**Concepts of Abnormality throughout History**

1)Your housemate has been overly concerned with keeping the kitchen clean. In fact, he scrubs the sinks and counters for half an hour each time someone puts something on them. In order to determine his diagnosis, a practitioner in North America would be most likely to consult the

a) American Medical Association's Treatment Manual (AMA-TM).

b) Diagnostic and Statistical Manual, fourth edition (DSM-IV-TR).

c) International Classification of Mental and Behavioural Disorders (ICD-10).

d) Diagnostic and Statistical Manual, sixth edition (DSM-VI).

e) The North American Guide to Psychiatric Disorders (NAPD-IV).

Answer: B

2)Psychopathology refers to

a) the same disorder as psychopathy.

b) disorders of the brain.

c) a physical cause to psychological problems.

d) only severe psychological disorders.

e) the study of the nature of psychological problems.

Answer: E

3)What is one difficulty in defining abnormal behaviour?

a) eccentric behaviour usually indicates abnormal behaviour

b) everyone is to some degree abnormal in their behaviour

c) unusual behaviour may not be abnormal according to diagnostic criteria

d) all people experience anxiety now and then

e) people's behaviour depends on the situation

Answer: C

4)Abnormal behaviour has been defined as that which occurs infrequently. Which of the following examples illustrates a problem with this definition?

a) People with IQs below 70 are considered abnormal.

b) Most people get depressed from time to time.

c) Mathematical geniuses are considered rare in the population.

d) Children often believe in the existence of monsters.

e) Anxiety disorders are relatively rare in a given population.

Answer: C

5)Dr. Jayvonna is working with a patient who has to arrange and rearrange her food on her plate after each bite. Although her patient does not find this behaviour strange, other people find it odd. The definition of abnormality applicable to this patient is

a) statistically unusual behaviour.

b) violating the norms of society.

c) distress to self and others.

d) personal dysfunction.

e) expert diagnosis

Answer: B

6)Perhaps the biggest problem with using inappropriate behaviour as a criterion for abnormal behaviour is

a) what is considered appropriate differs over time and location.

b) mentally ill people are usually not dangerous.

c) social norms tend to be constant over time.

d) inappropriate behaviour is often the norm in North American culture.

e) killers and murderers are generally sane.

Answer: A

7)Which one of the following groups of principles have been used to define abnormality?

a) diagnosis by an expert, personal distress, poor emotional control

b) personal distress, delinquent activity, poor emotional control

c) violation of norms, abnormal intellectual functioning, personal distress

d) infrequency, personal distress, impaired functioning

e) psychiatric diagnosis, harmful dysfunction, abnormal intellectual functioning

Answer: D

8)Changes in the way that abnormality has been viewed over time has resulted in

a) a clear understanding of the etiology of disorders.

b) effective treatments for all disorders.

c) fewer diagnostic categories.

d) high reliability of all diagnoses.

e) a shift from supernatural to natural causes in explaining disorders.

Answer: E

9)If you lived in a society that explained changes in the weather as being influenced by the gods, you would likely view madness as being caused by

a) schizophrenia.

b) demon possession.

c) brain dysfunction.

d) weakness of character.

e) irrational thoughts.

Answer: B

*Page Ref: 8*

10)What type of treatment was thought to be used by Stone Age people to treat madness?

a) religious chanting

b) death

c) herbal brews to poison evil spirits

d) trephination

e) exorcism

Answer: D

*Page Ref: 8*

11)Several methods were used during prehistoric times to treat abnormal behaviour. Which approach, however, was NOT common?

a) trephination

b) bedrest

c) induced trances

d) special care in asylums

e) magic

Answer: D

*Page Ref: 8-9*

12)To whom can we credit with the original idea that dreams play an important role in understanding mental illness?

a) Freud

b) Aristotle

c) Plato

d) Hippocrates

e) Galen

Answer: D

*Page Ref: 9*

13)Hippocrates played a major role in both how the causes and treatment of mental illness were viewed. However, his greatest contribution to psychology was

a) being the father of psychoanalysis.

b) proving the value of leading a healthy life in preventing madness.

c) emphasizing the natural causes of mental illness.

d) separating the causes of madness into medical and magical causes.

e) his idea that psychological functioning resulted from disturbances of bodily fluids.

