

Milestones in Mental Health History

Mental Health History · Answer Key · 20 Questions

1. Who is credited with publishing the first 'Comprehensive Textbook of Psychiatry', a seminal work that standardized psychiatric education in 1967?

- A) Alfred Freedman and Harold Kaplan**
- B) Emil Kraepelin
- C) Sigmund Freud
- D) Philippe Pinel

2. In 1952, the American Psychiatric Association published the first edition of the DSM. How many 'disorders' were formally classified in this initial volume?

- A) 24
- B) 60
- C) 106**
- D) 128

3. Which physician, often considered the father of modern scientific psychiatry, first described 'dementia praecox' in his 1899 textbook?

- A) Eugen Bleuler
- B) Emil Kraepelin**
- C) Jean-Martin Charcot
- D) Karl Jaspers

4. The first successful use of lithium as a mood stabilizer for bipolar disorder was documented in 1949 by which Australian psychiatrist?

- A) John Cade**
- B) Victor Cade
- C) Harry Stack Sullivan
- D) Aaron Beck

5. Who coined the term 'schizophrenia' in 1908 to replace the previous diagnostic term 'dementia praecox'?

- A) Eugen Bleuler**
- B) Carl Jung
- C) Sigmund Freud
- D) Adolf Meyer

6. In 1938, Ugo Cerletti and Lucio Bini first introduced which clinical treatment procedure in Rome, Italy?

- A) Frontal Lobotomy
- B) Electroconvulsive Therapy**
- C) Insulin Coma Therapy
- D) Hydrotherapy

7. The 'Minnesota Multiphasic Personality Inventory' (MMPI), the first standardized psychometric test for psychopathology, was published in what year?

- A) 1932
- B) 1943**
- C) 1951
- D) 1960

8. Which scientist discovered the antipsychotic properties of chlorpromazine in 1952, marking the beginning of the 'psychopharmacological revolution'?

- A) Henri Laborit**
- B) Nathan Kline
- C) John Cade
- D) Arvid Carlsson

9. What was the first mental disorder to be removed from the DSM in 1973 following a vote by the American Psychiatric Association?

- A) Homosexuality**
- B) Hysteria
- C) Neurasthenia
- D) Multiple Personality Disorder

10. Who developed the 'Beck Depression Inventory' (BDI), the first self-report rating scale for depression, in 1961?

- A) Aaron Beck**
- B) Albert Ellis
- C) B.F. Skinner
- D) Carl Rogers

11. The 'Salpêtrière Hospital' in Paris became the center of modern neurology and psychiatry under the direction of which 19th-century figure?

- A) Jean-Martin Charcot**
- B) Philippe Pinel
- C) Benjamin Rush
- D) William Tuke

12. In 1927, Julius Wagner-Jauregg won the Nobel Prize in Medicine for developing which treatment for general paresis of the insane?

- A) Malaria therapy**
- B) Insulin shock therapy
- C) Lobotomy
- D) Hydrotherapy

13. Which psychologist is noted for the first formal 'Little Albert' experiment in 1920, establishing the principles of classical conditioning in humans?

- A) John B. Watson**
- B) Ivan Pavlov
- C) B.F. Skinner
- D) Edward Thorndike

14. The first 'asylum' in the United States, founded in 1773, was located in which city?

- A) Williamsburg, Virginia**
- B) Philadelphia, Pennsylvania
- C) New York City, New York
- D) Boston, Massachusetts

15. Who published 'The Interpretation of Dreams' in 1900, marking the formal introduction of psychoanalysis to the scientific community?

- A) Sigmund Freud**
- B) Alfred Adler
- C) Carl Jung
- D) Otto Rank

16. Which drug was the first to be approved by the FDA specifically for the treatment of schizophrenia in 1954?

- A) Thorazine**
- B) Haldol
- C) Valium
- D) Lithium

17. The 'Mental Hygiene' movement, which led to the founding of the National Committee for Mental Hygiene in 1909, was spurred by the book 'A Mind That Found Itself', written by whom?

- A) Clifford Beers**
- B) Dorothea Dix
- C) Nellie Bly
- D) William James

18. In 1844, the 'Association of Medical Superintendents of American Institutions for the Insane' was formed; what is this organization known as today?

A) American Psychiatric Association

B) American Psychological Association

C) National Alliance on Mental Illness

D) Mental Health America

19. Who is credited with the invention of the 'Lobotomy' (leucotomy) in 1935, for which he later won the Nobel Prize?

A) Egas Moniz

B) Walter Freeman

C) James Watts

D) Antonio Damasio

20. Which Swiss psychiatrist pioneered the 'Word Association Test' as a diagnostic tool for psychological complexes?

A) Carl Jung

B) Eugen Bleuler

C) Ludwig Binswanger

D) Hermann Rorschach