

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. Dissociative 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
-

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
-

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
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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 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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