Chapter 2: Historical and Contemporary Views of Abnormal Behavior

Multiple-Choice Questions

2.1-1. **When comparing modern concepts of abnormal behavior with those of ancient civilizations, we find**
a. that our beliefs are the opposite of theirs.
b. some striking similarities.
c. almost no similarity.
d. a greater emphasis on supernatural and spiritual causes today.
Difficulty: 2
Question ID: 2.1-1
Page Ref: 31
Topic: Hippocrates' Early Medical Concepts
Skill: Factual
 Answer: b. some striking similarities.

2.1-2. **What is trephining?**

a. A form of treatment for schizophrenia.
b. The ancient study of the bumps on the skull.
c. A method for assessing the severity of a mental disorder.
d. An ancient practice in which a hole was drilled in the skull to release evil spirits.
Difficulty: 1
Question ID: 2.1-2
Page Ref: 30
Topic: Historical Views of Abnormal Behavior
Skill: Factual
 Answer: d. An ancient practice in which a hole was drilled in the skull to release evil spirits.

2.1-3. **Archaeology and early writing indicate that the first people to think that the brain was the site of mental functions were the**
a. ancient Egyptians.
b. ancient Greeks.
c. Chinese.
d. Hebrews.
Difficulty: 2
Question ID: 2.1-3
Page Ref: 30
Topic: Historical Views of Abnormal Behavior
Skill: Factual
 Answer: a. ancient Egyptians.

2.1-4. **In ancient societies, if a person's abnormal conduct consisted of speech that appeared to have a religious or mystical significance, then the person was**
   a. assumed to have willingly entered into a pact with the devil.
   b. thought to be a witch.
   c. thought to be possessed by a good spirit or god.
   d. assumed to have something physically wrong with the heart.
   Difficulty: 2
   Question ID: 2.1-4
   Page Ref: 30
   Topic: Demonology, Gods, and Magic
   Skill: Factual
    Answer: c. thought to be possessed by a good spirit or god.

2.1-5. **Prayer, incantations, and noise-making were all techniques for**

   a. altering a person's brain functioning.
   b. improving a person's dreams.
   c. helping a person become possessed by good spirits.
   d. exorcising demons.
   Difficulty: 1
   Question ID: 2.1-5
   Page Ref: 30
   Topic: Demonology, Gods, and Magic
   Skill: Factual
    Answer: d. exorcising demons.

2.1-6. **Each of the following is one of the "four humors" EXCEPT**

   a. blood.
   b. phlegm.
   c. phrenitis.
   d. bile.
   Difficulty: 1
   Question ID: 2.1-6
   Page Ref: 31
   Topic: Hippocrates' Early Medical Concepts
   Skill: Factual
    Answer: c. phrenitis.

2.1-7. **The belief in the four humors as a means of explaining temperament**

    a.   is inconsistent with a biological explanation for mental illness.
    b.   has yet to be disproven.
    c.   proposed that mental disorders were the result of an imbalance.
    d.   provides that first indication that ancient people recognized the significance of the brain in determining behavior.

Difficulty: 2
Question ID: 2.1-7
Page Ref: 31
Topic: Hippocrates' Early Medical Concepts
Skill: Conceptual
 Answer: c. proposed that mental disorders were the result of an imbalance.

2.1-8. **The doctrine of the four humors**

    a.   was an attempt to support moral management.
    b.   was an explanation for personality traits.
    c.   was an early suggested treatment for melancholy.
    d.   was the first psychological explanation of mental disorders.

Difficulty: 2
Question ID: 2.1-8
Page Ref: 31
Topic: Hippocrates' Early Medical Concepts
Skill: Factual
 Answer: b. was an explanation for personality traits.

2.1-9. **According to early beliefs, what would characterize an individual with an excess of blood?**
    a.   Depression
    b.   Schizophrenia
    c.   Irritability
    d.   Cheerfulness

Difficulty: 2
Question ID: 2.1-9
Page Ref: 31
Topic: Hippocrates' Early Medical Concepts
Skill: Applied
 Answer: d. Cheerfulness

2.1-10. **Hippocrates suggested marriage as a cure for**

    a.   impotence.
    b.   hysteria in women.
    c.   phrenitis (brain fever) in men.
    d.   melancholia.
Difficulty: 1
Question ID: 2.1-10
Page Ref: 31
Topic: Hippocrates' Early Medical Concepts
Skill: Factual
 Answer: b. hysteria in women.

2.1-11. **Cicero was feeling depressed. He sought help from Hippocrates. Hippocrates would probably have**
    a.   prescribed the roots of certain plants and unusual elixirs.
    b.   utilized a talking cure.
    c.   prescribed exercise, tranquility, and celibacy.
    d.   performed an exorcism.
Difficulty: 2
Question ID: 2.1-11
Page Ref: 31
Topic: Hippocrates' Early Medical Concepts
Skill: Applied
 Answer: c. prescribed exercise, tranquility, and celibacy.

2.1-12. **Who studied how to deal with mentally ill criminals and concluded that such individuals were not responsible for their actions?**
    a.   Aristotle
    b.   Freud
    c.   Galen
    d.   Plato
Difficulty: 2
Question ID: 2.1-12
Page Ref: 32
Topic: Early Philosophical Conceptions of Consciousness
Skill: Factual
 Answer: d. Plato

2.1-13. **Plato was one of the first to argue for**

    a.   medical treatment of mental illness.
    b.   demonic possession in mental illness.
    c.   an insanity defense.
    d.   the use of bleeding as a treatment for mental illness.
Difficulty: 2
Question ID: 2.1-13
Page Ref: 32
Topic: Early Philosophical Conceptions of Consciousness
Skill: Applied
 Answer: c. an insanity defense.

2.1-14. **Aristotle believed that**

   a. mental disorders could be caused by psychological factors.
   b. mental disorders could not be caused by psychological factors.
   c. bodily fluids had nothing to do with mental illness.
   d. mental illness was due to demon possession.

Difficulty: 2
Question ID: 2.1-14
Page Ref: 32
Topic: Early Philosophical Conceptions of Consciousness
Skill: Factual
 Answer: b. mental disorders could not be caused by psychological factors.

2.1-15. **One of Aristotle's most major contributions to psychology was**

   a. his belief that dreams explained most mental disorders.
   b. his theory that psychological disorders were due to psychological rather than physical factors.
   c. his description of personality traits.
   d. his description of consciousness.

Difficulty: 2
Question ID: 2.1-15
Page Ref: 32
Topic: Early Philosophical Conceptions of Consciousness
Skill: Factual
 Answer: d. his description of consciousness.

2.1-16. **The physicians of Alexandria, Egypt in the era after Alexander the Great were most likely to treat mental patients by**
   a. putting them in prisons.
   b. using brutal forms of exorcism.
   c. having them make sacrifices to gods.
   d. providing activities, massage, and education.

Difficulty: 2
Question ID: 2.1-16
Page Ref: 32-33
Topic: Later Greek and Roman Thought
Skill: Factual
 Answer: d. providing activities, massage, and education.

