

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

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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