

## Chapter 1

### Introduction: Definitional and Historical Considerations and Canada's Mental Health System

Question type: True/False

1) It is easy to remain objective when studying abnormal psychology.

Answer: False

Section Reference: Introduction

Difficulty: Medium

2) There is no single defining characteristic of abnormal behaviour.

Answer: True

Section Reference: What Is Abnormal Behaviour?

Difficulty: Easy

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

Answer: False

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

4) All psychologists would like to be able to prescribe medication.

Answer: False

Section Reference: What Is Abnormal Behaviour?

Difficulty: Easy

5) Demons thought to cause abnormal behaviour could be released by trepanning.

Answer: True

Section Reference: Early Demonology

Difficulty: Easy

6) Hippocrates believed that abnormal behaviour was the result of brain pathology.

Answer: True

Section Reference: Somatogenesis

Difficulty: Medium

7) In the Middle Ages, mental illness was often mistaken for witchcraft.

Answer: True

Section Reference: Witchcraft and Mental Illness

Difficulty: Easy

8) Pinel was the first to remove chains from the mentally ill in asylums.

Answer: False

Section Reference: Moral Treatment

Difficulty: Medium

9) Today more care is provided in psychiatric units of general hospitals than in psychiatric hospitals.

Answer: True

Section Reference: Canadian Perspectives 1.2

Difficulty: Easy

10) The most recent research data shows that stays in psychiatric hospitals in Canada are typically longer than in psychiatric units of general hospitals.

Answer: False

Section Reference: Canadian Perspectives 1.2

Difficulty: Hard

11) Mesmer believed that one person could change another's behaviour.

Answer: True

Section Reference: Psychogenesis

Difficulty: Medium

12) Lobotomies were never performed in Canada.

Answer: False

Section Reference: Canadian Perspectives 1.3

Difficulty: Hard

13) Mental illness can affect anyone.

Answer: True

Section Reference: Current Attitudes Toward People with Psychological Disorders

Difficulty: Easy

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

Answer: False

Section Reference: The Public Perception

Difficulty: Hard

15) The media shapes our perception of the dangerousness of people with mental illness.

Answer: True

Section Reference: Anti-Stigma Campaigns

Difficulty: Medium

16) Most Canadians see mental health issues as separate from medical problems.

Answer: False

Section Reference: Mental Health Literacy

Difficulty: Medium

17) Anxiety Disorders carry the heaviest burden.

Answer: False

Section Reference: Cost of Mental Health Problems

Difficulty: Medium

18) Psychological treatment is fully covered by Medicare.

Answer: False

Section Reference: Transformations in Canada's Mental Health System – Romanow Report

Difficulty: Easy

19) Women seek mental health care more than men.

Answer: True

Section Reference: Help-Seeking and the Perceived Need for Help

Difficulty: Easy

20) When mental health care is universally accessible, people with low SES seek care at equal rates to people with high SES.

Answer: False

Section Reference: Help-Seeking and the Perceived Need for Help

Difficulty: Medium

21) Focusing on prevention may help more than focusing on treatment on mental illness.

Answer: True

Section Reference: Community Psychology and Prevention

Difficulty: Medium

Question type: Multiple Choice

22) 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.

Answer: d

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

23) 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.

Answer: d

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

24) 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.

Answer: c

Section Reference: Statistical Infrequency

Difficulty: Easy

25) 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

Answer: a

Section Reference: Statistical Infrequency

Difficulty: Medium

26) 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

Answer: d

Section Reference: Statistical Infrequency

Difficulty: Hard

27) 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

Answer: c

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

28) 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.

Answer: a

Section Reference: Violation of Norms

Difficulty: Hard

29) 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

Answer: a

Section Reference: Violation of Norms

Difficulty: Medium

30) Which characteristic of abnormal behaviour do cultural differences affect most?

- a) Statistical infrequency
- b) Violation of norms
- c) Personal distress
- d) Disability or dysfunction

Answer: b

Section Reference: Violation of Norms

Difficulty: Easy

31) Kevin was seen walking around campus naked on the first day of term. When campus security caught up with him, they told him he was crazy and needed a psychiatric evaluation, despite Kevin telling them he was a nudist. While Kevin is not mentally ill, his behaviour meets which criteria of abnormal behaviour?

