

Import Settings:
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Chapter: Chapter 1: Introduction: Definitional and Historical Considerations and Canada's Mental Health System

Multiple Choice

1. An illustration of abnormal behaviour would be:
- A) Soiling oneself once a month at age 14.
 - B) Experiencing anxiety when engaged in rituals after leaving the house.
 - C) Losing control of oneself in anger, with no apparent provocation.
 - D) None of the above are examples of abnormal behaviour.

Ans: D
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2. A happily married man covertly purchases women's shoes. Afterwards he masturbates while wearing the shoes. This illustrates what definition of abnormality?
- A) Disability or dysfunction
 - B) Unexpectedness
 - C) Personal distress
 - D) None of these; the behaviour is not abnormal.

Ans: D
Difficulty: 2
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3. Which of the following illustrates the difficulty in defining abnormal behaviour as behaviour that is statistically infrequent?

- A) IQ below 70 is considered mentally retarded.
- B) It is unusual for people to have delusions.
- C) Math prodigies are rare in the population.
- D) Bedwetting is common in young children.

Ans: C

Difficulty: 1

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4. Autism is based on which of the following definitions of abnormal behaviour?

- A) Statistical infrequency
- B) Violation of personal norms
- C) Personal distress
- D) Social distress

Ans: A

Difficulty: 2

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5. Variations in cultural background make it difficult to define abnormal behaviour as simply behaviour which

- A) involves a deviation from norms.
- B) leads to dysfunction.
- C) improves after therapy.
- D) causes personal distress.

Ans: A

Difficulty: 3

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6. Defining abnormal behaviour on the basis of personal distress is problematic for which reason?

- A) Distress and suffering is normal in modern society.
- B) Some disorders do not involve personal suffering.
- C) It ignores suffering that family members of disturbed people suffer.
- D) None of the above.

Ans: B

Difficulty: 3

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7. Which criterion for abnormality applies to Cindy? Cindy is an accomplished lawyer who sought psychological help in dealing with the stresses of balancing work and family responsibilities.

- A) Unexpectedness
- B) Violation of social norms
- C) Personal distress
- D) Statistical infrequency

Ans: C

Difficulty: 3

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8. Ted, who has a fear of snakes, quit his job when he was asked to relocate to the Southwest (where snakes are more common.) This is an example of which criterion for abnormal behaviour?

- A) Unexpectedness
- B) Disability or dysfunction
- C) Statistical infrequency
- D) Violation of norms

Ans: B

Difficulty: 3

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9. Pat threatened to punch out a student colleague when the latter refused to lend him \$20. This is an example of which criteria for abnormal behaviour?

- A) Unexpectedness
- B) Disability or dysfunction
- C) Statistical infrequency
- D) A and B

Ans: A

Difficulty: 3

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10. Psychiatrists differ from clinical psychologists in that psychiatrists

- A) receive training in scientific bases of behaviour.

- B) receive training in diagnosis of psychopathology.
- C) undergo personal analysis as part of their training.
- D) prescribe medication.

Ans: D

Difficulty: 3

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11. Which profession requires a research dissertation as a prerequisite for a doctorate degree?

- A) Psychiatry
- B) Clinical psychology
- C) Psychiatric nurse
- D) Psychoanalyst

Ans: B

Difficulty: 3

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12. Only psychiatrists can

- A) diagnose mental illness.
- B) conduct research.
- C) assess mental illness.
- D) prescribe medication.

Ans: D

Difficulty: 3

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13. The doctor of psychology degree (Psy.D.) emphasizes

- A) medication based training.
- B) psychodynamic training.
- C) testing and measurement of mental illness.
- D) clinical training more than research training.

Ans: D

Difficulty: 2

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14. Ernie is struggling with hallucinations. He visits a doctor, who prescribes medication for his symptoms. He most likely visited
- A) a clinical psychologist.
 - B) a social worker.
 - C) a psychiatrist.
 - D) any of these professionals.

Ans: C

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15. There has recently been a debate regarding whether psychologists should be allowed to
- A) focus on research rather than clinical practice.
 - B) study social factors influencing psychopathology.
 - C) admit patients to the hospital.
 - D) prescribe medication.

Ans: D

Difficulty: 3

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16. Who delivers the majority of primary mental health care in Canada?
- A) Psychiatrists
 - B) Psychologists and psychological associates
 - C) General Practitioners
 - D) Social Workers

Ans: C

Difficulty: 2

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17. Who regulates and has jurisdiction over the practice of psychology in Canada?
- A) The Federal Government
 - B) The Provincial Governments
 - C) The College of Psychologists
 - D) None of the above; the practice is not regulated.

Ans: B

Difficulty: 1

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Type: Canadian

18. To obtain the title “Psychologist” in Canada requires a:

- A) Doctoral degree
- B) Master's degree
- C) Post-doctorate degree
- D) A or B

Ans: D

Difficulty: 1

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Type: Canadian

19. As opposed to candidates in other areas of psychology, candidates in Clinical psychology require training in which two additional areas?

- A) Psychotherapy and the prescription of psychoactive medications
- B) Diagnosis and neuropsychology
- C) Diagnosis and psychotherapy
- D) Psychotherapy and neuropsychology

Ans: C

Difficulty: 2

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Type: Canadian

20. What is the difference between a Ph.D. and a Psy.D. program?

- A) Ph.D. has more emphasis on research than Psy.D. program.
- B) Psy.D. has more emphasis on research than Ph.D. program.
- C) Psy.D. doesn't allow you to practice as a psychologist in Canada.
- D) There is no difference between the two programs.

Ans: A

Difficulty: 2

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Type: Canadian

21. Demonology was the

- A) practice of expelling evil spirits from a possessed person.

- B) devil worship and satanic cults that some ascribed to causing mental illness.
- C) idea that an evil being may live in a person and control his or her mind and body.
- D) somatogenic hypothesis of mental illness.

Ans: C

Difficulty: 1

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22. The first theory of deviant behaviour attributed the behaviour to

- A) demonic possessions.
- B) dysfunctional learning experiences.
- C) excessive black bile.
- D) hypochondria.

Ans: A

Difficulty: 2

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23. Two known treatments of deviant behaviour, at the time humanity believed that deviant behaviour was caused by being possessed by evil spirits, were:

- A) Hanging and juices
- B) Bloodletting and hanging
- C) Exorcism and trepanning
- D) Moral treatment and juices

Ans: C

Difficulty: 2

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24. Expelling evil spirits by chanting and torture is known as

- A) somatic therapy.
- B) exorcism.
- C) witchcraft.
- D) Santeria.

Ans: B

Difficulty: 2

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25. Hippocrates influenced psychology by
- A) distinguishing medicine from religion.
 - B) emphasizing a psychogenic hypothesis of mental illness.
 - C) reforming mental hospitals.
 - D) suggesting mental illness was punishment from God.

Ans: A

Difficulty: 2

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26. The somatogenic approach emphasized by Hippocrates suggested that problems result from
- A) natural causes.
 - B) demonic possession.
 - C) dysfunctional beliefs and ideas.
 - D) neurotransmitter imbalance.

Ans: A

Difficulty: 3

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27. Hippocrates suggested which of the following treatments for mental illness?
- A) Applying leeches
 - B) Herbal remedies
 - C) Prayer and chants by faith healers
 - D) Relaxation and healthy foods

Ans: D

Difficulty: 2

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28. Hippocrates' view of mental illness was superior to demonology in that it
- A) promoted a scientific study of abnormal behaviour.
 - B) made connections between brain and behaviour more clearly determined.
 - C) allowed for clearer description of symptoms.
 - D) all of the above.

