

Historical Milestones in Psychiatry

Psychiatry · Answer Key · 18 Questions

1. Which ancient Greek physician is often credited with proposing that mental disorders stemmed from imbalances in the body's humors, a concept that influenced medical thought for centuries?

A) Hippocrates

- B) Galen
- C) Socrates
- D) Plato

2. The 'Moral Treatment' movement in 19th-century psychiatry emphasized humane care and the avoidance of restraint. Which individual is most closely associated with pioneering this approach in the United States?

A) Dorothea Dix

- B) Philippe Pinel
- C) Benjamin Rush
- D) William Tuke

3. Who is considered the 'father of psychoanalysis' and developed theories of the unconscious mind, id, ego, and superego, profoundly impacting psychotherapy?

A) Sigmund Freud

- B) Carl Jung
- C) Alfred Adler
- D) Erik Erikson

4. The development of lobotomy as a psychosurgical procedure in the mid-20th century is most famously associated with which neurosurgeon?

A) Walter Freeman

- B) Egas Moniz
- C) Wilder Penfield
- D) Harvey Cushing

5. Which significant historical event led to a major shift in the understanding and treatment of shell shock (now known as PTSD) among soldiers?

A) World War I

- B) The Napoleonic Wars
- C) The American Civil War
- D) World War II

6. The establishment of the first American psychiatric journal, 'The American Journal of Insanity' (later renamed 'The American Journal of Psychiatry'), occurred in which decade?

A) 1840s

B) 1870s

C) 1900s

D) 1920s

7. The introduction of chlorpromazine (Thorazine) in the 1950s revolutionized the treatment of psychosis. Which class of drugs did it belong to?

A) Antipsychotics

B) Antidepressants

C) Anxiolytics

D) Mood Stabilizers

8. Emil Kraepelin, a key figure in early psychiatric classification, is credited with differentiating between which two major categories of mental illness that are still recognized today?

A) Dementia praecox and manic-depressive illness

B) Hysteria and neurasthenia

C) Melancholia and phrenitis

D) Schizophrenia and bipolar disorder

9. Electroconvulsive therapy (ECT) was first introduced as a psychiatric treatment in what year and by whom?

A) 1938 by Cerletti and Bini

B) 1956 by Delay and Deniker

C) 1906 by Cramer and Lendl

D) 1927 by von Meduna

10. Which influential psychiatrist developed the theory of collective unconscious and archetypes, diverging from Freud's focus on individual psychosexual development?

A) Carl Jung

B) Alfred Adler

C) Karen Horney

D) Jacques Lacan

11. The concept of 'token economies' within psychiatric institutions, designed to encourage desired behaviors through rewards, gained prominence in which era?

A) 1960s-1970s

B) 1920s-1930s

C) 1980s-1990s

D) 1940s-1950s

12. What significant diagnostic manual, first published in 1952, provided a standardized system for classifying mental disorders and has undergone numerous revisions?

A) Diagnostic and Statistical Manual of Mental Disorders (DSM)

B) International Classification of Diseases (ICD)

C) The Classification of Mental Disorders (CMD)

D) The Psychiatric Nomenclature (PN)

13. The development of psychotropic medications saw a surge in the late 20th century. Which class of drugs, introduced in the late 1980s, became widely prescribed for depression and anxiety?

A) Selective Serotonin Reuptake Inhibitors (SSRIs)

B) Monoamine Oxidase Inhibitors (MAOIs)

C) Tricyclic Antidepressants (TCAs)

D) Benzodiazepines

14. The work of Aaron Beck, a pioneer in cognitive therapy, focused on identifying and challenging which of the following in patients?

A) Negative automatic thoughts

B) Unconscious defense mechanisms

C) Early childhood traumas

D) Existential anxieties

15. The asylum system, prevalent in the 18th and 19th centuries, was largely characterized by what approach to managing mental illness?

A) Custodial care and containment

B) Proactive therapeutic intervention

C) Community-based support

D) Emphasis on rehabilitation and reintegration

16. Which influential figure in the history of psychiatry developed the concept of the 'therapeutic community' emphasizing patient participation and responsibility?

A) Maxwell Jones

B) Frieda Fromm-Reichmann

C) Harry Stack Sullivan

D) Fritz Perls

17. The discovery of the role of dopamine in schizophrenia by Carlsson and others in the mid-20th century was a significant breakthrough in understanding the neurochemistry of which disorder?

A) Schizophrenia

B) Depression

C) Bipolar Disorder

D) Obsessive-Compulsive Disorder

18. The deinstitutionalization movement, which aimed to move mental health care from large psychiatric hospitals to community settings, gained significant momentum in which period?

A) Mid to late 20th century

B) Early 19th century

C) Late 18th century

D) Early 21st century