Clinical Psychology Science Practice and Culture 4th edition Pomerantz Test Bank

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Chapter 2: Evolution of Clinical Psychology

Test Bank

Multiple Choice

1. The discipline of clinical psychology did not come into existence until
A) around the turn of the 19th century.
B) around the turn of the 20th century.
C) the 1950s.
D) the 1980s.
Ans: B
Learning Objective: 2.2 Describe Lightner Witmer's key contributions to the field of clinical psychology.
Cognitive Domain: Knowledge
Answer Location: Origins of the Field
Difficulty Level: Easy

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
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Knowledge
Answer Location: William Tuke (1732–1822)
Difficulty Level: Easy

3. The _____, a residential treatment center for the mentally ill in England, served as a model for humane treatment facilities that subsequently opened throughout Europe and the United States.
A) Pinel Institute
B) Hartford Retreat
C) York Retreat
D) Todd Institute
Ans: C
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Knowledge
Answer Location: William Tuke (1732–1822)
Difficulty Level: Medium

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4. _____ 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
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Knowledge
Answer Location: Philippe Pinel (1745–1826)
Difficulty Level: Easy

5. Which of the following is NOT true of Philippe Pinel?
A) Pinel helped to establish compassionate treatment of the mentally ill in England.
B) Pinel advocated for institution staff to record a patient's case history and ongoing treatment notes.
C) Pinel wrote *Treatise on Insanity*, in which he argued for empathy for the mentally ill.
D) Pinel created institutions where patients were given healthy food and kind treatment.
Ans: A
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Application
Answer Location: Philippe Pinel (1745–1826)
Difficulty Level: Hard

6. 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 United States.
C) coining the term *clinical psychology*.
D) creating the first widely used test of intelligence.
Ans: B
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Knowledge
Answer Location: Eli Todd (1762–1832)
Difficulty Level: Easy

7. _____'s work directly resulted in the establishment of more than 30 state institutions for the mentally ill throughout the United States.
A) William Tuke
B) Philippe Pinel

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C) Eli Todd
D) Dorthea Dix
Ans: D
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Comprehension
Answer Location: Dorthea Dix
Difficulty Level: Medium

8. James receives his doctorate in psychology in the late 1800s. Upon graduation, he is most likely to find employment as
A) a clinician providing psychotherapy.
B) a clinician conducting psychological assessments.
C) a lecturer at a professional school of psychology that trains the next generation of practitioners.
D) a researcher in an academic setting.
Ans: D
Learning Objective: 2.1 Summarize major contributions of early pioneers, such as William Tuke and Eli Todd, to mental health care from the 1700s to the late 1800s.
Cognitive Domain: Application
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Medium

9. The first psychological clinic was founded by
A) Lightner Witmer.
B) Wilhelm Wundt.
C) James McKeen Cattell.
D) William Tuke.
Ans: A
Learning Objective: 2.2 Describe Lightner Witmer's key contributions to the field of clinical psychology.
Cognitive Domain: Knowledge
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Easy

10. At the first psychological clinic, the patients 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
Learning Objective: 2.2 Describe Lightner Witmer's key contributions to the field of clinical psychology.
Cognitive Domain: Knowledge
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Easy

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11. The journal founded by Lightner Witmer was titled
A) *Treatment of Emotional and Behavioral Disorders*.
B) *The Psychological Clinic*.
C) *Behavior Change*.
D) *Psychology and Cognition*.
Ans: B
Learning Objective: 2.2 Describe Lightner Witmer's key contributions to the field of clinical psychology.
Cognitive Domain: Knowledge
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Easy

12. Lightner Witmer originally defined clinical psychology as related to the disciplines of _____.
A) philosophy and pathology
B) sociology, physiology, and communication sciences
C) medicine, education, and social work
D) psychiatry and anthropology
Ans: C
Learning Objective: 2.2 Describe Lightner Witmer's key contributions to the field of clinical psychology.
Cognitive Domain: Knowledge
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Medium