Ans: D

Difficulty: 2

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29. The 'Malleus Maleficarum' was
- A) a witch hunt manual.
 - B) a ceremonial guide used by witches.
 - C) a treatment manual used in early mental hospitals.
 - D) a Freudian perspective on mental illness.

Ans: A

Difficulty: 1

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30. Egon, who lived in the Dark Ages, was receiving treatment for mental illness. Who was most likely treating him?
- A) A psychiatrist.
 - B) A monk.
 - C) An asylum worker.
 - D) No treatment was provided.

Ans: B

Difficulty: 3

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31. In the Middle Ages, mental illness
- A) was believed to be associated with magical powers.
 - B) was treated with more compassion than in modern times.
 - C) resulted in the sufferer being confined to converted leper hospitals.
 - D) resulted in burning at the stake.

Ans: C

Difficulty: 2

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32. Early asylums were developed
- A) to isolate socially undesirable people.
 - B) to protect people from the inquisition.
 - C) after the discovery of syphilis.
 - D) in conjunction with the somatogenic hypothesis.

Ans: A
Difficulty: 1
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33. The first asylums for the mentally ill
- A) were religious institutions.
 - B) were associated with medical care.
 - C) were tourist attractions.
 - D) none of the above.

Ans: C
Difficulty: 2
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34. Bedlam
- A) originated from observations of the ritualistic chanting of 'witches'.
 - B) was a common practice of witches that involved trances and casting spells.
 - C) is the term associated with the chaotic conditions in early asylums.
 - D) the practice of prescribing total bed rest for mentally ill people.

Ans: C
Difficulty: 3
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35. In 1791, Cyrus was committed to an asylum in the United States. If he was treated by a supporter of Benjamin Rush, which treatment was he likely to have experienced there?
- A) Token economy
 - B) Bloodletting
 - C) Exposure to a restful and quiet environment
 - D) Hypnosis

Ans: B
Difficulty: 2
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36. Early medical treatment of the mentally ill in the United States
- A) could be characterized as inhumane, just as much as demonology.
 - B) was a radical revision of the European approach by offering personal choice to patient.

- C) was the beginning of humane treatment and scientific inquiry into mental illness.
- D) viewed mentally ill persons as 'witches'.

Ans: A

Difficulty: 1

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37. Who is associated with creating more humane environments at mental hospitals?

- A) Joseph Breuer
- B) Philippe Pinel
- C) John Watson
- D) B.F. Skinner

Ans: B

Difficulty: 2

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38. When first introduced as a more humane form of treatment, moral treatment was

- A) given to everyone who needed it.
- B) given to only white people.
- C) given to people only from the upper classes.
- D) too abstract a concept to influence treatment given to anyone.

Ans: C

Difficulty: 2

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39. Moral treatment involved

- A) herbal remedies that may have been toxic.
- B) fighting social inequities.
- C) treatment directed toward the individual.
- D) religious guidance.

Ans: C

Difficulty: 2

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40. Elizabeth was receiving moral treatment while in an early asylum. Which of the following

treatments was she *least* likely to receive?

- A) Medication
- B) Physical restraints
- C) Purposeful work activities
- D) Menial tasks

Ans: B

Difficulty: 2

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41. For what viewpoint on the treatment of mentally ill people is the Canadian writer J.F. Lehman famous?

- A) He was a strong proponent of moral treatment.
- B) He preferred psychotherapy in favour of the medical management of symptoms.
- C) He attempted to overcome neglect and suffering by moving patients into the community.
- D) He promoted the use of stringent discipline, even to the point of physical punishment.

Ans: D

Difficulty: 1

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Type: Canadian

42. Built in 1714, as the first asylum in Canada, the _____ was the precursor to the 19th century asylums in Canada.

- A) The Homewood Resort
- B) The Hôtel-Dieu
- C) The L'Hospice Ste. Anne
- D) The L'Hospice St. Julien

Ans: B

Difficulty: 2

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Type: Canadian

43. In Canada in 1864, what was the primary factor deemed responsible for the rising death rate among Asylum inmates?

- A) Overcrowding
- B) Malnutrition
- C) The spread of the flu
- D) Riots and revolts

Ans: A
Difficulty: 2
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Type: Canadian

44. Which Canadian provinces were the first and last provinces to open asylums?
- A) Alberta and Nova Scotia
 - B) Nova Scotia and Quebec
 - C) Quebec and Ontario
 - D) Quebec and Alberta

Ans: D
Difficulty: 1
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Type: Canadian

45. What was the purpose of the Private Lunatic Asylums of 1853?
- A) To ensure the right to privacy for Asylum inmates.
 - B) To ensure inmate confidentiality through more stringent record keeping policies.
 - C) To establish separate facilities for wealthy lunatics.
 - D) To provide home monitoring for wealthy mental patients.

Ans: C
Difficulty: 1
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Type: Canadian

46. For what was Homewood Retreat in Guelph, Ontario famous?
- A) It provided private rooms for wealthy patients.
 - B) It was the first private Asylum in Ontario.
 - C) It was the first place to employ moral treatment techniques.
 - D) It was the first Asylum to employ psychiatrists.

Ans: B
Difficulty: 2
Page: 13
Type: Canadian

47. Which of the following was not a trend in terms of the development of institutions in Canada?

- A) Separate provisions for mentally ill and physically ill patients.
- B) Separation of the mentally ill from criminals.
- C) Segregation of the mentally ill from the wider community.
- D) Separation of mentally ill patients based on gender.

Ans: D

Difficulty: 3

Page: 13

Type: Canadian

48. If Barry were to be admitted to Homewood Retreat in the late 1800s, what kind of treatment would he have likely received under the care of Dr. Lett?

- A) Compassionate and caring moral therapy
- B) Drug treatment
- C) Electro-convulsive treatment (ECT)
- D) Psychoanalysis

Ans: A

Difficulty: 2

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Type: Canadian

49. The York Retreat in England was an early mental hospital. A recent evaluation of records from 1880 to 1884 showed that

- A) treatment was highly effective.
- B) torturous methods of treatment were routinely used.
- C) some innovative somatic therapies were developed.
- D) fewer than one-third of patients improved.

Ans: D

Difficulty: 1

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50. Andre is admitted to a mental hospital after complaining that he is feeling suicidal. If he is in a modern mental hospital, then the primary treatment he will receive will be

- A) moral therapy.
- B) somatogenic.

- C) surgical.
- D) psychogenic.

Ans: B

Difficulty: 3

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51. A report from the Canadian Institute for Health Information (2008) showed which of the following?

- A) Stays in dedicated psychiatric hospitals have not decreased since 2006.
- B) The most severe psychiatric cases were re-admitted within a year.
- C) Stays in dedicated psychiatric hospitals were on average more than 100 days.
- D) All of the above.

Ans: C

Difficulty: 3

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52. Emil Kraepelin

- A) showed that hypnosis blocks pain.
- B) described human anatomy.
- C) developed a classification system of mental disorders.
- D) pioneered the free association method.

Ans: C

Difficulty: 3

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53. The current classification system for mental illness was heavily influenced by which of the following individuals?

- A) Sigmund Freud
- B) Emil Kraepelin
- C) Philippe Pinel
- D) Franz Mesmer

Ans: B

Difficulty: 2

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54. The early classification system developed by Kraepelin
- A) was based on the psychogenic hypothesis.
 - B) was not influential in later diagnostic manuals.
 - C) emphasized the continuity of mental illness from normal to abnormal.
 - D) assumed each disorder was a distinct entity.

