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Fist Year - Medicine

# History of Psychiatry - Timeline

## Early History of Psychiatry

### 1550 BCE

The [Ebers papyrus](#), one of the most important medical papyri of [ancient Egypt](#), briefly mentioned clinical depression.

### 6th century BCE

600 B.C., many cities had temples to [Asklepios](#) known as an Asklepieion that provided cures for psychosomatic illnesses

### 4th century BCE

Greek physician [Hippocrates](#) theorized that physiological abnormalities may be the root of mental disorders.

### 280 BCE

Greek physician and philosopher [Herophilus](#) studied the nervous system and distinguished between sensory nerves and motor nerves.

### 250 BCE

Greek anatomist [Erasistratus](#) studied the brain and distinguished between the cerebrum and cerebellum.

### 705 CE

The first [psychiatric hospital](#) was built by Muslims in [Baghdad](#), followed by [Cairo](#) in 800, and Damascus in 1270.

### 11th century

Persian physician [Avicenna](#) recognized "physiological psychology" in the treatment of illnesses involving emotions, and developed a system for associating changes in the pulse rate with inner feelings.

### 1247

[Bethlehem Royal Hospital](#) in Bishopsgate outside the wall of London, one of the most famous old psychiatric hospitals was founded as a priory of the Order of St. Mary of Bethlem to collect alms for Crusaders; after the English government secularized it, it started admitting mental patients by 1377 (1403?), becoming known as

Bedlam Hospital; in 1547 it was acquired by the City of London, operating until 1948; it is now part of the British [NHS Foundation Trust](#).

## Psychiatry in the Age of Reason

### 1656

King [Louis XIV](#) of [France](#) founded [Pitié-Salpêtrière Hospital](#) in Paris for prostitutes and the mentally defective.

### 1672

English physician [Thomas Willis](#) published the anatomical treatise [De Anima Brutorum](#), describing psychology in terms of brain function.

### 1724

After being plagued with guilt over the [Salem Witch Trials](#), influential New England Puritan minister [Cotton Mather](#) broke with superstition by advancing physical explanations for mental illnesses over demonic explanations.

### 1758

English physician [William Battie](#) published [Treatise on Madness](#), calling for treatments to be utilized on rich and poor mental patients alike in asylums, helping make psychiatry a respectable profession.

### 1793

French physician [Phillipe Pinel](#) was appointed to [Bicêtre Hospital](#) in south Paris, ordering chains removed from mental patients, and founding [Moral Treatment](#). In 1809 he published the first description of dementia praecox (schizophrenia).

### 1796

The [York Retreat](#) in England was founded by Quakers, becoming known for humane treatment and serving as a model.

## Psychiatry in the 19th Century

### 1808

German physician [Johann Christian Reil](#) coined the term "[Psychiatry](#)".

### 1812

American physician [Benjamin Rush](#) became one of the earliest advocates of [humane treatment for the mentally ill](#) with the publication of [Medical Inquiries and Observations Upon Diseases of the Mind](#), the first American textbook on psychiatry.

## 1821

The element [Lithium](#) was first isolated from [Lithium oxide](#) and described by English chemist [William Thomas Brande](#).

## 1841

What became the [Royal College of Psychiatrists](#), then known as the *Association of Medical Officers of Asylums and Hospitals for the Insane*, was founded in England, receiving a royal charter in 1926.

## 1844

The [Association of Medical Superintendents of American Institutions for the Insane](#) (A MSAll), the forerunner of the [American Psychiatric Association](#) (APA), was founded in [Philadelphia, Pennsylvania](#).

## 1845

The [Lunacy Act 1845](#) and the [County Asylums Act 1845](#) were passed in England and Wales, leading to the setting up of the [Lunacy Commission](#).

## 1852

French physician [Bénédict Augustin Morel](#) published [Traite des Maladies Mentales](#) (2 vols.); the 2nd ed. (1860) coined the term "dementia praecox" (dementia praecox) for patients suffering from "stupor" (melancholia). In 1857 he published [Traité des Dégénérescences](#), promoting an understanding of mental illness based upon the theory of [Degeneration](#), which became one of the most influential concepts in psychiatry for the rest of the century.

## 1859

[Josef Breuer](#) published *Traite Clinique et Therapeutique de L'Hysterie*.

