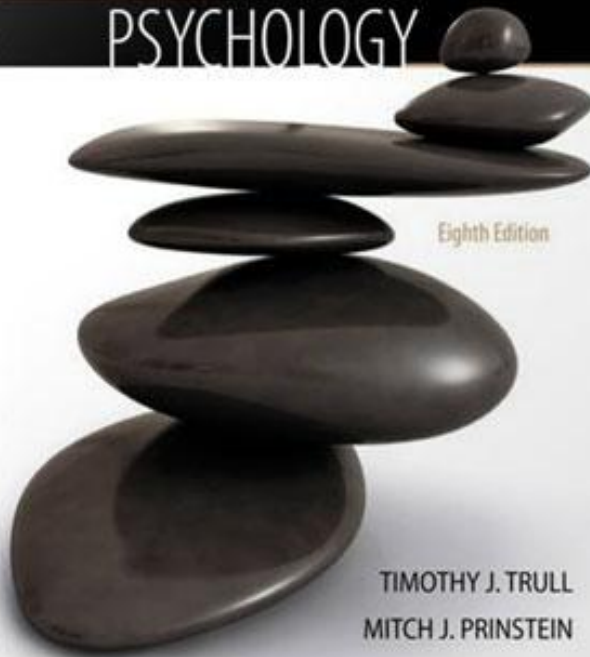


**TEST BANK**

CLINICAL  
PSYCHOLOGY

*Eighth Edition*

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## Chapter 2

### Historical Overview of Clinical Psychology

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#### MULTIPLE CHOICE

1. Due to the direct influence of Philippe Pinel and Dorothea Dix, individuals with mental illness were, as a whole,
- treated more humanely than before.
  - given more biologically based treatments.
  - treated more often at home, rather than in the hospital.
  - assigned more diagnoses.

ANS: A

REF: Historical Roots

DIF: Conceptual

2. Francis Galton is best known for
- establishing the first psychology laboratory.
  - coining the term "projective technique."
  - applying quantitative methods to understanding differences among people.
  - originating the DSM.

ANS: C

REF: Diagnosis and Assessment

DIF: Factual

3. If you had met with James McKeen Catell and asked him to assess your intelligence, he most likely would have
- examined your body type.
  - measured your reaction time to various tasks.
  - asked you to define a list of words as best you could.
  - none of the above

ANS: B

REF: Diagnosis and Assessment

DIF: Applied

4. Up until the end of WWII, one of the main focuses of clinical assessment and treatment was
- youth.
  - the elderly.
  - addiction.
  - none of the above

ANS: A

REF: Diagnosis and Assessment

DIF: Factual

MSC: WWW

5. In the early 1900s, \_\_\_\_\_ divided all mental illnesses into exogenous (curable) and endogenous (incurable) categories, thus pioneering the classification of mental illness that continues with the current version of the DSM.
- Catell
  - Kraepelin
  - Binet
  - Bender

ANS: B

REF: Diagnosis and Assessment

DIF: Factual

6. The Binet-Simon Scale
- was published in the latter half of the 1900s.
  - had a profound influence on the measure of personality.
  - was an early measure of intellectual ability for children with cognitive limitations.
  - was more "culture-free" in many respects than today's Wechsler intelligence tests.

ANS: C                      REF: Diagnosis and Assessment                      DIF: Factual

7. You schedule a personality assessment, and the professional you meet with says she's going to start off by giving you a word-association task. On the basis of this information alone, the professional's approach appears to have been influenced by which of the following individuals?
- William James
  - Alfred Binet
  - Carl Rogers
  - Carl Jung

ANS: D                      REF: Diagnosis and Assessment                      DIF: Applied

8. What is "g"?
- a concept, forwarded by Thorndike, that emphasizes the importance of separate, independent intelligences or abilities
  - a score that a patient can earn on a Rorschach response
  - an abbreviation for "genius," which is the formal name of the category for the highest intelligence scores
  - a concept, forwarded by Spearman, that denotes overall intelligence