13. _____ is credited with the first known publication in which the term *clinical psychology* was used.
A) Wilhelm Wundt
B) Lightner Witmer
C) Emil Kraepelin
D) Edward Lee Throndike
Ans: B
Learning Objective: 2.2 Describe Lightner Witmer's key contributions to the field of clinical psychology.
Cognitive Domain: Knowledge
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Easy

14. In 1800s Europe, mental illness was initially placed in one of two categories: _____, psychiatric symptoms, or _____, breaks from reality.
A) neuroses, psychoses
B) psychoses, neuroses
C) exogenous disorders, endogenous disorders
D) endogenous disorders, exogenous disorders
Ans: A
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.

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Cognitive Domain: Comprehension
Answer Location: Diagnostic Issues
Difficulty Level: Medium

15. Emil Kraepelin
A) is considered a pioneer in the diagnosis of mental illness.
B) authored an objective personality test that remains widely used among clinical psychologists today.
C) created the first *Diagnostic and Statistical Manual of Mental Disorders*.
D) argued for humane treatment of the mentally ill in France.
Ans: A
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.
Cognitive Domain: Comprehension
Answer Location: Diagnostic Issues
Difficulty Level: Medium

16. Emil Kraepelin's two-category system of mental illness included _____, disorders caused by external factors, and _____, disorders caused by internal factors.
A) neuroses, psychoses
B) psychoses, neuroses
C) exogenous disorders, endogenous disorders
D) endogenous disorders, exogenous disorders
Ans: C
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.
Cognitive Domain: Comprehension
Answer Location: Diagnostic Issues
Difficulty Level: Medium

17. _____, a term coined by Emil Kraepelin, described a cluster of symptoms similar to what is now known as schizophrenia.
A) Dementia praecox
B) Paranoia
C) Depressive psychosis
D) Cyclothymic personality
Ans: A
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.
Cognitive Domain: Knowledge
Answer Location: Diagnostic Issues
Difficulty Level: Easy

18. The first edition of the *DSM* was published in _____.
A) 1896
B) 1926

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C) 1952
D) 1980
Ans: C
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.
Cognitive Domain: Knowledge
Answer Location: Diagnostic Issues
Difficulty Level: Easy

19. 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
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.
2.4 Evaluate the process used to decide what will become a *DSM* disorder.
Cognitive Domain: Knowledge
Answer Location: Diagnostic Issues
Difficulty Level: Easy

20. 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) *DSM-II* introduced a multiaxial diagnostic system.
D) *DSM-5*, published in May 2013, is the most recent version of the manual.
Ans: D
Learning Objective: 2.3 Recount the development of key diagnostic systems for mental illness from the 1800s to present.
Cognitive Domain: Application
Answer Location: Diagnostic Issues
Difficulty Level: Medium

21. The current edition of the *DSM* contains "proposed criteria sets." These sets are
A) descriptions of proposed disorders that may become official disorders in a future *DSM* edition.
B) lists of disorders that will be eliminated in a future version of the *DSM*.
C) diagnostic aids to assist clinicians in distinguishing between disorders with similar presentations.
D) a new classification system for personality disorders.
Ans: A
Learning Objective: 2.4 Evaluate the process used to decide what will become a *DSM* disorder.
Cognitive Domain: Comprehension
Answer Location: Is It a DSM Disorder? Decisions to Include or Exclude Potential Disorders
Difficulty Level: Medium

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22._____ is a proposed criteria set in the current *DSM* that involves cutting, burning, or otherwise intentionally hurting one's own body without the intent to kill oneself.
A) Internet gaming disorder
B) Attenuated psychosis syndrome
C) Persistent complex bereavement
D) Nonsuicidal self-injury
Ans: D
Learning Objective: 2.4 Evaluate the process used to decide what will become a *DSM* disorder.
Cognitive Domain: Knowledge
Answer Location: Is It a DSM Disorder? Decisions to Include or Exclude Potential Disorders
Difficulty Level: Medium