## 1893

German psychiatrist [Emil Kraepelin](#) clinically defined "[dementia praecox](#)", later reformulated as [Schizophrenia](#).

## 1895

[Sigmund Freud](#) and [Josef Breuer](#) of Austria published [Studies on Hysteria](#), based on the case of [Bertha Pappenheim](#) (known as Anna O.), developing the [Talking Cure](#); Freud and Breuer later split over Freud's obsession with sex.

## 1899

The [Kraepelinian dichotomy](#) between [affective psychosis](#) and [dementia praecox](#) ([schizophrenia](#)) was introduced in the 6th edition of [Emil Kraepelin's](#) famous [Lehrbuch](#).

On November 4 [Sigmund Freud](#) published [The Interpretation of Dreams](#) (Die Traumdeutung).

## Early 20th Century Psychiatry

### 1900

Russian neurologist [Vladimir Bekhterev](#) discovered the role of the hippocampus in memory.

### 1901

German psychiatrist [Alois Alzheimer](#) identified the first case of what later became known as [Alzheimer's disease](#).

[Sigmund Freud](#) published [The Psychopathology of Everyday Life](#).

### 1902

Swiss-born psychiatrist [Adolf Meyer](#) became director of the New York State Psychiatric Institute, influencing American psychiatry with his "common sense" approach which included keeping detailed patient records; he coined the term "mental hygiene".

### 1905

French psychologists [Alfred Binet](#) and [Theodore Simon](#) created the [Binet-Simon Scale](#) to assess intellectual ability, marking the start of standardized psychological testing.

### 1906

Russian physiologist [Ivan Pavlov](#) published the first [Conditioning](#) studies.

### 1908

The term "[Schizophrenia](#)" was coined by Swiss psychiatrist [Paul Eugen Bleuler](#).

### 1909

In Sept. [Sigmund Freud](#) visited [Clark University](#), winning over the U.S. psychiatric establishment.

### 1910

[Sigmund Freud](#) founded the [International Psychoanalytical Association](#) (IPA), with [Carl Jung](#) as the first president, and [Otto Rank](#) as the first secretary.

[Boris Sidis](#) opened the Sidis Psychotherapeutic Institute (a private hospital) at Maplewood Farms in Portsmouth, NH for the treatment of nervous patients using the latest scientific methods.

### **1911**

[Alfred Adler](#) left Freud's Psychoanalytic Group to form his own school of thought, accusing Freud of overemphasizing sexuality and basing his theory on his own childhood.

The [American Psychoanalytic Association](#) (APsaA) was founded.

### **1913**

The [British Psychoanalytical Society](#) was founded by [Ernest Jones](#), who became Freud's biographer.

Citing Freud's inability to acknowledge [religion](#) and [spirituality](#), [Carl Jung](#) split and developed his own theories; his new school of thought became known as [Analytical Psychology](#).

[Jacob L. Moreno](#) pioneered [Group Psychotherapy](#) methods in Vienna, which emphasized spontaneity and interaction; they later became known as [Psychodrama](#) and [Sociometry](#).

### **1914**

[Sigmund Freud](#) published [\*On Narcissism: An Introduction\*](#).

### **1917**

[Sigmund Freud](#) published [\*Introduction to Psychoanalysis\*](#), and [\*Mourning and Melancholia\*](#).

### **1920**

Swiss psychiatrist [Hermann Rorschach](#) developed the [Rorschach Inkblot Test](#).

### **1921**

[Sigmund Freud](#) published [\*Group Psychology and the Analysis of the Ego\*](#).

### **1923**

German pharmacologist [Otto Loewi](#) and English neuroscientist Sir [Henry Dale](#) discovered [Acetylcholine](#), the first neurotransmitter to be described, winning them the 1936 Nobel Prize.

### **1924**

German neuropsychiatrist [Hans Berger](#) discovered human [Electroencephalography](#). [Otto Rank](#) published [The Trauma of Birth](#), coining the term "pre-Oedipal", causing Freud to break with him.

### **1926**

The [Société Psychanalytique de Paris](#) was founded with the endorsement of Sigmund Freud; the Nazis closed it in 1940.

