

## **Chapter 1**

### **The Evolution of Clinical Psychology**

#### **Multiple Choice Questions**

1. A national survey found that 1 of \_\_\_\_\_ Canadian adolescents and adults reported that in the last year they experience symptoms consistent with a diagnosis of a mental disorder such as abuse, alcohol dependence, mood disorder, or anxiety disorder.
  - a. 3.
  - b. 10.
  - c. 25.
  - d. 50.

Answer: B      Page: 2

2. In 2014, a health survey of active Canadian military personnel found that \_\_\_\_\_ reported a mental disorder in the previous year.
  - a. 3.6%
  - b. 10%
  - c. 16.5
  - d. 45.5%

Answer: C      Page: 2

3. The cost of mental illness to Canadian society is estimated at \_\_\_\_\_ dollars.
  - a. \$57 million
  - b. \$121 million
  - c. \$1.5 billion
  - d. \$63 billion

Answer: D      Page 2

4. In 2006, the London School of Economics released *The Depression Report*, which translated epidemiological data into economic terms, and found that:
  - a. in order to meet the needs of the population, 20% of the National Health Service's expenditures are allocated to the treatment of anxiety & depression.
  - b. in order to meet the needs of the population, 10% of the National Health Service's expenditures are allocated to the treatment of anxiety & depression.
  - c. the cost of treating mental health issues is lower than the cost of prevention.
  - d. the cost of treating mental health issues is lower than the cost of paying disability benefits due to mental disorders.

Answer: D      Page: 2

5. Systematic literature reviews conducted by the UK National Institute for Health and Care Excellence (NICE) find that evidence-based psychological treatments are
  - a. no more effective than placebo treatment for anxiety and depression.
  - b. at least as effective as medication for anxiety and depression.
  - c. more costly than disability payments associated with mental illness.

- d. effective for less than 15% of people with anxiety or depression.

Answer: B      Page: 3

6. The World Health Organization (WHO) estimates that the accurate diagnosis and treatment of mental disorders worldwide occurs for \_\_\_\_\_ of people who suffer from mental disorders.
- a. only a small percentage
  - b. a large percentage
  - c. approximately half
  - d. the majority of individuals

Answer: A      Page: 2

7. Data from the World Health Organization (2004) indicate that most mental disorders
- a. are diagnosed and treated effectively in developed countries, but not in developing countries.
  - b. are overlooked and misdiagnosed and therefore remain untreated or mistreated.
  - c. are diagnosed accurately, but go untreated.
  - d. tend to go undiagnosed but remit on their own, regardless of the country's level of development.

Answer: B      Page: 3

8. A large-scale study (Mokdad, Marks, Stroup, & Gerberding, 2004) demonstrated that many of the leading causes of mortality in the United States are related to
- a. chronic physical health issues that have been resistant to treatment.
  - b. violence and crime.
  - c. treatable or preventable factors, such as diet, exercise, tobacco use, and alcohol.
  - d. motor vehicle accidents.

Answer: C      Page: 3

9. The Mental Health Commission of Canada (MHCC) is designed to
- a. illustrate the incomplete and patchwork nature of mental health services that are available across Canada.
  - b. spearhead fundraising and awareness efforts to promote the need for mental health services among Canadians.
  - c. explicitly distinguish between provincial and federal responsibilities for health care.
  - d. encourage collaboration between those who provide and require services for mental health (such as government, service providers, and clients).

Answer: D      Page: 4

10. The nature and definition of clinical psychology has expanded and evolved over the decades from an initial primary focus on assessment, evaluation, and diagnosis to now include:
- a. a primary focus to help those with mental disorders or distress.
  - b. a branch of psychology that emphasizes assessment over research.
  - c. a focus on the individual rather than on the group.

- d. intervention and prevention services for individuals, couples, and families..

Answer: D      Page 5

11. One of the criticisms levelled at a science-based approach to clinical psychology is that
- a. it discounts an individual psychologist's experience and intuition clinical psychology is best conceptualized as a healing art.
  - b. drawing similarities across various groups of human experiences is a valuable tool for therapy.
  - c. research covers so many human problems confronted by clinicians that it is cumbersome to select the appropriate treatment.