Ans: D

Difficulty: 2

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55. When a group of symptoms typically co-occur, it is called a
- A) syndrome.
 - B) mental disorder.
 - C) diagnosis.
 - D) cluster.

Ans: A

Difficulty: 1

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56. General paresis is best described as
- A) an early term for schizophrenia.
 - B) hysterical paralysis with no medical cause.
 - C) a deterioration of mental and physical health in associated with syphilis.
 - D) a blood-letting technique.

Ans: C

Difficulty: 1

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57. The discovery of the cause of syphilis was important to the field of mental illness for which reason?
- A) Syphilis was widely feared, and exacerbated mental illness.
 - B) It increased interest in determining medical causes for mental illness.
 - C) More asylum patients were diagnosed with syphilis.
 - D) It highlighted the need for valid diagnostic systems.

Ans: B

Difficulty: 1

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58. Psychopathology has been dominated by the somatogenic hypothesis because of
- A) the dominance of nonmedical professionals in the area.
 - B) the discovery of the link between general paresis and syphilis.
 - C) the general lack of other theories.
 - D) the identification of brain dysfunction in schizophrenia.

Ans: B

Difficulty: 2

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59. The germ theory of disease was established by:
- A) Emil Krapelin
 - B) Franz Mesmer
 - C) Henri Charcot
 - D) Louis Pasteur

Ans: D

Difficulty: 1

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60. Erin has been extremely anxious and depressed over a period of several weeks. An advocate for the somatogenic hypothesis would suggest which of the following explanations for her problem?
- A) Demonic possession.
 - B) A stressful life event.
 - C) A prior abuse situation.
 - D) A biochemical imbalance.

Ans: D

Difficulty: 3

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61. Which of the following is FALSE regarding the psychogenic theory?
- A) It suggests that mental illness is medical in origin.
 - B) It was the first attempt at explaining mental illness.
 - C) It is the basis for genetic causes of mental illness.

D) All of the above choices are false.

Ans: D

Difficulty: 3

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62. Psychogenesis developed from attempts at treating which condition?

A) Demonic possession

B) Depression

C) Hysteria

D) Aphasia

Ans: C

Difficulty: 1

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63. Modern psychogenic approaches have their origin in

A) drug therapy.

B) hypnosis as a treatment procedure.

C) methods that remove biochemical imbalances.

D) surgical procedures.

Ans: B

Difficulty: 1

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64. John feels that he must check the stove between 12 and 15 times before leaving the house. He experiences extreme anxiety when there is interference in his checking. The psychogenic position would suggest which explanation for his checking?

A) John is genetically predisposed to obsessive-compulsive behaviour.

B) Checking is due to a brain malfunction, most likely in the limbic system.

C) The checking is due to a head injury, leading to forget that he turned off the stove.

D) John's compulsive behaviour is driven by the need to ward off forbidden impulses.

Ans: D

Difficulty: 3

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65. Alan was admitted to the hospital complaining of dizzy spells and the fear that he might be dying. A medical exam showed that there was nothing physically wrong. Which explanation would *least likely* be offered by an advocate of the psychogenic hypothesis?

- A) He had learned his symptoms from his upbringing.
- B) His anxiety was driven by hypersensitivity to criticism.
- C) He experienced difficulty during toilet training.
- D) He is genetically predisposed as his father also suffers spells such as these.

Ans: D

Difficulty: 3

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66. Ivy experienced paralysis in her left arm, but there was no neurological basis for her symptoms. This is an illustration of:

- A) Psychogenic fugue
- B) Hysteria
- C) Posttraumatic stress disorder
- D) Panic disorder

Ans: B

Difficulty: 2

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67. Hypnosis, as originally used by Mesmer, was used for

- A) mild exorcism.
- B) uncovering early child abuse.
- C) acting as an anaesthetic.
- D) treating hysteria.

Ans: D

Difficulty: 2

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68. The reasoning behind hypnosis as developed by Mesmer was

- A) changing magnetic fields in his patients would result in symptom reduction
- B) relaxation was a sufficient treatment for alleviating symptoms
- C) that frightening patients would result in symptom reduction
- D) that faith in the healer caused healing

Ans: A

Difficulty: 1
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69. Esther was a patient of Mesmer, who was treating her for blindness. What was the likely scenario when she entered his treatment room?
- A) A quiet room, with a soft reclining chair.
 - B) A 'bleeding device' used to drain blood believed to be in excess and resulting in blindness.
 - C) A stock of chemical filled rods, with Mesmer presiding over the room in a purple robe.
 - D) A sterile well-lit room with several doctors in white laboratory coats.

Ans: C
Difficulty: 3
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70. What is the relevance of Mesmer's work to a psychogenic view of mental illness?
- A) He postulated that hysterical disorders could be explained by physical symptoms.
 - B) His methods were similar to methods of driving out demons from a person.
 - C) He pioneered the cathartic method, where hysteria was reduced by talking.
 - D) He advocated the position that one person could influence change in another person's behaviour.

Ans: D
Difficulty: 1
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71. What was the reason for Charcot developing a psychogenic theory of hysteria?
- A) His students were able to induce hysteria in a woman without his knowledge.
 - B) He was influenced heavily by Freud.
 - C) He believed there was a physical explanation for abnormal behaviour.
 - D) He found that hypnosis cured hysteria.

Ans: A
Difficulty: 1
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72. Breuer observed an association between recalling past traumatic events and expression of the original emotion in hysterics. This resulted in:
- A) Increased hysteria

- B) Decreased hysteria
- C) The emergence of new symptoms
- D) The repression of emotions

Ans: B

Difficulty: 2

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73. Which is TRUE regarding catharsis?

- A) It is a moral therapy method.
- B) It was initiated by Pinel.
- C) It consists of drawing blood from a patient.
- D) It encourages the release of emotional tension.

Ans: D

Difficulty: 2

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74. If you went to Josef Breuer for treatment of hysterical paralysis, which treatment would you probably *not* receive?

- A) Hypnosis
- B) Free association
- C) Talk therapy
- D) Medication

Ans: D

Difficulty: 3

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75. Beginning in the 1950s, what became the central mode of treatment in Canada?

- A) Psychoanalysis
- B) Behaviour therapy
- C) Psychotropic medications
- D) Cognitive therapy

Ans: C

Difficulty: 2

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Type: Canadian

76. When did deinstitutionalization begin in Canada?

- A) 1950's
- B) 1960's
- C) 1970's
- D) 1980's

Ans: C

Difficulty: 2

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Type: Canadian

77. What was the main goal of deinstitutionalization?

- A) To accommodate the civil rights of mental health patients.
- B) To shift the care of patients to services in the community.
- C) To destigmatize mental illness.
- D) To integrate mental patients into the community.

Ans: B

Difficulty: 1

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Type: Canadian

78. Which of the following was NOT a result of deinstitutionalization in Canada?

- A) Poverty among the deinstitutionalized
- B) Homelessness among the deinstitutionalized
- C) More beds in general hospitals
- D) Increased financial support for community mental health programs

Ans: D

Difficulty: 2

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Type: Canadian

79. Jim is currently a chronic patient in a provincial psychiatric hospital in Alberta , Canada. In general, what is likely the best description of his daily experience?

- A) Full of physical and artistic group activities
- B) Mentally stimulating with a focus on individual and group therapy
- C) Monotonous and sedentary

D) Solitary and segregated

Ans: C

Difficulty: 3

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Type: Canadian

80. One of the major criticisms about provincial and state psychiatric hospitals today is that

- A) patients have no contact with staff 80-90% of their waking hours.
- B) there is too strong a focus on biological causes of mental disorders.
- C) there are too few well-qualified personnel.
- D) there are too few group activities.