2.1-17. **What is Galen credited with?**

    a.   Providing the first biological explanation for mental disorders
    b.   Performing the first human autopsies
    c.   Demonstrating that the doctrine of the four humors was flawed
    d.   Recognizing that psychological disorders could have both biological and psychological causes
Difficulty: 2
Question ID: 2.1-17
Page Ref: 33
Topic: Later Greek and Roman Thought
Skill: Conceptual
 Answer: d. Recognizing that psychological disorders could have both biological and psychological causes

2.1-18. **Which of the following would be characteristic of the treatment provided by the first mental hospitals or sanatoria used by the Romans and Greeks?**
    a.   The use of trephining and other biological approaches
    b.   Psychodynamic therapy
    c.   Exorcisms
    d.   Warm baths and massages
Difficulty: 1
Question ID: 2.1-18
Page Ref: 33
Topic: Views of Abnormality During the Middle Ages
Skill: Applied
 Answer: d. Warm baths and massages

2.1-19. **Which statement about treatment of abnormal behavior in the Middle Ages is accurate?**
    a.   Although the Hippocratic tradition was continued in most of Europe, Islamic countries emphasized demonology.
    b.   Scientific reasoning and humane treatments were valued in both European and Islamic societies.
    c.   Islamic forms of treatment were more humane than European approaches.
    d.   The Chinese emphasized prayer, the Europeans emphasized exercise, and the Islamic peoples emphasized balancing the four bodily humors.
Difficulty: 2
Question ID: 2.1-19
Page Ref: 33-34
Topic: Views of Abnormality During the Middle Ages
Skill: Conceptual
 Answer: c. Islamic forms of treatment were more humane than European approaches.

2.1-20. **The approaches to treatment of the mentally ill during the Middle Ages in Europe are best characterized as**
a. superstitious.
b. humane.
c. medical.
d. scientific.
Difficulty: 1
Question ID: 2.1-20
Page Ref: 34
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
 Answer: a. superstitious.

2.1-21. **What trend was observed during the Middle Ages in Europe?**

a. Belief in theology was declining.
b. Approaches to mental disorders were becoming increasingly scientific.
c. Supernatural explanations for mental disorders grew in popularity.
d. Humane treatments were developed.
Difficulty: 2
Question ID: 2.1-21
Page Ref: 34
Topic: Views of Abnormality During the Middle Ages
Skill: Conceptual
 Answer: c. Supernatural explanations for mental disorders grew in popularity.

2.1-22. **What is "mass madness"?**

a. An exhibition of disordered behavior by a group of people that appears to be caused by hysteria
b. A reaction to the harsh and inhumane treatment of the mentally ill during the Middle Ages
c. A reference to the increased incidence of schizophrenia seen 16 years after a flu epidemic
d. A reaction to hallucinogenic compounds taken as part of religious rituals in ancient Egypt
Difficulty: 2
Question ID: 2.1-22
Page Ref: 34
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
 Answer: a. An exhibition of disordered behavior by a group of people that appears to be caused by hysteria

2.1-23. **Compared to the West, in the Chinese "Dark Ages," views of mental illness**

    a.   began at a more sophisticated level but regressed, like the West, to belief in the supernatural forces, although not for as long or with as negative a reaction to patients.

    b.   began at a less sophisticated level but regressed, like the West, to belief in the supernatural forces, although they regressed earlier and with a more negative reaction to patients.

    c.   always believed that mental illness was due to supernatural forces. This belief is still prevalent in China.

    d.   were always more sophisticated than the West; the focus was always on medical causes and humane treatment.

Difficulty: 2
Question ID: 2.1-23
Page Ref: 33
Topic: Early Views of Mental Disorders in China
Skill: Conceptual
Answer: a. began at a more sophisticated level but regressed, like the West, to belief in the supernatural forces, although not for as long or with as negative a reaction to patients.

2.1-24. **What is lycanthropy?**

    a.   A form of mass hysteria characterized by wild dance-like movements
    b.   A condition in which people believe themselves to be possessed by wolves
    c.   A form of mass madness seen only in men
    d.   A form of mass hysteria now known to have been drug-induced

Difficulty: 2
Question ID: 2.1-24
Page Ref: 34
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
Answer: b. A condition in which people believe themselves to be possessed by wolves

2.1-25. **The fact that episodes of mass madness peaked at the time of the Black Death illustrates that**

    a.   mass hysteria usually has a biological basis.
    b.   mental and physical illnesses commonly occur together.
    c.   phenomena that impact the society and its structure may also affect mental health.
    d.   mental illnesses really are caused by imbalances in the four bodily humors.

Difficulty: 2
Question ID: 2.1-25
Page Ref: 34-35
Topic: Views of Abnormality During the Middle Ages
Skill: Conceptual
Answer: c. phenomena that impact the society and its structure may also affect mental health.

2.1-26. **In 1983, a large group of West Bank Palestinian girls showed signs of illness. Some thought they were poisoned, but later it was discovered that psychological factors played a key role in most cases. This incident best illustrates**
   a. St. Vitus's dance.
   b. exorcism.
   c. lycanthropy.
   d. mass madness.
   Difficulty: 1
   Question ID: 2.1-26
   Page Ref: 35
   Topic: Views of Abnormality During the Middle Ages
   Skill: Applied
   Answer: d. mass madness.

2.1-27. **The disorder Koro, where males fear that their genitals have retracted into their body, possibly leading to death, is similar to the episodes of mass madness during the Black Death because**
   a. both demonstrated that mass madness is primarily a physiological disorder.
   b. both demonstrated the effect that sociocultural stressors can have on mental functioning of large groups of people.
   c. both demonstrated that the responses of other people to the person with mass madness determines whether the person will recover.
   d. both demonstrated that it is extremely difficult, if not impossible, to discover the cause of mass madness.
   Difficulty: 3
   Question ID: 2.1-27
   Page Ref: 35
   Topic: Views of Abnormality During the Middle Ages
   Skill: Conceptual
   Answer: b. both demonstrated the effect that sociocultural stressors can have on mental functioning of large groups of people.

2.1-28. **A common treatment for mental illness during the Middle Ages in Europe was**

   a. exorcism.
   b. fresh air and supportive surroundings.
   c. banishment.
   d. an early form of psychoanalytic dream interpretation.
   Difficulty: 1
   Question ID: 2.1-28
   Page Ref: 35
   Topic: Views of Abnormality During the Middle Ages
   Skill: Factual
   Answer: a. exorcism.

2.1-29. **Recent historical reviews of the literature indicate that the typical accused witch in the Middle Ages in Europe was**
a. a person we would now consider to have a mental illness.
b. a priest who was a rival of a more powerful priest.
c. an ill-tempered, impoverished woman.
d. a person we would now consider to have mental retardation.
Difficulty: 2
Question ID: 2.1-29
Page Ref: 35
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
Answer: c. an ill-tempered, impoverished woman.

2.1-30. **People in the Middle Ages**

a. believed that mentally ill people were witches.
b. believed that witches were mentally ill.
c. believed that mentally ill witches should be treated differently than other types of witches.
d. believed that most witches and mentally ill people were possessed by demons, but in different ways.
Difficulty: 2
Question ID: 2.1-30
Page Ref: 35
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
Answer: d. believed that most witches and mentally ill people were possessed by demons, but in different ways.

2.1-31. **During the middle ages in Europe, which of the following was most likely to treat mental illness?**
a. a priest
b. a physician
c. a scientist
d. a surgeon
Difficulty: 2
Question ID: 2.1-31
Page Ref: 35
Topic: Views of Abnormality During the Middle Ages
Skill: Applied
Answer: a. a priest

2.1-32. **Exorcism is**

    a.   still occasionally practiced today for the treatment of psychological problems, sometimes with fatal results.
    b.   a religious rite that is no longer used for the treatment of psychological problems.
    c.   a symbolic act that can still be useful in changing psychological functioning.
    d.   a treatment that, throughout history, was never a very popular method of treating psychological problems.

