HISTORY OF PSYCHOLOGY NOTES

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Useful Timelines:
http://opl.apa.org/contributions/History%20of%20Psychology%20Timeline/HistoryOfPsych.htm
http://allpsych.com/timeline/
http://www.columbia.edu/cu/psychology/courses/1010/mangels/neuro/history/history.html
http://schatz.sju.edu/neuro/nphistory/nphistory.html
http://www.studentpulse.com/articles/283/the-history-of-mental-illness-from-skull-drills-to-happy-pills
http://fac.hsu.edu/ahmada/3%20Courses/2%20Learning/Learning%20Notes/1%20Ideas%20about%20learning%20in%20history.pdf

NATURE VS NURTURE (scientific views)
- NATURE: innate knowledge (present at birth)
- NURTURE: knowledge is gained through experience, environment and learning
These are extremes (each can't be completely true, the truth is somewhere in between)

NATIVISM VS EMPIRICISM (philosophical views: how dependent are we on experience when acquiring knowledge)
- NATIVISM: born with a mind already set up to deal with the environment, i.e. we have innate skills and abilities
- EMPIRICISM: experience and learning is the ultimate source of knowledge. Cognitive functions develop as adaptations to the environment.
- RATIONALISM: "reasoning" plays a significant role in gaining knowledge. Either by:
  ○ **Intuition/ Deduction**: Some things we know by intuition (rational insight, a priori knowledge) alone, i.e. some ideas appear to be true. Other things are known by being deduced from intuited things, e.g. We intuit, for example, that the number three is prime and that it is greater than two. We then deduce from this knowledge that there is a prime number greater than two.
  ○ **Innate Knowledge:** we already have a store of ideas that we draw upon in order to help make sense of the world (knowledge that's part of our nature). Experiences may trigger a process by which we bring this knowledge to consciousness, but the experiences do not provide us with the knowledge itself. We either gained the knowledge in an earlier existence, through God and creation, or through the process of natural selection. e.g. mathematical truths (2 + 2 = 4), truths about God (that He exists, is good, all powerful, etc.), the concept of time, the notion of causality.
  ○ Indispensibility and Superiority of Reason: The knowledge we gain by intuition and deduction or have innately, is more superior and couldn't have been gained by sense experience.
  Rationalists sees certain parts of our cognition as innate but not all.

BODY VS MIND (or both):
The mind is about mental processes, thought and consciousness.
The body is about the physical aspects of the brain-neurons and how the brain is structured.
The mind-body problem is about how these two interact, e.g. which is in charge? Are they distinct?
- <u>MONOISM:</u>
  ○ **MATERIALISM (body):** Nothing exists apart from the material world (i.e. physical matter like the brain). The body only exists, the "mind" can be reduced and identified with purely biological and biochemical processes.
    ▪ Famous materialist: Ludwig Feuerbach "you are what you eat"
  ○ **SUBJECTIVE IDEALISM (mind):** Reality only exists the my mind. Physical objects and events are reducible to mental objects, properties, events. i.e. what we think of as our body is merely the perception of our mind. Without mind, the physical world would be irrelevant
    ▪ Famous subjective idealist: Bishop Berkely "if a tree falls down in a forest, and no one is around to hear it, does it make a sound?" (we do not perceive things as they are but rather things are as we perceive them)
- <u>DUALISM (both mind and body):</u> The mind and body exist as separate entities
  ○ **INTERACTIONISM:** the mind has as an effect on the body and vice versa
    ▪ Proposed by Descartes

HISTORY OF NEUROPSYCHOLOGY
TREPANATION -NEOTHILIC PERIOD
- Skulls found as far back as 6500BC
- Opened up the skull - people had different views about whether the skull was the location of the soul, demons or pressure
- Trephining (also referred to as trepanning):
  ○ A hole, or trephine, was chipped into the skull using crude stone instruments.
  ○ It was believed that through this opening the evil spirit(s)--thought to be inhabiting one's head and causing their psychopathology--would be released and the individual would be cured
  ○ Some who underwent this procedure survived and may have lived for many years afterward as trephined skulls of primitive humans show signs of healing
- Procedure lasted for centuries to treat (i.e. 15th century)
    ▪ skull fractures
    ▪ Pains and migraines
    ▪ mental illness
  ○ Later used Trypanon = Drill
  ○ As well as saws
  ○ "Trepanation of the skull is intended to release what has forced its way out of the blood vessels, or to lift up and remove what, having been forced in, causes meningitis (irritation of the brain membrane) -- or to both of these ends together"
    ▪ Relieving pain and disease
- Gusii tribe (50s):
  ○ Use to relieve strong and persistent headaches after injury to the head, such as those inflicted during war. Physical pressure due to skull fractures can certainly be relieved by trepanation