ANS: D                      REF: Diagnosis and Assessment                      DIF: Conceptual

9. When the United States entered World War I in 1917, the Army asked the APA to
- develop tests to classify military recruits according to ability level.
  - develop methods of interviewing to detect spies who had infiltrated the country.
  - develop treatment methods that would inoculate soldiers from psychological trauma related to battle.
  - all of the above

ANS: A                      REF: Diagnosis and Assessment                      DIF: Factual

10. What is "Psychodiagnostik"?
- the European predecessor to the DSM
  - Kraepelin's masterpiece, in which he outlines the criteria he used to distinguish endogenous and exogenous forms of psychopathology
  - Herman Rorschach's book describing the use of inkblots as projective stimuli
  - none of the above

ANS: C                      REF: Diagnosis and Assessment                      DIF: Conceptual

11. Which of the following personality tests requires the person to look at a picture and make up a story to describe what is happening in the picture, as well as what the people in the picture are thinking and feeling?
- TAT
  - MMPI
  - Bender-Gestalt
  - Halstead-Reitan

ANS: A                      REF: Diagnosis and Assessment                      DIF: Factual  
MSC: WWW

12. If an individual was to undergo a personality assessment in 1960, which of the following would have been available for the clinician to use?
- Rorschach
  - TAT
  - MMPI
  - all of the above

ANS: D                      REF: Diagnosis and Assessment                      DIF: Applied

13. What does it mean to say that a personality measure is “projective” in nature?
- It requires the test taker to “project” his or her personality onto an ambiguous test stimulus.
  - It requires the test taker to complete a complex task or project.
  - It is presented to the test taker via a projector.
  - The results allow the test giver to make projections about the test taker’s future success.

ANS: A                      REF: Diagnosis and Assessment                      DIF: Conceptual

14. In the 1950s, if a clinician wanted to use a personality test that required no theoretical interpretation of responses in order suggest a psychiatric diagnosis, the best choice would have been the
- TAT.
  - Rorschach.
  - word-association test.
  - MMPI.

ANS: D                      REF: Diagnosis and Assessment                      DIF: Applied

15. Beginning in the \_\_\_\_\_, radical behaviorists challenged the field of personality testing by asserting that
- 1920s; only overt behavior (not inferred personality traits) should be measured
  - 1950s; only overt behavior (not inferred personality traits) should be measured
  - 1970s; projective tests are culturally biased
  - 1960s; phobias and other disorders can be created in individuals regardless of a person’s underlying temperament

ANS: B                      REF: Diagnosis and Assessment                      DIF: Factual

16. Which of the following is true of the emphasis on personality assessment over the last 50 years or so?
- a. It has been steady.
  - b. It has declined steadily.
  - c. It has increased steadily.
  - d. It has experienced a decline and then a resurgence.

ANS: D                      REF: Diagnosis and Assessment                      DIF: Conceptual

17. The first edition of DSM appeared in
- a. 1912.
  - b. 1932.
  - c. 1952.
  - d. 1972.

ANS: C                      REF: Diagnosis and Assessment                      DIF: Factual

18. Which of the following is true regarding the publication and (periodic revision) of the DSM?
- a. It has spurred the development of structured diagnostic interviews.
  - b. It has reduced the overall volume of psychological and psychiatric research.
  - c. both of the above
  - d. neither of the above

ANS: A                      REF: Diagnosis and Assessment                      DIF: Conceptual

19. Tests used to evaluate relative strengths and deficits of patients based upon empirically established brain-behavior relationships are known as \_\_\_\_\_ tests.
- a. neuropsychological
  - b. projective personality
  - c. objective personality
  - d. "g"

ANS: A                      REF: Diagnosis and Assessment                      DIF: Conceptual

