapy.
b) somatogenic.
c) surgical.
d) psychogenic.

Answer: b

Section Reference: Canadian Perspectives 1.2
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

102) Jim is currently a chronic patient in a provincial psychiatric hospital in Alberta, Canada. In general, what is likely the best description of his daily experience?

a) Full of physical and artistic group activities
b) Mentally stimulating with a focus on individual and group therapy

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c) Monotonous and sedentary
d) Solitary and segregated

Answer: c

Section Reference: Canadian Perspectives 1.2
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

103) The role of provincial psychiatric hospitals today is

a) to provide tertiary inpatient care for complex cases.
b) to provide care mostly for non-psychotic conditions.
c) to provide centres of excellence for all mental conditions.
d) to provide portable community-based primary care services.

Answer: a

Section Reference: Canadian Perspectives 1.2
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

104) What is the function of a Community Treatment Order?

a) To require psychologists to deliver some services to the community free of charge.
b) To regulate when and how mentally ill persons can live in the community.
c) To require medical practitioners to make detailed reports about patients' compliance with treatment.
d) To ensure that the provincial governments commit to opening treatment centres within rural communities.

Answer: b

Section Reference: Canadian Perspectives 1.2
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

105) _____ was a 17th century physician who is credited with advocating an empirical approach to classification and diagnosis, which influenced Griesinger, and later Kraepelin.

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a) Sydenham
b) Galen
c) Darwin
d) Breuer

Answer: a

Section Reference: The Beginning of Contemporary Thought
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

106) Emil Kraepelin

a) showed that hypnosis blocks pain.
b) described human anatomy.
c) developed a classification system of mental disorders.
d) pioneered the free association method.

Answer: c

Section Reference: An Early System of Classification
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

107) The current classification system for mental illness was heavily influenced by which of the following individuals?

a) Sigmund Freud
b) Emil Kraepelin
c) Philippe Pinel
d) Franz Mesmer

Answer: b

Section Reference: An Early System of Classification
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

108) The early classification system developed by Kraepelin

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a) was based on the psychogenic hypothesis.
b) was not influential in later diagnostic manuals.
c) emphasized the continuity of mental illness from normal to abnormal.
d) assumed each disorder was a distinct entity.

Answer: d

Section Reference: An Early System of Classification
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

109) When a group of symptoms typically co-occur, it is called a

a) syndrome.
b) mental disorder.
c) diagnosis.
d) cluster.

Answer: a

Section Reference: An Early System of Classification
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

110) General paresis is best described as

a) an early term for schizophrenia.
b) hysterical paralysis with no medical cause.
c) a deterioration of mental and physical health in associated with syphilis.
d) a blood-letting technique.

Answer: c

Section Reference: General Paresis and Syphilis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

111) The discovery of the cause of syphilis was important to the field of mental illness for which reason?

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a) Syphilis was widely feared, and exacerbated mental illness.
b) It increased interest in determining medical causes for mental illness.
c) More asylum patients were diagnosed with syphilis.
d) It highlighted the need for valid diagnostic systems.

Answer: b

Section Reference: General Paresis and Syphilis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

112) Psychopathology has been dominated by the somatogenic hypothesis because of

a) the dominance of nonmedical professionals in the area.
b) the discovery of the link between general paresis and syphilis.
c) the general lack of other theories.
d) the identification of brain dysfunction in schizophrenia.

Answer: b

Section Reference: General Paresis and Syphilis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

113) The germ theory of disease was established by:

a) Emil Krapelin
b) Franz Mesmer
c) Henri Charcot
d) Louis Pasteur

Answer: d

Section Reference: General Paresis and Syphilis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

114) Hypnosis, as originally used by Mesmer, was used for

a) mild exorcism.

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b) uncovering early child abuse.
c) acting as an anaesthetic.
d) treating hysteria.