- a) Personal distress
- b) Unexpectedness
- c) Violation of norms
- d) Disability or dysfunction

Answer: c

Section Reference: Violation of Norms

Difficulty: Medium

32) Defining abnormal behaviour on the basis of personal distress or suffering 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 the suffering of family members of disturbed people.
- d) Only people with depression experience personal distress.

Answer: b

Section Reference: Personal Suffering

Difficulty: Hard

33) 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

Answer: c

Section Reference: Personal Suffering

Difficulty: Medium

34) 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



Answer: b

Section Reference: Personal Suffering

Difficulty: Hard

35) 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

Answer: b

Section Reference: Disability or Dysfunction

Difficulty: Hard

36) Transvestism (i.e., cross-dressing 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.

Answer: d

Section Reference: Disability or Dysfunction

Difficulty: Medium

37) Jim wants to be a professional basketball player, but his height (i.e., 5'5") will not allow him to make a career of the sport. This could be considered a \_\_\_\_\_, but it is not a concern of abnormal psychology.

- a) Statistical infrequency
- b) Violation of norms
- c) Personal distress
- d) Disability or dysfunction

Answer: d

Section Reference: Disability or Dysfunction

Difficulty: Medium

38) 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

Answer: a

Section Reference: Unexpectedness

Difficulty: Hard

39) While it is normal for students to get nervous before an exam, it may be considered abnormal for a student to be so anxious as to run screaming from the classroom when the exam is handed out. This is an example of which criteria for abnormal behaviour?

- a) Statistical infrequency
- b) Unexpectedness
- c) Disability or dysfunction
- d) Personal suffering

Answer: b

Section Reference: Unexpectedness

Difficulty: Hard

40) 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 Agreement
- c) Canadian Psychological Association (CPA)
- d) College of Psychologists

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

41) 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.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

42) The Ph.D. in clinical psychology has \_\_\_\_\_ as main focus.

- a) therapy
- b) treatment
- c) research
- d) medical

Answer: C

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

43) The Psy.D. approach is based on the \_\_\_\_\_ model

- a) scientist-practitioner
- b) scholar-practitioner
- c) medical-practitioner
- d) boulder model

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

44) 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.

Answer: a

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

45) Psy.D. programs

- a) have been in existence for many years in Canada.
- b) will probably never be introduced in Canada because of disagreements among the provinces.
- c) were introduced in Canada in the last 10 years.
- d) will probably never be introduced in Canada because they duplicate existing options.

Answer: c

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

46) 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.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

47) Which profession requires a research dissertation as a prerequisite for a doctoral degree?

- a) Psychiatry

- c) Clinical psychology
- c) Psychiatric nurse
- d) Psychoanalyst

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

48) 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.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

49) 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.

Answer: b

Difficulty: Easy

Section Reference: Focus on Discovery 1.1

50) 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.

Answer: a

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

51) 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

Answer: b

Section Reference: Focus on Discovery 1.1

Difficulty: Medium

52) 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.

Answer: c

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

53) 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

Answer: c

Section Reference: Focus on Discovery 1.1

Difficulty: Easy

54) A psychiatrist holds a \_\_\_\_\_ degree

- a) Ph.D.
- b) Psy.D.
- c) Ph.D. (psychiatry)
- d) M.D.

Answer: d

Section Reference: Focus on Discovery 1.1

Difficulty: Easy

55) Who delivers the majority of primary mental health care in Canada?

- a) Psychiatrists
- b) Psychologists and psychological associates
- c) General Practitioners
- d) Social Workers

Answer: c

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

56) 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

Answer: c

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

57) 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

Answer: c

Section Reference: What Is Abnormal Behaviour?

Difficulty: Hard

58) 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.

Answer: a

Section Reference: What Is Abnormal Behaviour?

Difficulty: Medium

59) 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.

Answer: d

Section Reference: What Is Abnormal Behaviour?

Difficulty: Hard

60) Analysis of the results of the National Population Health Survey lead to the conclusion that psychological services in Canada are:

- a) Vastly underutilized
- b) Somewhat underutilized
- c) Vastly overutilized
- d) None of the above



Answer: a

Section Reference: What Is Abnormal Behaviour?

Difficulty: Hard

61) 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.

Answer: c

Section Reference: Early Demonology

Difficulty: Easy

62) The first theory of deviant behaviour attributed the behaviour to

- a) demonic possessions.
- b) dysfunctional learning experiences.
- c) excessive black bile.
- d) hypochondria.