### **1927**

Austrian psychiatrist [Manfred Sakel](#) developed [Insulin Shock Therapy](#) as a treatment for psychosis; it was discontinued in the 1970s.

Austrian physician [Julius Wagner-Jauregg](#) won the [Nobel Prize](#) for his invention of malarial therapy as a treatment for [general paralysis of the insane \(neurosyphilis\)](#). He first initiated the treatment in 1917.

### **1928**

[Indian Association for Mental Hygiene](#) established.

### **1933**

Hungarian psychiatrist [Sándor Ferenczi](#) published a paper claiming that patient accounts of childhood sexual abuse are true, providing a psychological explanation, causing Freud to break with him.

### **1935**

The Indian division of the [Royal Medico-Psychological Association](#) was formed due to the efforts of Dr. [Banarasi Das](#).

### **1938**

Italian neurologist [Ugo Cerletti](#) and Italian psychiatrist [Dr. Lucio Bini](#) discovered [Electroconvulsive Therapy](#).

### **1942**

Swiss psychiatrist [Ludwig Binswanger](#) founded [Existential Therapy](#).

The [Controversial Discussions](#) between Sigmund Freud's daughter [Anna Freud](#) and [Melanie Klein](#), founder of [Object Relations Theory](#) caused the [British Psychoanalytical Society](#) to permanently split into three camps.

#### **1944**

[Ritalin](#) (Methylphenidate) was synthesized.

#### **1946**

[Mary Jane Ward](#) published the novel [The Snake Pit](#), which was filmed in 1948, causing reforms in U.S. state psychiatric hospitals.

#### **1947**

[Indian Psychiatric Society](#) established.

#### **1948**

[Lithium carbonate](#)'s ability to stabilize mood highs and lows in [bipolar mood disorder](#) (manic depression) was demonstrated by Australian psychiatrist [John Cade](#), becoming the first effective medicine for the treatment of mental illness.

#### **1949**

Portuguese neurologist [Antonio Moniz](#) won the Nobel Prize for his work on [Lobotomy](#).

## **The Era of the New Psychopharmacology**

#### **1950**

The [World Psychiatric Association](#) was founded.

#### **1952**

The first published clinical trial of [chlorpromazine](#) which is the first [antipsychotic](#) (invented by [Henri Laborit](#), [Jean Delay](#) and [Pierre Deniker](#)) was conducted at [fr:Centre hospitalier Sainte-Anne](#) in Paris. Known as Largactil in Europe, it was brought to Montreal by Heinz Lehman and named Thorazine.

#### **1952**

The [American Psychiatric Association](#) (APA) published the first [Diagnostic and Statistical Manual of Mental Disorders](#) (DSM); it was revised in 1968, 1980/7, 1994, 2000 and 2013.

### **1952**

The first [monoamine oxidase inhibitor](#) (MAOI) antidepressant [iproniazid](#) was discovered.

### **1953**

Russian-born physiologist [Nathaniel Kleitman](#) of the U. of Chicago discovered [Rapid eye movement sleep](#) (REM), founding modern [sleep research](#).

French psychiatrist [Jacques Lacan](#) broke with the IPA over his variable-length sessions, and founded the [Société Française de Psychanalyse](#).

### **1954**

[James Olds](#) and [Peter Milner](#) of McGill University discovered the [brain reward system](#). [Roger Sperry](#) of Caltech began [split-brain](#) research.

On the recommendation of the Bhowm Committee in 1946, the All India Institute of Mental Health was founded, becoming the [National Institute of Mental Health and Neurosciences](#) (NIMHANS) in 1974 at Bangalore.

### **1956**

[Gregory Bateson](#), [John Weakland](#), [Donald deAvila Jackson](#), and [Jay Haley](#) proposed the [double bind theory of schizophrenia](#), which regards it as stemming from situations where a person receives different or contradictory messages.

The English translation of [The Standard Edition of the Complete Psychological Works of Sigmund Freud](#) was published in 24 volumes (1956-74).

### **1957**

[Arvid Carlsson](#) demonstrated that [dopamine](#) is a neurotransmitter in the brain.

The first [tricyclic antidepressant](#) (TCA), [imipramine](#) was discovered from the pineal gland.

### **1958**

[Aaron B. Lerner](#) et al. of Yale University isolated the hormone [melatonin](#), which was found to regulate the circadian rhythm.

