

Chapter One Questions: The Evolution of Clinical Psychology

According to the NIH, among the following the most common diagnosis is:

- A. Major Depressive Disorder
- B. Panic Disorder
- C. Schizophrenia
- D. Bipolar Disorder

ANSWER: A

What percentage of people suffers from a mental disorder in a given year?

- A. 10%
- B. 75%
- C. 25%
- D. 2%

ANSWER: C

The onset of anxiety tends to occur during what stage of life?

- A. Early Infancy
- B. Early Adulthood
- C. Late Adolescents
- D. Early Childhood

ANSWER: B

The onset of most mood disorders tend to occur during what stage of life?

- A. Early Infancy
- B. Early Adulthood
- C. Late Adolescents
- D. Early Childhood

ANSWER: C

Clinical psychology is the branch of psychology that focuses on:

- A. Assessment strategies and interventions
- B. Behaviors acquired through conditioning
- C. How and why people change throughout there life
- D. Personality and individual differences

ANSWER: A

One concern expressed of a science-based approach to clinical psychology is:

- A. Group-based data is not used enough in clinical research
- B. Research findings occur to quickly
- C. Research can not provide useful guidance to account for each unique individual.
- D. Research is not systematic enough to provide clinical guidance.

ANSWER: C

What is Richard McFall's Cardinal Principle?

- A. Scientific clinical psychology is the only acceptable form of clinical psychology.
- B. A clinician's intuition is the only acceptable form of clinical psychology.
- C. Professional experience is the only acceptable form of clinical psychology.
- D. Individual focused research is the only acceptable form of clinical psychology.

ANSWER: A

What is the evidence-based practice (EBP) model?

- A. EBP focuses solely on scientifically supported treatments.
- B. EBP focuses only on evidence from individual case studies
- C. EBP focuses on research evidence and informed decision-making skills
- D. EBP focuses merely on the patient's preferences

ANSWER: C

What makes clinical psychology stand apart from other areas of psychology?

- A. It can be used to generate basic knowledge about human functioning.
- B. It can be used to understand human development over a life time.
- C. It can be used to assess and treat dysfunction
- D. It can be used to learn how individuals process and store information.

ANSWER: C

Historically, what was the main concept that was emphasized in counseling psychology and less in clinical psychology?

- A. Focus on children
- B. Focus on well adjusted individuals
- C. Focus on job satisfaction
- D. Focus on psychopathology

ANSWER: B

What type of setting are you most likely to find a counseling psychologist?

- A. Educational
- B. Hospital
- C. Businesses
- D. Government

ANSWER: A

What area of psychology is clinical psychology most similar?

- A. Developmental
- B. Industrial Organizational
- C. Personality
- D. Counseling

ANSWER: D

What is one role that most clinical psychologists do not do?

- A. Understand
- B. Medicate
- C. Assess
- D. Treat

ANSWER: B

In terms of higher education, what program is most likely to focus on vocational issues more often?

- A. Clinical
- B. Counseling
- C. School
- D. Experimental

ANSWER: B

What area of psychology is school psychology most similar?

- A. Child Clinical Psych
- B. Cognitive
- C. Personality
- D. Social

ANSWER: A

Historically, what was the main concept that school psychology emphasized more than clinical child psychology?

- A. Focus on children
- B. Focus on behavioral and learning difficulties
- C. Focus on treatment of diagnosable mental disorders
- D. Focus on personality disorders

ANSWER: B

School psychology focuses on:

- A. Developing family based programs
- B. Promoting social skills
- C. Prevention of violence
- D. All of the above

ANSWER: D

Who provides more mental health services than any other health care profession?

- A. Clinical psychologists
- B. Primary care physicians
- C. Psychiatrists
- D. Neurologists

ANSWER: B

What physicians specialize in the diagnosis, treatment, and prevention of mental illness?

- A. Psychiatrist
- B. Neurologist

- C. Psychologist
- D. Endocrinologist

ANSWER: A

Standard psychiatric training strongly prepares psychiatrists for all of the following EXCEPT:

- A. Interaction between physical illnesses and emotional disturbances.
- B. Research skills in design and statistical analysis
- C. Understanding biological functioning and abnormalities
- D. None of the above

ANSWER: B

Standard psychiatry training has a primary emphasis in:

- A. Psychological treatment
- B. Cognitive behavioral therapy
- C. Intellectual functioning
- D. Psychopharmacological treatment

ANSWER: D

Aaron Beck was the primary developer for which type of treatment:

- A. Cognitive therapy for anxiety
- B. Interpersonal treatment of depression
- C. Cognitive therapy for depression
- D. Psychodynamic psychotherapy

ANSWER: C

What activity is not part of the practice of social workers?

- A. Prescribe psychoactive medication
- B. Research consultation
- C. Case management
- D. Therapy

ANSWER: A

Social workers are employed in all of the following settings EXCEPT:

- A. Correctional facilities
- B. School boards
- C. Private practice
- D. None of the above – social workers are employed in all of the above settings

ANSWER: D

What is the role of a case worker?

- A. Coordinates services for patient
- B. Cognitive behavioral therapy
- C. Psychological assessment
- D. Research primarily focused on case studies

ANSWER: A

Interpersonal therapy can be provided by all of the following professionals EXCEPT:

- A. Clinical psychologist
- B. Psychiatrist
- C. Neurologist
- D. Clinical social worker

ANSWER: C

Which of the following professions typically has the least amount of structured training?