Difficulty: 2
Question ID: 2.1-32
Page Ref: 35
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
 Answer: a. still occasionally practiced today for the treatment of psychological problems, sometimes with fatal results.

2.1-33. **The emergence of humanism brought about changes in all of the following EXCEPT**
    a.   an increase in the belief in supernatural causes of behavior.
    b.   scientific questioning.
    c.   more humane treatment.
    d.   fewer superstitious beliefs about demonic possession.

Difficulty: 2
Question ID: 2.1-33
Page Ref: 36
Topic: Resurgence of Scientific Questioning in Europe
Skill: Factual
 Answer: a. an increase in the belief in supernatural causes of behavior.

2.1-34. **What was the purpose of the early asylums?**

    a.   To remove those who could not care for themselves from society
    b.   To provide exorcisms
    c.   To offer humanitarian treatment to those afflicted with mental illnesses
    d.   To offer biological approaches to the treatment of mental disorders

Difficulty: 2
Question ID: 2.1-34
Page Ref: 36
Topic: Establishment of Early Asylums
Skill: Conceptual
 Answer: a. To remove those who could not care for themselves from society

2.1-35. **Johan Weyer, in the early 1500s,**

    a.   was a popularly accepted writer who argued that mental illness was due to demon possession.
    b.   was a popularly accepted writer who argued that mental illness was due to imbalances in the four humors.
    c.   wrote a book that was condemned by many, arguing that many witches were actually mentally ill.
    d.   wrote a book that was scorned by many, arguing that mental illness was due to bodily magnetism.

Difficulty: 2
Question ID: 2.1-35
Page Ref: 36
Topic: Resurgence of Scientific Questioning in Europe
Skill: Factual
 Answer: c. wrote a book that was condemned by many, arguing that many witches were actually mentally ill.

2.1-36. **Who was one of the first physicians in the early 1500s to criticize the idea that mental illness was due to demon possession (although he did believe the moon influenced the brain)?**

    a.   Paracelsus
    b.   Galen
    c.   Pinel
    d.   Hippocrates

Difficulty: 2
Question ID: 2.1-36
Page Ref: 36
Topic: Resurgence of Scientific Questioning in Europe
Skill: Factual
 Answer: a. Paracelsus

2.1-37. **How did early treatment of mental patients in the United States compare to that offered in Europe?**

    a.   Treatment in the United States was more humanitarian.
    b.   It was comparable to that offered in Europe.
    c.   The techniques employed were more scientifically based than those used in Europe.
    d.   The treatment approaches used in the United States were more effective than those used in Europe.

Difficulty: 2
Question ID: 2.1-37
Page Ref: 37
Topic: Establishment of Early Asylums and Shrines
Skill: Factual
 Answer: b. It was comparable to that offered in Europe.

2.1-38. **If you visited an asylum in the 16th Century in Europe you would likely find**

    a. a place which mixed together the mentally ill, the poor, criminals, and the physically ill.
    b. exorcisms being done by priests.
    c. a place where people were given good food, work, and rest so they could recover.
    d. mentally ill people living in conditions of filth and cruelty.
Difficulty: 1
Question ID: 2.1-38
Page Ref: 36
Topic: Establishment of Early Asylums and Shrines
Skill: Applied
 Answer: d. mentally ill people living in conditions of filth and cruelty.

2.1-39. **The early asylums**

    a. were primarily warehouses for the mentally ill.
    b. were designed to be places of refuge for the mentally ill.
    c. were designed to treat the mentally ill with physiological treatments, such as bloodletting.
    d. were similar to the places the early Greeks used for people with mental illness.
Difficulty: 1
Question ID: 2.1-39
Page Ref: 36-37
Topic: Establishment of Early Asylums and Shrines
Skill: Factual
 Answer: a. were primarily warehouses for the mentally ill.

2.1-40. **Shackling a patient to a wall with little food or heat would be most typical of**

    a. the hospitals run by Philippe Pinel.
    b. the sanatoriums of Alexandria, Egypt.
    c. the early asylums in Europe.
    d. the treatment advocated by Hippocrates.
Difficulty: 1
Question ID: 2.1-40
Page Ref: 36-37
Topic: Establishment of Early Asylums and Shrines
Skill: Factual
 Answer: c. the early asylums in Europe.

2.1-41. **"Bedlam" in London was one of several hospitals for the mentally ill in different countries that**
a. treated the mentally ill with physiological treatments.
b. exhibited their patients for profit.
c. viewed themselves as religious houses for the demonically possessed.
d. allowed patients a lot of freedom.
Difficulty: 1
Question ID: 2.1-41
Page Ref: 36-37
Topic: Establishment of Early Asylums and Shrines
Skill: Factual
Answer: b. exhibited their patients for profit.

2.1-42. **In the United States, an early treatment involved the belief that**

a. patients needed to choose rationality over insanity and treatments were designed to intimidate patients into choosing correctly.
b. patients were demonically possessed and needed to be made uncomfortable to get the demons to leave.
c. patients were medically ill and needed physiological treatments.
d. patients were basically animals and were treated as such.
Difficulty: 2
Question ID: 2.1-42
Page Ref: 37-38
Topic: Establishment of Early Asylums and Shrines
Skill: Factual
Answer: a. patients needed to choose rationality over insanity and treatments were designed to intimidate patients into choosing correctly.

2.1-43. **Humanitarian treatment would be most typical of**

a. the hospitals run by Philippe Pinel.
b. Bedlam.
c. the early asylums in Europe.
d. the early asylums in the United States.
Difficulty: 1
Question ID: 2.1-43
Page Ref: 38
Topic: Humanitarian Reform
Skill: Factual
Answer: a. the hospitals run by Philippe Pinel.

2.1-44. **There is some debate about whether Philippe Pinel**

    a.   was the first person to remove chains from mental patients in a French mental hospital.
    b.   was the first person to refute the idea of witchcraft as an explanation for abnormal behavior.
    c.   supported Mesmer's ideas of animal magnetism and hypnosis.
    d.   approved of the use of bleeding, beatings, and imprisonment for mental patients.

Difficulty: 1
Question ID: 2.1-44
Page Ref: 38
Topic: Humanitarian Reform
Skill: Factual
Answer: a. was the first person to remove chains from mental patients in a French mental hospital.

2.1-45. **Philippe Pinel**

    a.   believed that mental illness was due to possession by demons and exorcism was the only useful treatment.
    b.   believed that mental patients needed to choose rationality over insanity, so treatment was aimed at making their lives as patients uncomfortable.
    c.   believed that mental patients were ill and needed to be treated as such - with kindness and caring.
    d.   believed that mental illness was purely a physiological phenomena, and could only be treated by physical means such as bloodletting.

Difficulty: 1
Question ID: 2.1-45
Page Ref: 38
Topic: Humanitarian Reform
Skill: Factual
Answer: c. believed that mental patients were ill and needed to be treated as such - with kindness and caring.

2.1-46. **A contemporary of Pinel's in England who started a Quaker religious retreat for the mentally ill was**
    a.   John Wesley.
    b.   Benjamin Rush.
    c.   Dorothea Dix.
    d.   William Tuke.

Difficulty: 1
Question ID: 2.1-46
Page Ref: 38
Topic: Humanitarian Reform
Skill: Factual
Answer: d. William Tuke.