Answer: C

*Page Ref: 9*

14)According to Hippocrates, mental disorders should be treated by which one of the following?

a) exorcism

b) magical spells

c) trephination

d) healthy diet and exercise

e) food and water deprivation

Answer: D

*Page Ref: 9*

15)Hippocrates believed that psychological functioning was influenced by imbalances in bodily fluids. Each of the following was considered an essential fluid EXCEPT

a) blood.

b) black bile.

c) brown bile.

d) green bile.

e) phlegm.

Answer: C

*Page Ref: 9*

16)An ancient Greek was behaving quite aggressively and was quite short-tempered. He would likely have been diagnosed as having

a) too little yellow bile.

b) an excess of blood.

c) excess phlegm.

d) too much yellow bile.

e) an overabundance of black bile.

Answer: D

*Page Ref: 9*

17)Plato and Aristotle accepted many of Hippocrate's ideas, but rejected others. Which of the following best describes their belief about the cause of mental illness?

a) that an imbalance in essential bodily fluids affected functioning

b) that brain dysfunction affected behaviour

c) that environmental factors played the critical role

d) lack of education could cause mental illness

e) that mental illness had natural causes

Answer: E

*Page Ref: 9*

18)The idea that both mental and physical disorders were caused by problems in the body was held by

a) Soranus.

b) Aristotle.

c) Plato.

d) the Greek physician Aretaeus.

e) Hippocrates.

Answer: A

*Page Ref: 10*

19)Jennifer is a psychotherapist, and she considers talking about problems to be therapeutic. Which of the following groups would most likely agree with her?

a) early Egyptians

b) Arabians

c) classical Greek and Romans

d) Europeans during the Middle Ages

e) prehistoric people

Answer: C

*Page Ref: 10*

20)Early Arabian asylums were established to

a) protect society from the mentally ill.

b) provide the mentally ill with a safe haven.

c) begin the tradition of group therapy.

d) reintroduce trephination as a major form of treatment.

e) fulfill the requirements of the Koran.

Answer: B

*Page Ref: 10*

21)Avicenna's The Canon of Medicine may have included early forms of which of the following modern methods of treatment?

a) homeopathic treatment

b) dream analysis

c) behaviour therapy

d) psychotherapy

e) bloodletting

Answer: C

*Page Ref: 10*

22)The notion of “possession” during the Middle Ages was often applied to

a) people who disagreed with Church doctrine.

b) people who sinned frequently.

c) men who beat their wives.

d) people who had suffered a nervous breakdown.

e) people suffering from a mental illness.

Answer: E

*Page Ref: 11*

23)During the 13th and 14th centuries, a women caught talking to her garden plants would

a) be treated by either prayer or exorcism of demons.

b) be treated with hypnotism.

c) be treated using special herbs and potions.

d) be accused of witchcraft and tortured to prevent her evil powers from spreading.

e) be considered psychotic.

Answer: A

*Page Ref: 11*

24)The *spiritus vitae* was

a) a disorder where people begin to dance in the streets and drink red wines.

b) a spirit believed to possess individuals and cause madness.

c) a bodily fluid believed by Paracelsus to result in mental illness.

d) a naturalistic cause of madness.

e) the venom of the tarantula.

Answer: D

*Page Ref: 11*

25)Your sister suddenly begins to leap about, jumping and dancing in the streets. During the Middle Ages, she would most likely be diagnosed with

a) melancholia.

b) trephination.

c) the Tarantella.

d) an excess of phlegm.

e) spiritus vitae.

Answer: C

*Page Ref: 12*

26)According to Paracelsus, St. Vitus' Dance was caused by

a) tarantula bites.

b) psychic conflicts.

c) imbalances in bodily fluids.

d) mania.

e) possession by evil spirits.

Answer: B

*Page Ref: 12*

27)Which of the following persons and treatments DO NOT match?

a) Paracelsus and hypnotism

b) Hippocrates and rest

c) Galen and sympathetic listening

d) Weyer and chanting

e) Avicenna and behavior therapy

Answer: D

*Page Ref: 12*

28)What do the views of Paracelsus, Teresa of Avila, and St. Vincent de Paul have in common?

a) They all attempted to develop a new system of classification.

b) They believed that religious approaches could lead to a cure.

c) They established asylums to humanely care for the mad.

d) They argue for a more naturalistic approach to viewing mental illness.

e) Each of them contributed to Freud's system of psychoanalysis.