20. Four months ago, Gary was in an automobile accident where he sustained a head injury, and he and his wife both agree that his cognitive abilities are not what they were prior to the accident. Which of the following tests (or batteries of tests) is most likely to be administered to Gary when he meets with the neuropsychologist next week?
- a. the Luria-Nebraska
  - b. the MMPI
  - c. the NEO-PI
  - d. the Army Beta

ANS: A                      REF: Diagnosis and Assessment                      DIF: Applied

21. Managed care has influenced psychological assessment by showing a preference for tests that
- a. aid in treatment planning by identifying problematic symptoms.
  - b. are sensitive to changes or improvements in client functioning.
  - c. are relatively brief.
  - d. all of the above

ANS: D                      REF: Diagnosis and Assessment                      DIF: Conceptual

22. Jean Charcot is best known for
- advocating for more humane treatment of the seriously mentally ill.
  - putting on dramatic clinical demonstrations of hypnosis.
  - co-creating the original version of DSM.
  - creating an early intelligence test that became the forerunner of the Stanford-Binet.

ANS: B                      REF: Interventions                      DIF: Factual  
MSC: WWW

23. Freud's collaboration with \_\_\_\_\_ paved the way for the development of psychoanalysis.
- Janet
  - James
  - Jung
  - Breuer

ANS: D                      REF: Interventions                      DIF: Factual

24. *A Mind That Found Itself* is
- a book written by Sigmund Freud detailing his self-analysis.
  - a book written by Sigmund Freud detailing his analysis of his daughter, Anna.
  - a book written by Clifford Beers, a psychiatric inpatient, detailing abuses present in psychiatric care.
  - a book written by Josef Breuer detailing his treatment of Anna O.

ANS: C                      REF: Interventions                      DIF: Factual

25. Which of the following is a correct pairing of an historical figure and his/her primary contribution to psychological treatment?
- Anna Freud/group therapy
  - Alfred Adler/play therapy
  - Anna Freud/play therapy
  - Alfred Adler/group therapy

ANS: C                      REF: Interventions                      DIF: Factual

26. Miriam had troublesome mental health issues in the mid 1950s. Which of the interventions below absolutely would NOT have been available to her had she sought treatment at that time?
- group therapy
  - rational emotive therapy (RET)
  - client-centered therapy
  - psychoanalysis

ANS: B                      REF: Interventions                      DIF: Applied

27. When large numbers of World War II soldiers developed emotional difficulties,
- military psychiatrists refused to allow psychologists to help in their treatment.
  - the military asked psychologists to develop screening tests, which came to be called Army Alpha and Army Beta.
  - psychologists successfully lobbied to add posttraumatic stress disorder (PTSD) to the DSM.
  - none of the above

ANS: D                      REF: Interventions                      DIF: Conceptual

28. The Nazi tyranny in Europe in the 1930s resulted in
- the murder of Sigmund Freud, who was Jewish.
  - many European psychiatrists and psychologists moving to the U. S.
  - heightened interest in psychoanalysis in the U. S.
  - more than one of the above

ANS: D                      REF: Interventions                      DIF: Factual

29. Systematic desensitization was introduced
- by Perls as one of the primary interventions of Gestalt therapy.
  - by Wolpe as a behavioral treatment based on conditioning principles.
  - by Ellis as a "common sense" form of psychoanalysis.
  - by Dollard and Miller as a brief treatment based on learning theory.

ANS: B                      REF: Interventions                      DIF: Conceptual  
MSC: WWW

30. Several major steps in the rise of behavioral treatment, including Skinner's application of operant principles to therapeutic and social interventions and the introduction of systematic desensitization, took place during the
- 1910s.
  - 1930s.
  - 1950s.
  - 1970s.

ANS: C                      REF: Interventions                      DIF: Factual

31. ALL BUT WHICH of the following is true of cognitive therapy?
- It was developed by Aaron Beck.
  - It is used exclusively for the treatment of depression.
  - It focuses on the ways individuals think about themselves and the world around them.
  - It has proven to be one of the most effective psychological treatments ever developed.