### **1960s**

[Aaron T. Beck](#) developed [cognitive therapy](#).

### **1960**

The first [benzodiazepine](#), [chlordiazepoxide](#), under the trade name *Librium* was introduced.

### **1963**

United States president [John F. Kennedy](#) introduced legislation delegating the [National Institute of Mental Health](#) to administer Community Mental Health Centers for those being discharged from state psychiatric hospitals.

[Medard Boss](#) founded [Daseinsanalysis](#).

### **1964**

[Ronald David Laing](#) published *Sanity, Madness and the Family*, claiming that the roots of schizophrenia lie in the "family nexus", where people play dark games with each other.

### **1970**

The [U.S. Food and Drug Administration](#) (FDA) approved [lithium](#) for [acute mania](#).

The United States [U.S. Controlled Substances Act](#) was passed, putting LSD, DMT, Psilocybin, Mescaline, and Marijuana on Schedule I (no accepted medical use).

### **1972**

American psychologist [David Rosenhan](#) published the [Rosenhan experiment](#), a study challenging the validity of psychiatric diagnoses.

### **1973**

The [American Psychiatric Association](#) declassified homosexuality as a mental disorder.

The [Caucus of Gay, Lesbian, and Bisexual Members of the American Psychiatric Association](#) was officially founded. A primary function of the organization was to advocate to the APA on LGBT mental health issues. The caucus changed its name to the [Association of Gay and Lesbian Psychiatrists](#) in 1985.

### **1977**

The [ICD-9](#) was published by the [WHO](#).

[Andrey Lichko](#) published *Psychopathies and Accentuations of Character of Teenagers*.

## **1980**

Transgender people were officially classified by the [American Psychiatric Association](#) as having "[gender identity disorder](#)."

## **1982**

The [National Mental Health Programme](#) (NMHP) was launched in India.

## **1983**

The [European Psychiatric Association](#) was founded.

## **1987**

The [Indian Mental Health Act](#) was drafted by the parliament, but it came into effect in all the states and union territories of India in April 1993. This act replaced the Indian Lunacy Act of 1912, which had earlier replaced the Indian Lunatic Asylum act of 1858.

## **1988**

[Fluoxetine](#) (trade name *Prozac*), the first [selective serotonin reuptake inhibitor](#) (SSRI) antidepressant was released, quickly becoming the most prescribed.

The [American Neuropsychiatric Association](#) was founded.

## **1990**

Use of the "[blood-oxygen-level dependent](#) (BOLD) in [MRI](#) first discovered by Dr. [Seiji Ogawa](#)

## **1991**

[Kenneth Kwong](#) successfully applied BOLD to image human brain activities with MRI, and published the findings in 1992.

## **1994**

The appetite-suppressing hormone [leptin](#) was discovered.

## **1996**

U.S. President [William Clinton](#) signed the [Mental Health Parity Act](#), requiring psychiatric conditions to be considered equal to any other medical or surgical illness by health insurance providers; in 2008 President [George W. Bush](#) signed an amended version.

## **21st Century**

## **2000**

The [No Free Lunch Organization](#) was founded by [Dr. Bob Goodman](#), an internist from New York.

## **2002**

The [European Brain Council](#) was founded in Brussels.

The term for schizophrenia in Japan was changed from Seishin-Bunretsu-Byō 精神分裂病 (mind-split-disease) to Tōgō-shitchō-shō 統合失調症 (integration disorder) to reduce stigma. The new name was inspired by the biopsychosocial model; it increased the percentage of patients who were informed of the diagnosis from 37% to 70% over three years.

## **2012**

In 2009 America's professional association of endocrinologists established best practices for transgender children that included prescribing puberty-suppressing drugs to preteens followed by hormone therapy beginning at about age 16, and in 2012 the [American Academy of Child and Adolescent Psychiatry](#) echoed these recommendations.

The [American Psychiatric Association](#) issued official position statements supporting the care and civil rights of transgender and gender non-conforming individuals.

## **2013**

[DSM-5](#) was published by the [American Psychiatric Association](#). Among other things, it eliminated the term "[gender identity disorder](#)," which was considered stigmatizing, instead referring to "gender dysphoria," which focuses attention only on those who feel distressed by their gender identity.