Answer: a

Section Reference: Early Demonology

Difficulty: Medium

63) When it was believed that deviant behaviour was caused by being possessed by evil spirits, two known treatments of deviant behaviour were:

- a) Hanging and juices
- b) Bloodletting and hanging
- c) Exorcism and trepanning
- d) Moral treatment and juices

Answer: c

Section Reference: Early Demonology

Difficulty: Medium

64) Expelling evil spirits by chanting and torture is known as

- a) somatic therapy.
- b) exorcism.
- c) witchcraft.
- d) Santeria.

Answer: b

Section Reference: Early Demonology

Difficulty: Medium

65) 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

Answer: d

Difficulty: Medium

Section Reference: Early Demonology

66) 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.

Answer: c

Section Reference: Somatogenesis

Difficulty: Hard

67) 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.

Answer: a

Section Reference: Somatogenesis

Difficulty: Medium

68) 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.

Answer: a

Section Reference: Somatogenesis

Difficulty: Hard

69) 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.

Answer: d

Section Reference: Somatogenesis

Difficulty: Hard

70) 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.

Answer: a

Section Reference: The Persecution of Witches

Difficulty: Easy

71) 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.

Answer: c

Section Reference: The Persecution of Witches

Difficulty: Medium

72) 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.

Answer: b

Section Reference: The Dark Ages and Demonology

Difficulty: Hard

73) 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.

Answer: c

Section Reference: Development of Asylums

Difficulty: Medium

74) 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.

Answer: a

Section Reference: Development of Asylums

Difficulty: Easy

75) One problem with early asylums was that they did not just admit people with mental illnesses, but also admitted people who were homeless or beggars. Why was this a problem?

- a) people who didn't need treatment were receiving it instead of the people who needed it
- b) people were simply isolated from society at large and not offered actual treatment
- c) people without mental illnesses were being exposed to harsh treatment (e.g., shock therapy)
- d) people with mental illness were taken advantage of by the others

Answer: b

Section Reference: Development of Asylums

Difficulty: Medium

76) 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.

Answer: c

Section Reference: Bethlehem and Other Early Asylums

Difficulty: Hard

77) 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

Answer: c

Section Reference: Bethlehem and Other Early Asylums

Difficulty: Medium

78) 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.

Answer: c

Section Reference: Bethlehem and Other Early Asylums

Difficulty: Medium

79) Who is associated with creating more humane environments at mental hospitals?

- a) Joseph Breuer
- b) Philippe Pinel
- c) John Watson
- d) B.F. Skinner

Answer: b

Section Reference: Moral Treatment

Difficulty: Medium

80) 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.

Answer: c

Section Reference: Moral Treatment

Difficulty: Medium

81) Moral treatment involved

- a) herbal remedies that may have been toxic.
- b) fighting social inequities.
- c) treatment directed toward the individual.
- d) religious guidance.

Answer: c

Section Reference: Moral Treatment

Difficulty: Medium

82) Elizabeth was receiving moral treatment while in an early asylum. Which of the following treatments was she most likely to receive?

- a) Medication
- b) Physical restraints
- c) Purposeful work activities
- d) No treatment at all

Answer: b

Section Reference: Moral Treatment

Difficulty: Medium

83) 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.

Answer: d

Section Reference: Moral Treatment

Difficulty: Easy

84) Initial attempts to provide moral treatment at asylums in Canada were undermined by:

- a) Having separate asylums for the rich and poor
- b) Inadequate space
- c) Having too many untreatable patients
- d) Families insisting on being involved in treatment

Answer: b

Section Reference: Moral Treatment

Difficulty: Medium

85) 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.

Answer: d

Section Reference: Moral Treatment

Difficulty: Medium

86) 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

Answer: a

Section Reference: Asylums in Canada

Difficulty: Easy

87) Built in 1714, as the first asylum in Canada, the \_\_\_\_\_ was the precursor to the 19<sup>th</sup>



century asylums in Canada.

- a) The Homewood Resort
- b) The Hôtel-Dieu
- c) The L'Hospice Ste. Anne
- d) The L'Hospice St. Julien

Answer: b

Section Reference: Asylums in Canada

Difficulty: Medium

88) 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.

Answer: d

Section Reference: Canadian Perspectives 1.1

Difficulty: Easy

89) For what viewpoint on the treatment of mentally ill people is 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.

