

# Historical Milestones in Psychiatry

Psychiatry · Answer Key · 17 Questions

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**1. Which historical figure is credited with first using the term 'psychiatry' in 1808?**

- A) Sigmund Freud
- B) Philippe Pinel
- C) Johann Christian Reil**
- D) Emil Kraepelin

**2. The Moral Treatment movement, emphasizing humane care for individuals with mental illness, is most strongly associated with the work of which two individuals in the late 18th and early 19th centuries?**

- A) Dorothea Dix and Clifford Beers
- B) Philippe Pinel and William Tuke**
- C) Benjamin Rush and John Grey
- D) Franz Mesmer and Jean-Martin Charcot

**3. What significant development in the classification of mental disorders occurred with the publication of Emil Kraepelin's 'Lehrbuch der Psychiatrie' (Textbook of Psychiatry)?**

- A) It introduced psychoanalytic therapy.
- B) It proposed distinct categories for dementia praecox (schizophrenia) and manic-depressive insanity (bipolar disorder).**
- C) It advocated for the use of lobotomies as a primary treatment.
- D) It was the first to link mental illness to genetic factors.

**4. Which early 20th-century scientist developed the theory of psychoanalysis, profoundly influencing the understanding of the unconscious mind and its role in mental disorders?**

- A) Carl Jung
- B) Alfred Adler
- C) Sigmund Freud**
- D) Erik Erikson

**5. The introduction of electroconvulsive therapy (ECT) in psychiatry in the late 1930s was initially developed for the treatment of which condition?**

- A) Anxiety disorders
- B) Schizophrenia
- C) Depression**
- D) Obsessive-compulsive disorder

**6. What was a major outcome of the deinstitutionalization movement in the mid-20th century, particularly in the United States?**

A) A significant increase in the number of long-stay psychiatric hospitals.

**B) A shift towards community-based mental health services.**

C) The complete elimination of all forms of psychiatric medication.

D) A resurgence of asylums for the severely ill.

**7. The development of the first widely effective antipsychotic medication, chlorpromazine (Thorazine), in the 1950s, marked a turning point in the treatment of which severe mental illness?**

A) Bipolar disorder

**B) Schizophrenia**

C) Major depressive disorder

D) Obsessive-compulsive disorder

**8. Which influential psychologist, known for his work on behaviorism, argued in 'Walden Two' for the application of learning principles to shape human behavior and society?**

**A) B.F. Skinner**

B) Albert Bandura

C) Ivan Pavlov

D) John B. Watson

**9. The establishment of the American Psychiatric Association (APA) in 1844 was a crucial step in professionalizing the field of psychiatry. What was a primary goal of its formation?**

A) To promote the use of psychoanalysis exclusively.

B) To advocate for the rights of patients within institutions.

**C) To standardize diagnostic criteria and treatment approaches.**

D) To fund research into the causes of mental illness.

**10. The lobotomy procedure, once a controversial treatment for severe mental illness, was pioneered by which neurosurgeon in the late 1930s?**

A) Harvey Cushing

B) Wilder Penfield

**C) Egas Moniz**

D) Walter Freeman

**11. What was the primary purpose of the Diagnostic and Statistical Manual of Mental Disorders (DSM), first published in 1952 by the American Psychiatric Association?**

- A) To provide detailed case studies of patients.
- B) To establish a standardized classification system for mental disorders.**
- C) To outline the history of psychiatric treatments.
- D) To offer therapeutic recommendations for all mental illnesses.

**12. The work of Aaron Beck in the 1960s led to the development of Cognitive Behavioral Therapy (CBT). What is a foundational principle of his approach?**

- A) Unconscious childhood conflicts are the sole cause of distress.
- B) Maladaptive thought patterns significantly contribute to emotional and behavioral problems.**
- C) Environmental conditioning is the only factor in mental health.
- D) The focus should be on past traumatic experiences exclusively.

**13. In the history of psychiatry, the invention of the tranquilizer drug meprobamate in the 1950s, often marketed as Miltown, aimed to treat which of the following?**

- A) Severe psychosis
- B) Agoraphobia
- C) Anxiety and tension**
- D) Tourette syndrome

**14. Which historical figure is often referred to as the 'father of American psychiatry' for his contributions to the understanding and treatment of mental disorders in the United States during the late 18th and early 19th centuries?**

- A) Thomas Sydenham
- B) Benjamin Rush**
- C) William Cullen
- D) Hermann Boerhaave

**15. The development of the first successful antidepressant medication, iproniazid, in the 1950s, was initially discovered as a byproduct of research into the treatment of which infectious disease?**

- A) Poliomyelitis
- B) Tuberculosis**
- C) Syphilis
- D) Influenza

**16. The concept of 'dementia praecox', a precursor to the diagnosis of schizophrenia, was first systematically described by which psychiatrist in the late 19th century?**

- A) Jean-Étienne Esquirol
- B) Alois Alzheimer
- C) Emil Kraepelin**
- D) Theodor Meynert

**17. The Mental Hygiene movement, which emerged in the early 20th century, primarily aimed to achieve what goal in the field of mental health?**

- A) To establish the first psychiatric research institutes.
- B) To prevent mental illness through public education and early intervention.**
- C) To develop more aggressive surgical treatments for mental disorders.
- D) To advocate for the immediate closure of all asylums.