Answer: A      Page: 7

12. Evidence-based practice refers to the practitioner only offering services that:
- a. have been demonstrated in a series of RCTs to be efficacious.
  - b. are listed in clinical practice guidelines.
  - c. are in areas in which the clinician has received training and demonstrated competence.
  - d. are based on the synthesis of research evidence, client's history and treatment preferences, and the clinician's experience.

Answer: D      Page: 7

13. Compared to counselling psychologists, clinical psychologists have more training in the treatment of
- a. patients with more severe psychopathology.
  - b. a diverse clientele.
  - c. difficulties related to developmental transitions.
  - d. interpersonal problems.

Answer: A      Page: 8

14. Traditional distinctions between clinical and counselling psychologists are currently
- a. shrinking.
  - b. increasing.
  - c. the same as they have always been.
  - d. a topic of intense debate.

Answer: A      Page: 8

15. Over recent years, many clinical psychologists have
- a. narrowed their focus to treating mental disorders rather than interpersonal problems.
  - b. begun to take on more of the roles of a psychiatrist.
  - c. begun to address health issues.
  - d. been granted prescriptive authority.

Answer: C      Page: 8

16. School psychology has expanded in order to

- a. address students' mental health and life circumstances more broadly.
- b. broaden the scope of psychological and intelligence testing in schools.
- c. provide parent counselling and training programs.
- d. all of the above

Answer: A      Page: 10

17. Psychiatrists complete

- a. all of the same medical training that other physicians receive.
- b. a different type of basic training than other physicians.
- c. clinical training that is comparable to that of clinical psychologists, in addition to their c medical training.
- d. research and clinical training that is comparable to that of clinical psychologists, in addition to their basic medical training.

Answer: A      Page: 10

18. Psychiatrists are better trained than psychologists to

- a. identify interactions between physical health problems and mental health problems.
- b. understand human psychological development.
- c. understand cognition and learning.
- d. Identify interactions between mental health problems and environmental influences.

Answer: A      Page: 10

19. Psychiatrists generally receive

- a. the same amount of training in research as do clinical psychologists.
- b. far less training in research than do clinical psychologists.
- c. more training in research than do clinical psychologists.
- d. a different type of research training than do clinical psychologists.

Answer: B      Page: 10

20. Psychiatrists currently receive training in

- a. diagnosis and pharmacotherapy.
- b. diagnosis and psychotherapy.
- c. diagnosis, psychotherapy, and pharmacotherapy.
- d. pharmacotherapy and psychotherapy.

Answer: C      Page: 11

21. A key difference between psychologists and psychiatrists is that

- a. only psychiatrists can prescribe medication.
- b. only psychologists can prescribe medication.
- c. in most jurisdictions, only psychiatrists can prescribe medication.
- d. only psychologists practice psychotherapy whereas psychiatrists prescribe medication.

Answer: C      Page: 11

22. \_\_\_\_\_ was the primary developer of cognitive therapy for depression.

- a. Carl Rogers
- b. Alfred Adler
- c. Aaron Beck
- d. Cesare Lombroso

Answer: C      Page: 11

23. Worldwide, the number of medical students specializing in psychiatry has:

- a. decreased and is insufficient to meet the demand for psychiatrists.
- b. decreased over the decades but sufficiently meets the demand for psychiatrists.
- c. increased dramatically in Canada but not in the United States.
- d. increased decades but sufficiently meets the demand for psychiatrists.

Answer: A      Page: 11

24. Which of the following is true regarding clinical social workers?

- a. Many function as case managers who help patients coordinate their services.
- b. Many have prescription privileges.
- c. They are not trained to provide psychotherapy.
- d. They receive extensive training in psychological assessment.

Answer: A      Page: 11

25. Which early Greek scholar is credited with emphasizing the biopsychosocial approach to understanding physical and psychological disorders?