Answer: d

Section Reference: Asylums in Canada

Difficulty: Easy

90) 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

Answer: a

Section Reference: Asylums in Canada

Difficulty: Medium

91) 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

Answer: d

Section Reference: Asylums in Canada

Difficulty: Medium

92) 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

Answer: d

Section Reference: Asylums in Canada

Difficulty: Easy

93) 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.

Answer: c

Section Reference: Asylums in Canada

Difficulty: Easy

94) 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.

Answer: b

Section Reference: Asylums in Canada

Difficulty: Medium

95) 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.

Answer: d

Section Reference: Asylums in Canada

Difficulty: Hard

96) 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

Answer: a

Section Reference: Asylums in Canada

Difficulty: Medium

97) Beginning in the 1950s, what became the central mode of treatment in Canada?

- a) Psychoanalysis
- b) Behaviour therapy
- c) Psychotropic medications
- d) Cognitive therapy

Answer: c

Section Reference: Canadian Perspectives 1.2

Difficulty: Medium

98) When did deinstitutionalization begin in Canada?

- a) 1950's
- b) 1960's
- c) 1970's
- d) 1980's

Answer: c

Section Reference: Canadian Perspectives 1.2

Difficulty: Medium

99) 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.

Answer: b

Section Reference: Canadian Perspectives 1.2

Difficulty: Easy

100) 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

Answer: d

Section Reference: Canadian Perspectives 1.2

Difficulty: Medium

101) 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.

Answer: a

Section Reference: Canadian Perspectives 1.2

Difficulty: Medium

102) 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.

Answer: b

Section Reference: Canadian Perspectives 1.2

Difficulty: Hard

103) 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

Answer: c

Section Reference: Canadian Perspectives 1.2

Difficulty: Hard

104) The role of provincial psychiatric hospitals today is

- 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.

Answer: a

Section Reference: Canadian Perspectives 1.2

Difficulty: Easy

105) 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.

Answer: b

Section Reference: Canadian Perspectives 1.2

Difficulty: Easy

106) \_\_\_\_\_ was a 17<sup>th</sup> 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

Answer: a

Section Reference: The Beginning of Contemporary Thought

Difficulty: Easy

107) 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.

Answer: c

Section Reference: An Early System of Classification

Difficulty: Hard

108) 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

Answer: b

Section Reference: An Early System of Classification

Difficulty: Medium

109) 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.

Answer: d

Section Reference: An Early System of Classification

Difficulty: Medium

110) When a group of symptoms typically co-occur, it is called a

- a) syndrome.

- b) mental disorder.
- c) diagnosis.
- d) cluster.

Answer: a

Section Reference: An Early System of Classification  
Difficulty: Easy

111) 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.

Answer: c

Section Reference: General Paresis and Syphilis  
Difficulty: Easy

112) 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.

Answer: b

Section Reference: General Paresis and Syphilis  
Difficulty: Easy

113) 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.



Answer: b

Section Reference: General Paresis and Syphilis

Difficulty: Medium

114) The germ theory of disease was established by:

- a) Emil Krapelin
- b) Franz Mesmer
- c) Henri Charcot
- d) Louis Pasteur

Answer: d

Section Reference: General Paresis and Syphilis

Difficulty: Easy

115) 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.

Answer: d

Section Reference: Psychogenesis

Difficulty: Medium

116) 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

Answer: a

Section Reference: Psychogenesis

Difficulty: Easy

117) Which of the following is true 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) It suggests that mental illness is psychological in origin.

Answer: d

Section Reference: Psychogenesis

Difficulty: Medium

118) Psychogenesis developed from attempts at treating which condition?

- a) Demonic possession
- b) Depression
- c) Hysteria
- d) Aphasia

Answer: c

Section Reference: Psychogenesis

Difficulty: Easy

119) 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.

Answer: b

Section Reference: Psychogenesis

Difficulty: Easy

120) 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.

Answer: d

Section Reference: Psychogenesis

Difficulty: Hard

121) 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.

Answer: d

Section Reference: Psychogenesis

Difficulty: Hard

122) 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

Answer: b

Section Reference: Psychogenesis

Difficulty: Medium

123) 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.

Answer: c

Section Reference: Psychogenesis

Difficulty: Hard

124) 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.

Answer: d

Section Reference: Psychogenesis

Difficulty: Easy

125) 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.

Answer: a

Section Reference: Psychogenesis

Difficulty: Easy

126) 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

Answer: b

Section Reference: Psychogenesis

Difficulty: Medium

127) 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.