2.1-47. **Which of the following is credited with continuing the work of Pinel in the United States?**
a. John Wesley
b. Benjamin Rush
c. John Connolly
d. Samuel Hitch
Difficulty: 1
Question ID: 2.1-47
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
 Answer: b. Benjamin Rush

2.1-48. **Benjamin Rush is credited with all of the following EXCEPT**

a. signing the Declaration of Independence.
b. encouraging more humane treatment of the mentally ill.
c. taking a scientific approach to the study and treatment of mental disorders.
d. being the first American to organize a course in psychiatry.
Difficulty: 2
Question ID: 2.1-48
Page Ref: 39
Topic: Humanitarian Reform
Skill: Conceptual
 Answer: c. taking a scientific approach to the study and treatment of mental disorders.

2.1-49. **Benjamin Rush, who encouraged more humane treatment of the mentally ill in the United States, used as his principal remedies**
a. rest and talk.
b. bloodletting and the tranquilizer chair.
c. exorcism and purging.
d. the tranquilizer chair and relaxation.
Difficulty: 2
Question ID: 2.1-49
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
 Answer: b. bloodletting and the tranquilizer chair.

2.1-50. **Who is considered the founder of American psychiatry?**

    a.   William Tuke
    b.   Dorothea Dix
    c.   Benjamin Rush
    d.   Clifford Beers
Difficulty: 1
Question ID: 2.1-50
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
 Answer: c. Benjamin Rush

2.1-51. **The moral management treatment**

    a.   focused on the physiological problems that mental patient's supposedly had rather than their mental state.
    b.   focused on the symptoms that mental patient's had rather than on their moral character.
    c.   focused on warehousing and punishing mental patients, so that they would choose to become well.
    d.   focused on the moral and spiritual development of mental patients rather than their disorder.
Difficulty: 2
Question ID: 2.1-51
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
 Answer: d. focused on the moral and spiritual development of mental patients rather than their disorder.

2.1-52. **All of the following were likely to be part of moral treatment in the 1800s EXCEPT**
    a.   manual labor.
    b.   spiritual discussions.
    c.   character development.
    d.   antipsychotic medication.
Difficulty: 2
Question ID: 2.1-52
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
 Answer: d. antipsychotic medication.

2.1-53. **The level of success achieved with the use of moral management is surprising because**
a. most mental illnesses are not treatable.
b. the drugs used were usually inappropriate.
c. the majority of those hospitalized for mental illness were schizophrenic.
d. many patients suffered from syphillis that was, at the time, incurable.
Difficulty: 2
Question ID: 2.1-53
Page Ref: 39
Topic: Humanitarian Reform
Skill: Conceptual
Answer: d. many patients suffered from syphillis that was, at the time, incurable.

2.1-54. **Which of the following was a form of treatment that addressed a patient's social, individual, and occupational needs?**
a. Moral management
b. The treatments provided at the Geel Shrine
c. Anton Mesmer's approach to treating the mentally ill
d. The treatment started by the Nancy School
Difficulty: 1
Question ID: 2.1-54
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
Answer: a. Moral management

2.1-55. **Which of the following contributed to the virtual absence of moral management by the nineteenth century?**
a. The fact that it was rarely effective in treating the mentally ill
b. The shrinking of the size of most mental hospitals
c. Society's displeasure with the idea that mentally ill people were morally inferior
d. Advances in biomedical science
Difficulty: 1
Question ID: 2.1-55
Page Ref: 39-40
Topic: Humanitarian Reform
Skill: Factual
Answer: d. Advances in biomedical science

2.1-56. **Which of the following approaches to treatment focuses almost exclusively on physical well-being?**
a.   Moral management
b.   Mental hygiene
c.   Humanitarian
d.   Deinstitutionalization
Difficulty: 2
Question ID: 2.1-56
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
 Answer: b. Mental hygiene

2.1-57. **Which of the following was a consequence of the rise of the mental hygiene movement and the occurrence of biomedical advances?**
a.   The social and psychological environments of mental patients were ignored.
b.   Biological causes for most mental disorders were identified.
c.   Physical comfort was neglected.
d.   Most humanitarian gains were lost.
Difficulty: 2
Question ID: 2.1-57
Page Ref: 39-40
Topic: Humanitarian Reform
Skill: Conceptual
 Answer: a. The social and psychological environments of mental patients were ignored.

2.1-58. **The demise of moral management occurred for all of the following reasons EXCEPT**
a.   research showed that it had never been effective.
b.   the rise of the moral hygiene movement put a focus on patient well-being.
c.   the rise of biological explanations diminished the importance of the social environment.
d.   hospital facilities got so large that it was difficult to maintain the staff-patient relationships necessary for moral management.
Difficulty: 1
Question ID: 2.1-598
Page Ref: 39-40
Topic: Humanitarian Reform
Skill: Factual
 Answer: a. research showed that it had never been effective.

2.1-59. **Dorothea Dix**

    a.   urged that religious conversion was a primary means of treatment for the mentally disturbed.
    b.   was a major impediment to the mental hygiene movement in this country.
    c.   was a leading force in the emphasis on finding biological cures for mental disorders.
    d.   is credited with establishing numerous humane mental hospitals in many countries.
Difficulty: 1
Question ID: 2.1-59
Page Ref: 40
Topic: Humanitarian Reform
Skill: Factual
Answer: d. is credited with establishing numerous humane mental hospitals in many countries.

2.1-60. **Which one of the following increased the availability of treatment for the mentally ill in the United States?**
    a.   Dorothea Dix
    b.   Benjamin Rush
    c.   Emil Kraepelin
    d.   Philippe Pinel
Difficulty: 1
Question ID: 2.1-60
Page Ref: 40
Topic: Humanitarian Reform
Skill: Applied
Answer: a. Dorothea Dix

2.1-61. **The work of Dorothea Dix has been criticized for**

    a.   interfering with the provision of moral therapy.
    b.   increasing the use of unproven treatment approaches.
    c.   popularizing humanitarian approaches.
    d.   preventing the development of biomedical approaches to mental illness.
Difficulty: 2
Question ID: 2.1-61
Page Ref: 40
Topic: Humanitarian Reform
Skill: Conceptual
Answer: a. interfering with the provision of moral therapy.

2.1-62. **In the early nineteenth century, psychiatrists were referred to as**

    a.   alienists.
    b.   lunatics.
    c.   soothsayers.
    d.   purgatists.
Difficulty: 1
Question ID: 2.1-62
Page Ref: 41
Topic: Nineteenth Century Views of the Causes and Treatment of Mental Disorders
Skill: Factual
 Answer: a. alienists.

2.1-63. **Imagine that it is 1885. A man complains of "shattered nerves." He is lacking in energy and shows low mood. Physicians specializing in mental conditions (alienists) would likely consider this person**
    a.   a morally deficient individual.
    b.   as suffering from neurasthenia.
    c.   as suffering from hysteria.
    d.   as untreatable because the condition was biological.
Difficulty: 2
Question ID: 2.1-63
Page Ref: 41
Topic: Nineteenth Century Views of the Causes and Treatment of Mental Disorders
Skill: Applied
 Answer: b. as suffering from neurasthenia.

2.1-64. **During the late nineteenth century, alienists**

    a.   focused on removing evil demons from the psyche.
    b.   employed techniques such as drugging, restraint, and bleeding.
    c.   did not view mental illnesses as treatable.
    d.   incorporated moral management therapy into treatments.
Difficulty: 3
Question ID: 2.1-64
Page Ref: 41
Topic: Nineteenth Century Views of the Causes and Treatment of Mental Disorders
Skill: Factual
 Answer: d. incorporated moral management therapy into treatments.