ANCIENT CIVILISATIONS
In general:
- Mental illness was attributed to some supernatural force, generally a displeased deity
- Most illness, particularly mental illness, was thought to be punishment for trespasses
- Exorcism, prayer, music, charms and spells were performed in hopes of achieving a cure
Hebrews:
- Believed that all illness was inflicted upon humans by God as punishment for committing sin (even demons that were thought to cause some illnesses were attributed to God's wrath)
- God was also seen as the ultimate healer
- Hebrew physicians were priests who had special ways of appealing to the higher power in order to cure sickness.
Ancient Persians:
- Attributed illness to demons
- Believed that good health could be achieved through proper precautions to prevent and protect one from diseases.
  ○ These included adequate hygiene and purity of the mind and body achieved through good deeds and thoughts
Ancient Egyptians:
- The most forward-thinking in their treatment of mental illness
- Recommended that those afflicted with mental pathology engage in recreational activities such as concerts, dances, and painting in order to relieve symptoms and achieve some sense of normalcy.
- Also very advanced in terms of medicine, surgery, and knowledge of the human body, i.e. EDWIN SMITH PAPYRUS
- Magic and incantations were used to treat illnesses that were of unknown origin, often thought to be caused by supernatural forces such as demons or disgruntled divine beings
- Shared the early Greek belief that hysteria in women, now known as Conversion Disorder, was caused by a "wandering uterus," and so used fumigation of the vagina to lure the organ back into proper position
EDWIN SMITH PAPYRUS
- An ancient Egyptian medical text, named after the dealer who bought it in 1862
- The oldest known surgical treatise on trauma
- Unique since it's a **medical text** with a **rational** and **scientific approach** and not a lot of magic
- Scroll of 4.68 m

- Describes cases of injuries, fractures, wounds, dislocations and tumors. Each includes the type of injury, examination of the patient, diagnosis, prognosis and treatment.
- Debated whether Imhotep was the author -high priest, architect, possible medical doctor
- <u>WHAT IT SAYS ABOUT THE BRAIN:</u>
  ○ Includes head wounds of soldiers
  ○ Brain lesions led to distal symptoms --> **LHS of the brain controls RHS of the body** and vice versa
  ○ **Brain is responsible for speech**
  ○ Touching the brain can lead to epileptic seizures
  ○ *SPECIFIC FUNCTIONS ARE LOCALISED IN THE BRAIN*
    ▪ Ancient Egyptians believed feelings, thinking etc came from the *heart* and *not the brain*
    ▪ Heart was the "seat of the soul"
    ▪ Contrary to this, the **source of behaviour was the brain not the heart**

HYPOCRATES & MIDDLE AGES
- Greek physician
- Denied the long-held belief that mental illness was caused by supernatural forces
- Proposed **mental illness stems from natural occurences, pathological problems in the brain.**
- Introduced the concept of the four essential fluids of the human body—**blood, phlegm, (yellow) bile, and black bile**
- Personalities were based on the balance between these 4 'HUMORS' -imbalance =problem
  ○ When these humors were in balance, health prevailed; when they were out of balance or vitiated in some way, disease took over
- The goal of an individual's personal hygiene was to keep the humors in balance, and the goal of medical therapy was to restore humoral equilibrium by adjusting diet, exercise, and the management of the body's evacuations (e.g.: the blood, urine, faeces, perspiration, etc.).
  ○ Drew blood out to restore balance (blood-letting)
  ○ Patients given emetics, laxatives, and were bled using leeches or cupping to restore equilibrium
- Concept later built upon by Galen

CARE FOR THE MENTALLY ILL
- Generally left to the individual's family at home, although some outside intervention occurred.
- The first mental hospital was established in 8th century Baghdad and was soon followed by others in Aleppo and Damascus
  ○ mass establishment of asylums and institutionalization took place much later
- In the custody of family, mentally ill people were widely abused and restrained
  ○ mentally ill linked with superstitious beliefs - thought to have "bad fate" that would negatively influence anyone who associated with the disturbed individual, scaring away potential suitors and the idea that mental illness was contagious
- Shame and stigma attached to mental illness --> resulted in families hiding the mentally ill in cellars, caging them in pigpens, putting them under the control of servants, abandonment (left to be beggars)