Answer: d

Section Reference: Psychogenesis

Difficulty: Medium

128) If you went to Josef Breuer for treatment of hysterical paralysis, which treatment would you most likely receive?

- a) Hypnosis
- b) Free association
- c) Catharsis
- d) Medication

Answer: a

Section Reference: Psychogenesis

Difficulty: Hard

129) 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

Answer: b

Section Reference: Canadian Perspectives 1.3

Difficulty: Medium

130) 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.

Answer: c

Section Reference: Canadian Perspectives 1.3

Difficulty: Medium

131) 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.

Answer: d

Section Reference: Canadian Perspectives 1.3

Difficulty: Medium

132) 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.

Answer: a

Section Reference: Canadian Perspectives 1.3

Difficulty: Easy

133) 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.

Answer: c

Section Reference: Canadian Perspectives 1.3

Difficulty: Easy

134) 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)

Answer: b

Section Reference: Canadian Perspectives 1.3

Difficulty: Medium

135) 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 first 26 years of her life.
- d) she had suffered severe cognitive impairments after the combined drug therapy, ECT, and hypnosis.

Answer: c

Section Reference: Canadian Perspectives 1.3

Difficulty: Medium

136) 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)

Answer: a

Section Reference: Canadian Perspectives 1.3

Difficulty: Easy

137) 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

Answer: a

Section Reference: Canadian Perspectives 1.3

Difficulty: Medium

138) 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.

Answer: b

Section Reference: Canadian Perspectives 1.3

Difficulty: Easy

139) When was the last lobotomy performed in Ontario?

- a) 1951



- b) 1961
- c) 1971
- d) 1981

Answer: d

Section Reference: Canadian Perspectives 1.3

Difficulty: Easy

140) 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).

Answer: c

Section Reference: Canadian Perspectives 1.3

Difficulty: Easy

141) Incidents involving people with mental illness engaging in violent acts, like Vince Li beheading a fellow passenger on the bus, create the \_\_\_\_\_ perception that people with mental illness are dangerous.

- a) accurate
- b) complacent
- c) false
- d) anxious

Answer: c

Section Reference: Current Attitudes Toward People with Psychological Disorders

Difficulty: Easy

142) Vince Li was found not criminally responsible for beheading a fellow passenger on the bus because he:

- a) acted in self-defense after the other passenger threatened him
- b) was diagnosed with schizophrenia

- c) was experiencing profound depression
- d) had a really good legal team

Answer: a

Section Reference: Current Attitudes Toward People with Psychological Disorders

Difficulty: Easy

143) 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.

Answer: d

Section Reference: Current Attitudes Toward People with Psychological Disorders

Difficulty: Medium

144) 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%

Answer: c

Section Reference: Current Attitudes Toward People with Psychological Disorders

Difficulty: Easy

145) James has been hearing a voice telling him to hurt himself for several months. He is also quite certain that there is a leprechaun in the closet of his bedroom. He worries that there is something wrong with him, but hasn't sought help because he's worried people will think less of him when they find out. James is avoiding treatment due to

- a) stigmatization

- b) schizophrenia
- c) stereotyping
- d) schematization

Answer: a

Section Reference: Current Attitudes Toward People with Psychological Disorders  
Difficulty: Medium

146) 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

Answer: d

Section Reference: Current Attitudes Toward People with Psychological Disorders  
Difficulty: Easy

147) One of the myths about mental illness is that mentally ill individuals are dangerous. What does 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.

Answer: d

Section Reference: The Public Perception  
Difficulty: Easy

148) Dave is in his third year of university and was just been diagnosed with schizophrenia. He is feeling very confused and also a bit hopeless; as a result, he is considering dropping out of school. What advice would you give him?

- a) He should drop out – there's no way he can handle school with schizophrenia

- b) He should consider taking a few years off to go seek treatment and then maybe come back
- c) He should consult with his doctors and the counsellors at school to make a plan so that he can continue to attend school
- d) He should listen to whatever the voices in his head tell him to do

Answer: c

Section Reference: The Public Perception

Difficulty: Medium

149) If you were like most other Canadians, which of the following would you do?

- a) Date someone with a mental illness
- b) Tell your boss you were experiencing depression
- c) Hire a professional (e.g., doctor, lawyer) with a mental illness
- d) Have your child's teacher changed if the teacher had a mental illness

Answer: d

Section Reference: The Public Perception

Difficulty: Medium

150) 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.