2.1-65. **The "neurasthenia" recognized in the 1800s resembles today's diagnosis of**

    a.   anxiety.
    b.   schizophrenia.
    c.   bipolar disorder.
    d.   depression.
Difficulty: 2
Question ID: 2.1-65
Page Ref: 41
Topic: Nineteenth Century Views of the Causes and Treatment of Mental Disorders
Skill: Applied
 Answer: d. depression.

2.1-66. **By the end of the nineteenth century**

    a.   effective treatments had been developed for many forms of mental illness.
    b.   little was known about most mental illnesses.
    c.   asylums were recognized as humanitarian institutions that served an important function.
    d.   most mental hospitals effectively addressed the physical needs of patients, but ignored other needs.
Difficulty: 2
Question ID: 2.1-66
Page Ref: 41-42
Topic: Changing Attitudes Toward Mental Health in the Early 20th Century
Skill: Conceptual
 Answer: b. little was known about most mental illnesses.

2.1-67. **All of the following are credited with emphasizing the link between brain pathology and mental illness EXCEPT**
    a.   Dix.
    b.   Griesinger.
    c.   Alzheimer.
    d.   Kraepelin.
Difficulty: 2
Question ID: 2.1-67
Page Ref: 46-47
Topic: Biological Discoveries: Establishing the Link
Skill: Factual
 Answer: a. Dix.

2.1-68. **At the start of the twentieth century in America, public attitudes toward the mentally ill**
   a. had become enlightened and humane.
   b. associated mental disorder with "tainted genes" and divine retribution.
   c. had become a conviction that the mentally ill were incurable and should be executed or jailed for the rest of their lives.
   d. were characterized by fear, horror, and ignorance.
   Difficulty: 1
   Question ID: 2.1-68
   Page Ref: 41-42
   Topic: Changing Attitudes Toward Mental Health in the Early 20th Century
   Skill: Conceptual
   Answer: d. were characterized by fear, horror, and ignorance.

2.1-69. **What is Clifford Beers known for?**

   a. He developed the first effective antidepressant.
   b. His efforts lead to the establishment of over thirty mental hospitals.
   c. He vigorously rejected the Victorian idea that sexual fantasies caused mental disorders.
   d. He publicized the brutal treatment that many mental patients received.
   Difficulty: 1
   Question ID: 2.1-69
   Page Ref: 42
   Topic: Changing Attitudes Toward Mental Health in the Early 20th Century
   Skill: Factual
   Answer: d. He publicized the brutal treatment that many mental patients received.

2.1-70. **During the early twentieth century,**

   a. more asylums and mental hospitals were established.
   b. most of the institutionalized mentally ill received moral therapy.
   c. hospital stays tended to be brief.
   d. housed very few people.
   Difficulty: 1
   Question ID: 2.1-70
   Page Ref: 42
   Topic: Mental Hospital Care in the 20th Century
   Skill: Factual
   Answer: a. more asylums and mental hospitals were established.

2.1-71. **During the first half of the twentieth century, mental hospital care would best be characterized as**
a. effective.
b. humane.
c. moral.
d. punitive.
Difficulty: 1
Question ID: 2.1-71
Page Ref: 42
Topic: Mental Hospital Care in the 20th Century
Skill: Factual
 Answer: d. punitive.

2.1-72. **Which of the following served to publicize the plight of the mentally ill in the mid 1940s?**
a. The publication of "A Mind That Found Itself"
b. The publication of "The Snake Pit"
c. The research funded by the National Institutes of Mental Health
d. The passage of the Community Health Services act
Difficulty: 1
Question ID: 2.1-72
Page Ref: 42
Topic: Mental Hospital Care in the 20th Century
Skill: Applied
 Answer: b. The publication of "The Snake Pit"

2.1-73. **The Hill-Burton Act**

a. ended the moral hygiene movement.
b. contributed to the practice of warehousing the mentally ill.
c. provided funding for mental health treatment in the community.
d. legislated the creation of 50% more inpatient facilities for the mentally ill.
Difficulty: 2
Question ID: 2.1-73
Page Ref: 42
Topic: Mental Hospital Care in the 20th Century
Skill: Applied
 Answer: c. provided funding for mental health treatment in the community.

2.1-74. **Which of the following occurred in the late twentieth century?**

a. The establishment of large inpatient facilities for the mentally ill
b. A movement of the mentally ill from institutions to the community
c. Dramatic increases in the cost of caring for the mentally ill
d. The inpatient mentally ill population doubled
Difficulty: 1
Question ID: 2.1-74
Page Ref: 43-44
Topic: Mental Hospital Care in the 20th Century
Skill: Factual
 Answer: b. a movement of the mentally ill from institutions to the community

2.1-75. **Medications for psychological disorders**

    a.   were first used centuries ago.
    b.   were first used only recently.
    c.   still currently use some ancient ingredients, such as "mummy powder."
    d.   made the search for the causes of disorders more difficult.
Difficulty: 1
Question ID: 2.1-75
Page Ref: 44
Topic: Mental Hospital Care in the 20th Century
Skill: Factual
 Answer: a. were first used centuries ago.

2.1-76. **The rationale behind deinstitutionalization was**

    a.   a belief that physicians could better medicate and give physical treatment to patients in their own homes.
    b.   a concern that prolonged hospitalization could keep patients from being able to adjust to and function in the outside world.
    c.   a belief that most mental patients were faking and would cease to do so if they weren't "rewarded" by allowing them to stay in the hospital.
    d.   a concern that mental hospitals were such unpleasant places that for mental patients, living on their own could only be better.
Difficulty: 2
Question ID: 2.1-76
Page Ref: 44-45
Topic: Mental Hospital Care in the 20th Century
Skill: Conceptual
 Answer: b. a concern that prolonged hospitalization could keep patients from being able to adjust to and function in the outside world.

2.1-77. **All of the following are reasons for the growth of the deinstitutionalization movement EXCEPT**
    a.   a desire to involve the family in the care of the mentally ill.
    b.   it was thought to be more humane.
    c.   the belief that new medications might allow patients to successfully return to their former lives.
    d.   it was thought to be more cost effective.
Difficulty: 2
Question ID: 2.1-77
Page Ref: 44-45
Topic: Mental Hospital Care in the 20th Century
Skill: Applied
 Answer: a. a desire to involve the family in the care of the mentally ill.

2.1-78. **All of the following were effects of the deinstitutionalization movement EXCEPT that**
   a.   a large number of psychiatric hospitals were closed.
   b.   mental hospital populations declined.
   c.   most of the services once offered on an inpatient basis were available at community health centers.
   d.   some of those released would have been better off remaining hospitalized.
   Difficulty: 3
   Question ID: 2.1-79
   Page Ref: 44-45
   Topic: Mental Hospital Care in the 20th Century
   Skill: Applied
   Answer: c. most of the services once offered on an inpatient basis were available at community health centers.

2.1-79. **The insanity associated with general paresis**

   a.   has no known physical cause.
   b.   is caused by excessive alcohol consumption.
   c.   is seen only in the aging who have compromised health.
   d.   results from an infection of the brain.
   Difficulty: 2
   Question ID: 2.1-79
   Page Ref: 46
   Topic: Biological Discoveries: Establishing the Link
   Skill: Applied
   Answer: d. results from an infection of the brain.

