CHAPTER TWO: THE DEVELOPMENT AND PRACTICE OF COMMUNITY PSYCHOLOGY

TEST BANK

MULTIPLE CHOICE QUESTIONS

1. Which characteristics of mid-century U.S. psychology led some psychologists to look for new models to conduct research and interventions, thereby creating the field of community psychology?
   I. Lack of emphasis on political issues
   II. Overly individualistic focus
   III. Limited interest in cultural understandings of behavior
   IV. Poor empirical basis for claims

   a. I and II
   b. I, III, and IV
   c. II and III
   d. All four

   [c., p. 38]

2. Dewey and Lewin defined psychology as the study of how individuals are related to…
   a. One another.
   b. Their sociocultural environment.
   c. Their past experiences.
   d. None of the above

   [b., p. 39]

3. An impact of Western cultural assumptions on the science of psychology is seen in psychology's emphasis on ____ .
   a. independence
   b. interdependence
   c. internal locus of control
   d. both 'a' and 'c'

   [d., p. 40]

4. The impact of individualism on the discipline of psychology can be seen in its emphasis on ____ .
   a. individual differences in testing

b. individual psychotherapy
c. both ‘a’ and ‘b’
d. interdependence

[c., pp. 39-41]

5. Gergen suggested that strong self-esteem and a concern with internal control, prized in Western cultures and psychology, may be seen in other cultures as ____ .
a. too much concern with oneself
b. interdependence or cooperation
c. solidarity with others
d. all of the above are correct

[a., p. 40]

6. The Western psychological distinction between an internal and an external locus of control may not apply in a culture in which individuals assume that ____ .
a. independent decisions are very important
b. cooperation is needed to control events
c. only external factors control their lives
d. only internal factors control their lives

[b., p. 40-41]

7. Which of the following is a limitation of Western psychology?
a. its emphasis on personal independence
b. its emphasis on cooperation and interdependence
c. its individualism in theory and practice
d. both ‘a’ and ‘c’

[d., pp. 40-41]

8. Factors leading to the emergence of community psychology in the mid-20th-century in the U.S. were interest in group dynamics and action research, social movements, and ____ .
a. changes in the mental health system
b. the influence of the War on Drugs
c. a preventive perspective on mental health
d. both ‘a’ and ‘c’

[d., pp. 41-50]

9. Factors leading to the emergence of community psychology in the mid-20th-century in the U.S. were changes in mental health services, and ____ .
a. social movements
b. the influence of the War on Drugs
c. interest in group dynamics and action research
d. both ‘a’ and ‘c’

[d., pp. 41-50]

10. Community psychology's development benefitted when large-scale governmental interventions In the 1930s and 1940s, such as the New Deal and GI Bill, were seen as being…
    a. Effective and helpful.
    b. Unnecessary and excessive.
    c. Insufficient.
    d. Both 'a' and 'c'

    [a., p. 41]

11. Social factors in mental disorder, early intervention after life crises, and community based services and resources, all were emphasized by ____ .
    a. a preventive perspective on mental health
    b. results of group dynamics research
    c. Veterans Administration clinical services
    d. social movements of the 1960's

    [a., pp. 42-43]

12. How did the Veterans Administration influence clinical psychology?
    a. it led to a focus on treating men
    b. it led to a rapid expansion of clinical psychology
    c. it helped lead to a focus on individual treatment
    d. all of the above

    [d., p. 43]

13. A program that placed men with mental disorders in a community residence where they governed and supported themselves.
    a. Community Lodge
    b. Wellesley Human Relations Service
    c. Yale Psycho-Educational Clinic
    d. Community Mental Health Center

    [a., pp. 46-47]

14. An influential program originated by Erich Lindemann that emphasized how communities, not just mental health professionals, could help persons and families deal with life crises and changes, thus preventing more serious psychological problems.
    a. Community Lodge
    b. Wellesley Human Relations Service
    c. Yale Psycho-Educational Clinic
    d. Community Mental Health Centers Act

    [b., pp. 46-47]

15. Two influential early settings in community psychology that emphasized working with schools.
    a. Community Lodge, Yale Psycho-Educational Clinic
    b. Wellesley Human Relations Service, Primary Mental Health Project
    c. Yale Psycho-Educational Clinic, Primary Mental Health Project
    d. Community Lodge, Wellesley Human Relations Service

    [c., pp. 43-47]

16. An influential setting that sought to understand the "culture" of U.S. schools and how they could be designed for more productive learning.
    a. Community Lodge
    b. Wellesley Human Relations Service
    c. Yale Psycho-Educational Clinic
    d. National Training Laboratories

    [c., pp. 43-47]