Ans: A

Difficulty: 2

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81. What does it mean to say that the role of provincial psychiatric hospitals in Canada is becoming “tertiary”?

- A) They will be the third treatment option for mentally ill patients.
- B) They will provide a three-pronged treatment program.
- C) They will be linked with community and regular hospitals in providing care to mentally ill patients.
- D) They will provide treatment and rehabilitation for patients whose needs are too complex to be managed in the community.

Ans: D

Difficulty: 1

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Type: Canadian

82. What is the function of a Community Treatment Order?

- A) To require psychologists to deliver some services to the community free of charge.
- B) To regulate when and how mentally ill persons can live in the community.
- C) To require medical practitioners to make detailed reports about patients' compliance with treatment.
- D) To ensure that the provincial governments commit to opening treatment centres within rural communities.

Ans: B

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Type: Canadian

83. What is Montreal psychiatrist Dr. Ewen Cameron renowned for?
- A) The prison conformity studies.
 - B) The shock conformity studies.
 - C) The beneficial brainwashing studies.
 - D) The effects of starvation studies.

Ans: C
Difficulty: 2
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Type: Canadian

84. What was NOT one of the cited problems with Dr. Cameron's studies?
- A) Lack of consent.
 - B) Massive doses of hallucinogenic drugs were used.
 - C) The manipulations were beyond the limits of acceptable medical practice.
 - D) They included unnecessary lobotomies simply for the purpose of understanding how the brain works.

Ans: D
Difficulty: 2
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Type: Canadian

85. What was the purpose of the treatments used by Dr. Ewen Cameron?
- A) To erase traumatic memories of patients' pasts.
 - B) To determine whether false memories could be implanted.
 - C) To examine the extent to which people will conform to the experimenter's demands to shock another person.
 - D) To determine whether subjects' actions could be controlled through hypnosis.

Ans: A
Difficulty: 1
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Type: Canadian

86. What was involved in Dr. Cameron's "psychic driving" technique, used in the 1950s?

- A) The use of shock treatment in order to rebalance the brain's chemistry.
- B) To induce coma.
- C) The use of subliminal messages.
- D) To use the therapist's nonverbal behaviour to control patient's behaviour.

Ans: C

Difficulty: 1

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Type: Canadian

87. Which of the following is NOT true about Dr. Ewen Cameron?

- A) He was affiliated with the CIA.
- B) At one point in time, he was president of the American, Canadian, and World Psychiatric Associations simultaneously.
- C) His experiments were funded by the Federal Government of Canada.
- D) He has produced the TV miniseries about his "Sleep Room".

Ans: D

Difficulty: 3

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Type: Canadian

88. What was NOT one of the reasons cited by Simmons (1987) that psychosurgery was so popular in Ontario between the 1940s and the 1970s?

- A) For the simple purpose of observing what would happen to patients with lobotomies.
- B) For intervention in patients who were unable to afford long-term psychiatric care.
- C) To decrease burden on psychiatric staff.
- D) For experimental purposes.

Ans: B

Difficulty: 1

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Type: Canadian

89. When was the last lobotomy performed in Ontario?

- A) 1951
- B) 1961
- C) 1971

D) 1981

Ans: D

Difficulty: 1

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Type: Canadian

90. According to the Centre for Addiction and Mental Health, what is the number one reason why only 1/3 of Canadians who suffer from depression seek help?

- A) They deny that they have a mental disorder.
- B) They think that their symptoms are temporary and will dissipate on their own.
- C) They blame significant others for their difficulties.
- D) They are afraid of others perceiving them negatively.

Ans: D

Difficulty: 2

Page: 20

Type: Canadian

91. According to a recent Canadian study, which of the following groups of people suffer the most perceived discrimination and stigma?

- A) People with a psychiatric disability alone
- B) People with a physical disability alone
- C) People with a psychiatric and a physical disability
- D) None of the above

Ans : D

Difficulty: 1

Page: 20

92. What is the purpose of the Centre for Addiction and Mental Health public education campaign?

- A) To remove barriers to treatment.
- B) To increase public awareness of the causes of mental disorders.
- C) To dispel the myths about people with mental disorders.
- D) All of the above.

Ans: D

Difficulty: 3

Page: 21

Type: Canadian

93. One of the myths about mental illness is that mentally ill individuals are dangerous. What does recent research show about this myth?

- A) The number of cases of violence tends to be higher in people with severe mental illness and substance problems.
- B) Most people with a mental illness are never violent; they tend to be victims of violent acts.
- C) There is no association between schizophrenia and violent acts.
- D) All of the above.

Ans: D

Difficulty: 1

Page: 20

94. What does the term 'mental health literacy' mean?

- A) The ability to read a person's mental state and send them to receive the proper services.
- B) The accurate understanding of mental illness, its causes and treatment.
- C) A person's ability to accurately make a diagnosis from another's story.
- D) None of the above.

Ans: B

Difficulty: 2

Page: 22

95. Which of the following statement is true regarding the role of media in the stereotyping and stigmatization of individuals with mental illness?

- A) Media has focused on the dangerousness, criminality and unpredictability of mental illness.
- B) Media images model negative reactions to people with a mental illness, such as fear, rejection and ridicule.
- C) Media has produced some sensitive and educational material regarding the mentally ill, with goals of reducing stigmatization.
- D) All of the above.

Ans: D

Difficulty: 1

Page: 22

96. Which of the following contributions to mental health CANNOT be attributed to Canadian

researcher C.M. Hinks?

- A) Special classes for retarded children.
- B) Sexual sterilization of the mentally ill.
- C) Cofounder of the Canadian Mental Health Association.
- D) He tried to abolish sexual sterilization laws.

Ans: D

Difficulty: 2

Page: 23

Type: Canadian

97. Which of the following is true regarding the differences between Canadian and American Medicare/mental health care systems?

- A) Americans experience a better “match” between psychiatric needs and outpatient services.
- B) In Canada, health care is less readily available to everyone.
- C) Poor Canadians make greater use of their system than rich Canadians.
- D) Incarcerated criminals who have psychological disorders in the U.S. are more likely to be sent to hospitals within the corrections system.

Ans: C

Difficulty: 2

Page: 23

Type: Canadian

98. Which of the following factors were the strongest correlates, *in order*, of mental health status in the Stephens et al. (1999) National Population Health Survey?

- A) Current stress level, a sense of mastery, amount of formal education
- B) Current stress level, social support, number of childhood traumas
- C) Number of childhood traumas, social support, and current stress level
- D) Number of childhood traumas, current stress level, and amount of formal education

Ans: B

Difficulty: 2

Page: 24

Type: Canadian

99. Which of the following two provinces in Canada have been found to exhibit better mental health and less distress?

- A) Prince Edward Island and Newfoundland
- B) Quebec and New Brunswick

- C) Alberta and Saskatchewan
- D) British Columbia and Ontario

Ans: A
Difficulty: 2
Page: 25
Type: Canadian

100. A 2008 report from the Canadian Institute for Health Information revealed which of the following?

- A) That psychiatric patients' average length of hospital stay dropped by more than half over a period of 5 years (2001-2006).
- B) That more women were admitted for treatment of psychiatric disorders than men.
- C) That substance-related disorders were the most likely diagnosis among all provinces and territories.
- D) All of the above.

Ans: A
Difficulty: 2
Page: 25, 26
Type: Canadian

101. The Yukon's Whitehorse General Hospital launched an innovative 'healing' program in a designated building, which is staffed with First Nations professionals. This program is consistent with Kirmayer et al.'s (2000) recommendations to:

- A) Ensure that First Nations professionals speak two or more of the Aboriginal languages.
- B) Promote the sense of the individual and collective efficacy and pride.
- C) Reduce the number of psychiatric hospital beds in the territories.
- D) None of the above.