Answer: D

*Page Ref: 12*

29)The term “bedlam” originated from

a) a method of treatment used in early asylums.

b) the lack of beds that was common in early asylums.

c) the bizarre behaviour known as St. Vitus' dance.

d) moments of frenzy among mad people.

e) behaviour of the patients in deplorable early European asylums.

Answer: E

*Page Ref: 13*

30)Early treatment of the mentally ill in the United States

a) was more successful than many of the earlier treatments had been.

b) was more humane than most of the approaches outside North America.

c) was at times similar in cruelty to early supernatural treatments.

d) differed from European treatment due to different societal values.

e) was less successful than treatments introduced during the Middle Ages.

Answer: C

*Page Ref: 13*

31)Treatment in the town of Gheel is similar to

a) modern day treatment programs.

b) a humanistic approach.

c) a community treatment approach.

d) that of the early Greeks.

e) treatment advocated by many of the early Europeans.

Answer: C

*Page Ref: 13*

32)English “workhouses” were

a) established during the Enlightenment period to deal with the insane.

b) run by the patients.

c) run by physicians.

d) were special places where the mentally ill could work.

e) used to hide the poor from society.

Answer: E

*Page Ref: 13*

33)Which of the following individuals is known for promoting a more humanitarian approach in mental hospitals?

a) Benedict Morel

b) Philippe Pinel

c) St. Vincent de Paul

d) Johannes Weyer

e) Benjamin Rush

Answer: B

*Page Ref: 13*

34)This individual's campaign to improve the conditions for the mentally ill resulted in the opening of 32 state hospitals, including two in Canada.

a) Dorothea Dix

b) Cabanis

c) Benjamin Rush

d) William Tuke

e) Philippe Pinel

Answer: A

*Page Ref: 14*

35)The mental hygiene movement

a) resulted in a reduction in the number of people in institutions.

b) resulted in an increase of patients in mental institutions.

c) led to an increase in moral therapy.

d) was criticized by Philippe Pinel.

e) led to the advent of antipsychotic drugs.

Answer: B

*Page Ref: 14*

36)All of the following are valid criticisms of the mental hygiene movement EXCEPT

a) psychosocial treatments were less effective due to the large number of patients.

b) physical treatments were often unpleasant.

c) living conditions in the asylum were unpleasant.

d) the original goals of the movement were less than nobel.

e) overcrowding in asylums prevented proper care.

Answer: A

*Page Ref: 14*

37)Moral therapy implies that

a) psychological therapy should be administered by the Church.

b) psychological therapy should be used more often.

c) mentally ill patients can benefit from spiritual enlightenment.

d) mentally ill patients need to be taught a moralistic approach to life.

e) mentally ill patients can be treated without chemical or physical restraints.

Answer: E

*Page Ref: 14-15*

38)Which of the following accomplishments are NOT attributed to Pinel?

a) looking to natural explanations as the cause of mental illness

b) clearly describing the symptoms of disorders

c) emphasizing the role of psychological and social factors in the development of mental illness

d) developing a systematic approach to classifying disorders

e) bringing moral therapy to North America

Answer: E

*Page Ref: 15*

39)Cabanis (1757-1808) introduced the idea that personal factors as well as somatic factors accounted for mental disorders. His theories encouraged the \_\_\_\_\_\_\_\_\_\_ approach to treatment.

a) physical

b) social

c) institutional

d) psychological

e) biological

Answer: D

*Page Ref: 15*

40)\_\_\_\_\_\_\_\_\_\_ introduced “degeneration” theory, which proposed that abnormal functioning was transmitted by hereditary processes.

a) Pinel

b) Cabanis

c) Charles Darwin

d) Cesare Lombroso

e) Benedict Morel

Answer: E

*Page Ref: 15*

41)Clinical Psychiatry, published by Kraepelin in 1883, was an important textbook because it

a) introduced pioneering treatments for severe mental disorders.

b) explained the causes of many common mental disorders.

c) attempted to classify mental illnesses.

d) joined together the professions of clinical psychology and psychiatry.

e) described methods of treatment for psychiatric disorders.

