

Historical Milestones in Mental Health

History Of Psychiatry · Practice Test · 25 Questions

1. Which 19th-century reformer is famously credited with advocating for the 'moral treatment' of the mentally ill in the United States and lobbying for state-funded asylums?

- A) Dorothea Dix
- B) Philippe Pinel
- C) Sigmund Freud
- D) William Tuke

2. In 1793, which French physician is widely recognized for removing chains from patients at the Bicêtre Hospital, marking a shift toward more humane treatment?

- A) Jean-Martin Charcot
- B) Philippe Pinel
- C) Émile Kraepelin
- D) Alfred Binet

3. The first antipsychotic medication, Chlorpromazine, was synthesized in 1950. What was its original intended medical use before its psychiatric benefits were discovered?

- A) Antidepressant
- B) Anticonvulsant
- C) Surgical anesthetic
- D) Antibiotic

4. What was the primary purpose of the 'York Retreat,' founded by William Tuke in England in 1796?

- A) A military hospital
- B) A place for quiet, humane, and moral treatment of the mentally ill
- C) A research laboratory for brain surgery
- D) A prison for the criminally insane

5. The term 'Schizophrenia' was coined in 1908 by which Swiss psychiatrist?

- A) Eugen Bleuler
- B) Carl Jung
- C) Hans Berger
- D) Josef Breuer

6. In 1963, U.S. President John F. Kennedy signed the Community Mental Health Act, which aimed to shift care from large institutions to:

- A) Private religious clinics
- B) Community-based mental health centers
- C) In-home psychiatric nursing
- D) Remote island retreats

7. The publication of 'A Mind That Found Itself' (1908) by Clifford Beers helped launch which significant movement?

- A) The Eugenics Movement
- B) The Mental Hygiene Movement
- C) The Anti-Psychiatry Movement
- D) The Psychoanalytic Revolution

8. What historical medical procedure, which won its creator António Egas Moniz a Nobel Prize in 1949, was later heavily criticized for its harmful effects?

- A) Electroconvulsive Therapy
- B) Insulin Shock Therapy
- C) Prefrontal Leucotomy
- D) Hydrotherapy

9. What is the name of the comprehensive classification system for mental disorders first published by the American Psychiatric Association in 1952?

- A) ICD-10
- B) DSM-I
- C) PDR
- D) Merck Manual

10. During the 19th century, what common practice involved 'spinning' patients in chairs to treat mental illness, based on the theory of circulation?

- A) Cox's Chair
- B) The Restraint Blanket
- C) The Bathing Cage
- D) The Trepanning Drill

11. The 'Anti-Psychiatry' movement, which challenged the validity of psychiatric diagnoses in the 1960s, was prominently associated with which author?

- A) R.D. Laing
- B) B.F. Skinner
- C) Ivan Pavlov
- D) Abraham Maslow

12. Which 18th-century medical practice, involving boring holes into the skull, was historically performed as a treatment for conditions like epilepsy and mental disorders?

- A) Lobotomy
- B) Trepanning
- C) Phrenology
- D) Bloodletting

13. What was the 'Rosenhan experiment' of 1973 primarily designed to test?

- A) The effectiveness of Prozac
- B) The reliability of psychiatric diagnosis
- C) The impact of hospital design on patients
- D) The genetic markers of schizophrenia

14. Before the advent of modern psychopharmacology, what was a common treatment for depression in the 1930s that involved inducing a coma?

- A) Insulin shock therapy
- B) Cold water immersion
- C) Sleep deprivation therapy
- D) Fever therapy

15. Who is considered the 'father of modern scientific psychiatry' and is known for creating the first classification system for mental disorders based on clinical observation?

- A) Emil Kraepelin
- B) Sigmund Freud
- C) Karen Horney
- D) Alfred Adler

16. The 'Great Confinement' in 17th-century Europe saw the establishment of institutions like the Salpêtrière to house the mentally ill, the poor, and whom else?

- A) The elderly
- B) Criminals
- C) The unemployed
- D) Foreigners

17. In 1948, the World Health Organization defined health as 'a state of complete physical, mental and social well-being and not merely the absence of...'

- A) Disease or infirmity
- B) Pain or suffering
- C) Sadness or grief
- D) Instability or disorder

18. Which famous 19th-century neurologist used hypnosis as a primary method for treating patients with 'hysteria' at the Salpêtrière Hospital?

- A) Jean-Martin Charcot
- B) Sigmund Freud
- C) Carl Jung
- D) Ivan Pavlov

19. What 1950s invention, popularized by Hans Berger, revolutionized the study of mental processes like epilepsy and sleep?

- A) The MRI scanner
- B) The Electroencephalogram (EEG)
- C) The PET scan
- D) The CT scan

20. The 'deinstitutionalization' movement in the mid-20th century was largely facilitated by the introduction of which class of drugs?

- A) Barbiturates
- B) Antipsychotics
- C) Amphetamines
- D) Benzodiazepines

21. Which psychological theory, dominant in the early 20th century, focused heavily on the unconscious mind and childhood experiences?

- A) Behaviorism
- B) Psychoanalysis
- C) Cognitive therapy
- D) Humanistic psychology

22. Which historical figure wrote 'The Discovery of the Unconscious' to chronicle the evolution of dynamic psychiatry?

- A) Henri Ellenberger
- B) Carl Jung
- C) Otto Rank
- D) Wilhelm Reich

23. What was the primary goal of the 'Mental Hygiene' movement in the early 20th century?

- A) To promote general physical health
- B) To prevent mental illness and improve care in institutions
- C) To eliminate the use of all psychiatric drugs
- D) To encourage the study of phrenology

24. Which U.S. state opened the first public mental hospital, the Eastern State Hospital, in 1773?

- A) Virginia
- B) New York
- C) Massachusetts
- D) Pennsylvania

25. In the 1970s, the American Psychiatric Association officially removed which condition from the list of mental disorders in the DSM?

- A) Schizophrenia
- B) Homosexuality
- C) Bipolar disorder
- D) Anxiety