

# **Test Bank for Clinical Psychology Science Practice and Diversity 5th Pomerantz**

## Chapter 2: Evolution of Clinical Psychology

### Test Bank

#### Multiple Choice

1. The discipline of clinical psychology didn't 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

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. Philippe Pinel
- C. Eli Todd
- D. Henry Murray

Ans: A

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

Cognitive Domain: Knowledge

Answer Location: William Tuke (1732–1822)

Difficulty Level: Medium

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. Philippe Pinel

D. Hermann Rorschach

Ans: C

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

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

Cognitive Domain: Knowledge

Answer Location: Eli Todd (1769–1833)

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

C. Eli Todd

D. Dorothea Dix

Ans: D

Cognitive Domain: Comprehension

Answer Location: Dorothea Dix (1802–1887)

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. clinician conducting psychological assessments

C. lecturer at a professional school of psychology that trains the next generation of practitioners

D. researcher in an academic setting

Ans: D

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

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

Cognitive Domain: Knowledge

Answer Location: Lightner Witmer and the Creation of Clinical Psychology

Difficulty Level: Easy

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

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

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 Thorndike

Ans: B

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

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

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

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

Cognitive Domain: Knowledge

Answer Location: Diagnostic Issues

Difficulty Level: Easy

18. The first edition of the *DSM* was published in \_\_\_\_\_.

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

Ans: C

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

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

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. list 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

Cognitive Domain: Comprehension

Answer Location: Box 2.1: Is It a *DSM* Disorder? Decisions to Include or Exclude Potential Disorders

Difficulty Level: Medium

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

Cognitive Domain: Knowledge

Answer Location: Box 2.1: 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

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

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

D. the MMPI

Ans: C

Cognitive Domain: Comprehension

Answer Location: Assessment of Intelligence

Difficulty Level: Easy

26. The Rorschach Inkblot Method is best identified as a(n)\_\_\_\_\_.

A. projective intelligence test

B. objective intelligence test

C. projective personality test

D. objective personality test

Ans: C

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

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

Cognitive Domain: Knowledge

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

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

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

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
- B. behavioral
- C. humanistic
- D. cognitive

Ans: B

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

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

Cognitive Domain: Comprehension

Answer Location: Box 2.2: 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

Cognitive Domain: Knowledge

Answer Location: Development of the Profession

Difficulty Level: Medium

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

Ans: C

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

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

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

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

Cognitive Domain: Comprehension

Answer Location: Psychotherapy

Difficulty Level: Medium

### Short Answer

1. Who founded the first psychological clinic?

Ans: Lightner Witmer

Cognitive Domain: Knowledge

Answer Location: Lightner Witmer and the Creation of Clinical Psychology

Difficulty Level: Easy

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.

Cognitive Domain: Knowledge

Answer Location: Lightner Witmer and the Creation of Clinical Psychology

Difficulty Level: Easy

3. Who is considered the “father of descriptive psychiatry?”

Ans: Emil Kraepelin  
Cognitive Domain: Knowledge  
Answer Location: Assessment  
Difficulty Level: Easy

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

Ans: American Psychiatric Association  
Cognitive Domain: Knowledge  
Answer Location: Assessment  
Difficulty Level: Easy

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

Ans: an intelligence test designed specifically for adults or the Wechsler-Bellevue test  
Cognitive Domain: Knowledge  
Answer Location: Assessment  
Difficulty Level: Easy

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

Ans: projective personality tests  
Cognitive Domain: Knowledge  
Answer Location: Assessment  
Difficulty Level: Easy

7. The Minnesota Multiphasic Personality Inventory is an example of an \_\_\_\_\_ personality test.

Ans: objective  
Cognitive Domain: Comprehension  
Answer Location: Assessment  
Difficulty Level: Medium

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

Ans: World War II  
Cognitive Domain: Comprehension  
Answer Location: Psychotherapy  
Difficulty Level: Medium

9. What historical event led psychologists to create the Army Alpha and Beta intelligence tests?

Ans: World War I  
Cognitive Domain: Comprehension  
Answer Location: Psychotherapy  
Difficulty Level: Medium

**Essay**

1. Briefly explain how the size and scope of the *DSM* has 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.

Cognitive Domain: Comprehension

Answer Location: Assessment

Difficulty Level: Medium

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.

Cognitive Domain: Comprehension

Answer Location: Assessment

Difficulty Level: Medium

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.

Cognitive Domain: Comprehension

Answer Location: Assessment

Difficulty Level: Medium

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.

Cognitive Domain: Application

Answer Location: Psychotherapy

Difficulty Level: Hard