Answer: C

*Page Ref: 15*

42)Which of the following are classification systems of mental illness?

a) CP-10

b) GPI

c) ECT

d) WRS-R

e) DSM-IV-TR

Answer: E

*Page Ref: 15*

43)“All mental disorders are the result of biological problems.” Who would be most likely to agree with this statement?

a) Breuer

b) Kraepelin

c) Pinel

d) Freud

e) Watson

Answer: B

*Page Ref: 15*

44)Kraepelin's system of classification of mental illness

a) did not influence later classification systems.

b) suggested that psychological factors caused disorders.

c) failed to recognize that certain groups of symptoms tended to occur together.

d) recognized that different disorders were distinct.

e) offered suggestions for treatment.

Answer: D

*Page Ref: 15*

45)Groups of symptoms that tend to occur together are called

a) biological.

b) disabilities.

c) categories.

d) diatheses.

e) syndromes.

Answer: E

*Page Ref: 15*

46)Symptoms during the later stages of general paresis of the insane may show similarity to

a) bipolar disorder.

b) disorders such as Alzheimer's.

c) antisocial personality disorder.

d) autism.

e) schizophrenia.

Answer: B

*Page Ref: 15*

47)The germ theory of disease led to the idea that

a) it was important to wash your hands after being with psychiatric patients.

b) only biological treatments are beneficial for mental illness.

c) heredity plays an important role in the transmission of mental disease.

d) General Paresis of the Insane may be a consequence of syphilis.

e) germs may cause anxiety.

Answer: D

*Page Ref: 16*

48)Somatogenesis refers to

a) a disorder where people feel their body is not theirs.

b) the idea that mental disorders are caused by biological factors.

c) somatization disorder.

d) a method of treating general paresis.

e) the idea that mental disorders are caused by psychological factors.

Answer: B

*Page Ref: 16*

49)Insulin-induced comas were used by Sakel during the mid-20th century to treat

a) schizophrenics.

b) anxiety disorders.

c) depression.

d) diabetics.

e) alcoholics.

Answer: A

*Page Ref: 16*

50)ECT (electric shock therapy) proved to be most successful in treating

a) epilepsy.

b) anxiety.

c) drug addiction.

d) depression.

e) schizophrenics.

Answer: D

*Page Ref: 17*

51)Dr. Ramos treats patients suffering from mood disorders, and she believes that their illnesses are a result of imbalances of chemicals in the brain. She would most likely adhere to which field of psychology?

a) psychopharmacology

b) cognitive psychology

c) psychoanalysis

d) clinical psychology

e) health psychology

Answer: A

*Page Ref: 17*

52)Jason has been given Ritalin to control his hyperactive moods. He is receiving

a) pharmacotherapy.

b) palliative therapy.

c) psychotherapy.

d) psychosurgery.

e) psychoanalysis.

Answer: A

*Page Ref: 17*

53)Mesmer believed that hysteria was the result of

a) a wandering uterus.

b) disturbances in the distribution of magnetic fluids.

c) imbalances in brain chemicals.

d) too little of the neurotransmitter acetylcholine.

e) animal magnetism.

Answer: B

*Page Ref: 18*

54)You are one of Mesmer's assistants during the 1700s. Your treatment of choice for dealing with hysteria would be considered a predecessor of

a) psychopharmacotherapy.

b) hypnotism.

c) spiritual healing.

d) the cathartic method.

e) psychotherapy.

Answer: B

*Page Ref: 18*

55)\_\_\_\_\_\_\_\_\_\_ believed that hypnotism was not valuable in treating hysterics.

a) Braid

b) Breuer

c) Charcot

d) Janet

e) Watson

Answer: E

*Page Ref: 18*

56)In the mid to late 1800s, several therapists became quite well known. Which of the following represents a correctly matched therapist and his treatment?

a) Breuer & talk therapy

b) Charcot & anesthesia therapy

c) Mesmer & animal hypnosis

d) Freud & sex therapy

e) Watson & hypnotherapy

Answer: A

*Page Ref: 18*

57)In writing an essay on behaviourism, you would be likely to include all of the following statements EXCEPT

a) abnormal behaviour is learned.

b) psychology must be restricted to observable behaviour.

c) behavioural approaches produced a revolution in psychological thought.

d) Watson acknowledged that abnormal behaviour was likely present at birth.

e) behavioural approaches have become established in treatment of disorders.