Ans: B
Difficulty: 3
Page: 26
Type: Canadian

102. What are some of the challenges the Canadian universal health care system will face in the future?

- A) Offering the proper level of psychiatric services in cities, more than in rural areas.
- B) Monitoring the quantity of psychiatric care by multidisciplinary teams of professionals.
- C) Meeting the needs of an aging population and plan and delivering home-based services based

on best-practice models.

D) Training general practitioners in the prescription of psychotropic medications.

Ans: C

Difficulty: 3

Page: 26

Type: Canadian

Essay

103. What are the goal(s) for establishing a 'best-practice model' in mental health services?

Difficulty: 2

Page: 26

104. Explain what 'evidence-based treatment' means.

Difficulty: 2

Page: 27

Multiple Choice

105. The prevention program, started in 1995 and funded by the Canadian federal government, for facilitating child development and school readiness in Aboriginal children is called:

A) Aboriginal Children's Project

B) Aboriginal Strength: A prevention program for Native Children

C) Aboriginal Action Plan

D) Aboriginal Head Start

Ans: D

Difficulty: 2

Page: 29

Type: Canadian

106. The study of J. Brett Barkley is supportive of which paradigm?

- A) Behavioural
- B) Somatogenic
- C) Psychogenetic
- D) All of the above.

Ans: D

Difficulty: 3

Page: 3

Essay

107. What are some professions in abnormal psychology? How are they similar? How do they differ?

Ans:

Difficulty: 3

108. Describe some problems with labelling. Discuss, in particular, difficulties such as stigmatization and self-fulfilling prophecies.

Ans:

Difficulty: 3

Multiple Choice

109. In Canada, according to Goering et al. (2000), the major proportion of mental health care is delivered by:

- A) Psychologists
- B) Psychiatrists
- C) General Practitioners
- D) Social Workers

Ans: C

Difficulty: 2

Page: 5

Type: Canadian

110. Bill lives in a small rural town in northern British Columbia. He has been clinically depressed for one year and has decided to seek professional help for his problem. Given Bill's geographical location, he is most likely to be seen by a:

- A) A psychologist
- B) A psychoanalyst
- C) A family doctor
- D) A psychiatrist

Ans: C

Difficulty: 3

Page: 5

Type: Canadian

111. Which of the following is NOT one of the competency areas described in the 2001 Mutual Recognition Agreement?

- A) Assessment and evaluation
- B) Ethics and standards
- C) Research
- D) Advanced training

Ans: D

Difficulty: 3

Page: 6

Type: Canadian

112. Clinical psychology Ph.D. candidates differ from Ph.D. candidates from other fields of psychology in that they learn skills in which two additional areas:

- A) Diagnosis and ethics
- B) Diagnosis and treatment
- C) Diagnosis and statistics
- D) Diagnosis and research design

Ans: B

Difficulty: 2

Page: 5

Type: Canadian

113. While trepanning of skulls was rather common among Stone Age or Neolithic cave dwellers, there is also evidence that it was practiced among:

- A) East Coast Natives
- B) North Eastern Inuit
- C) North Western Inuit
- D) West Coast Natives

Ans: D

Difficulty: 2

Page: 6

Type: Canadian

114. Prior to 1884, the mentally ill in Canada were deemed to be “lunatics” and were housed in:

- A) Jails
- B) Asylums
- C) Hospitals
- D) Hospices

Ans: A

Difficulty: 1

Page: 11

Type: Canadian

115. During the mid 1800s, what percentage of mentally ill inmates died while in care?

- A) 10%
- B) 20%
- C) 30%
- D) 70%

Ans: B

Difficulty: 2

Page: 13

Type: Canadian

116. Which of Canada's provinces was the last to open an asylum for the mentally ill?

- A) British Columbia
- B) Prince Edward Island
- C) Manitoba
- D) Alberta

Ans: D
Difficulty: 2
Page: 12
Type: Canadian

117. The current trend in Canada is to:
- A) Decrease the number of beds in psychiatric hospitals.
 - B) Increase the number of beds in psychiatric hospitals.
 - C) Neither increase nor decrease the number of beds in psychiatric hospitals.
 - D) None of the above.

Ans: A
Difficulty: 2
Page: 14
Type: Canadian

118. Most patients in a psychiatric hospital will spend _____ of their waking hours in contact with staff.
- A) 10-20%
 - B) 30-40%
 - C) 60-70%
 - D) 80-90%

Ans: A
Difficulty: 3
Page: 15

119. In the unethical experiments conducted by Dr. Ewen Cameron of the Allen Memorial Institute at McGill University, patients were “treated” with all of the following, EXCEPT:
- A) Lobotomies
 - B) Massive doses of LSD
 - C) Shock treatment
 - D) Psychic driving

Ans: A
Difficulty: 2
Page: 18-19
Type: Canadian

120. In 1977, it was discovered that Dr. Cameron's "experiments" on Canadian psychiatric patients were secretly funded by:

- A) The U.S. Central Intelligence Agency (CIA)
- B) The Canadian Security Intelligence Services (CSIS)
- C) The U.S. Federal Bureau of Investigation (FBI)
- D) The Office of Homeland Security (OHS)

Ans: A

Difficulty: 1

Page: 18

Type: Canadian

121. Stereotyping mental illness is common in the popular media. For example, in the movie *Me, Myself & Irene*, Jim Carrey's character was misidentified as having:

- A) Dissociative identity disorder
- B) Bipolar disorder
- C) Gender identity disorder
- D) Schizophrenia

Ans: D

Difficulty: 1

Page: 21

Type: Canadian

122. One cultural difference between Canada and other countries such as the United States is the value placed on universal access to health care. This appreciation stems from Canada valuing _____ over _____.

- A) collectivism; socialism
- B) shared responsibility; self-sacrifice
- C) individualism; socialism
- D) self-sacrifice; individualism

Ans: B

Difficulty: 2

Page: 23

Type: Canadian

123. As part of the National Population Health Survey (1999), Stephens et al. showed that

_____ was the strongest correlate of mental health status among Canadians.

- A) social support
- B) childhood trauma
- C) current stress
- D) level of education

Ans: C

Difficulty: 2

Page: 24

Type: Canadian

124. According to the Ontario Ministry of Health 1994 survey, during the course of one-year, _____ of people in Ontario had one or more mental disorders.

- A) 2%
- B) 5%
- C) 15%
- D) 20%

Ans: D

Difficulty: 2

Page: 24

Type: Canadian

125. The following are all consequences of deinstitutionalization EXCEPT:

- A) Lack of housing
- B) Lack of mental health professionals
- C) Lack of home care
- D) Lack of community-based crisis response system

Ans: B

Difficulty: 3

Page: 25

Type: Canadian

126. Traditional therapy offered in clinics and hospitals in Canada is a form of service delivery that has been referred to as:

- A) The waiting mode
- B) The transitional mode
- C) The residential mode
- D) The institutional mode

Ans: A
Difficulty: 2
Page: 27
Type: Canadian

True/False

127. The Psy.D. approach is based on the scientist-practitioner model.

Ans: False
Difficulty: 3
Page: 5
Type: Canadian

128. Lobotomies were never performed in Canada.

Ans: False
Difficulty: 3
Page: 19
Type: Canadian

129. Most people with psychological disorders can never be cured of their illness.

Ans: False
Difficulty: 3
Page: 20
Type: Canadian

130. Canada fares better than the United States on the following health indicators: 1) infant mortality rates, 2) life expectancy, and 3) survival rates for cancer.

