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

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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. Dissasociative Identity Disorder
C. Intellectual disability
D. Substance use

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

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

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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

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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

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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

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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

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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

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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

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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 dificulties

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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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