

# 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
- 

**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

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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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