Answer: d

Section Reference: Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

115) The reasoning behind hypnosis as developed by Mesmer was

a) changing magnetic fields in his patients would result in symptom reduction.
b) relaxation was a sufficient treatment for alleviating symptoms.
c) that frightening patients would result in symptom reduction.
d) that faith in the healer caused healing.

Answer: a

Section Reference: Psychogenesis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

116) Which of the following is true regarding the psychogenic theory?

a) It suggests that mental illness is medical in origin.
b) It was the first attempt at explaining mental illness.
c) It is the basis for genetic causes of mental illness.
d) It suggests that mental illness is psychological in origin.

Answer: d

Section Reference: Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

117) Psychogenesis developed from attempts at treating which condition?

a) Demonic possession
b) Depression

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c) Hysteria
d) Aphasia

Answer: c

Section Reference: Psychogenesis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

118) Modern psychogenic approaches have their origin in

a) drug therapy.
b) hypnosis as a treatment procedure.
c) methods that remove biochemical imbalances.
d) surgical procedures.

Answer: b

Section Reference: Psychogenesis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

119) John feels that he must check the stove between 12 and 15 times before leaving the house. He experiences extreme anxiety when there is interference in his checking. The psychogenic position would suggest which explanation for his checking?

a) John is genetically predisposed to obsessive-compulsive behaviour.
b) Checking is due to a brain malfunction, most likely in the limbic system.
c) The checking is due to a head injury, leading to forget that he turned off the stove.
d) John's compulsive behaviour is driven by the need to ward off forbidden impulses.

Answer: d

Section Reference: Psychogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

120) Alan was admitted to the hospital complaining of dizzy spells and the fear that he might be dying. A medical exam showed that there was nothing physically wrong. Which explanation would *least likely* be offered by an advocate of the psychogenic hypothesis?

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a) He had learned his symptoms from his upbringing.
b) His anxiety was driven by hypersensitivity to criticism.
c) He experienced difficulty during toilet training.
d) He is genetically predisposed as his father also suffers spells such as these.

Answer: d

Section Reference: Psychogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

121) Ivy experienced paralysis in her left arm, but there was no neurological basis for her symptoms. This is an illustration of:

a) Psychogenic fugue
b) Hysteria
c) Posttraumatic stress disorder
d) Panic disorder

Answer: b

Section Reference: Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Application

122) Esther was a patient of Mesmer, who was treating her for blindness. What was the likely scenario when she entered his treatment room?

a) A quiet room, with a soft reclining chair.
b) A 'bleeding device' used to drain blood believed to be in excess and resulting in blindness.
c) A stock of chemical filled rods, with Mesmer presiding over the room in a purple robe.
d) A sterile well-lit room with several doctors in white laboratory coats.

Answer: c

Section Reference: Psychogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Analysis

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123) What is the relevance of Mesmer's work to a psychogenic view of mental illness?

a) He postulated that hysterical disorders could be explained by physical symptoms.
b) His methods were similar to methods of driving out demons from a person.
c) He pioneered the cathartic method, where hysteria was reduced by talking.
d) He advocated the position that one person could influence change in another person's behaviour.

Answer: d

Section Reference: Psychogenesis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

124) What was the reason for Charcot developing a psychogenic theory of hysteria?

a) His students were able to induce hysteria in a woman without his knowledge.
b) He was influenced heavily by Freud.
c) He believed there was a physical explanation for abnormal behaviour.
d) He found that hypnosis cured hysteria.

Answer: a

Section Reference: Psychogenesis
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

125) Breuer observed an association between recalling past traumatic events and expression of the original emotion in hysterics. This resulted in:

a) Increased hysteria
b) Decreased hysteria
c) The emergence of new symptoms
d) The repression of emotions

Answer: b

Section Reference: Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

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126) Which is TRUE regarding catharsis?

a) It is a moral therapy method.
b) It was initiated by Pinel.
c) It consists of drawing blood from a patient.
d) It encourages the release of emotional tension.