2.1-80. **Why was malarial therapy effective in treating general paresis?**

   a.   The fever that was induced killed off the cause of the observed symptoms.
   b.   General paresis was caused by malaria, and malarial therapy triggered an immune response that destroyed the existing infection.
   c.   Malarial therapy prevented the syphilis spirochetes from entering the brain.
   d.   There is no know treatment for general paresis.
   Difficulty: 1
   Question ID: 2.1-80
   Page Ref: 46
   Topic: Biological Discoveries: Establishing the Link
   Skill: Applied
   Answer: a. The fever that was induced killed off the cause of the observed symptoms.

2.1-81. **Which of the following is recognized as a major biomedical breakthrough in psychopathology because it established the link between mental and physical illnesses?**
a. the discovery of the cause and later a cure for general paresis (syphilitic insanity)
b. the discovery of penicillin as a cure for syphilis
c. the development of electroshock therapy for general paresis (syphilitic insanity)
d. the discovery that brain injuries could be associated with mental disorders
Difficulty: 1
Question ID: 2.1-81
Page Ref: 46
Topic: Biological Discoveries: Establishing the Link
Skill: Factual
Answer: a. the discovery of the cause and later a cure for general paresis (syphilitic insanity)

2.1-82. **The use of malarial fever to treat paresis**

a. is an example of the barbaric treatment that mental patients received at the beginning of the twentieth century.
b. proved to be so ineffectual that many professionals abandoned the biological explanation of mental disorders.
c. represented the first clear-cut defeat of a mental disorder by medicine.
d. was the first time scientists used knowledge of brain chemistry to develop specific drugs for treating mental disorder.
Difficulty: 2
Question ID: 2.1-82
Page Ref: 46
Topic: Biological Discoveries: Establishing the Link
Skill: Conceptual
Answer: c. represented the first clear-cut defeat of a mental disorder by medicine.

2.1-83. **Which one of the following is credited with developing a classification system for mental disorders?**
a. Dix
b. Pinel
c. Alzheimer
d. Kraepelin
Difficulty: 2
Question ID: 2.1-83
Page Ref: 47
Topic: The Development of a Classification System
Skill: Factual
Answer: d. Kraepelin

2.1-84. **Kraepelin is credited with**

    a.   discovering that penicillin was an effective treatment for malaria.
    b.   determining the cause of senile dementia.
    c.   identifying different types of mental disorders.
    d.   writing the first edition of the DSM.
Difficulty: 1
Question ID: 2.1-84
Page Ref: 47
Topic: The Development of a Classification System
Skill: Factual
 Answer: c. identifying different types of mental disorders.

2.1-85. **The first classification of mental disorders involved**

    a.   identifying the biological causes of the disorders, so a person could be tested for them.
    b.   understanding the theoretical descriptions of different disorders.
    c.   recognizing symptoms that occurred together often enough to be regarded as a type of mental disorder.
    d.   identifying the types of thoughts that people with different mental illnesses tended to have.
Difficulty: 1
Question ID: 2.1-85
Page Ref: 47
Topic: The Development of a Classification System
Skill: Factual
 Answer: c. recognizing symptoms that occurred together often enough to be regarded as a type of mental disorder.

2.1-86. **The ancestral roots of what we now know as psychoanalysis can be traced back to**

    a.   the study of hypnosis.
    b.   early beliefs in demonology and possession.
    c.   the discovery of the cause of general paresis.
    d.   Dorothea Dix.
Difficulty: 1
Question ID: 2.1-86
Page Ref: 47
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
 Answer: a. the study of hypnosis.

2.1-87. **Mesmer was a proponent of**

    a.   humanitarianism.
    b.   community mental health clinics.
    c.   the mental hygiene movement.
    d.   the power of animal magnetism.
Difficulty: 1
Question ID: 2.1-87
Page Ref: 47-48
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
 Answer: d. the power of animal magnetism.

2.1-88. **"All people have a certain amount of magnetic fluid. When the fluid is poorly distributed in the body it causes illness. The planets and the magnetic forces in other people can redistribute magnetism and produce cures." Who was most likely to say something like this?**
    a.   a young Sigmund Freud
    b.   Emil Kraepelin
    c.   Jean Charcot
    d.   Franz Mesmer
Difficulty: 1
Question ID: 2.1-88
Page Ref: 47-48
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Applied
 Answer: d. Franz Mesmer

2.1-89. **Who is credited with making the first major steps toward understanding the psychological factors involved in mental illness?**
    a.   Alois Alzheimer
    b.   Wilhelm Griesinger
    c.   Clifford Beers
    d.   Sigmund Freud
Difficulty: 1
Question ID: 2.1-89
Page Ref: 47
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
 Answer: d. Sigmund Freud

2.1-90. **The study of hypnosis and its relationship to hysteria was the starting point for**

    a.   the medical model.
    b.   the biological classification of mental disorders.
    c.   psychoanalysis.
    d.   the mental hygiene movement.
Difficulty: 1
Question ID: 2.1-90
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
 Answer: c. psychoanalysis.

2.1-91. **The physicians of the Nancy School**

    a.   opposed the use of hypnotism.
    b.   demonstrated the power of suggestion.
    c.   found that hypnotism was not effective in the treatment of any mental illnesses.
    d.   believed that hysteria was the result of brain degeneration.
Difficulty: 1
Question ID: 2.1-91
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Applied
 Answer: b. demonstrated the power of suggestion.

2.1-92. **The Nancy School**

    a.   advanced the recognition that psychological factors were involved in the development of mental disorders.
    b.   furthered our understanding of the role of biological factors in the development of mental illness.
    c.   fell out of favor when the evidence supporting the views of Charcot accumulated.
    d.   failed to recognize that most forms of psychopathology are incurable.
Difficulty: 1
Question ID: 2.1-92
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
 Answer: a. advanced the recognition that psychological factors were involved in the development of mental disorders.

2.1-93. **The Nancy School/Charcot debate is best described as one that focuses on**

    a. biology vs genes.
    b. learning vs nurture.
    c. drugs vs surgery.
    d. psychology vs biology.
Difficulty: 1
Question ID: 2.1-93
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Applied
Answer: d. psychology vs biology.

2.1-94. **In 1893, Breuer and Freud published a paper on hysteria. In it they announced that**
    a. unconscious factors can determine behavior and produce mental disorders.
    b. hysteria was caused by hypnosis.
    c. hysteria and hypnosis were both the result of neurological abnormalities.
    d. many forms of mental disorder are the conscious result of seeking attention from others.
Difficulty: 1
Question ID: 2.1-95
Page Ref: 48
Topic: The Beginnings of Psychoanalysis
Skill: Factual
Answer: a. unconscious factors can determine behavior and produce mental disorders.

2.1-95. **Freud is the first to describe the _____: that the mind could contain information of which it is unaware, but by which it is still affected.**
    a. catharsis
    b. unconscious
    c. hysteria
    d. operant conditioning
Difficulty: 1
Question ID: 2.1-95
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
Answer: b. unconscious

2.1-96. **A catharsis is**

    a.   a type of hypnosis.
    b.   an emotional release.
    c.   the part of the brain where the unconscious exists.
    d.   a type of hysteria.
Difficulty: 1
Question ID: 2.1-96
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Factual
 Answer: b. an emotional release.

2.1-97. **Free association and dream analysis**

    a.   are techniques typically used in hypnotized subjects.
    b.   provide insight into the workings of the unconscious.
    c.   were developed in the early 1800s.
    d.   have been used extensively in behavioral therapy.
Difficulty: 1
Question ID: 2.1-97
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder/The Beginnings of Psychoanalysis
Skill: Applied
 Answer: b. provide insight into the workings of the unconscious.