Answer: D

*Page Ref: 18*

58)Jonah is afraid of heights. Dr. Morlin employs an approach to deal with Jonah's phobia that involves having Jonah practice exposing himself to high places. This approach would best be viewed as

a) psychopharmacological.

b) behavioural.

c) biological.

d) cathartic.

e) psychoanalytical.

Answer: B

*Page Ref: 18*

59)The first asylum for the mentally ill established in Canada was

a) Vancouver Psychiatric Hospital.

b) Montreal's Allen Memorial Hospital.

c) the Rockwood asylum in Kingston.

d) the Hotel Dieu in Quebec.

e) the Hotel Dieu in Calgary.

Answer: D

*Page Ref: 18*

60)In which province of Canada was the development of proper places of care for the mentally ill during the early 17th century most accepted?

a) Alberta

b) Manitoba

c) Quebec

d) British Columbia

e) Ontario

Answer: C

*Page Ref: 18*

61)The first textbook printed in Canada dealing with the care and housing of the mentally ill

a) encouraged patience and tolerance.

b) suggested that the mentally ill be treated at home.

c) reflected the moral therapy approach.

d) recommended treating them with floggings.

e) recommended drug therapy.

Answer: D

*Page Ref: 19*

62)Lobotomies were widely used treatments in Canada during the mid-1940s. This treatment involved

a) lesioning of the brain by electrodes.

b) pharmacotherapy.

c) disconnection of the frontal lobes of the brain.

d) removal of the cerebellum.

e) removal of the ovaries in women.

Answer: C

*Page Ref: 19*

63)Montreal's Allen Memorial Hospital was

a) the first place in Canada to use psychoanalysis.

b) founded by Ewen Cameron.

c) a place where the criminally insane were housed.

d) the site of a research project funded by the CIA.

e) a leading Canadian hospital in the treatment and care of psychiatric patients.

Answer: D

*Page Ref: 19*

64)Cameron's experiments were problematic because

a) he attempted to brainwash patients through various “treatments”.

b) patients agreed to participate.

c) he did not realize the CIA were involved.

d) they received public approval.

e) his patients were not troubled by the research.

Answer: A

*Page Ref: 19*

65)Dr. Ruth Kajander can be noted for

a) unique blend of drug and talk therapy with severely disordered patients.

b) her role in the CIA-funded research in Montreal.

c) recognizing the value of tranquillizers in treating depression.

d) treating and reducing anxiety in patients prior to surgery.

e) using chlorpromazine to treat schizophrenics.

Answer: E

*Page Ref: 19*

66)Each of the following persons based in Canada contributed to both theory and treatment EXCEPT

a) J. F. Lehman.

b) Donald Meichenbaum.

c) Albert Bandura.

d) Ruth Kajander.

e) Richard Walters.

Answer: A

*Page Ref: 19-20*

67)Which of the following persons and accomplishments are INCORRECTLY matched?

a) Breuer and hypnosis

b) Meichenbaum and cognitive-behaviour therapy

c) Bandura and social learning theory

d) Kajander and depression

e) Bandura and aggressive behaviour

Answer: D

*Page Ref: 19-20*

68)Canadian psychologist Donald Meichenbaum's early work contributed significantly to the growth of \_\_\_\_\_\_\_\_\_\_ therapy.

a) moral

b) social-behaviour

c) psychopharmalogical

d) cognitive-behaviour

e) social learning

Answer: D

*Page Ref: 20*

69)According to the statistical concept, abnormal behaviour is that which occurs relatively infrequently.

a) True

b) False

Answer: A

*Page Ref: 3*

70)Distress must be present in order for an individual to be diagnosed as suffering from a mental disorder.

a) True

b) False

Answer: B

*Page Ref: 4-5*

71)Many mentally ill people are unpredictable and dangerous to themselves and others.

a) True

b) False

Answer: B

*Page Ref: 5-6*

72)Thomas Szasz claimed that the labels used to describe mental disorders reflected ways of controlling individuals suffering problems in living.

a) True

b) False

Answer: A

*Page Ref: 6*

73)Sigmund Freud has been called the father of modern medicine.