Answer: d

Section Reference: Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

127) If you went to Josef Breuer for treatment of hysterical paralysis, which treatment would you most likely receive?

a) Hypnosis
b) Free association
c) Catharsis
d) Medication

Answer: a

Section Reference: Psychogenesis
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Analysis

128) In Cameron's unethical experiments in Montreal, the practice of bombarding patients with subliminal messages such as "You killed your mother" was called:

a) Displacement
b) Psychic driving
c) Oedipal priming
d) Cathartic engineering

Answer: b

Section Reference: Canadian Perspectives 1.3
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

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129) What is Montreal psychiatrist Dr. Ewen Cameron renowned for?

a) The prison conformity studies.
b) The shock conformity studies.
c) The beneficial brainwashing studies.
d) The effects of starvation studies.

Answer: c

Section Reference: Canadian Perspectives 1.3
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

130) What was NOT one of the cited problems with Dr. Cameron's studies?

a) Lack of consent.
b) Massive doses of hallucinogenic drugs were used.
c) The manipulations were beyond the limits of acceptable medical practice.
d) They included unnecessary lobotomies simply for the purpose of understanding how the brain works.

Answer: d

Section Reference: Canadian Perspectives 1.3
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

131) What was the purpose of the treatments used by Dr. Ewen Cameron?

a) To erase traumatic memories of patients' pasts.
b) To determine whether false memories could be implanted.
c) To examine the extent to which people will conform to the experimenter's demands to shock another person.
d) To determine whether subjects' actions could be controlled through hypnosis.

Answer: a

Section Reference: Canadian Perspectives 1.3
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries

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Bloom's: Knowledge

132) What was involved in Dr. Cameron's "psychic driving" technique, used in the 1950s?

a) The use of shock treatment in order to rebalance the brain's chemistry.
b) To induce coma.
c) The use of subliminal messages.
d) To use the therapist's nonverbal behaviour to control patient's behaviour.

Answer: c

Section Reference: Canadian Perspectives 1.3
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

133) According to Canadian Press accounts, what did Montreal psychiatrist, Dr. Ewen Cameron, do to his patients that was of interest to the CIA?

a) Conducted studies without patient consent
b) Administered large doses of hallucinogenic drugs
c) Filmed patients during treatment without their knowledge
d) Implanted false memories of childhood sexual abuse (CSA)

Answer: b

Section Reference: Canadian Perspectives 1.3
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

134) Linda Macdonald filed a lawsuit against the federal government after receiving "treatment" from Dr. Cameron, claiming that

a) the electroconvulsive therapy (ECT) left her paralyzed from the waist down.
b) she was left in a drug induced coma for over 200 days.
c) her memory was erased for the first 26 years of her life.
d) she had suffered severe cognitive impairments after the combined drug therapy, ECT, and hypnosis.

Answer: c

Section Reference: Canadian Perspectives 1.3

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Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

135) In 1977, it was discovered that Dr. Cameron's "experiments" on Canadian psychiatric patients were secretly funded by:

a) The U.S. Central Intelligence Agency (CIA)
b) The Canadian Security Intelligence Services (CSIS)
c) The U.S. Federal Bureau of Investigation (FBI)
d) The Office of Homeland Security (OHS)

Answer: a

Section Reference: Canadian Perspectives 1.3
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

136) In the unethical experiments conducted by Dr. Ewen Cameron of the Allen Memorial Institute at McGill University, patients were "treated" with all of the following, EXCEPT:

a) Lobotomies
b) Massive doses of LSD
c) Shock treatment
d) Psychic driving

Answer: a

Section Reference: Canadian Perspectives 1.3
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

137) What was NOT one of the reasons cited by Simmons (1987) that psychosurgery was so popular in Ontario between the 1940s and the 1970s?

a) For the simple purpose of observing what would happen to patients with lobotomies.
b) For intervention in patients who were unable to afford long-term psychiatric care.
c) To decrease burden on psychiatric staff.
d) For experimental purposes.