23. June believes there is one general intelligence that overlaps with many abilities. Which of the following theorists is most likely to agree with June?
A) Edward Lee Thorndike
B) Charles Spearman
C) Alfred Binet
D) Lewis Terman
Ans: B
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Application
Answer Location: Assessment of Intelligence
Difficulty Level: Easy

24. In the early 1900s, _____ created a test of intelligence to help the French school system determine if students should qualify for special services.
A) Lewis Terman
B) David Wechsler
C) Alfred Binet
D) Harland Stanford
Ans: C
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Knowledge
Answer Location: Assessment of Intelligence
Difficulty Level: Easy

25. David Wechsler created
A) an inkblot test of personality.
B) a popular objective questionnaire measuring symptoms of depression.
C) a test of intelligence.

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D) the MMPI.
Ans: C
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Comprehension
Answer Location: Assessment of Intelligence
Difficulty Level: Easy

26. The Rorschach Inkblot Method is best identified as
A) a projective intelligence test.
B) an objective intelligence test.
C) a projective personality test.
D) an objective personality test.
Ans: C
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Application
Answer Location: Assessment of Intelligence
Difficulty Level: Medium

27. _____ tests assume that people reveal their personalities by their responses to ambiguous stimuli, while _____ tests offer straightforward scoring and interpretation guidelines and are often in multiple-choice or true-false format.
A) Projective intelligence, objective intelligence
B) Objective intelligence, projective intelligence
C) Projective personality, objective personality
D) Objective personality, projective personality
Ans: C
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Comprehension
Answer Location: Assessment of Intelligence
Difficulty Level: Medium

28. The _____ has patients tell stories in response to cards that depict interpersonal scenes.
A) Rorschach Inkblot Method
B) Thematic Apperception Test
C) Minnesota Multiphasic Personality Inventory
D) Wechsler Adult Story Scale
Ans: B
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Knowledge

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Answer Location: Assessment of Intelligence
Difficulty Level: Easy

29. _____ are the authors of the TAT.
A) Christiana Morgan and Henry Murray
B) Lewis Terman and Alfred Binet
C) Edward Thorndike and Charles Spearman
D) Herman Rorschach and James Cattell
Ans: A
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Knowledge
Answer Location: Assessment of Intelligence
Difficulty Level: Easy

30. The MMPI
A) is an objective test of personality.
B) was created prior to the Rorschach Inkblot test.
C) is a projective test of personality.
D) is modeled after the Thematic Apperception Test.
Ans: A
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Comprehension
Answer Location: Assessment of Intelligence
Difficulty Level: Medium

31. 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
Learning Objective: 2.6 Explain the influence of war on the professional activities of clinical psychologists. 2.7 Discuss the growth of clinical psychology in the United States from the early 1900s to present.
Cognitive Domain: Knowledge
Answer Location: Psychotherapy
Difficulty Level: Medium

32. Which approach to psychotherapy that arose in the 20th century emphasized empirical methodology and the study and treatment of measurable, observable symptoms?
A) Psychodynamic

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B) Behavioral
C) Humanistic
D) Cognitive
Ans: B
Learning Objective: 2.7 Discuss the growth of clinical psychology in the United States from the early 1900s to present.
Cognitive Domain: Comprehension
Answer Location: Psychotherapy
Difficulty Level: Medium

33. Currently, the most popular singular psychotherapy orientation among clinical psychologists is the _____ orientation.
A) behavioral
B) cognitive
C) psychodynamic
D) humanistic
Ans: B
Learning Objective: 2.7 Discuss the growth of clinical psychology in the United States from the early 1900s to present.
Cognitive Domain: Knowledge
Answer Location: Psychotherapy
Difficulty Level: Easy