2.1-98. **Who established the first experimental psychology laboratory?**

    a.   Wundt
    b.   Watson
    c.   Freud
    d.   Kraepelin
Difficulty: 1
Question ID: 2.1-98
Page Ref: 50
Topic: The Evolution of the Psychological Research Tradition: Experimental Psychology
Skill: Factual
 Answer: a. Wundt

2.1-99. **Witmer is credited with**

    a.   establishing psychology as a field in the United States.
    b.   bringing psychoanalysis to the United States.
    c.   writing the first psychology text.
    d.   being the founder of clinical psychology.

Difficulty: 1
Question ID: 2.1-99
Page Ref: 50
Topic: The Evolution of the Psychological Research Tradition:Experimental
                Psychology
Skill: Factual
 Answer: d. being the founder of clinical psychology.

2.1-100. **Behaviorism was**

    a.   a reaction to what the behaviorists perceived as a lack of scientific rigor in
        psychoanalysis.
    b.   a reaction to the lack of moral and spiritual factors in most theories at the time.
    c.   an attempt to focus on the thinking styles of people with mental illness.
    d.   a spin-off theory that elaborated on the psychoanalytic viewpoint.
Difficulty: 1
Question ID: 2.1-100
Page Ref: 50
Topic: The Evolution of the Psychological Research Tradition: Experimental
                Psychology
Skill: Applied
 Answer: a. a reaction to what the behaviorists perceived as a lack of scientific rigor in psychoanalysis.

2.1-101. **A behavioral psychologist would be most likely to use**

    a.   hypnotism.
    b.   observational techniques.
    c.   free association.
    d.   dream analysis.
Difficulty: 1
Question ID: 2.1-101
Page Ref: 51
Topic: The Evolution of the Psychological Research Tradition: Experimental
                Psychology
Skill: Applied
 Answer: b. observational techniques.

2.1-102. **A psychologist who takes a behavioral perspective would focus on**

    a.   learning.
    b.   early experiences.
    c.   unconscious conflicts.
    d.   the role of behavioral factors.
Difficulty: 1
Question ID: 2.1-102
Page Ref: 50-51
Topic: The Evolution of the Psychological Research Tradition: Experimental
                Psychology
Skill: Applied
 Answer: a. learning.

2.1-103. **Who is considered to be the "father" of behaviorism?**

    a.   Pavlov
    b.   Freud
    c.   Wundt
    d.   Watson
Difficulty: 2
Question ID: 2.1-103
Page Ref: 51
Topic: The Evolution of the Psychological Research Tradition: Experimental
                Psychology
Skill: Factual
 Answer: d. Watson

2.1-104. **The central principle of classical conditioning is that**

    a.   after repeated pairings with a stimulus that naturally causes a response, a neutral
        stimulus will cause a similar response.
    b.   we repeat those actions that we see others engage in.
    c.   the consequences of behavior influence its likelihood of being repeated.
    d.   the interaction of genetics and social factors best explains human behavior.
Difficulty: 2
Question ID: 2.1-104
Page Ref: 49
Topic: The Evolution of the Psychological Research Tradition: Experimental
                Psychology
Skill: Conceptual
 Answer: a. after repeated pairings with a stimulus that naturally causes a response, a
 neutral stimulus will cause a similar response.

2.1-105. **The role of learning is the central theme in**

    a. Breuer's approach to treating people with mental disorders.
    b. Wundt's approach to psychological research.
    c. the psychoanalytic approach.
    d. the behavioral perspective.
Difficulty: 1
Question ID: 2.1-105
Page Ref: 50-51
Topic: The Evolutions of the Psychological Research Tradition: Experimental Psychology
Skill: Conceptual
 Answer: d. the behavioral perspective.

2.1-106. **Both _____ and _____ studied the effects of consequences on the occurrence of behaviors.**
    a. Skinner; Pavlov
    b. Pavlov; Thorndike
    c. Thorndike; Skinner
    d. Pavlov; Freud
Difficulty: 1
Question ID: 2.1-106
Page Ref: 51-52
Topic: The Evolution of the Psychological Research Tradition: Experimental Psychology
Skill: Factual
 Answer: c. Thorndike; Skinner

2.1-107. **The central principle of operant conditioning is that**

    a. certain reflexes cause us to engage in habitual behavior.
    b. we repeat those actions that we see others engage in.
    c. the consequences of behavior influence its likelihood of being repeated.
    d. the interaction of genetics and social factors best explains human behavior.
Difficulty: 2
Question ID: 2.1-107
Page Ref: 51-52
Topic: The Evolution of the Psychological Research Tradition: Experimental Psychology
Skill: Conceptual
 Answer: c. the consequences of behavior influence its likelihood of being repeated.

Fill-in-the-Blank Questions

2.2-1. _____was the affliction in the Middle Ages in which people believed
themselves to be possessed by wolves.

Difficulty: 1
Question ID: 2.2-1
Page Ref: 34
Topic: Views of Abnormality During the Middle Ages
Skill: Factual
 Answer: Lycanthropy

2.2-2. _____ was the person who revolutionized moral management in the
treatment of mental patients in the late 1700s.

Difficulty: 2
Question ID: 2.2-2
Page Ref: 39
Topic: Toward Humanitarian Reform/Humanitarian Reform
Skill: Factual
 Answer: Benjamin Rush

2.2-3. _____is the process of moving mental patients from the hospital to
the community.

Difficulty: 1
Question ID: 2.2-3
Page Ref: 43
Topic: Mental Hospital Care in the 21st Century
Skill: Factual
 Answer: Deinstitutionalism

2.2-4. **The surgical procedure used by physicians that initially used an ice pick to treat
severe mental disorder is a _____ .**

Difficulty: 1
Question ID: 2.2-4
Page Ref: 46
Topic: Biological Discoveries:Establishing the Link Between the Brain and
                  Mental Disorder
Skill: Factual
 Answer: lobotomy

Short Answer Questions

2.3-1. **What was the most common explanation for abnormal behavior among many ancient peoples including the Chinese, Egyptians, Hebrews, and Greeks?**

    Difficulty: 1
    Question ID: 2.3-1
    Page Ref: 30
    Topic: Historical Views of Abnormal Behavior
    Skill: Factual
    Answer: The most common explanation was possession by a demon or a god.

2.3-2. **What is tarantism?**

    Difficulty: 1
    Question ID: 2.3-2
    Page Ref: 34
    Topic: Views of Abnormality During the Middle Ages
    Skill: Factual
    Answer: Tarantism is a form of "mass madness" characterized by wild dancing. The behavior seen was similar to early orgiastic rites, but came to be viewed as a consequence of having been bitten by a tarantula.

2.3-3. **How did people in the Middle Ages think that possession and mental illness were related?**

    Difficulty: 2
    Question ID: 2.3-3
    Page Ref: 34-35
    Topic: Views of Abnormality During the Middle Ages
    Skill: Conceptual
    Answer: People who experienced physical possession were mentally ill, those who experienced spiritual possession were witches.

2.3-4. **What was Bedlam?**

    Difficulty: 1
    Question ID: 2.3-4
    Page Ref: 36-37
    Topic: The Establishment of Early Asylums
    Skill: Factual
    Answer: Bedlam was an asylum in London that became well known for its deplorable conditions and practices. It was typical of many asylums of the sixteenth century that served primarily as storage facilities for the mentally ill.

2.3-5. **Who was Benjamin Rush?**

Difficulty: 1
Question ID: 2.3-5
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
Answer: Benjamin Rush is credited with encouraging the use of more humane treatment of the mentally ill in the United States. He was the first American to organize a course in psychiatry, and, although some of his practices may have been less than humane, he is recognized as a transitional figure between the poor treatment of the old era and the humane approaches of the new.