Answer: b

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Section Reference: Canadian Perspectives 1.3
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

138) When was the last lobotomy performed in Ontario?

a) 1951
b) 1961
c) 1971
d) 1981

Answer: d

Section Reference: Canadian Perspectives 1.3
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

139) Simmons' (1987) review of archival evidence indicated several reasons for the use of psychosurgery (lobotomy) in Ontario, including

a) to increase intellectual capacity.
b) to erase traumatic memories.
c) out of curiosity.
d) requirements of Community Treatment Orders (CTO).

Answer: c

Section Reference: Canadian Perspectives 1.3
Difficulty: Easy
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Knowledge

140) Incidents involving people with mental illness engaging in violent acts, like Vince Li beheading a fellow passenger on the bus, create the _____ perception that people with mental illness are dangerous.

a) accurate
b) complacent
c) false
d) anxious

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Answer: c

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Knowledge

141) Vince Li was found not criminally responsible for beheading a fellow passenger on the bus because he

a) acted in self-defense after the other passenger threatened him.
b) was diagnosed with schizophrenia.
c) was experiencing profound depression.
d) had a really good legal team.

Answer: b

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Knowledge

142) Vince Li, who beheaded a fellow passenger on the bus, was

a) found guilty of manslaughter and sentenced to 10 years in prison.
b) found guilty of manslaughter and committed to a psychiatric hospital for the rest of his life.
c) found not criminally responsible on account of a mental disorder and committed to a psychiatric hospital for treatment and will be released once he progresses in his treatment.
d) found not criminally responsible on account of a mental disorder and was free to live on his own immediately.

Answer: c

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Knowledge

143) According to the Centre for Addiction and Mental Health, what is the number one reason

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why only 1/3 of Canadians who suffer from depression seek help?

a) They deny that they have a mental disorder.
b) They think that their symptoms are temporary and will dissipate on their own.
c) They blame significant others for their difficulties.
d) They are afraid of others perceiving them negatively.

Answer: d

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

144) According to a Mental Health and Well-Being Survey (2002), over ____% of Canadians who suffered from mood, anxiety, or substance dependence disorders felt embarrassed and discriminated against.

a) 10%
b) 25%
c) 50%
d) 90%

Answer: c

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Knowledge

145) James has been hearing a voice telling him to hurt himself for several months. He is also quite certain that there is a leprechaun in the closet of his bedroom. He worries that there is something wrong with him, but hasn't sought help because he's worried people will think less of him when they find out. James is avoiding treatment due to

a) stigmatization.
b) schizophrenia.
c) stereotyping.
d) schematization.

Answer: a

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Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Application

146) Stereotyping mental illness is common in the popular media. For example, in the movie *Me, Myself & Irene*, Jim Carrey's character was misidentified as having

a) dissociative identity disorder
b) bipolar disorder
c) gender identity disorder
d) schizophrenia

Answer: d

Section Reference: Current Attitudes Toward People with Psychological Disorders
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: C

147) One of the myths about mental illness is that mentally ill individuals are dangerous. What does research show about this myth?

a) The number of cases of violence tends to be higher in people with severe mental illness and substance problems.
b) Most people with a mental illness are never violent; they tend to be victims of violent acts.
c) There is no association between schizophrenia and violent acts.
d) All of the above.

Answer: d

Section Reference: The Public Perception
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

148) Dave is in his third year of university and was just been diagnosed with schizophrenia. He is feeling very confused and also a bit hopeless; as a result, he is considering dropping out of school. What advice would you give him?

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a) He should drop out – there's no way he can handle school with schizophrenia.
b) He should consider taking a few years off to go seek treatment and then maybe come back.
c) He should consult with his doctors and the counsellors at school to make a plan so that he can continue to attend school.
d) He should listen to whatever the voices in his head tell him to do.