a) True

b) False

Answer: B

*Page Ref: 9*

74)The bodily fluids believed to influence mental functioning were called humours.

a) True

b) False

Answer: A

*Page Ref: 9*

75)The ancient physician Galen believed that mental disorders were entirely the result of physical causes.

a) True

b) False

Answer: B

*Page Ref: 10*

76)The Arab world's approach to dealing with the mentally ill was that of compassion and humanity.

a) True

b) False

Answer: A

*Page Ref: 10*

77)Galen wrote The Canon of Medicine, one of the most widely read medical books ever written.

a) True

b) False

Answer: B

*Page Ref: 11*

78)Supernatural explanations of mental illness became popular in Europe during the Middle Ages.

a) True

b) False

Answer: A

*Page Ref: 10-11*

79)In the Middle Ages it was generally believed that those who were insane were possessed.

a) True

b) False

Answer: A

*Page Ref: 11*

80)Johannes Weyer rejected the four humours theory of mental illness and claimed that mental illness resulted from disturbances of the spiritus vitae.

a) True

b) False

Answer: B

*Page Ref: 11*

81)Paracelsus believed that psychic conflicts may result in mental illness and treated patients using and early form of hypnotism.

a) True

b) False

Answer: A

*Page Ref: 12*

82)The first mental institution in North America was built by the Moors at San Hippolyto in Mexico.

a) True

b) False

Answer: B

*Page Ref: 12*

83)Teresa of Avila and St. Vincent de Paul influenced the development of a more scientific approach to treating mental illness.

a) True

b) False

Answer: A

*Page Ref: 12*

84)During the 17th century in Europe, the trend was toward an increasingly more humane and rational approach to dealing with the mentally ill.

a) True

b) False

Answer: B

*Page Ref: 12-13*

85)Philippe Pinel was responsible for bringing moral therapy to North America.

a) True

b) False

Answer: B

*Page Ref: 15*

86)Mesmer's work with hysteria sparked an interest in psychological explanations of disorders.

a) True

b) False

Answer: A

*Page Ref: 18*

87)The early efforts of Canadian provincial governments to care for the insane were characterized by an unsystematic approach.

a) True

b) False

Answer: A

*Page Ref: 18-19*

88)Albert Bandura and Richard Walters were responsible for developing cognitive behavioural therapy.

a) True

b) False

Answer: B

*Page Ref: 19*

89)Explanations for abnormal behaviour depend on various factors. Use several examples and describe some reasons why certain behaviours are or are not considered “abnormal.”

Answer: Some people hold certain beliefs that others may consider odd or bizarre. However, the difficulty that exists is determining whether or not a particular behaviour is abnormal. For example, extremely religious individuals may believe in spirits and healing powers, but they are not mentally disordered. Although someone may behave in an odd manner, it does not necessarily mean that he or she is psychologically disordered. As well, someone who commits criminal acts is behaving in a deviant manner, but is not mentally disordered. Therefore, it is important to keep in mind that our interpretations or ideas of how other people behave may not necessarily imply that that individual is mentally ill.

*Page Ref: 2-3*

90)Briefly describe and critique the principles used to establish the criteria for abnormality. Which definition best defines the concept of abnormality?

Answer: Several principles are commonly used when determining the definition of abnormality. The statistical concept claims that behaviour should be judged abnormal if it occurs infrequently in the population. However, not all infrequent thoughts or actions should be considered abnormal. Those with an extremely high IQ are rare, but would be considered gifted as opposed to abnormal. As well, some problem behaviours are quite common (e.g., depression, alcoholism). Personal distress and dysfunction are often used as criteria. Manic patients may feel little distress, however, and individuals who feel dissatisfied or in despair would not be labelled abnormal. Schizophrenics, for example, may behave in ways counter to social norms; yet, so do criminals, and not all criminals are diagnosed with a mental disorder. It is generally a mental health expert who determines whether an individual suffers from a disorder, yet some believe that mental illness is socially constructed and judged differently by different persons. None of the above criteria, on its own, is satisfactory in defining abnormal behaviour. No single criterion must be present or sufficient in defining abnormal behaviour, and generally all are used to some degree.

*Page Ref: 3-7*

91)Approaches to conceptualizing and treating abnormality have changed over time. Why is it valuable to be aware of the historical approaches to treating the mentally ill?