Ans: True
Difficulty: 2
Page: 23
Type: Canadian

Multiple Choice

131. J. Brett Barkley's great self-consciousness and concern about being evaluated by others fulfilled which aspect of the definition of abnormal behaviour?

- A) Disability or dysfunction
- B) Violation of personal norms
- C) Personal distress
- D) All of the above

Ans: C

Difficulty: 2

Page: 4

132. In the case study of J. Brett Barkley at the start of the chapter, which of the following adjustment problems did not apply to Barkley?

- A) Drinking to excess
- B) Erectile dysfunction
- C) Severe mood swing
- D) None of the above

Ans: D

Difficulty: 3

Page: 2

133. A commonly accepted cut-off point for a diagnosis of mental retardation is an intelligence quotient (IQ) that is below:

- A) 125
- B) 100
- C) 85
- D) 70

Ans: D

Difficulty: 3

Page: 3

134. According to the criteria outlined by Davison et al. in their definition of abnormality, which of the following is *not* part of the definition?

- A) Whether the behaviour violates social norms
- B) Whether the behaviour causes personal distress
- C) Whether the behaviour reflects a past history of abnormal behaviour
- D) None of the above

Ans: C

Difficulty: 2

Page: 3-4

135. On the basis of survey results, Hunsley and associates concluded that psychological services in Canada are:

- A) Vastly underutilized
- B) Somewhat underutilized
- C) Vastly overutilized
- D) None of the above

Ans: A

Difficulty: 3

Page: 6

Type: Canadian

136. According to Janel Gauthier, historically, analyses of training requirements for the title of 'psychologist' across the various provinces indicated that:

- A) All of the provinces agreed on minimal academic requirements.
- B) All of the provinces agreed on the required length of supervised practice.
- C) All of the provinces except Quebec were able to reach an agreement.
- D) The provinces are still in disagreement on minimal requirements.

Ans: D

Difficulty: 2

Page: 5-6

Type: Canadian

137. If someone holds a Psy.D. degree, she or he is:

- A) A doctor of philosophy
- B) A doctor of psychiatry
- C) A doctor of psychology
- D) None of the above

Ans: C
Difficulty: 1
Page: 6

138. The Mutual Recognition Agreement (MRA) was signed in Canada in June 2001. The MRA is an agreement which ensures that:

- A) People with mental disorders are eligible for treatment when visiting foreign countries.
- B) Cultural background is not a barrier for receiving treatment.
- C) Both research and practice are given equal weight in clinical training programs.
- D) Training for registered psychologists must include five core competencies.

Ans: D
Difficulty: 2
Page: 5
Type: Canadian

139. The purpose of the Mutual Recognition Agreement is to ensure that:

- A) The training of a psychologist from one province is recognized in another province.
- B) The financial costs of treatment are acknowledged and kept relatively comparable across provinces.
- C) Accountability is maintained in that the rights of both the clients and their treatment providers are recognized in all jurisdictions in Canada.
- D) The credentials of professional psychologists be recognised in other parts of Canada.

Ans: D
Difficulty: 2
Page: 5
Type: Canadian

140. Transvestism (i.e., the tendency to cross-dress for sexual pleasure) was used in the textbook to make the point that:

- A) The same behaviour both can and cannot meet criteria for abnormality.
- B) Behaviours that distress other people can automatically be considered abnormal.
- C) Even atypical behaviours may not necessarily reflect a disability.
- D) Both A and C.

Ans: D
Difficulty: 2
Page: 4

141. Before the Mutual Recognition Agreement came into effect in Canada, there was _____ among the provinces and territories in terms of the minimal academic requirements needed in order to be registered as a clinical psychologist.

- A) no consensus
- B) some consensus
- C) almost complete consensus
- D) None of the above are correct; a mutual recognition agreement has not been reached.

Ans: A

Difficulty: 3

Page: 5

Type: Canadian

142. Psy.D. programs in Canada

- A) have been in existence for many years.
- B) will probably never be introduced in Canada because of disagreements among the provinces.
- C) are just being introduced in Canada.
- D) will probably never be introduced in Canada because they duplicate existing options.

Ans: C

Difficulty: 2

Page: 5

Type: Canadian

143. According to Hippocrates, which of the following is NOT a bodily humour?

- A) Yellow bile
- B) Phlegm
- C) Blood
- D) None of the above

Ans: C

Difficulty: 2

Page: 7

144. Initial attempts to provide moral treatment at lunatic asylums in Canada were undermined by:

- A) Inadequate financial resources

- B) Inadequate space
- C) Having too many low functioning, untreatable patients
- D) All of the above

Ans: D

Difficulty: 2

Page: 10

Type: Canadian

145. American reformer Dorothea Dix, who made appeals and worked tirelessly on behalf of the mentally ill in America,

- A) was never allowed to make similar appeals in Canada.
- B) made numerous appeals in provinces throughout Canada.
- C) was generally pleased with the condition of asylums in Canada.
- D) was very vocal about the poor conditions of Canadian asylums.

Ans: D

Difficulty: 1

Page: 11-12

Type: Canadian

146. Community mental health programs in Canada are typically allocated:

- A) About 25% of provincial health budgets
- B) About 15% of provincial health budgets
- C) About 10% of provincial health budgets
- D) Less than 5% of provincial health budgets

Ans: D

Difficulty: 2

Page: 14

Type: Canadian

147. In Cameron's unethical experiments in Montreal, the practice of bombarding patients with subliminal messages such as "You killed your mother" was called:

- A) Displacement
- B) Psychic driving
- C) Oedipal priming
- D) Cathartic engineering

Ans: B

Difficulty: 2
Page: 18
Type: Canadian

148. Studies of the stigmatization of the mentally ill indicate that people have the greatest desire to avoid:

- A) Depressed people
- B) Schizophrenic people
- C) Drug abusers
- D) Anorexics

Ans: C
Difficulty: 2
Page: 20

149. When interacting with someone with a psychological disorder, people are:

- A) More likely to interact with males rather than females.
- B) More likely to interact with females rather than males.
- C) Equally likely to interact with males and females.
- D) None of the above are correct; research has ignored the gender variable.

Ans: B
Difficulty: 3
Page: 20

150. Which of the following is true according to the results of a 2001 CMHA survey?

- A) Maintaining mental health is regarded as very important by the vast majority of Canadians.
- B) The number of Canadians willing to tell their bosses they are depressed has decreased.
- C) Women are more willing than men to admit receiving recurring treatment for a mental illness.
- D) All of the above.

Ans: D
Difficulty: 2
Page: 21
Type: Canadian

151. Comparative statistics indicate that:

- A) Canadians have better physical health than Americans and better mental health.
- B) Canadians have better physical health than Americans, but poorer mental health.
- C) Canadians have poorer physical health than Americans, but better mental health.
- D) Canadians have poorer physical health and poorer mental health than Americans.

Ans: A

Difficulty: 2

Page: 24

Type: Canadian

152. You are most likely to have good mental health if you reside in:

- A) Ontario
- B) Quebec
- C) British Columbia
- D) Prince Edward Island

Ans: D

Difficulty: 3

Page: 25

Type: Canadian

153. The Women's Health Study conducted in Ontario found that women with a psychiatric disorder were more likely to seek professional help if they:

- A) Could speak with a female therapist.
- B) Had several comorbid disorders.
- C) Had a middle class or higher socioeconomic status.
- D) Received explicit assurances that their problems would be kept confidential.