Answer: c

Section Reference: The Public Perception
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Application

149) If you were like most other Canadians, which of the following would you do?

a) Date someone with a mental illness
b) Tell your boss you were experiencing depression
c) Hire a professional (e.g., doctor, lawyer) with a mental illness
d) Have your child's teacher changed if the teacher had a mental illness

Answer: d

Section Reference: The Public Perception
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Analysis

150) Which of the following statement is true regarding the role of media in the stereotyping and stigmatization of individuals with mental illness?

a) Media has focused on the dangerousness, criminality and unpredictability of mental illness.
b) Media images model negative reactions to people with a mental illness, such as fear, rejection and ridicule.
c) Media has produced some sensitive and educational material regarding the mentally ill, with goals of reducing stigmatization.
d) All of the above.

Answer: d

Section Reference: Anti-Stigma Campaigns
Difficulty: Easy

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Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

151) Which of the following students would be most likely to endorse the view that having a mental illness is a sign of weakness?

a) Anne, a nursing major and president of the university's blood drive campaign
b) Bill, a biochemistry major and member of the seismology club on campus
c) Carla, an accounting major and member of a sorority
d) Dean, an education major and member of the university's soccer team

Answer: d

Section Reference: Anti-Stigma Campaigns
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Analysis

152) The Schizophrenia Society of Canada developed a "Reaching Out" program (Stuart 2006), which was aimed at reducing stigma in high school students. Results of this program include

a) decreased social distancing.
b) greater gains for male students.
c) clear evidence of long-term changes on all measures studied.
d) little change in actual knowledge of schizophrenia.

Answer: a

Section Reference: Anti-Stigma Campaigns
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Knowledge

153) Self-stigma is

a) the tendency to see oneself more positively due to mental illness.
b) the tendency to see oneself more negatively due to mental illness.
c) feeling comfortable telling people about your own mental illness.
d) denying to other people that you have a mental illness.

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Answer: b

Section Reference: Anti-Stigma Campaigns
Difficulty: Easy
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

154) Due to the importance of battling stigma in the area of mental illness, which of the following has **NOT** occurred?

a) The American Psychological Association launched a new journal called *Stigma and Health*
b) The Mental Health Commission of Canada is spreading the Opening Minds (OM) Anti-Stigma Initiative
c) The Canadian Psychological Association has released a position paper on the impact of stigma on help-seeking behaviours
d) Extensive research, especially by Patrick Corrigan, is underway on understanding stigma

Answer: c

Section Reference: Anti-Stigma Campaigns
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

155) When professional athletes, entertainers, and other celebrities publicly disclose their own struggles with mental health problems, it

a) suggests that being famous has consequences.
b) seems that they are looking for sympathy.
c) shines the spotlight on psychological disorders overall.
d) makes whatever disorder they have the "disorder of the day".

Answer: c

Section Reference: Canadian Contributions 1.1
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

156) What does the term 'mental health literacy' mean?

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a) The ability to read a person's mental state and send them to receive the proper services.
b) The accurate understanding of mental illness, its causes and treatment.
c) A person's ability to accurately make a diagnosis from another's story.
d) None of the above.

Answer: b

Section Reference: Mental Health Literacy
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

157) Canadians tend to have the best understanding of which disorder?

a) Anorexia
b) Anxiety
c) Depression
d) Schizophrenia

Answer: c

Section Reference: Mental Health Literacy
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

158) About how many Canadian adults (aged 15 and over) report symptoms of a disorder in the past year?

a) 1 in 10
b) 1 in 20
c) 1 in 50
d) 1 in 100

Answer: a

Section Reference: Canada as a Whole
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

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159) Bob and Sue both report that they enjoy having a few drinks after work and on the weekend. Who is most likely to be diagnosed with alcohol dependence?

a) Bob
b) Sue
c) They are equally likely to be diagnosed
d) They are equally unlikely to be diagnosed

Answer: a

Section Reference: Canada as a Whole
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Application

160) The 2012 Canadian Community Health Survey – Mental Health (CCHS-MH) surveyed Canadians about all of the following disorders **EXCEPT**:

a) generalized anxiety disorder
b) gambling disorder
c) depression
d) cannabis abuse or dependence

Answer: b

Section Reference: The Extent of Mental Health Problems in Canada
Difficulty: Easy
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