- a. Hippocrates
- b. Plato
- c. Aristotle
- d. Hippocleides

Answer: A      Page: 14

26. Hippocrates emphasized which approach to understand psychological and physical disorders?

- a. The metaphysical approach
- b. The philosophical approach
- c. The biopsychosocial approach
- d. The magical-meditative approach

Answer: C      Page: 14

27. During the period of the Enlightenment in Europe and North America,

- a. a new world view emerged where mental health problems could be approached with religious and spiritual healing.
- b. the supernatural view of mental phenomena burgeoned.
- c. a new world view emerged where mental health problems could be approached with reason and science.
- d. the treatment of those suffering from mental illness continued to be as inhumane as in the 1500s.

Answer: C      Page: 14

28. As a result of the Enlightenment in Europe and North America,
- a. Philippe Pinel demanded humane treatment of asylum patients.
  - b. William Tuke advocated for the development of mental hospitals.
  - c. Benjamin Rush promoted the use of moral therapy.
  - d. All of the above

Answer: D      Page: 14

29. In the latter half of the 1700s, \_\_\_\_\_ had a large impact on the treatment of the mentally ill.
- a. the philosophical period of the enlightenment
  - b. symptom-focused forms of psychotherapy
  - c. religious and spiritual leaders
  - d. the law and reform movements

Answer: A      Page: 14

30. Increased attention to mental disorders in the 1800s led to the recognition that hysteria
- a. was not explainable by purely biological causes.
  - b. could be effectively treated with traditional medicine.
  - c. was entirely explainable by mental causes.
  - d. could be treated with cognitive-behaviour therapy.

Answer: A      Page: 16

31. Until the middle part of the 20th century, the activities of clinical psychologists were mainly focused around
- a. intervention to alleviate mental disorders.
  - b. the mistreatment of the mentally ill.
  - c. assessment.
  - d. collaboration with physicians.

Answer: C      Page: 16

32. This scholar advocated psychology as the study of human experience, and established the first psychology laboratory.
- a. Wilhelm Wundt
  - b. William James
  - c. Francis Galton
  - d. James McKeen Cattell

Answer: A      Page: 16

33. Current mental disorder classification systems have their origins in the work of
- a. Emil Kraepelin.
  - b. David Wechsler.
  - c. Wilhelm Wundt.
  - d. Alfred Binet.

Answer: A      Page: 16

34. Alfred Binet and Theodore Simon designed tests of mental ability mainly in order to
- identify gifted children targeted by for advanced learning.
  - classify inmates for remediation programs.
  - identify children in need of special education programs.
  - classify soldiers for different jobs in the military.

Answer: C      Page: 16

35. Binet and Simon gathered normative data on children to establish
- probability of future criminal behaviour.
  - information on their cognitive abilities.
  - norms in social skills and aggression.
  - differences in personality characteristics between adults and children.

Answer: B      Page: 16

36. The Army Beta test was developed to assess the \_\_\_\_\_ of American army recruits in the First World War.
- verbal mental abilities
  - nonverbal mental abilities
  - ability to resist 'shell-shock'
  - leadership capacity

Answer: B      Page: 17

37. Psychology's role in test construction and measurement in the United States was solidified by psychologists's role in
- developing tests for the American military.
  - developing intelligence tests for children.
  - developing assessments of personality.
  - research on assessment for specific mental disorders.

Answer: A      Page: 17

38. Projective tests require respondents to
- rate themselves on various dimensions of personality.
  - complete a number of tasks measuring speed, number, and digit span.
  - respond to ambiguous stimuli.
  - make predictions about their future plans.

Answer: C      Page: 17

39. Paul Meehl's review of the strengths and weaknesses of clinical and statistically-based assessment for diagnosing adults concluded that
- purely clinical approaches to testing hypotheses were typically superior to purely statistical approaches.
  - purely clinical approaches to testing hypotheses were typically inferior to purely statistical approaches.
  - a clinical approach to hypothesis generation and a statistical approach to hypothesis testing yields the most accurate results.

- d. a statistical approach to hypothesis generation and a clinical approach to hypothesis testing yields the most accurate results.