34. Clinical psychology's major contribution to World War I was
A) the creation of tests to measure the intelligence of recruits.
B) treatment for returning veterans with "shell shock."
C) development of effective interrogation techniques.
D) coaching of newly trained fighter pilots.
Ans: A
Learning Objective: 2.6 Explain the influence of war on the professional activities of clinical psychologists.
Cognitive Domain: Comprehension
Answer Location: The Influence of War on Clinical Psychology
Difficulty Level: Easy

35. The historic Boulder conference took place in _____.
A) 1896
B) 1921
C) 1949
D) 1969
Ans: C
Learning Objective: 2.7 Discuss the growth of clinical psychology in the United States from the early 1900s to present.
Cognitive Domain: Knowledge
Answer Location: Development of the Profession
Difficulty Level: Medium

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36. The result of the Boulder conference was an agreement among clinical psychology training directors that
A) PhD clinical psychology training should focus on clinical practice.
B) research was the most essential facet of PhD clinical psychology training.
C) both practice and research were important parts of PhD clinical psychology training.
D) PhD clinical psychology training standards should be revised at least every 10 years.
Learning Objective: 2.7 Discuss the growth of clinical psychology in the United States from the early 1900s to present.
Cognitive Domain: Comprehension
Answer Location: Development of the Profession
Difficulty Level: Medium

37. 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
Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Application
Answer Location: Assessment of Personality
Difficulty Level: Hard

38. 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
Learning Objective: 2.2 Describe Lightner Witmer’s key contributions to the field of clinical psychology.
Cognitive Domain: Comprehension
Answer Location: Lightner Witmer and the Creation of Clinical Psychology
Difficulty Level: Medium

39. _____, 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

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Learning Objective: 2.5 Identify important people and psychological instruments in the history of intellectual and personality assessment.
Cognitive Domain: Comprehension
Answer Location: Assessment of Intelligence
Difficulty Level: Medium

40. From roughly 1900 to 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
Learning Objective: 2.7 Discuss the growth of clinical psychology in the United States from the early 1900s to present.
Cognitive Domain: Comprehension
Answer Location: Psychotherapy
Difficulty Level: Medium

Short Answer

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

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8. What historical event elevated psychotherapy to become one of the most common activities of clinical psychologists?
Ans: World War II

9. What historical event led psychologists to create the Army Alpha and Beta intelligence tests?
Ans: World War I

Essay

1. Briefly explain how the size and scope of the *DSM* have changed since its original edition.
Ans: It has expanded in size and scope with every new edition. The largest increase took place from *DSM-II* to *DSM-III*. In the time between the original *DSM* (in 1952) and *DSM-IV* (in 1994), the number of disorders increased by more than 300% to a total of 368 distinct diagnoses.

2. Internet gaming disorder, attenuated psychosis syndrome, persistent complex bereavement, and nonsuicidal self-injury are discussed in the text as "proposed criteria sets" in *DSM-5*. First, explain what is meant by proposed criteria sets. Second, select one of the disorders and briefly describe its symptoms.
Ans: "Proposed criteria sets" are descriptions of proposed disorders that are included in the *DSM-5* to encourage additional research that may contribute to a disorder's inclusion as an official disorder in a future version of the manual. In Internet gaming disorder, a person's Internet game-playing behavior causes clinically significant impairment or distress. In attenuated psychosis syndrome, a person experiences mild or brief delusions, hallucinations, or other psychotic phenomena. In persistent complex bereavement, a person experiences intense sorrow and continues to be preoccupied with the death of a loved one for over 12 months. In nonsuicidal self-injury, a person intentionally hurts his own body without the intent to kill himself.

3. Briefly explain the fundamental differences between projective personality tests (e.g., Rorschach, TAT) and objective personality tests (e.g., MMPI, MMPI-2, and 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 to flee their home countries, facilitating the spread of their theories to England and, ultimately, 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.

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