161) Which of the following is most likely to be true of the three Smith brothers, who identify as "typical" Canadians?

a) All of them are more likely to have had depression than a drinking problem
b) One of them is likely to have had bipolar disorder
c) One of them is likely to have a diagnosable disorder at some point
d) All of them are likely to get the help they need, if they need it

Answer: c

Section Reference: The Extent of Mental Health Problems in Canada
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Application

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162) You are most likely to have good mental health if you reside in:

a) Ontario
b) Quebec
c) British Columbia
d) Prince Edward Island

Answer: d

Section Reference: Regional Differences
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Application

163) Which of the following two provinces in Canada have been found to exhibit better mental health and less distress?

a) Prince Edward Island and Newfoundland
b) Quebec and New Brunswick
c) Alberta and Saskatchewan
d) British Columbia and Ontario

Answer: a

Section Reference: Regional Differences
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

164) According to an Ontario Ministry of Health (1994) study, disability costs attributed to mental health problems are often hidden from society because

a) the actual cost to society is minimal.
b) there is no loss of work productivity.
c) there are continued high levels of quality of life.
d) there is stigma associated with it.

Answer: d

Section Reference: Cost of Mental Health Problems
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

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Bloom's: Analysis

165) The commissioner leading the 2002 Royal Commission on the future of health care in Canada was:

a) Paul Martin
b) C. M. Hincks
c) Roy Romanow
d) Brian Tobin

Answer: c

Section Reference: Transformations in Canada's Mental Health System – Romanow Report
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

166) The Romanow Report's recommendations for changes to Canada's health system:

a) Received no meaningful input from national mental health groups.
b) Received input from psychiatrists but not psychologists.
c) Proposed that mental health be a priority in the health system.
d) Made vague recommendations for improving healthcare for Canadians.

Answer: c

Section Reference: Transformations in Canada's Mental Health System – Romanow Report
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: AN

167) In his report on Canada's health system, Romanow likened the mental health field to:

a) A surrogate mother
b) An orphan child
c) A wounded duck
d) A family in crisis

Answer: b

Section Reference: Transformations in Canada's Mental Health System – Romanow Report
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada

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Bloom's: Knowledge

168) In his report on Canada's Health System, Romanow recommended that mental health:

a) Should not be seen as a priority in the health system.
b) Should be seen as an immediate priority in the health system.
c) Should be seen as a priority in the health system in 10 years when the country is in a better financial situation.
d) None of the above; Romanow ignored mental health issues.

Answer: b

Section Reference: Transformations in Canada's Mental Health System – Romanow Report
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Knowledge

169) Of the following, which specific recommendation of relevance to the mental health field emerged from Romanow's report?

a) Improved access to medications for people with severe psychiatric disorders.
b) Home care coverage for mental health case management.
c) Support for informal caregivers (family members and friends) who provide assistance to the mentally ill.
d) All of the above.

Answer: d

Section Reference: Transformations in Canada's Mental Health System – Romanow Report
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Analysis

170) Several months after releasing his report on Canada's Health System, Romanow:

a) Expressed frustration about the lack of progress in adopting his recommendations.
b) Refused to comment on the degree of progress.
c) Expressed mild satisfaction with the progress made thus far.
d) Expressed great satisfaction with the progress made thus far.

Answer: a

Section Reference: Transformations in Canada's Mental Health System – Romanow Report

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Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

171) Regarding the Romanow Report and psychology's future role in the Canadian health system, the authors concluded that:

a) It is highly likely that psychology will be invited to participate directly in Medicare.
b) It is somewhat likely that psychology will be invited to participate directly in Medicare.
c) It is unlikely that psychology will be invited to participate directly in Medicare.
d) It is simply too soon to tell whether psychology will be invited to participate directly in Medicare.

