

## Milestones in Abnormal Psychology

Stone Age	Mental disorders treated by trephination.
430-377 B.C.	Hippocrates cites brain as source of mental disorders.
500-1450	Middle Ages adopts demonological explanations and treatments.
1547	Bethlehem Hospital in London converted into asylum.
1693	Witch-hunting trials peak in Salem, Massachusetts.
1773	First American hospital exclusively for mental patients opens in Williamsburg, Virginia.
1793	Phillipe Pinel frees asylum patients at LaBicetre in Paris.
1812	Benjamin Rush writes first American textbook on psychiatry.
1842	Dorothea Dix begins campaign to reform mental hospitals in the United States.
1865	Gregor Mendel publishes theories of genetics.
1879	German professor Wilhelm Wundt establishes first laboratory for experimental study of psychology.
1883	Emil Kraepelin publishes textbook on psychiatry, likening mental disorders to physical diseases.
1892	American Psychological Association founded.
1893	Sigmund Freud, with Josef Breuer, publishes first chapters of <i>On the Psychical Mechanisms of Hysterical Phenomena</i> , launching psychoanalysis.
1896	Lightner Witmer establishes first psychological clinic in the U.S. at University of Pennsylvania.
1897	General paresis linked to physical cause, syphilis.
1900	Freud publishes <i>The Interpretation of Dreams</i> .
1901	Ivan Pavlov demonstrates classical conditioning.
1905	First intelligence test published.
1907	Alzheimer's disease identified by Alois Alzheimer.
1908	Clifford Beers writes autobiography <i>A Mind That Found Itself</i> , launching Mental Hygiene Movement in the United States.
1909	Freud makes his only visit to America and lectures at Clark University.
1913	Behaviorist John Watson argues that psychology should abandon study of consciousness.
1917	The U.S. Congress declares all nonmedical opioids illegal.
1921	Rorschach Test published.
1923	Freud publishes <i>The Ego and the id</i> .
1924	Police use first lie detector.
1929	EEG developed.
1935	First use of lobotomy for mental disorders.
1937	Marijuana made illegal in the United States.
1938	Electroconvulsive therapy introduced in Rome.
1939	The Wechsler-Bellevue Intelligence Scale published.
1943	LSD's hallucinogenic effects discovered.
1943	Minnesota Multiphasic Personality Test (MMPI) published.
1943	Jean-Paul Sartre's existential book <i>Being and Nothingness</i> published.
1948	Alfred Kinsey reports on sexual behavior of men.
1949	Lithium salts first used for bipolar disorder.
1951	Chlorpromazine, first antipsychotic drug, tested.
1951	Carl Rogers publishes <i>Client-Centered Therapy</i> . 1
1952	First edition of DSM published by the American Psychiatric Association.
1952	Sex-change operation performed on Christine Jorgensen.

1955 The Los Angeles Suicide Prevention Center founded.

1956 Family systems theory and therapy launched.

1958 Joseph Wolpe develops desensitization.

1961 Thomas Szasz publishes *The Myth of Mental Illness*.

1962 Albert Ellis proposes rational-emotive therapy.

1963 The Community Mental Health Act helps trigger deinstitutionalization in the United States.

1964 U.S. Surgeon General warns that smoking can be dangerous to human health.

1965 Norepinephrine and serotonin theories of depression proposed.

1967 Aaron Beck publishes cognitive theory and therapy for depression.

1967 Methadone maintenance treatment begins.

1967 Holmes and Rahe develop Social Adjustment Rating Scale to measure life stress.

1970 Masters and Johnson publish *Human Sexual Inadequacy* and launch sex therapy.

1972 CAT scan introduced.

1973 DSM stops listing homosexuality as a mental disorder.

1973 David Rosenhan conducts study *On Being Sane in Insane Places*.

1975 Endorphins – natural opioids—discovered in human brain.

1975 U.S. Supreme court declares that patients in institutions have right to adequate treatment.

1981 MRI first used as diagnostic tool.

1981 Researchers discover that Ritalin helps persons with ADHD.

1982 John Hinckley found not guilty by reason of insanity of the attempted murder of President Reagan.

1987 Antidepressant Prozac approved in the United States.

1988 American Psychological Society founded.

1990 Dr. Jack Kevorkian performs his first assisted suicide.

1990 FDA approves first atypical antipsychotic drug, *clozapine*.

1994 DSM-IV published.

1995 APA task force begins search to identify empirically supported (evidence-based) treatments.

1998 Viagra goes on sale in the United States.

1999 Killing rampage at Columbine High School stirs public concern about dangerousness in children.

2000 DSM-IV-TR is published and changes criteria for pedophilia, exhibitionism, voyeurism, frotteurism, and sexual sadism.

2000 Scientists finish mapping (i.e., sequencing) the human genome – spelling out the chemical “letters” that make up human DNA.

2001 Around 1,600 mental health workers mobilize to help 56,000 victims in wake of 9/11 terrorist attacks.

2001 Case of Andrea Yates, who drowned her five children, highlights the disorder postpartum psychosis.

2002 New Mexico grants prescription privileges to specially trained psychologists.

2003 First case of mad cow disease uncovered in the United States, further raising concerns about the disease vCJD.

2004 FDA orders black box warnings on all antidepressant drug containers, stating that the drugs “increase the risk of suicidal thinking and behavior in children.”

2006 U.S. Supreme Court upholds Oregon’s “Death with Dignity” Act allowing doctors to assist suicides by terminally ill individuals under certain conditions.