

Quiz Chapter 11: Personality Disorders

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question (25 points).

- 1) Dialectical behavior therapy is 1) _____
A) a promising, problem focused treatment for borderline personality disorder.
B) an old, long-term therapy for borderline personality disorder that has been found to be ineffective.
C) a long-term therapy for borderline personality disorder that focuses on personality change.
D) is a short-term therapy for borderline personality disorder that involves medication and brief hospitalization.
- 2) Self-mutilation, such as is seen in borderline personality disorder, is 2) _____
A) a form of suicidal behavior.
B) associated with an increase in anxiety and depression.
C) done to reduce anxiety and depression.
D) a form of self-punishment.
- 3) Why is it that people with narcissistic personality disorder are unlikely to seek treatment? 3) _____
A) They think they are nearly perfect and in no need of change.
B) They are hypersensitive to criticism.
C) They are suspicious that therapists will steal their ideas.
D) They afraid they will become dependent on the therapist.
- 4) Debbie is a salesperson in a department store. She complains constantly about her boss, saying the boss is unfair and has unreasonable expectations. When her boss tells her to sign up for extra hours, Debbie "forgets" to do it. Whenever anyone asks her to do something, she argues with them. She often complains about how miserable her job is and how no one understands how valuable she is. Debbie seems to fit the description of 4) _____
A) passive aggressive personality disorder.
B) depressive personality disorder.
C) dependent personality disorder.
D) obsessive compulsive personality disorder.
- 5) According to the DSM-IV-TR, which of the following must be true for a personality disorder diagnosis? 5) _____
A) The patient must experience clinically significant distress.
B) Signs of psychosis must be present.
C) The person's behavior problems must cause them distress or impairment.
D) The patient's behavior must reflect a lack of impulse control.

- 6) The key causal factor in borderline personality disorder seems to be 6) _____
 A) failure to develop an articulated self-identity.
 B) an inability to empathize with other people.
 C) inconsistent or highly punitive discipline in childhood.
 D) a negative attributional style.
- 7) Which basic personality traits from the 5 factor model seem most important in the development of 7) _____
 borderline personality disorder?
 A) high extraversion and low fantasy proneness
 B) high agreeableness and low excitement seeking
 C) high antagonism and low neuroticism
 D) high impulsivity and affective instability
- 8) The best description of the biological component of personality disorders is 8) _____
 A) they have no biological component, they are learned.
 B) personality traits are inherited that predispose a person to developing a personality disorder.
 C) they are directly inherited disorders.
 D) people inherit the trait of anxiety, which underlies all of the personality disorders and predisposes people to developing a personality disorder.
- 9) The "clusters" of personality disorders found in the DSM-IV-TR are grouped based on 9) _____
 A) symptom similarities. B) expected prognosis.
 C) level of dysfunction. D) similar etiologies.
- 10) Some people always think that everyone is looking at them and talking about them. This 10) _____
 self-focused view of the world would be expected in someone with _____ personality disorder.
 A) narcissistic B) histrionic C) borderline D) paranoid
- 11) John has a great need for order and perfectionism. He can't leave the house until every hair is in 11) _____
 place and he has been known to iron the same shirt over and over to ensure that he is wrinkle-free.
 What personality disorder does John's behavior suggest?
 A) narcissistic B) avoidant
 C) obsessive-compulsive D) dependent
- 12) Which of the following statements is NOT true of treating personality disorders? 12) _____
 A) Treatment for individuals with dependent personality disorder ought to be altered so that excessive dependency is not fostered.
 B) Individuals with personality disorders from Clusters A and B are more difficult to treat because of their interpersonal difficulties and reluctance to enter therapy.
 C) People with both an Axis I and an Axis II diagnosis are easier to treat than someone with just an Axis II disorder because they have more distress.
 D) People with personality disorders have trouble establishing good therapeutic relationships with their therapist.

- 13) Because they are regarded as being different from standard psychiatric syndromes, the personality disorders are 13) _____
- A) coded on Axis II.
 - B) given what is called a "provisional" category.
 - C) not listed in the DSM-IV.
 - D) coded on Axis I.
- 14) The individual with avoidant personality disorder is unlikely to develop lasting relationships as a result of their 14) _____
- A) desire to control others.
 - B) fear of rejection.
 - C) lack of interest.
 - D) callousness.
- 15) There is a general agreement among researchers that personality 15) _____
- A) has an infinite number of possible trait dimensions.
 - B) is mainly learned.
 - C) can be characterized by five basic trait dimensions.
 - D) is mainly genetic.
- 16) Which of the following best explains why it is such a challenge to treat personality disorders? 16) _____
- A) The diagnostic criteria for these disorders suffers from subjectivity.
 - B) They develop early in life.
 - C) Comorbid diagnoses are the norm, not the exception.
 - D) By definition they are enduring patterns of thought and behavior.
- 17) In research studies, in addition to failing to learn to avoid punishment, psychopaths 17) _____
- A) showed larger than normal fear potential startle responses.
 - B) felt a great deal of anticipatory anxiety about punishment, leading to impulsive behaviors.
 - C) did not cognitively understand the connection between a behavior and its consequence.
 - D) did not show normal fear potential startle responses.
- 18) Impulsivity and extreme instability in interpersonal relationships, self-image, and mood best characterizes 18) _____
- A) antisocial personality disorder.
 - B) avoidant personality disorder.
 - C) histrionic personality disorder.
 - D) borderline personality disorder.
- 19) Helen is suspicious and doubts the loyalty of even her friends. She is unwilling to forgive perceived insults and never forgets a grudge. She is most likely to be diagnosed with _____ personality disorder. 19) _____
- A) histrionic
 - B) schizoid
 - C) schizotypal
 - D) paranoid

- 20) Lori is vain and self-centered. When she goes out, it is not at all uncommon for her to do things that ensure she is the center of attention. Her close friends describe her as a "drama queen". Assuming that her behavior is sufficient to warrant an Axis II diagnosis, which of the following personality disorders is she most likely to be diagnosed with? 20) _____
 A) narcissistic B) borderline C) histrionic D) antisocial
- 21) While the individual with _____ personality disorder appears cool and aloof, the individual with _____ personality disorder is best described as odd. 21) _____
 A) avoidant; schizotypal B) schizoid; schizotypal
 C) schizotypal; avoidant D) schizoid; avoidant
- 22) Involvement in an abusive relationship (as the one who is abused) would be most expected of the individual with _____ personality disorder. 22) _____
 A) dependent B) borderline C) antisocial D) schizotypal
- 23) Why is the use of medication for borderline personality disorder controversial? 23) _____
 A) because research shows it clearly doesn't help
 B) because of the possibility of severe side effects
 C) because it is unethical to alter someone's personality through chemical means
 D) because it is frequently associated with suicidal behavior
- 24) The histrionic seeks _____, while the narcissist needs _____. 24) _____
 A) admiration; attention B) attention; admiration
 C) acceptance; approval D) acceptance; admiration
- 25) Cognitive therapy for personality disorders focuses on 25) _____
 A) the external sources of stress that cause psychological breakdown.
 B) underlying dysfunctional schemas in the client's mind.
 C) changing the client's understanding of their early childhood.
 D) the way other people respond when the client acts inappropriately.