# 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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