Answer: c

Section Reference: Transformations in Canada's Mental Health System – Romanow Report
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Comprehension

172) The Kirby Report (2006) on mental health, mental illness, and addiction in Canada made two key recommendations:

a) The creation of a 5-year fund that would support the implementation of a national action plan.
b) The creation a national action plan independent of existing structures along with the proper funding.
c) The creation a national action plan in conjunction with a fund that would support the implementation of that plan.
d) None of the above.

Answer: c

Section Reference: Transformations in Canada's Mental Health System – The Senate Committee Final Report
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Comprehension

173) The first recommendation of the Kirby Report (2006) was the creation of the Canadian Mental Health Commission. This commission's role is to:

a) Act as a facilitator and supporter of a national approach to mental health issues.
b) Be a catalyst for the reform of mental health policies and improvements in service delivery.

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c) Ignore the impact of mental illness stigma faced by psychiatric patients.
d) A and B only.

Answer: d

Section Reference: Transformations in Canada's Mental Health System – The Senate Committee Final Report
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Comprehension

174) The creation of the Mental Health Transition Fund emerged as a recommendation from which report?

a) The Kirby Report (2006)
b) The Romanow Report (2002)
c) The CIHI report (2006)
d) Health Canada Report (2002)

Answer: a

Section Reference: Transformations in Canada's Mental Health System – The Senate Committee Final Report
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

175) What is one potential challenge of only providing evidence-based treatment?

a) Only people with specific disorders would be eligible for treatment
b) Therapists would be so effective that there would not be enough work for them
c) Most psychological treatments are administered in a flexible manner
d) None – evidence-based treatment provides consistent results

Answer: c

Section Reference: Delivery of Psychotherapy: Issues and Challenges
Difficulty: Hard
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: AN

176) Evidence-based treatments

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a) exist for all disorders.
b) tend to use cognitive-behavioural therapy.
c) will render psychologists obsolete since just about anyone will be able to administer them.
d) always work exactly the same in the "real world" as in controlled trials.

Answer: b

Section Reference: Delivery of Psychotherapy: Issues and Challenges
Difficulty: Hard
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Analysis

177) One barrier to receiving treatment for mental health problems in Canada is:

a) Wait times to see a general practitioner
b) Ability to get to a doctor's office
c) Ability to pay for services
d) Wait times to see a specialist

Answer: d

Section Reference: Wait Times for Treatment
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Comprehension

178) Mia is an 11 year old girl who has been diagnosed with an eating disorder. Her parents are seeking treatment for her and have found:

a) Wait times for treatment are often over one year
b) Several inpatient facilities had beds available for her
c) It would be easier to get her into a children's treatment facilty than one for adolescents
d) They are receiving enough care through her school nurse

Answer: a

Section Reference: Delivery of Psychotherapy: Issues and Challenges
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Application

179) The Women's Health Study conducted in Ontario found that women with a psychiatric disorder were more likely to seek professional help if they:

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a) Could speak with a female therapist.
b) Had several comorbid disorders.
c) Had a middle class or higher socioeconomic status.
d) Received explicit assurances that their problems would be kept confidential.

Answer: b

Section Reference: Help-Seeking and Perceived Need for Help
Difficulty: Easy
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

180) What suggestions do researchers (Bergeron et al., 2005) give to increase use of mental health services for Canadian young adults (ages 15 to 24) with mood, anxiety, or substance-related disorders?

a) There is a particular need for interventions to encourage young men to use mental health services.
b) There is a particular need for media-based programs to encourage young women to use mental health service.
c) Young people, both men and women, need interventions encouraging them to seek help.
d) All of the above.

Answer: a

Section Reference: Help-Seeking and Perceived Need for Help
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: N/A

181) The following are all consequences of deinstitutionalization EXCEPT:

a) Lack of housing
b) Lack of mental health professionals
c) Lack of home care
d) Lack of community-based crisis response system

Answer: b

Section Reference: The Human Costs of Deinstitutionalization and Limited Access to Service
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

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182) A 2008 report from the Canadian Institute for Health Information revealed which of the following?

a) That psychiatric patients' average length of hospital stay dropped by more than half over a period of 5 years (2001-2006).
b) That more women were admitted for treatment of psychiatric disorders than men.
c) That substance-related disorders were the most likely diagnosis among all provinces and territories.
d) All of the above.