Answer: d

Section Reference: Anti-Stigma Campaigns

Difficulty: Easy

151) 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.

Answer: a

Section Reference: Anti-Stigma Campaigns

Difficulty: Easy

152) Self-stigma is

- a) the tendency to see oneself more positively due to mental illness
- b) the tendency to see oneself more negatively due to mental illness
- c) feeling comfortable telling people about your own mental illness
- d) denying to other people that you have a mental illness

Answer: b

Section Reference: Anti-Stigma Campaigns

Difficulty: Easy

153) When professional athletes, entertainers, and other celebrities publicly disclose their own struggles with mental health problems, it

- a) suggests that being famous has consequences
- b) seems that they are looking for sympathy
- c) shines the spotlight on psychological disorders overall
- d) makes whatever disorder they have the “disorder of the day”

Answer: c

Section Reference: Canadian Contributions 1.1

Difficulty: Medium

154) 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.

Answer: b

Section Reference: Mental Health Literacy

Difficulty: Medium

155) Canadians tend to have the best understanding of which disorder?

- a) Anorexia
- b) Anxiety
- c) Depression
- d) Schizophrenia

Answer: c

Section Reference: Mental Health Literacy

Difficulty: Easy

156) About how many Canadian adults (aged 15 and over) report symptoms of a disorder in the past year?

- a) 1 in 10
- b) 1 in 20
- c) 1 in 50
- d) 1 in 100

Answer: a

Section Reference: Canada as a Whole

Difficulty: Easy

157) Bob and Sue both report that they enjoy having a few drinks after work and on the weekend. Who is most likely to be diagnosed with alcohol dependence?

- a) Bob
- b) Sue
- c) They are equally likely to be diagnosed
- d) They are equally unlikely to be diagnosed

Answer: a

Section Reference: Canada as a Whole

Difficulty: Medium

158) You are most likely to have good mental health if you reside in:

- a) Ontario
- b) Quebec
- c) British Columbia
- d) Prince Edward Island

Answer: d

Section Reference: Regional Differences

Difficulty: Hard

159) 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

Answer: a

Section Reference: Regional Differences

Difficulty: Medium

160) 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.

Answer: d

Section Reference: Cost of Mental Health Problems

Difficulty: Hard

161) Mental health care spending in Canada is about

- a) 15-20% of overall healthcare spending
- b) 10-15% of overall healthcare spending
- c) 5-10% of overall healthcare spending
- d) Less than 5% of overall healthcare spending

Answer: c

Section Reference: Cost of Mental Health Problems

Difficulty: Medium

162) 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

Answer: c

Section Reference: Transformations in Canada's Mental Health System – Romanow Report

Difficulty: Medium

163) 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) Proposed that mental health be a priority in the health system.
- d) Made vague recommendations for improving healthcare for Canadians.

Answer: c

Section Reference: Transformations in Canada's Mental Health System – Romanow Report

Difficulty: Hard

164) 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



Answer: b

Section Reference: Transformations in Canada's Mental Health System – Romanow Report  
Difficulty: Hard

165) 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.

Answer: b

Section Reference: Transformations in Canada's Mental Health System – Romanow Report  
Difficulty: Hard

166) 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.

Answer: d

Section Reference: Transformations in Canada's Mental Health System – Romanow Report  
Difficulty: Medium

167) 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.

Answer: a

Section Reference: Transformations in Canada's Mental Health System – Romanow Report  
Difficulty: Medium

168) 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.

Answer: c

Section Reference: Transformations in Canada's Mental Health System – Romanow Report  
Difficulty: Medium

169) 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.

Answer: a

Section Reference: Transformations in Canada's Mental Health System – Romanow Report  
Difficulty: Medium

170) 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.

Answer: c

Section Reference: Transformations in Canada's Mental Health System – The Senate Committee Final Report

Difficulty: Medium

171) 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.
- d) A and B only.

Answer: d

Section Reference: Transformations in Canada's Mental Health System – The Senate Committee Final Report

Difficulty: Medium

172) 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)

Answer: a

Section Reference: Transformations in Canada's Mental Health System – The Senate Committee Final Report

Difficulty: Medium

173) What is one potential challenge of only providing evidence-based treatment?