Ans: B

Difficulty: 1

Page: 28

Type: Canadian

154. In studying reasons why Canadian young adults (ages 15 to 24) with a mood, anxiety, or substance-related disorder sought mental health services (Bergeron et al., 2005) in the 12 months prior to the survey, which of the following was NOT a factor?

- A) There was a particular need for interventions to encourage young men to use mental health services.
- B) There was a particular need for media-based programs to encourage young women to use mental health service.

- C) Young people, both men and women, have shown little need for interventions encouraging them to seek help.
- D) All of the above.

Ans: A
Difficulty: 2
Page: 28
Type: Canadian

155. A 2005 American study by Wang et al. found that:
- A) The majority of those with lifetime mental disorders eventually seek help.
 - B) The range of years of delays for seeking help in individuals with anxiety disorders is 9 to 23 years.
 - C) The range of years of delays for seeking help in individuals with mood disorders is 6 to 8 years.
 - D) All of the above.

Ans: D
Difficulty: 2
Page: 29

156. The commissioner of the 2002 Royal Commission on the future of health care in Canada was:
- A) Brian Tobin
 - B) Gary Bettman
 - C) Ken Dryden
 - D) None of the above.

Ans: D
Difficulty: 2
Page: 30
Type: Canadian

157. The commissioner leading the 2002 Royal Commission on the future of health care in Canada was:
- A) Paul Martin
 - B) C. M. Hincks
 - C) Roy Romanow
 - D) Brian Tobin

Ans: C
Difficulty: 2
Page: 30
Type: Canadian

158. The Romanow Report's recommendations for changes to Canada's health system:
A) Received no meaningful input from national mental health groups.
B) Received input from psychiatrists but not psychologists.
C) Entirely ignored the mental health field.
D) None of the above.

Ans: D
Difficulty: 3
Page: 31
Type: Canadian

159. In his report on Canada's health system, Romanow likened the mental health field to:
A) A surrogate mother
B) An orphan child
C) A wounded duck
D) A family in crisis

Ans: B
Difficulty: 3
Page: 31
Type: Canadian

160. In his report on Canada's Health System, Romanow recommended that mental health:
A) Should not be seen as a priority in the health system.
B) Should be seen as an immediate priority in the health system.
C) Should be seen as a priority in the health system in 10 years when the country is in a better financial situation.
D) None of the above; Romanow ignored mental health issues.

Ans: B
Difficulty: 3
Page: 31
Type: Canadian

161. Of the following, which specific recommendation of relevance to the mental health field emerged from Romanow's report?

- A) Improved access to medications for people with severe psychiatric disorders.
- B) Home care coverage for mental health case management.
- C) Support for informal caregivers (family members and friends) who provide assistance to the mentally ill.
- D) All of the above.

Ans: D

Difficulty: 2

Page: 31

Type: Canadian

162. Several months after releasing his report on Canada's Health System, Romanow:

- A) Expressed frustration about the lack of progress in adopting his recommendations.
- B) Refused to comment on the degree of progress.
- C) Expressed mild satisfaction with the progress made thus far.
- D) Expressed great satisfaction with the progress made thus far.

Ans: A

Difficulty: 2

Page: 31

Type: Canadian

163. The Kirby Report (2006) on mental health, mental illness, and addiction in Canada made two key recommendations:

- A) The creation of a 5-year fund that would support the implementation of a national action plan.
- B) The creation a national action plan independent of existing structures along with the proper funding.
- C) The creation a national action plan in conjunction with a fund that would support the implementation of that plan.
- D) None of the above.

Ans: C

Difficulty: 2

Page: 32

Type: Canadian

164. The first recommendation of the Kirby Report (2006) was the creation of the Canadian Mental Health Commission. This commission's role is to:

- A) Act as a facilitator and supporter of a national approach to mental health issues.
- B) Be a catalyst for the reform of mental health policies and improvements in service delivery.
- C) Ignore the impact of mental illness stigma faced by psychiatric patients for the first 5 years only.
- D) A and B only.

Ans: D

Difficulty: 2

Page: 32

Type: Canadian

165. The creation of the Mental Health Transition Fund emerged as a recommendation from which report?

- A) The Kirby Report (2006)
- B) The Romanow Report (2002)
- C) The CIHI report (2006)
- D) Health Canada Report (2002)

Ans: A

Difficulty: 2

Page: 32

Type: Canadian

166. Regarding the Romanow Report and psychology's future role in the Canadian health system, the authors concluded that:

- A) It is highly likely that psychology will be invited to participate directly in Medicare.
- B) It is somewhat likely that psychology will be invited to participate directly in Medicare.
- C) It is unlikely that psychology will be invited to participate directly in Medicare.
- D) It is simply too soon to tell whether psychology will be invited to participate directly in Medicare.

Ans: C

Difficulty: 2

Page: 33

Type: Canadian

167. The Canadian Psychological Association:

- A) Endorsed Romanow's general recommendations but expressed disappointment that

psychology's vision was not embraced.

B) Criticized Romanow's general recommendations and expressed disappointment that psychology's vision was not embraced.

C) Endorsed Romanow's general recommendations and expressed satisfaction because psychology's vision was embraced.

D) Declined to comment on Romanow's Report for "political" reasons.

Ans: A

Difficulty: 2

Page: 33

Type: Canadian

168. The section FOCUS ON DISCOVERY 3.2 that discusses *The Way of the Future* proposes the following for the future of psychology:

A) The collaboration of diverse mental health professionals in coordinated care teams.

B) The education and training of friends and family members in psychiatric illness.

C) The integration of mental health services into primary health care for everyone.

D) A and C only.

Ans: D

Difficulty: 2

Page: 34

169. The University of Western Ontario conducted a study on the education of health providers so that Canadians receive the needed mental health services in a timely manner. This research concluded that:

A) The participating placement students were interested in interprofessional collaboration

B) Meaningful changes in people's beliefs and practices take place fairly rapidly

C) Students prefer individual learning opportunities

D) None of the above

Ans: A

Difficulty: 2

Page: 34

Type: Canadian

170. Which of the following is least likely to be studied in abnormal psychology?

A) A prostitute

B) A psychopath

C) A developmentally delayed child

D) An anxious person

Ans: A

Difficulty: 2

Page: 4

171. Which characteristic of abnormal behaviour do cultural differences affect most?

- A) Statistical infrequency
- B) Violation of norms
- C) Personal distress
- D) Disability or dysfunction

Ans: B

Difficulty: 1

Page: 4

172. Which of the following disorders would most likely not fit the “personal distress” characteristic of abnormal psychology?

- A) Social phobia
- B) Psychopathy
- C) Obsessive-compulsive disorder
- D) Depression

Ans: B

Difficulty: 3

Page: 4

173. Jim wants to be a professional basketball player, but his height (i.e., 5'6”) will not allow him to make a career of the sport. Which characteristic of abnormal psychology does Jim's predicament contradict?

- A) Statistical infrequency
- B) Violation of norms
- C) Personal distress
- D) Disability or dysfunction

Ans: D

Difficulty: 2

Page: 4

174. Which of the following was developed so that credentials of psychologists in one province would transfer to other provinces in Canada?

- A) Agreement on Provincial Trade (APT)
- B) Mutual Recognition Agency
- C) Canadian Psychological Association (CPA)
- D) College of Psychologists

Ans: B

Difficulty: 2

Page: 5

Type: Canadian

175. According to Gauthier (2002), to become registered as a psychologist, one must demonstrate competency in the following core areas: interpersonal relatedness, assessment and evaluation, intervention and consultation, ethics and standards, and _____

- A) child development.
- B) organizational behaviour.
- C) medical-legal matters.
- D) research.