17. In a landmark study of mental health needs and services, what did Albee (1959) conclude?
    a. extensive funding could train enough professionals to treat all persons who need help
    b. there would never be enough money or professionals to treat all who need help
    c. professionals should be trained in medical schools
    d. community mental health centers would provide treatment for all who needed it

    [b., p. 44]

18. Marie Jahoda's primary contribution to the emergence of community psychology was ____ .
    a. concepts of positive mental health
    b. an ecological model of problems in living
    c. involvement in the Yale Psycho-Educational Clinic
    d. involvement in the Wellesley Human Relations Service

    [a., p. 44]

19. The Community Mental Health Centers Act in 1963 reflected which factor below in the emergence of U.S. community psychology?
    a. group psychotherapy and action research
    b. social movements of the 1960's
    c. reforms in the mental health system
    d. the War on Poverty

    [c., p. 45]

20. Psychological interest in group dynamics and action research, led by Kurt Lewin, was a ____ .
    a. result of the Community Lodge
    b. result of social movements of the 1960's
    c. result of the Swampscott conference
    d. mid-20th century influence on community psychology

[d., pp. 45-46]

21. Among the influences on the emergence of community psychology below, which was NOT primarily concerned with clinical psychology or mental health?
    a. group dynamics and action research
    b. Wellesley Human Relations Service
    c. Swampscott Conference
    d. Community Lodge

    [a., pp. 45-46]

22. An influential early program in schools that used Child Associates to assist children with academic and behavioral problems.
    a. Community Lodge
    b. Wellesley Human Relations Service
    c. Yale Psycho-Educational Clinic
    d. Primary Mental Health Project

    [d., pp. 47]

23. You are director of a mental health agency that is having problems: many of your clients with mental disorders relapse quickly after they leave the hospital to live individually in the community. You are visited in a dream by the spirit of George Fairweather, who tells you about his work with the Community Lodge. Which statement below is most likely Fairweather's?
    a. Persons with mental disorders need 24-hour supervision by mental health professionals.
    b. Persons with mental disorders can live together in the community and govern themselves.
    c. Your clients need more medication.
    d. Develop crisis intervention services, as we did after the Coconut Grove fire.

    [b., pp, 46-47]

24. You are a harried fourth-grade teacher with a number of students who have academic, emotional, or behavioral problems that interfere with their learning and disrupt the class. You are visited in a dream by the spirit of Emory Cowen, who tells you about his work with the Primary Mental Health Project in schools. Which statement below is most likely Cowen's?
    a. Crisis intervention and brief professional counseling is what these students need.
    b. Most of these students need in-depth psychotherapy.
    c. Adults working as "child associates" in your class can really help your students.
    d. These students require special education classes.

    [c., p. 47]

25. You are the new director of a local mental health clinic, and will be speaking tomorrow to a meeting of local community leaders. You plan to tell them about all the things that your clinic can do for citizens of their town. You are visited in a dream by the spirit of Erich Lindemann, who tells you about his work with the Wellesley Human Relations Service. Which statement below is most likely Lindemann's?
    a. You need to learn from them, and how they can help citizens handle problems in living.

b. Concentrate on schools and how they might provide better environments for learning.
c. Emphasize the need for more mental health professionals and funding.
d. Crisis intervention will not work in the long run.

[a., p. 46]

26. Which factor below was a similarity of community psychology and social movements of the 1960's?
    a. focus on mental health issues and reforms
    b. challenging unequal power relationships
    c. linking action at national and local levels
    d. both 'b' and 'c'

    [d., pp. 48]

27. Which idea below was a similarity of community psychology and the feminist movements of the 1960's?
    a. social contexts strongly influence personal choices
    b. a focus on peer support groups and on macrosystems
    c. neither of the above
    d. both of the above

    [d., p. 49]

28. What was an underlying factor in the emergence of community psychology in mid-20th-century U.S. society?
    a. pessimism about solutions to social problems.
    b. optimism about solutions to social problems.
    c. social science research that solved social problems.
    d. the rise of group psychotherapy and action research.

    [b. pp. 49-50]

29. The conference of psychologists at which the ideas of community psychology and the *participant-conceptualizer* role were first defined.
    a. Austin
    b. Chicago
    c. Swampscott
    d. Stanford

    [c., pp. 50-51]

30. As community psychology developed, which of the following was NOT proposed as an area of focus for the field?
    a. Mental health treatment
    b. Prevention
    c. An ecological perspective
    d. Psychological sense of community

e. Core values

[a., p.51-52]

31. In the Levine and Levine hypothesis about historical cycles, in ***conservative*** times, what explanations of social problems are favored?
    a. environmental
    b. individual
    c. Fair Shares
    d. both “a” and “c”

    [b., pp. 54-55]

32. In the Levine and Levine hypothesis about historical cycles, in ***progressive*** times, what explanations of social problems are favored?
    a. environmental
    b. individual
    c. Fair Play
    d. both “b” and “c”

    [a., pp. 54-55]

33. The Levine and Levine hypothesis concerns
    a. historical cycles, progressive and conservative.
    b. popular explanations for social problems.
    c. both “a” and “b”
    d. empowerment and prevention.