- a) Only people with specific disorders would be eligible for treatment
- b) Therapists would be so effective that there would not be enough work for them
- c) Most psychological treatments are administered in a flexible manner

d) None – evidence-based treatment provides consistent results

Answer: c

Section Reference: Delivery of Psychotherapy: Issues and Challenges

Difficulty: Hard

174) Evidence-based treatments

- a) exist for all disorders
- b) tend to use cognitive-behavioural therapy
- c) will render psychologists obsolete since just about anyone will be able to administer them
- d) always work exactly the same in the “real world” as in controlled trials

Answer: b

Section Reference: Delivery of Psychotherapy: Issues and Challenges

Difficulty: Hard

175) One barrier to receiving treatment for mental health problems in Canada is

- a) Wait times to see a general practitioner
- b) Ability to get to a doctor’s office
- c) Ability to pay for services
- d) Wait times to see a specialist

Answer: d

Section Reference: Wait Times for Treatment

Difficulty: Medium

176) 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.

Answer: b

Section Reference: Help-Seeking and Perceived Need for Help

Difficulty: Easy

177) Why don't Canadian young adults (ages 15 to 24) with a mood, anxiety, or substance-related disorder seek mental health services?

- 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.

Answer: a

Section Reference: Help-Seeking and Perceived Need for Help

Difficulty: Medium

178) 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.

Answer: d

Section Reference: Help-Seeking and Perceived Need for Help

Difficulty: Medium

179) 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

Answer: b

Section Reference: The Human Costs of Deinstitutionalization and Limited Access to Service  
Difficulty: Hard

180) 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.

Answer: a

Section Reference: The Human Costs of Deinstitutionalization and Limited Access to Service  
Difficulty: 2

181) Examples of "best practices models" of service delivery 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.

Answer: b

Section Reference: The Human Costs of Deinstitutionalization and Limited Access to Service  
Previous edition question number: 194  
Difficulty: Medium

182) Focusing on the prevention of mental health problems will allow us to

- a) Feel better about not providing great treatment for people who currently have mental health problems
- b) Invest in the future (and forget about the past)
- c) Try to ensure that all Canadians are happy and healthy
- d) Create new jobs for community psychologists

Answer: c

Section Reference: Community Psychology and Prevention

Difficulty: Medium

183) 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

Answer: d

Section Reference: Community Psychology and Prevention

Difficulty: Medium

184) Which province leads the way in mental health promotion?

- a) Alberta
- b) British Columbia
- c) Ontario
- d) Quebec

Answer: d

Section Reference: Community Psychology and Prevention

Difficulty: Medium

185) 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.

Answer: c

Section Reference: A New Beginning: Canada's Mental Health Strategy

Difficulty: Hard

186) An important part of Canada's national mental health strategy is to

- a) Fund all mental health services for all Canadians
- b) Provide medication whenever possible to treat mental health problems
- c) Tailor services to the specific needs of Canada's First Nations
- d) Ensure that each province spends the same amount of money on mental health services

Answer: c

Section Reference: A New Beginning: Canada's Mental Health Strategy

Difficulty: Medium

Question Type: Essay

187) What is abnormal behaviour? Explain and define the characteristics associated with abnormal behaviour.

Section Reference: What is Abnormal Behaviour?

Difficulty: Medium

188) What are some professions in abnormal psychology? How are they similar? How do they differ?

Section Reference: Focus on Discovery 1.1

Difficulty: Hard

189) The treatments for mental illness changed over time. Name and explain one treatment method from each of the following time periods: 500 B.C., The Dark Ages (approx. 150 A.D.), The Middle Ages, the 1800s A.D., and today.

Section Reference: History of Psychopathology

Difficulty: Hard

190) Where is most psychiatric care delivered in Canada? What is the function of psychiatric facilities today?



Section Reference: Canadian Perspectives 1.2

Difficulty: Hard

191) What are somatogenesis and psychogenesis? Which model is more prevalent today? Why?

Section Reference: Somatogenesis & Psychogenesis

Difficulty: Medium

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

Section Reference: Anti-Stigma Campaigns

Difficulty: Hard

193) Why are mental and physical health services closely related in Canada?

Section Reference: Transformations in Canada's Mental Health System & Delivery of Psychotherapy: Issues and Challenges

Difficulty: Hard

194) Explain what 'evidence-based treatment' means.

Section Reference: Delivery of Psychotherapy: Issues and Challenges

Difficulty: Medium

195) Why don't university students seek help for mental health issues?

Section Reference: Student Perspectives 1.1

Difficulty: Medium

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

Section Reference: The Human Costs of Deinstitutionalization and Limited Access to Service

Difficulty: Medium

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