ASYLUMS
- First Valencia mental hospital in Spain, 1406 CE
- Deplorable living conditions and cruel abuse to patients.
  ○ Not aimed to help the mentally ill achieve any sense of normalcy or overcome their illnesses
  ○ Mentally ill were abandoned by relatives or sentenced by the law and faced a life of inhumane treatment
    ▪ Main focus was to lift the burden off ashamed families and preventing any possible disturbance in the community.
- Staffed by gravely untrained, unqualified individuals who treated mentally ill patients like animals
  ○ patients shackled to the wall in dark, cramped cells
  ○ Iron cuffs and collars permitted just enough movement to allow patients to feed themselves but not enough to lie down at night (forced to sleep upright)
  ○ Lack of attention paid to quality of food or whether patients were adequately fed.
  ○ No visitors to the cell except to deliver food
  ○ Rooms were never cleaned
    ▪ Patients forced to sit amongst their own waste
- Most infamous asylum in London, England—Saint Mary of Bethlehem
  ○ began admitting the mentally ill in 1547
  ○ nicknamed "Bedlam" as its horrific conditions and practices were revealed (bedlam= disarray, tumult, commotion)
  ○ Violent patients were put on display like sideshow freaks for the public to peek at for the price of one penny
    ▪ Made a significant portion of the asylum's operating budget
  ○ Gentler patients were put out on the streets to beg for charity

TREATMENT
- Attempts to treat in asylums were the treatments used at the time
  ○ Purging, Bloodletting, dousing the patient in either hot or ice-cold water to shock their minds back into a normal state.
  ○ Techniques to intimidate in order to force rational thinking over insanity:
    ▪ Blistering, physical restraints, threats, and straitjackets
  ○ Powerful drugs administered to exhaust hysterical patients
- Mid-1700s, Dutch Dr. Boerhaave invented the **"gyrating chair"**
  ○ intended to **shake up the blood and tissues** of the body to **restore equilibrium,** but instead resulted in rendering the patient unconscious and with no success

HUMANITARIAN MOVEMENT
- Significant asylum reform introduced by Philippe Pinel in Paris 1792
- Tested his hypothesis that mentally ill patients would improve if they were **treated with kindness and consideration**
  ○ Filth, noise, and abuse were eliminated quickly after patients were unchained, provided with sunny rooms, allowed to exercise freely on the asylum grounds, and were no longer treated like animals
- Spread throughout America as moral management - focussing on the mentally ill individual's **spiritual and moral development** as well as the rehabilitation of their **personal character** to lessen their mental ailments.
  ○ Sought through encouraging the patient to engage in manual labor and spiritual discussion, always accompanied by humane treatment
  ○ Highly effective
- Failed to continue through the late 1800s
  ○ ethnic prejudice created tension between staff and patients as immigration increased
  ○ Leaders of the moral management movement also failed to pass along their teachings
  ○ overextension of hospital facilities
  ○ Biomedical advances led to the demise of moral management as most believed that medicine would soon be the cure-all for physical as well as mental afflictions
    ▪ psychological and social help was not necessary

MENTAL HYGENE MOVEMENT
- focused solely on the patient's **physical health** and ignored their psychological disturbances.
- Ended effective moral management and resulted in many patients becoming helpless and dependent
- Started by Dorothea Dix who learned of the horrific conditions of jails, almshouses, and particularly mental health facilities
  ○ commenced a forty-year long campaign to reform asylums
- Did not directly affect patients' mental illnesses, but raised millions of dollars to build hospitals that were suitable for proper care
- Also influenced twenty American states to respond to Dix's pleas for change
  ○ **greater physical comfort for patients**

SUPPORT MOVED TO THERAPY (CLINICAL)

FRANZ MESMER (MAGNETISM)
- Austrian physician
- believed that human bodies contained a magnetic fluid that was affected by the planets and determined one's health depending on its distribution.
- People were capable of using their own magnetic forces to affect the magnetic fluid in others
  ○ Considered himself to be powerful enough to cure illnesses with his ANIMAL MAGNETISM
- Opened a clinic in Paris 1778 and started practicing his "mesmerism."
  ○ Several patients at a time were seated around a tub containing various chemicals
  ○ Iron rods attached to the tub were applied to the afflicted parts of their body (as patients were generally hysterical and experiencing numbness or paralysis), after which Mesmer would emerge in light purple robe and circle around the room