Answer: Many changes have occurred throughout time in the ways we have theorized about and treated mental illness. By examining historical accounts, we are better able to understand what we do today. Most of the ideas about abnormal behaviour reflect the general views of the time. When we criticize the ideas and treatments used in the past, we must remember that, in the future, people may scoff at our methods of treatment. Our ideas of what constitutes abnormal behaviour have changed over time. For example, in the past, individuals having visions were seen as gifted, whereas today they would be viewed as psychotic. Supernatural causes, such as possession, were accepted in the past as causing mental illness, while today natural causes such as biology, the environment, or personal experiences are accepted. It is important to keep in mind that many individuals, from Canada and elsewhere, have made discoveries that have influenced where we are today. Many more research and treatment findings will likely influence future treatment and conceptualization of mental disorders.

*Page Ref: 7-8*

92)Compare and contrast the causes and treatment methods for madness used in Stone Age cultures and by the ancient Greeks and Romans and the Arabs.

Answer: Evidence from prehistory has implied that the Stone Age surgeons cut small holes in the skull (trephination), possibly to release evil spirits that were causing the victim to engage in abnormal behaviour. Hunter-gatherer societies viewed madness as resulting from supernatural causes, and they tended to invoke an emotional release through the use of trances. Greek and Roman thought emphasized more natural causes for madness. Hippocrates believed that madness was caused by an imbalance in bodily fluids, and his treatment methods reflected a more scientific approach. He suggested treatments such as exercise, bleeding and vomiting, and a good diet. Plato emphasized sociocultural causes and looked to the importance of dreams. His treatment approach reflected more of community care, suggesting that relatives should care for the mentally ill at home. Galen stressed both physical and mental sources of disorder, and effective treatments included comfortable surroundings (no stressful procedures), and talking about difficulties. The Arabs held a supportive, compassionate attitude towards the mentally ill. Treatment reflected these attitudes, with asylums being places of refuge and protection. Thus, views of mental illness changed from supernatural to natural, with treatment methods changing as well.

*Page Ref: 8-10*

93)Describe the contributions of two historical persons in Europe who influenced the theory and treatment of mental illness.

Answer: Paracelsus (1493-1541) was one of the first to attack the beliefs about the supernatural and offered naturalistic origins to madness. He rejected the four humours theory of Hippocrates and attempted to develop a new system classification where all mental illness was seen to stem from disturbances of the spiritus vitae. He was the first to suggest that psychic conflicts caused mental disorders and utilized an early version of hypnotism as treatment. His view represented a more scientific approach to dealing with mental illness.

Philippe Pinel (1745-1826), was one of the leaders of the reform movement to improve conditions for the mentally ill. Pinel was a true humanitarian who carried out dramatic changes in institutions at a time when few accepted his ideas. As well, he influenced psychiatry as a whole by developing a systematic and statistical approach to classifying, managing, and treating mental disorders. He was a scientist who emphasized natural causes to mental illness and firmly believed that the mentally ill should be treated with compassion and respect.

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94)Despite its aims, the mental hygiene movement of the 19th century did not meet its goals. Describe the reasons for this movement, the instrumental figures responsible for this movement, and the reasons behind its lack of success.

Answer: Conditions for the mentally ill during the 1800s were horrendous. The mentally ill were left wandering from place to place and were rarely taken proper care of. In poorhouses, they were chained up and often taunted by visitors. Thus, reformers insisted on the establishment of mental asylums where proper care would be given to the mentally ill. Dorothea Dix (1802-1877), who became one of the leaders of the mental hygiene movement, visited a local prison, and, horrified by the conditions, became determined to make changes. She was also concerned with the suffering of mental patients, and began a nationwide campaign to improve life for these individuals. Thus, the goal of the mental hygiene movement was to protect and provide humane treatment for the mentally ill. However, the movement of people into large asylums did not make life better. There was a problem with overcrowding, and staff did not have the time to properly care for the considerable number of patients. Physicians replaced psychosocial treatments with physical treatments, which were often cruel rather than compassionate.

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95)Moral therapy was an important approach in the treatment of the mentally ill. Define the basis of this approach, describe the individuals responsible for promoting this approach, and why it lost popularity.