Answer: C      Page: 18

40. What is considered the “gold standard” in the assessment of intellectual abilities?

- a. The MMPI
- b. The DSM-III
- c. The Army Beta test
- d. The Wechsler scales

Answer: D      Page: 17

41. The Rorschach inkblot test is an example of

- a. an intelligence test.
- b. a retroactive test.
- c. a projective test.
- d. a hypnosis test.

Answer: C      Page: 17

42. The development of projective tests proceeded

- a. similarly to that of ability testing, with close attention to basic principles of test construction.
- b. differently from that of ability testing, with minimal attention to basic principles of test construction.
- c. similarly to that of ability testing, with minimal attention to basic principles of test construction.
- d. differently from that of ability testing, with close attention to basic principles of test construction.

Answer: B      Page: 18

43. Compared to the MMPI, projective tests

- a. rely mostly on clinical judgement.
- b. rely mostly on statistical norms.
- c. are a much more recent assessment tool.
- d. are generally more accurate in predicting antisocial behaviour.

Answer: A      Page: 18

44. Projective tests rely on \_\_\_\_\_ while the MMPI relies on \_\_\_\_\_

- a. clinical judgement; clinical judgement and statistical analysis.
- b. clinical judgement and statistical analysis; clinical judgement.
- c. the judgement of psychiatrists; the judgement of psychologists.
- d. the judgement of psychologists; the judgement of psychiatrists.

Answer: A      Page: 18

45. The main goal of developing the Minnesota Multiphasic Personality Inventory was to provide an easily administered test to screen for

- a. psychological disturbances.



- b. deviant personality.
- c. avoidant personality.
- d. personality changes.

Answer: A      Page: 18

46. Walter Mischel's publication in 1968 proposed that it was problematic to rely too heavily on

- a. personality traits to understand human behaviour.
- b. behavioural observations to understand human behaviour.
- c. psychodynamic theories to understand human behaviour.
- d. psychological testing to understand human behaviour.

Answer: A      Page: 18

47. Which psychologist's critique of personality traits for understanding human behaviour impacted the popularity of behavioural approaches to clinical assessment?

- a. Skinner
- b. Murray
- c. Mischel
- d. Freud

Answer: C      Page: 18-19

48. Most psychologists agree that assessment data should be obtained

- a. from multiple methods and informants.
- b. mainly from the client.
- c. mainly from expert assessment.
- d. mainly from psychological testing.

Answer: A      Page: 20

49. Service evaluation refers to the evaluation of

- a. the utility of various assessment tools.
- b. assessment tools to ensure that they are valid and reliable.
- c. the effectiveness of clinical services.
- d. psychologists' abilities.

Answer: C      Page: 20

50. Anna Freud, daughter of Sigmund Freud, extended her father's work by

- a. highlighting the roles of birth order and social comparison on a person's development.
- b. recognizing the role of conscious efforts to adjust to life difficulties and obstacles.
- c. extending the role of unconscious forces in a person's development.
- d. questioning the role of dreams in a person's development.

Answer: B      Page: 22

51. Who was the first person to be credited for using the term "clinical psychology?"

- a. Sigmund Freud

- b. Hans Eysenck
- c. Lightner Witmer
- d. Wilhelm Wundt

Answer: C          Page: 22

52. The experiment with little Albert and the furry white animals showed
- a. that conditioning principles could explain the development of phobias.
  - b. that conditioning principles could explain the development of obsessions.
  - c. that psychodynamic principles could be demonstrated in the lab.
  - d. that psychodynamic principles had a large influence on learning.

Answer: A          Page: 22

53. In the 1940s and 50s, the demand for psychological services increased dramatically primarily because of the
- a. increase in homeless individuals.
  - b. need for mental health services for those affected by the war.
  - c. lack of work.
  - d. destigmatization of mental illness.

Answer: B          Page: 22

54. Carl Rogers' approach to psychotherapy differed from Freud's in that
- a. it was more negative in its assumptions of human nature.
  - b. it was more positive in its assumptions of human nature.
  - c. it proposed that we could never really understand human nature.
  - d. it was the first to take a multi-disciplinary approach.

Answer: B          Page: 22

55. The primary goal of Carl Rogers' style of therapy was to provide a
- a. warm and supportive environment to explore the unconscious.
  - b. demanding and challenging environment to explore the unconscious.
  - c. warm and supportive environment to discover potential for growth.
  - d. demanding and challenging environment to discover potential for growth.