- A. Social workers
- B. Clinical psychologist
- C. Child care workers
- D. Psychiatric nurses

ANSWER: C

St. Vincent de Paul of the late 1500s proposed that mental and physical illnesses were caused by the following:

- A. Demonic possession
- B. Natural forces
- C. Biopsychosocial approach
- D. Societal forces

ANSWER: B

During the 1500s one form of treatment for mental illness included:

- A. Immersion in frigid water
- B. Electric shock therapy
- C. Psychoanalytic therapy
- D. Psychotropic medication

ANSWER: A

Benjamin Rush of the United States promoted which of the following types of treatment?

- A. Bleeding with leeches
- B. Moral therapy
- C. Restraints
- D. Clinical neurology

ANSWER: B

What was moral therapy?

- A. Treatment that used compassion and patience
- B. Treatment that used punishment or restraints
- C. Treatment that used religion and church
- D. Treatment that used hypnosis

ANSWER: A

What best describes hysteria?

- A. Obsession and nervousness
- B. Neurological symptoms with no medical basis
- C. Severe sadness
- D. Hallucinations and delusions

ANSWER: B

Jean Martin Charcot of France is credited with being the primary developer of which of the following treatments:

- A. Cognitive behavior therapy
- B. Moral therapy
- C. Psychoanalytic therapy
- D. Early stages of hypnosis

ANSWER: D

Wilhelm Wundt of Germany who was credited with establishing the first psychology laboratory focused his studies on which of the following:

- A. Assessment and treatment
- B. Sensation and perception
- C. Reaction time and intelligence
- D. Personality disorders and testing

ANSWER: B

Emil Kraepelin was most known for his work on:

- A. Hypnosis and suggestion
- B. Syndromes and classification
- C. Intelligence testing
- D. Psychological assessment

Alfred Binet is most known for his work on:

- A. Hypnosis and suggestion
- B. Syndromes and classification
- C. Intelligence testing
- D. Psychological assessment

ANSWER: C

What does the Wechsler-Bellevue test measure?

- A. Personality
- B. Intelligence
- C. Attention
- D. Mental health

ANSWER: B

What is the Rorschach inkblot test thought to measure?

- A. Mental functioning based on objective report

- B. Mental functioning based on test performance
 - C. Mental functioning based on self-description
 - D. Mental functioning based on an ambiguous stimulus
- ANSWER: D

- What type of test is the Thematic Apperception Test (TAT)?
- A. Intelligence test
 - B. Projective test
 - C. Memory test
 - D. Performance test
- ANSWER: B

- What is thought to be one of the major pitfalls in projective tests?
- A. Lack of standardization
 - B. Lack of reliability
 - C. Lack of validity
 - D. All of the above
- ANSWER: D

- What is the Minnesota Multiphasic Personality Inventory (MMPI-2) used to measure?
- A. Psychological disturbances among adults
 - B. Intelligence among children
 - C. Psychological disturbances among children
 - D. Intelligence among adults
- ANSWER: A

- What best describes the focus on behavioral assessment?
- A. Observable and current personality factors
 - B. Observable and current behaviors
 - C. Observable and current interests
 - D. None of the above
- ANSWER: B

- Which assessment usually requires observation by a third party?
- A. Personality tests
 - B. Intelligence tests
 - C. Projective tests
 - D. Behavioral tests
- ANSWER: D

- What best describes clinical utility?
- A. Assessment data leading to a better clinical outcome
 - B. Assessment data adding to the validity of that assessment
 - C. Assessment data leading to a better range of psychological measures
 - D. Assessment data adding to improved reliability of that assessment

ANSWER: A

Why is service evaluation important?

- A. It shows a clinician's service works
- B. It shows a clinician's service is affordable
- C. It shows a clinician's service is enjoyed by the patient
- D. It shows that the clinician's service developed a broadly based picture of the patient

ANSWER: A

The Interpretation of Dreams marked an important milestone for what movement?

- A. Psychoanalytic
- B. Cognitive Behavioral
- C. Hypnosis
- D. Behavioral

ANSWER: A

One common assumption in the early 1900s (especially by Sigmund Freud and Carl Jung) was that all psychopathology stemmed from:

- A. Parents
- B. Ego
- C. Unconscious
- D. Environment

ANSWER: C

Who is often described as the father of clinical psychology and who also coined the term "clinical psychology"?

- A. Sigmund Freud
- B. Carl Jung
- C. Lightner Witmer
- D. Alfred Adler

ANSWER: C

Who believed that people were inherently capable of developing in a positive health manner?

- A. Carl Roger
- B. Sigmund Freud
- C. Carl Jung
- D. Mary Cover Jones

ANSWER: A

Which area of clinical psychology is quite recent?

- A. Assessment
- B. Prevention
- C. Intervention
- D. Hypnosis

ANSWER: B

A 2009 survey of clinical and adolescent psychologists asked respondents to predict major changes in clinical practice, research, and training. In all three areas respondents said the greatest influence would be:

- A. Neuroimaging
- B. Human genome research
- C. Computer-mediated assessment and treatment
- D. Evidence based practice

ANSWER: D

Which best defines Meta-Analysis?

- A. Technique that studies a single group, incident, or community
- B. Technique by which groups of studies can be statistically combined and compared
- C. Technique involves studying the same group of individuals over an extended period of time.
- D. Technique that gathers data on present conditions

ANSWER: B