2.3-6. **What was moral management?**

Difficulty: 1
Question ID: 2.3-6
Page Ref: 39
Topic: Humanitarian Reform
Skill: Factual
Answer: Moral management was an approach to the care of the mentally ill that emerged in the early part of the period of humanitarian reform. It focused on addressing the patient's social, individual, and occupational needs.

2.3-7. **What contributions did Dorothea Dix make to the treatment of the mentally ill?**

Difficulty: 1
Question ID: 2.3-7
Page Ref: 40
Topic: Humanitarian Reform
Skill: Applied
Answer: Between 1841 and 1881 Dorothea Dix brought to light the inhuman treatment the mentally ill usually received and persuaded legislatures to fund the building of many mental hospitals. She is credited with improving conditions in American hospitals, establishing 32 mental hospitals, and fostering the growth of the mental hygiene movement in the United States.

2.3-8. **Who was Clifford Beers?**

Difficulty: 2
Question ID: 2.3-8
Page Ref: 42
Topic: Changing Attitudes Toward Mental Health in the Early 20th Century
Skill: Factual
Answer: A former mental patient who wrote about his experiences in the institutions of his time. He helped change the attitude about the mentally ill and their treatment.

2.3-9. **What is the current attitude about hospitalization of the mentally ill?**

Difficulty: 2
Question ID: 2.3-9
Page Ref: 45
Topic: Mental Hospital Care in the 20th Century
Skill: Conceptual
Answer: It is preferable to treat people in the community, and treatment should be deinstitutionalized, although it is not the perfect solution it was once thought to be.

2.3-10. **Why was the discovery of the malarial treatment for general paresis important?**

Difficulty: 2
Question ID: 2.3-10
Page Ref: 46
Topic: Biological Discoveries: Establishing the Link
Skill: Conceptual
Answer: It was the first scientifically demonstrated connection between a mental illness and brain pathology.

2.3-11. **Who was Emil Kraepelin?**

Difficulty: 2
Question ID: 2.3-11
Page Ref: 47
Topic: The Development of a Classification System
Skill: Factual
Answer: The first to recognized that certain symptoms occurred regularly together and to begin the classification of mental disorders.

2.3-12. **What contribution to our thinking about abnormal behavior did Freud and Breuer make?**

Difficulty: 1
Question ID: 2.3-12
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Applied
Answer: They made the discovery of the unconscious and argued that processes outside the person's awareness could help determine behavior. They showed that emotional tensions that patients were not aware of could cause hysteria.

2.3-13. **Who was Wilhelm Wundt?**

    Difficulty: 1
    Question ID: 2.3-13
    Page Ref: 50
    Topic: The Evolution of the Psychological Research Tradition: Experimental
                 Psychology
    Skill: Factual
   Answer: The man who established the first experimental psychology laboratory.

2.3-14. **What is the central theme of the behavioral perspective?**

    Difficulty: 2
    Question ID: 2.3-14
    Page Ref: 50-51
    Topic: The Evolution of the Psychological Research Tradition: Experimental
                 Psychology
    Skill: Conceptual
   Answer: The role of learning in human behavior.

 Essay Questions

2.4-1. **Abnormal behavior often has been attributed to the influence of supernatural
     forces. Describe how these forces were used to explain abnormal behavior during
     various time periods and the treatments that resulted.**

    Difficulty: 2
    Question ID: 2.4-1
    Page Ref: 30, 34-35
    Topic: Historical Views of Abnormal Behavior
    Skill: Factual
   Answer: Early writings of the Egyptians, Chinese, Hebrews, and Greeks show they
   attributed such behavior to possession by a demon or god. This was treated by exorcism.
   In the Middle Ages, the clergy were largely responsible for treatment because
   possession was considered causal. In fifteenth- and sixteenth-century Europe, witchcraft
   became another related explanation for which torture, burning, and other such methods
   were used. Recent historical analyses, however, suggest that the mentally ill may not
   have been taken to be witches, as was often once thought. Even in contemporary culture,
   one can find those who believe that supernatural forces cause psychological problems.
   Exorcisms are still occasionally practiced. GRADING RUBRIC - 10 points total, 5
   points each for a discussion of the use of supernatural explanations during two different
   time periods.

2.4-2. **What was moral management? What caused its near abandonment in the second part of the nineteenth century?**

Difficulty: 2
Question ID: 2.4-2
Page Ref: 39-40
Topic: Humanitarian Reform
Skill: Factual
Answer: Moral management was a broad treatment that included a patient's social, individual, and occupational needs. The moral and spiritual development of patients was a focus. More emphasis was placed on patients' character than on their disorder. Typical treatments were spiritual discussion and manual labor. It was surprisingly effective. It was abandoned because of changing attitudes toward the mentally ill and the increasing size of hospitals. The mental hygiene movement and advances in biomedical science also contributed to its decrease in popularity. The focus on physical and biological explanations and care meant that other factors in a patient's life were considered irrelevant. GRADING RUBRIC - 10 points total, 5 for each part of the question.

2.4-3. **Explain how the link between the brain and mental disorders was first established.**

Difficulty: 2
Question ID: 2.4-3
Page Ref: 46
Topic: Biological Discoveries: Establishing the Link
Skill: Applied
Answer: While Hippocrates and others had long proposed that mental disorders had some physical cause, it was not until the 1800s that a clear link between a physical disease process and mental illness was established. This finding then paved the way for further exploration of how brain malfunctions could result in mental illness. General paresis was an illness that produced paralysis, insanity, and, typically, death within two to five years. This mental illness was recognized as a specific type of mental disorder in 1825. Thus, it was recognized as a unique disorder, and attempts could then be made to treat it. It was eventually recognized that this illness was caused by syphilis. This is the first documented link between an identifiable brain infection and mental illness. With this finding, and the rising influence of modern experimental science, the investigation of brain pathology as the cause of mental illness began in earnest.

2.4-4. **What was the dispute between Charcot and the Nancy School? Why is this significant?**

Difficulty: 2
Question ID: 2.4-4
Page Ref: 49
Topic: Development of the Psychological Basis of Mental Disorder
Skill: Conceptual
 Answer: The Nancy School, named for the town of Nancy in France, refers to a group of physicians who believed that hysteria was a form of self-hypnosis. In other words, they believed that hysteria had a psychological cause. They came to this conclusion as it was observed that the symptoms of hysteria could be both produced and removed by means of hypnosis. Charcot, a neurologist, had not been able to replicate the findings of the Nancy School and argued that degenerative brain changes led to hysteria. The dispute between Charcot and the Nancy School was a debate about what the nature of the cause of hysteria was, biological or psychological. In the end, the view of the Nancy School was accepted. This is said to represent the first recognition of a psychologically caused mental disorder. GRADING RUBRIC - 10 points total, 4 points for stating the dispute, 2 points for explaining why it developed, 4 points for explaining its significance.

2.4-5. **Describe classical conditioning.**

Difficulty: 2
Question ID: 2.4-5
Page Ref: 51
Topic: The Evolution of the Psychological Research Tradition: Experimental Psychology/Behavioral Perspective
Skill: Factual
 Answer: Classical conditioning is a form of learning in which a neutral stimulus is paired repeatedly with an unconditioned stimululs. After repeated pairings, the neutral stimulus becomes a conditioned stimulus that elicits a conditioned response.