ANS: B                      REF: Interventions                      DIF: Conceptual

32. Which of the following clinical psychologists would be most likely to call themselves an "eclectic"?
- Dr. Hernandez, who practices short-term psychodynamic treatment with both adults and children
  - Dr. Chen, who offers cognitive therapy in both psychiatric and general hospital settings
  - Dr. Wilson, who offers both group and individual therapy from a behavioral perspective
  - Dr. Patel, who used both cognitive and psychodynamic interventions in her private practice

ANS: D                      REF: Interventions                      DIF: Applied

33. ALL BUT WHICH of the following is true of manualized psychological treatments?
- They often may be completed in as few as 10-15 sessions.
  - Their use is generally discouraged by managed care organizations.
  - They provide clinicians with specific goals for each therapy session.
  - They outline various techniques for clinicians to use.

ANS: B                      REF: Interventions                      DIF: Conceptual

34. Which of the following is an accurate statement about the treatments offered by clinical psychologists?
- The number of treatments has been declining in recent decades.
  - The number of treatments has grown only slightly in recent decades.
  - The number of treatments has grown tremendously in recent decades.
  - The number of treatments has grown tremendously in recent decades, and most of these treatments have received empirical support.

ANS: C

REF: Interventions

DIF: Factual

35. In \_\_\_\_\_, the Task Force on Promotion and Dissemination of Psychological Procedures published its first list of "empirically supported treatments."
- 1995
  - 1983
  - 1978
  - 1963

ANS: A

REF: Interventions

DIF: Factual

36. In 2002, \_\_\_\_ became the first state(s) to enact a law authorizing properly trained psychologists to prescribe psychotropic medications to patients or clients.
- Florida
  - New Mexico
  - Illinois and Ohio
  - California and New York

ANS: B

REF: Interventions

DIF: Factual

37. Dr. Howard, a clinical psychologist by training, has built a program of research around the genetic and environmental determinants of various personality traits (studying, for instance, how much of each trait is determined by genetic vs. environmental factors). These interests suggest that Dr. Howard is
- a molecular geneticist.
  - a behavior geneticist.
  - a behavioral scientist.
  - a clinical neuroscientist.

ANS: B

REF: Interventions

DIF: Applied

38. \_\_\_\_\_ is usually credited with establishing the first formal psychological laboratory in Europe. \_\_\_\_\_ established a psychological laboratory in America during the same decade.
- Wundt; Rogers
  - James; Skinner
  - Wundt; James
  - Freud; James

ANS: C

REF: Research

DIF: Factual



39. In 1952, \_\_\_\_\_ published a critique of the effectiveness of psychotherapy that stimulated much research by clinical psychologists hoping to prove the worth of their craft.
- Eysenck
  - Skinner
  - Beck
  - Bandura

ANS: A                      REF: Research                      DIF: Factual

40. The American Psychological Association was founded in
- 1892.
  - 1922.
  - 1952.
  - 1982.

ANS: A                      REF: The Profession                      DIF: Factual

41. Many historians point to the establishment of the first psychological clinic by \_\_\_\_\_ in 1896 as the beginning of the field of clinical psychology.
- Jung
  - Rogers
  - Witmer
  - Smith and Glass

ANS: C                      REF: The Profession                      DIF: Factual  
MSC: WWW

42. You learn that your friend's great-great-grandfather was a psychologist in the U.S. during the early part of the last century (roughly 1900-1910). Based on this information alone, in what kind of setting would you guess that he worked?
- a private practice
  - a corporate or business setting
  - a government agency
  - a university department

ANS: D                      REF: The Profession                      DIF: Applied

43. After World War II, the Veterans Administration
- funded the training of a large number of psychologists.
  - conducted independent research refuting the efficacy of behavior therapy.
  - recognized that additional mental health services were needed for traumatized veterans and trained physicians, rather than psychologists, to provide these services.
  - publicized criticisms of clinical psychologists that ultimately reduced the pay that clinical psychologists were able to command.