Answer: C          Page: 22

56. In 1952, Hans Eysenck's review of the effectiveness of psychotherapy concluded that
- a. psychotherapy was very effective for reducing symptoms compared to receiving no therapy.
  - b. psychotherapy was no more effective for reducing symptoms compared to receiving no therapy.
  - c. assessment as it existed in the 1950's was not effective for advising treatment.
  - d. psychotherapy sometimes had deleterious effects on individuals.

Answer: B          Page: 23

57. In the 1960s and 1970s, there was a marked \_\_\_\_\_ in the number of psychotherapies available, and an \_\_\_\_\_ in research concerning psychotherapy.
- a. decrease; decrease

- b. decrease; increase
- c. increase; increase
- d. increase; decrease

Answer: C          Page: 23

58. In the late 1970s, Don Meichenbaum and Aaron Beck published texts that laid the foundation for current

- a. behaviour therapies.
- b. cognitive-behaviour therapies.
- c. client-centered therapies.
- d. psychodynamic therapies.

Answer: B          Page: 23

59. The meta-analysis by Smith, Glass, and Miller of the efficacy of psychotherapies for adult and child problems have found that the average person receiving therapy is better off than approximately \_\_\_\_ of people with similar problems who did not receive therapy.

- a. 20%
- b. 40%
- c. 80%
- d. 100%

Answer: C          Page: 23

60. The history of \_\_\_\_\_ efforts is much shorter than the history of \_\_\_\_\_ or \_\_\_\_\_.

- a. prevention; assessment, intervention
- b. assessment; prevention, intervention
- c. intervention; consultation, prevention
- d. assessment; consultation, intervention

Answer: A          Page: 25

61. The American Psychological Association's Task Force on Promotion and Dissemination of Psychological Procedures was established because

- a. there was pressure in the United States for health care practices to be demonstrably effective and cost-effective.
- b. there was a decrease in the number of individuals seeking psychotherapy as a treatment modality.
- c. there was a need to develop new treatments that were more effective for alleviating symptoms of mental disorders.
- d. there was a need for other health care practitioners to appreciate the effectiveness of psychological treatments.

Answer: A          Page: 24

62. In the coming years, it is likely that clinical psychology will be influenced by

- a. requirements to provide psychological services for diverse general and physical health problems.
- b. requirements to provide health care to an aging population.

- c. requirements for assessments, treatments, and prevention programs to be appropriate for a diversity of individuals.
- d. all of the above.

Answer: D      Page: 25

63. Effectiveness studies are conducted to examine whether a particular psychological treatment works
- a. in research settings.
  - b. in real-world conditions.
  - c. for both adults and children.
  - d. for a particular mental disorder.

Answer: B      Page: 24

64. The term that refers to a group of symptoms that frequently co-occur is a(n)
- a. disorder
  - b. syndrome
  - c. illness
  - d. cluster

Answer: B      Page: 16

### Short Answer Questions

1. Describe the evidence-based practice model. Describe two arguments that question this model.

**Suggested answer: Pages 7 & 8**

*Definition:* The evidence-based practice model requires the clinician to synthesize information drawn from research and systematically collected data on the patient in question, the clinician's experience, and the patient's preferences when considering health care options

*Arguments against:*

- a) It is too difficult to determine whether research on groups of individuals is applicable to any specific individual
- b) Research lags behind the needs of clinicians to provide therapy to distressed individuals
- c) There is no research concerning many human problems confronted by clinicians
- d) Each individual's unique constellation of life experience, culture, and societal context makes it unlikely that general psychological principles can ever provide much useful guidance in alleviating emotional distress or interpersonal conflict.

2. Why was the Minnesota Multiphasic Personality Inventory (MMPI) developed?

**Suggested answer: Page 18**

- a) Developed by Starke Hathaway in 1943
- b) The goal was to provide an easily administered test that could effectively screen for psychological disturbances among adults

3. Describe the biopsychosocial approach.

**Suggested answer: Page 14**

- a) In order to understand mental and physical disorders, biological, psychological, and social influences on health and illness must be considered

4. Define the term *syndrome*.

**Suggested answer: Page 16**

- a) Syndrome – a group of mental disorder symptoms that frequently co-occur.

5. Who was Emil Kraepelin?

**Suggested answer: Page 16**

- a) A German psychiatrist who believed mental disorders could be explained through biological factors.
- b) He devoted his career to studying and classifying mental disorders in the hope that his work would result in a scientifically based classification system that would serve to inform treatment
- c) He examined how symptoms covaried
- d) He coined the term “syndromes”
- e) His classification system was built around identifying how these syndromes related to and differed from each other
- f) His classification system of what is now known as schizophrenia was one of his major accomplishments
- g) The DSM-IV and ICD have their origins in Kraepelin’s work

6. Who was Alfred Binet? Describe one of his major contributions.

**Suggested answer: Page 16**

- a) A French psychologist who co-developed the first widely available, scientifically based test of human intelligence.
- b) It was called the Stanford-Binet Intelligence test and was designed to be administered to children.
- c) They designed the intelligence test to measure the abilities of school children, in an effort to identify children with limited cognitive abilities who were unlikely to benefit from typical teaching methods

7. What was the primary conclusion of Paul Meehl’s (1954) review of both clinically and statistically based assessments?

**Suggested answer: Page 18**

- a) that a purely clinical approach to assessment was inferior to a more statistically or empirically oriented approach to describing and diagnosing.
- b) Meehl advocated strongly for the use of clinical experience in generating hypotheses about human functioning. However, he stated that, once these hypotheses are formulated, scientific methods must be used to test the viability of these hypotheses.

8. Describe one broad development in psychological assessment that has occurred in the past three decades.

**Suggested answer: Page 20-21**

- a) increased attention to the relevance of assessment data and the assessment process to both treatment planning and evaluation.
- b) Agreement among different theoretical orientations that assessment data should be obtained from multiple methods, and multiple informants
- c) Recognition that best practices in assessment should be based on assessment methods and measures that have solid scientific support

9. What does the term “clinical utility” mean?

**Suggested answer: Page 20**

- a) Whether having access to assessment data actually provides information that leads to a clinical outcome that is better (or faster, or less expensive) than what the outcome would be if the psychologist did not have access to assessment data

10. In the early decades of the 1900s what was the primary was approach to psychotherapy that was offered? Describe the basic assumption of this approach.

**Suggested answer: Page 21**

- a) Psychodynamic treatment or psychotherapy.
- b) All psychodynamic approaches were based on the assumption that most psychopathology stemmed from unconscious processes
- c) Freud posited that, to protect ourselves from the pain of continually re-experiencing negative emotions and memories, and irrational desires located in the unconscious, we use a number of strategies called defence mechanisms (i.e., denial, repression)
- d) Later psychodynamic theorists placed less importance on the role of the unconscious

11. Who was Carl Rogers? Describe one of his major contributions.

**Suggested answer: Pages 22**

- a) A humanistic psychologist and therapist who believed people were inherently good and capable of positive and healthy growth.
- b) He published the book *Counselling and Psychotherapy* in 1942
- c) His approach was in contrast to the dominant psychoanalytic approach, and he believed that people were inherently capable of developing in a positive, healthy manner
- d) His idea of psychotherapy was that it served to provide a supportive environment in which clients could reconnect with their emotions, their losses, and their aspirations, and thereby discover their true potential for growth
- e) Rogers’ work was crucial in the development of humanistic approaches to psychotherapy
- f) He was a strong advocate of conducting research on the process and outcome of psychotherapy (which was a very different position from that typical at the time – what frequently passed as psychotherapy research was little more than case studies).

12. What were the two effects that Hans Eysenck’s (1952) critique of the effectiveness of psychotherapy had on the field of psychology?

**Suggested answer: Page 23**

- a) It confirmed (and reaffirmed) the dissatisfaction that some psychologists had with the psychodynamic approach
- b) It led to a major increase in efforts to evaluate both new and traditional forms of psychotherapy