Answer: Moral therapy, advocated by humanitarian reformers (such as Lett, Pinel, Tuke, and Rush), gained popularity in Europe and North America during the early 1800s. Moral therapy was based on the idea that the insane should be treated humanely, without physical restraints. Patients were to be treated with compassion and respect, in a relaxing, stress-free environment. Most advocates of moral therapy believed they could cure mental illness through peaceful surroundings, proper diet and exercise, and activities. In fact, moral therapy did appear to have positive benefits. However, during the 1900s, moral therapy in Canada lost popularity and was replaced by physical and chemical restraints and somatic therapy. Public institutions became larger, thus decreasing the use of moral therapy. Biological approaches suggested that mental problems could be solved quickly and easily through surgery or medication. Even today, no one therapy quite exemplifies the humane approach of moral therapy.

96)The growth of mental health services in Canada has been characterized by both positive and negative accomplishments. Describe two of the negative practices used and speculate on the importance of these events for modern practices.

Answer: Various harsh methods have been used in the name of treating the mentally ill in Canada, even as late as the mid-1900s. One widely used treatment method was psychosurgery, such as prefrontal lobotomies. Tens of thousands of Canadians during the 1940s-60s had the frontal lobes of their brains disconnected or surgically removed. Most of these early lobotomies appeared to be performed to advance research or make life easier for the staff, as opposed to the health of the patient.

Another abuse of psychiatric power in Canada was the brainwashing experiments performed by Dr. Ewen Cameron, at Montreal's Allen Memorial Hospital during the late 1950s and early 1960s. Cameron “treated” the patients to massive doses of electroconvulsive therapy, prolonged sensory deprivation, and chemically-induced sleep. During their periods of sleep, he played audiotapes to the patients telling them how horrible they were and they must change. These unfortunate patients were also injected with LSD and were not told that they were being used in a research experiment.

These two examples make us aware of the importance of treating patients ethically and with respect and humanity. It is important that people in charge of the mentally ill do not abuse their power and that their treatment be properly monitored. We need to make an attempt to help the mentally ill with as little discomfort as possible.

97)Describe why the discovery that syphilis was the cause of general paresis was important to the modern view of mental illness.

Answer: Richard von Krafft-Ebing (1840-1902) was interested in the possibility that patients suffering from General Paresis of the Insane (GPI) may have acquired it through infection. Following Pasteur's germ theory of disease, Krafft-Ebing discovered that GPI was a long-term effect of syphilis. This finding sparked the view that all mental disorders might be caused by infections or some other biological factors. Somatogenesis (the belief that psychopathology is caused by biological factors) became a popular approach for those in the mental health field. There was increased optimism that all disorders would be cured by medical means.The discovery that GPI was caused by syphilis resulted in a more scientific approach to viewing mental illness and encouraged the use of various physical approaches to treatment.

98)Compare and contrast the somatogenic and psychogenic approaches to mental health and describe the positive effect that these approaches have had.

Answer: The somatogenic approach focuses on biology. Somatogenecists assume that mental illnesses are caused by infections or disrupted biological functioning. The early somatogenecists thought that medication or surgery would “cure” the infection or physical problem, and mental health would be renewed. This approach was quite popular during the late 1800s and resulted in a more scientific approach to psychology, as well as experimentation with different types of physical treatments. During the 1950s, pharmacological agents became available and were associated with the idea that mental disorders are caused by chemical imbalances in the brain. During this time, the effects that neurotransmitters had on behaviour was discovered and many drugs were synthesized which could be used to treat psychiatric patients. This proved to be very valuable.

Psychogenic approaches focus on the psychological factors underlying mental illness. These approaches include Freud's psychoanalytic approach, Watson's behaviourism, and numerous others. Mesmer's work with hysteria spurred interest in this approach, treating hysteria with an early form of hypnosis. Charcot and Janet became particularly interested in psychological explanations of hysteria and the use of hypnosis as a treatment. Thus, psychoanalysis was born, as Breuer and Freud began to employ methods such as hypnosis and encouraging patients to talk about their past and their problems. Behaviourists believed that abnormal behaviour was learned and could be unlearned, and that in order for psychology to function as a science, only observable behaviour should be focused on.

Although extremely different, both models have generated much research and increased our knowledge about the causes of mental illnesses, and generated effective treatments.