

Intro To Psychology Personality Disorder Worksheet Answer Key PDF

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Part 1: Foundational Knowledge

Which of the following is a characteristic of Cluster A personality disorders?

- undefined. A) Emotional instability
- undefined. B) Odd or eccentric behavior ✓**
- undefined. C) Attention-seeking behavior
- undefined. D) Fear of abandonment

Cluster A personality disorders are characterized by odd or eccentric behavior.

Which of the following are types of Cluster B personality disorders? (Select all that apply)

- undefined. A) Antisocial Personality Disorder ✓**
- undefined. B) Avoidant Personality Disorder
- undefined. C) Borderline Personality Disorder ✓**
- undefined. D) