

Historical Milestones in Psychiatry

Psychiatry · Practice Test · 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