Ans: D

Difficulty: 2

Page: 5

Type: Canadian

176. The Ph.D. in clinical psychology has _____ as main focus.

- A) therapy
- B) treatment
- C) research
- D) medical

Ans: C

Difficulty: 3

Page: 5

Type: Canadian

177. The Psy.D. approach is based on the _____ model

- A) scientist-practitioner
- B) scholar-practitioner

- C) medical-practitioner
- D) boulder model

Ans: B

Difficulty: 2

Page: 5

178. A psychiatrist holds a _____ degree

- A) Ph.D.
- B) Psy.D.
- C) Ph.D. (psychiatry)
- D) M.D.

Ans: D

Difficulty: 1

Page: 6

179. According to Westra and colleagues (2006), clinical psychologists

- A) do not agree on the merits of being able to prescribe medications.
- B) are currently able to prescribe medications in some provinces.
- C) believe that no special training is required to prescribe medications.
- D) align with psychiatrists in their views on psychologists prescribing medications.

Ans: A

Difficulty: 2

Page: 6

Type: Canadian

180. According to the four humours (bodily fluids) theory of Hippocrates, depression is caused by an imbalance of

- A) phlegm.
- B) blood.
- C) black bile.
- D) yellow bile.

Ans: C

Difficulty: 3

Page: 7

181. The *malleus maleficarum* was

- A) an ancient Greek method of treating depression.
- B) an asylum for 'lunatics'.
- C) a manual which specified symptoms of demonic possession.
- D) a method of torture in the Middle Ages that led to confessions of delusions.

Ans: C

Difficulty: 2

Page: 8

182. Benjamin Rush offered several treatment methods for the “insane”, one of which included

- A) exorcism.
- B) trepanning.
- C) frightening.
- D) removing chains from the mentally ill.

Ans: C

Difficulty: 2

Page: 10

183. The humanitarian Phillipe Pinel (1745 – 1826), though credited with many advances in the care of the mentally ill, has been criticized because of his practice of

- A) sexual sterilization.
- B) drug-induced comas for unruly patients.
- C) bloodletting.
- D) treating only upper-class citizens.

Ans: D

Difficulty: 2

Page: 10

184. According to Goering and colleagues (2000), the role of provincial psychiatric hospitals in the next millennium will be

- A) to provide tertiary inpatient care for complex cases.
- B) to provide care mostly for non-psychotic conditions.
- C) to provide centres of excellence for all mental conditions.
- D) to provide portable community-based primary care services.

Ans: A

Difficulty: 1
Page: 15
Type: Canadian

185. _____ was a 17th century physician who is credited with advocating an empirical approach to classification and diagnosis, which influenced Griesinger, and later Kraepelin.

- A) Sydenham
- B) Galen
- C) Darwin
- D) Breuer

Ans: A
Difficulty: 1
Page: 16

186. "... make adequate appropriations for the establishment of a provincial hospital for those who are deprived of reason, and thereby of all that gladdens life or makes existence a blessing." This historic speech is a fragment from the only public appeal made in Canada by

- A) Clarence M. Hincks.
- B) Dorothea Dix.
- C) Josef Breuer.
- D) Roy Romanow.

Ans: B
Difficulty: 1
Page: 11-12
Type: Canadian

187. For the most part, traditional hospital treatment over the past 50 years has emphasized

- A) individual psychotherapy.
- B) group therapy sessions.
- C) psychosocial rehabilitation programs.
- D) custodial care.

Ans: D
Difficulty: 1
Page: 15
Type: Canadian

188. According to Canadian Press accounts, what did Montreal psychiatrist, Dr. Ewen Cameron, do to his patients that was of interest to the CIA?

- A) Conducted studies without patient consent
- B) Administered large doses of hallucinogenic drugs
- C) Filmed patients during treatment without their knowledge
- D) Implanted false memories of childhood sexual abuse (CSA)

Ans: B

Difficulty: 2

Page: 18

Type: Canadian

189. Linda Macdonald filed a lawsuit against the federal government after receiving “treatment” from Dr. Cameron, claiming that

- A) the electroconvulsive therapy (ECT) left her paralyzed from the waist down.
- B) she was left in a drug induced coma for over 200 days.
- C) her memory was erased for the last 26 years of her life.
- D) she had suffered severe cognitive impairments after the combined drug therapy, ECT, and hypnosis.

Ans: C

Difficulty: 2

Page: 18

Type: Canadian

190. Simmons’ (1987) review of archival evidence indicated several reasons for the use of psychosurgery (lobotomy) in Ontario, including

- A) to increase intellectual capacity.
- B) to erase traumatic memories.
- C) out of curiosity.
- D) requirements of Community Treatment Orders (CTO).

Ans: C

Difficulty: 1

Page: 19

Type: Canadian

191. Which of the following groups was a specific focus in the initial objectives of the Canadian National Committee for Mental Hygiene?

- A) Children with a history of sexual or physical abuse
- B) Post-war national psychological screening of all citizens
- C) Individuals who have undergone psychosurgeries (i.e., lobotomy)
- D) Soldiers suffering from “shell shock”

Ans: D

Difficulty: 1

Page: 22

Type: Canadian

192. Which of the following Canadians was linked to advocating a bill for sexual sterilization of mental patients?

- A) Dorothea Dix
- B) Clarence Hincks
- C) Clifford Beers
- D) Ewen Cameron

Ans: B

Difficulty: 1

Page: 23

Type: Canadian

193. According to the text, which of the following medical procedures highlighted the past belief that “mental defectiveness” had a substantial genetic component?

- A) Sexual sterilization
- B) Lobotomy
- C) Electroconvulsive therapy
- D) Drug-induced comas

Ans: A

Difficulty: 2

Page: 23

Type: Canadian

194. Examples of “best practices models” of service delivery, cited by Goering and colleagues (2000) include:

- A) The continued availability of traditional medications that were used in the past.
- B) Ensuring that new and effective community treatment teams are widely available.
- C) Responsibility to society--if conflicts between needs of individuals and society arise, the dignity of the individual should prevail.

D) Right to refuse treatment--hospitalized patients must have the right to refuse treatment.

Ans: B

Difficulty: 1

Page: 26

Type: Canadian

195. According to an Ontario Ministry of Health (1994) study, disability costs attributed to mental health problems are often hidden from society because

- A) the actual cost to society is minimal.
- B) there is no loss of work productivity.
- C) there are continued high levels of quality of life.
- D) there is stigma associated with it.

Ans: D

Difficulty: 3

Page: 30

Type: Canadian

196. The Schizophrenia Society of Canada developed a “Reaching Out” program (Stuart 2006), which was aimed at reducing stigma in high school students. Results of this program include

- A) decreased social distancing.
- B) greater gains for male students.
- C) clear evidence of long-term changes on all measures studied.
- D) little change in actual knowledge of schizophrenia.

Ans: A

Difficulty: 1

Page: 22

Type: Canadian

197. According to a Mental Health and Well-Being Survey (2002), over ____% of Canadians who suffered from mood, anxiety, or substance dependence disorders felt embarrassed and discriminated against.

- A) 10%
- B) 25%
- C) 50%
- D) 90%

Ans: C

Difficulty: 1
Page: 20
Type: Canadian

198. A recent report from the Canadian Institute for Health Information (CIHI; 2006) found that hospital readmission rates are still quite high for patients with mental illness, despite deinstitutionalization efforts. These readmission rates appear highest for patients with

- A) mood disorders.
- B) anxiety disorders.
- C) co-occurring substance related disorders.
- D) dissociative disorders.

Ans: C
Difficulty: 2
Page: 25
Type: Canadian