ANS: A                      REF: The Profession                      DIF: Factual

44. What was the most significant outcome of the 1949 conference held in Boulder, Colorado?
- APA's first set of ethical standards
  - the first list of empirically validated treatments
  - the scientist-practitioner training model
  - the establishment of the first psychological clinic

ANS: C                      REF: The Profession                      DIF: Factual

45. Which of the following is NOT an element of the training model in clinical psychology that has been dominant for the last 50 years?
- competency in diagnosis
  - a clinical internship
  - achievement of the Psy.D. degree
  - All of the above are elements of this training model.

ANS: C                      REF: The Profession                      DIF: Conceptual

46. Russell, a clinical psychology graduate student, is less interested in diagnosing or treating psychological problems than in preventing them in the first place. Which subspecialty below would fit best with his career aims?
- consumer psychology
  - health psychology
  - rehabilitation psychology
  - neuropsychology

ANS: B                      REF: The Profession                      DIF: Applied

47. The general term for a factor that precedes a mental disorder (e.g., depression) and is believed to play a role in its development is \_\_\_\_\_.
- etiological.
  - ontological.
  - consequent.
  - tertiary.

ANS: A                      REF: The Profession                      DIF: Conceptual

48. Membership in the American Psychological Association
- is declining.
  - is holding steady.
  - is increasing.
  - is similar in size to the membership of APS.

ANS: C                      REF: The Profession                      DIF: Factual

49. What was the most significant event to take place within the American Psychological Association (APA) in 1988?
- A dramatic decrease in membership led to the recruitment of psychiatrists and others outside the psychological profession.
  - Psychoanalytic psychotherapy was officially denounced as ineffective.
  - Scientists, unhappy with the amount of emphasis placed upon clinical issues, left APA and formed the American Psychological Society.
  - To avoid confusion with the American Psychiatric Association (also abbreviated APA), the American Psychological Association officially renamed itself the American Psychological Society.

ANS: C

REF: The Profession

DIF: Conceptual

50. Which of the following is true regarding members of APS?
- Over 50% of APS members are clinical psychologists.
  - The number of APS members currently exceeds the number of APA members.
  - Members of APS cannot also be members of APA.
  - None of the above are true.

ANS: D

REF: The Profession

DIF: Factual

## ESSAY

1. What was the primary goal of such early mental health care advocates as Philippe Pinel and Dorothea Dix? What were they able to accomplish?

ANS: Not provided. REF: Historical Roots

2. Compare and contrast the professional activity of clinical psychologists before and after WWII.

ANS: Not provided. REF: Diagnosis and Assessment

3. Explain how the VA system shaped the profession of clinical psychology after WWII.

ANS: Not provided. REF: The Profession

4. How were the Rorschach and MMPI each unique from the assessment tools that preceded them?

ANS: Not provided. REF: Diagnosis and Assessment

5. Briefly summarize the contributions of Lightner Witmer to the history of clinical psychology.

ANS: Not provided. REF: Diagnosis and Assessment; The Profession

6. Identify factors contributing to the increased popularity of behavior therapy beginning in the 1950s and 1960s. Also, explain the connection between the growth of behavior therapy and the growth of psychotherapy research.

ANS: Not provided. REF: Interventions

7. How has the DSM influenced the field of psychological assessment? How has it impacted psychology research in general?

ANS: Not provided. REF: Varies

8. How did Breuer influence Freud's development of psychoanalysis? Be sure to discuss the case of "Anna O."

ANS: Not provided. REF: Interventions

9. Briefly summarize the influence of Eysenck's (1952) landmark article criticizing psychotherapy.

ANS: Not provided. REF: Interventions

10. Briefly summarize the antecedents and outcome of the 1988 schism within the American Psychological Association.

ANS: Not provided. REF: The Profession