    [c., pp. 54-55]

34. In the Levine and Levine hypothesis, which of the following are associated with each other?
    a. conservative times and individual theories of problems
    b. conservative times and environmental theories
    c. progressive times and individual theories
    d. both “b” and “c”

    [a., pp. 54-55]

35. When we ignore economic or political roots of problems such as poverty or homelessness, and focus instead on personal, family or cultural deficits, we are:
    a. blaming the victim.
    b. committing the context minimization error.
    c. using bottom-up reasoning.
    d. both ‘a’ and ‘b’

    [d., pp. 55-56 and 10]

36. The principle of *blaming the victim* highlights…

a. The value of personal effort in achieving success.
b. The equal opportunities available to all individuals.
c. That effectiveness of personal efforts are often limited by other factors.
d. The importance of considering problems individually, rather than collectively.

[c. p. 56]

37. The definition of equality that emphasizes fair competition for economic advancement, based on the assumption that all persons have an equal opportunity to succeed.
    a. Fair Play
    b. Fair Shares
    c. liberation
    d. both “a” and “c”

    [a., pp. 56-57]

38. The definition of equality that includes limiting accumulation of wealth or advantage so that all citizens have a minimum level of economic security.
    a. Fair Play
    b. Fair Shares
    c. individualism
    d. both “b” and “c”

    [b., pp. 56-57]

39. Ryan’s critique of victim-blaming can also be considered a criticism of:
    a. top-down approaches to social change.
    b. bottom-up approaches to social change.
    c. both ‘a’ and ‘b’
    d. the empowerment perspective.

    [a., pp. 55-58]

40. These approaches are based in the ideas and actions of people who have direct experience with a community problem.
    a. top-down
    b. bottom-up
    c. a preventive perspective
    d. all of the above

    [b., pp. 57-58]

41. These approaches are based in the ideas of professionals or community leaders, and reflect their assumptions, thus usually preserving the existing power structure.
    a. top-down
    b. bottom-up
    c. an empowerment perspective
    d. all of the above

[a., pp. 57-58]

42. Identifying truth even in opposing viewpoints, and questioning the commonly accepted view of a community problem, involves what Rappaport termed ____ .
    a. Fair Play
    b. the environmental focus of progressive times
    c. either/or reasoning
    d. divergent reasoning

    [d., pp. 58-59]

43. Divergent reasoning as Rappaport defined it involves ___ .
    a. either/or reasoning
    b. both/and reasoning
    c. Fair Play reasoning
    d. top-down approaches

    [b., pp. 58-59]

44. Which of the following is NOT a typical setting for a community psychologist to work?
    a. Social service agency
    b. Private policy organization
    c. Private therapy office
    d. Government department/institute

    [c., p. 61]

45. According to Stark, what skills are needed for community psychology?
    a. Design skills
    b. Action skills
    c. Social skills
    d. All of the above

    [d., p. 61-62]

46. In Latin America, the development of community social psychology was influenced by:
    a. community mental health and prevention.
    b. liberation movements and ideals.
    c. Freire's model of education for social transformation.
    d. both 'b' and 'c'

    [d., p. 64]

47. Around the world, community psychology has developed in all of the following ways EXCEPT
    a. Out of community mental health
    b. Through work with the criminal justice system
    c. Through work with indigenous peoples

d. In opposition to oppressive regimes

[b., p. 63-66]

ESSAY QUESTIONS

1. In what ways can community psychology be considered a "linking science and linking practice"? What concepts does it link and how does this influence the perspective and work of community psychologists?

2. Describe how the worldview of individualism influences your society, and the discipline of psychology. Use your own examples to illustrate your points.

3. Describe the four factors influencing the emergence of community psychology in the mid-20th-century U.S. Discuss how each helped make community psychology possible.

4. Explain the Levine and Levine hypothesis about historical social-political cycles and popular explanations of social problems. Give examples from the history described in Chapter 2.

5. Based on what you have learned in Chapters 1-2, compare community psychology and community mental health. How did they arise together? How are they now different?

6. Explain Ryan's concept of *blaming the victim* within the context of ecological levels of analysis. How can the two concepts inform one another?

7. Use Rappaport's concept of divergent reasoning to compare: (a) defining social problems in conservative and progressive times; (b) Fair Play and Fair Shares ideas of equality; (c) top-down and bottom-up approaches to change; or (d) globalization and indigenization worldwide. Provide your own examples to support your points.

8. Describe how community psychology can adapt to a conservative social context and find areas of common emphasis with conservative views.