

# Mindful Continuing Education

## Personality Disorders

1. All of the following but one is a common symptom of Schizotypal personality disorder. Which does not belong?

- A. Flat emotions
  - B. Exploitation of others to achieve goals
  - C. Belief in special powers
  - D. Spending time alone
- 

2. Which of the following is thought of as a good option for treating patients with borderline personality disorder?

- A. Narrative reprocessing
  - B. Family therapy
  - C. Dialectical Behavioral Therapy
  - D. Cognitive restructuring
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3. Which of the following is a common comorbid condition for patients with a personality disorder?

- A. Schizophrenia
  - B. Dissociative Identity Disorder
  - C. Intellectual disability
  - D. Substance use
- 

4. Cluster B personality traits are thought of as which of the following?

- A. Dramatic
  - B. Anxious
  - C. Odd
  - D. Eccentric
- 

5. All of the following disorders except one is classified under Cluster C personality disorder. Which does not belong?

- A. Avoidant personality disorder
  - B. Histrionic personality disorder
  - C. Dependent personality disorder
  - D. Obsessive-compulsive personality disorder
-

**6. What is the definition of a schema?**

- A. Positive thoughts and beliefs about one's self**
  - B. Stories that patients tell themselves**
  - C. Mental discomfort that results from holding two conflicting beliefs, values, or attitudes**
  - D. Enduring and self-defeating thought patterns that begin early in life**
- 

**7. Which of the following disorders is strongly associated with suicidal ideation and attempting?**

- A. Borderline personality disorder**
  - B. Schizoid personality disorder**
  - C. Obsessive-compulsive personality disorder**
  - D. Paranoid personality disorder**
- 

**8. Dialectical behavioral therapy requires all of the following except 1 service for patients to utilize. What does not fit?**

- A. Group therapy**
  - B. Individual therapy**
  - C. Crisis supports**
  - D. Inpatient treatment**
- 

**9. Which of the following disorders is strongly associated with recklessly disregarding the safety of others?**

- A. Paranoid personality disorder**
  - B. Dependent personality disorder**
  - C. Antisocial personality disorder**
  - D. Obsessive-compulsive personality disorder**
- 

**10. Difficulty making decisions in daily life without advice and reassurance from others is common in which of the following disorders?**

- A. Dependent personality disorder**
  - B. Schizoid personality disorder**
  - C. Paranoid personality disorder**
  - D. Borderline personality disorder**
- 

**11. The impulsiveness, emotional dysregulation, psychopathy, and delusional ideations that those with personality disorders experience may lead to:**

- A. Social avoidance**
  - B. Violent behavior**
  - C. Physical health issues**
  - D. Cognitive difficulties**
- 

**12. Feeling socially incompetent or inferior to others is generally a sign of which personality disorder?**

- A. Dependent personality**
  - B. Borderline personality disorder**
  - C. Avoidant personality disorder**
  - D. Schizotypal personality disorder**
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