Answer: a

Section Reference: The Human Costs of Deinstitutionalization and Limited Access to Service
Difficulty: Medium
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: C

183) Focusing on the prevention of mental health problems will allow us to

a) Feel better about not providing great treatment for people who currently have mental health problems
b) Invest in the future (and forget about the past)
c) Try to ensure than all Canadians are happy and healthy
d) Create new jobs for community psychologists

Answer: c

Section Reference: Community Psychology and Prevention
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Analysis

184) The prevention program, started in 1995 and funded by the Canadian federal government, for facilitating child development and school readiness in Aboriginal children is called:

a) Aboriginal Children's Project
b) Aboriginal Strength: A prevention program for Native Children
c) Aboriginal Action Plan
d) Aboriginal Head Start

Answer: d

Section Reference: Community Psychology and Prevention

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Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

185) Which province leads the way in mental health promotion?

a) Alberta
b) British Columbia
c) Ontario
d) Quebec

Answer: d

Section Reference: Community Psychology and Prevention
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Knowledge

186) An important part of Canada's national mental health strategy is to:

a) Fund all mental health services for all Canadians
b) Provide medication whenever possible to treat mental health problems
c) Tailor services to the specific needs of Canada's First Nations
d) Ensure that each province spends the same amount of money on mental health services

Answer: c

Section Reference: A New Beginning: Canada's Mental Health Strategy
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: C

Question Type: Essay

187) What is abnormal behaviour? Explain and define the characteristics associated with abnormal behaviour.

Section Reference: What is Abnormal Behaviour?
Difficulty: Medium
Learning Objective: 1.1 Understand what constitutes abnormal behaviour
Bloom's: Analysis

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188) What are some professions in abnormal psychology? How are they similar? How do they differ?

Section Reference: Focus on Discovery 1.1
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Synthesis

189) The treatments for mental illness changed over time. Name and explain one treatment method from each of the following time periods: 500 B.C., The Dark Ages (approx. 150 A.D.), The Middle Ages, the 1800s A.D., and today.

Section Reference: History of Psychopathology
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Comprehension

190) Where is most psychiatric care delivered in Canada? What is the function of psychiatric facilities today?

Section Reference: Canadian Perspectives 1.2
Difficulty: Hard
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Synthesis

191) What are somatogenesis and psychogenesis? Which model is more prevalent today? Why?

Section Reference: Somatogenesis & Psychogenesis
Difficulty: Medium
Learning Objective: 1.2 Compare the history of psychopathology across centuries
Bloom's: Analysis

192) Describe some problems with labelling. Discuss, in particular, difficulties such as stigmatization and self-fulfilling prophecies.

Section Reference: Anti-Stigma Campaigns
Difficulty: Hard
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Comprehension

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193)Why are mental and physical health services closely related in Canada?

Section Reference: Transformations in Canada's Mental Health System & Delivery of Psychotherapy: Issues and Challenges
Difficulty: Hard
Learning Objective: 1.4 Describe mental health problems and their treatment in Canada
Bloom's: Evaluation

194) Explain what 'evidence-based treatment' means.

Section Reference: Delivery of Psychotherapy: Issues and Challenges
Difficulty: Medium
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Comprehension

195) Why don't university students seek help for mental health issues?

Section Reference: Student Perspectives 1.1
Difficulty: Medium
Learning Objective: 1.3 Describe current attitudes toward people with psychological disorders, including how stigma and self-stigma are potential barriers to help-seeking
Bloom's: Analysis

196) Access to service and long wait times are issues across the country. What do you think needs to be done for all Canadians to have access to mental health care?

Section Reference: Delivery of Psychotherapy: Issues and Challenges
Difficulty: Hard
Learning Objective: 1.5 Describe the issues and challenges in the delivery of psychotherapy
Bloom's: Evaluation

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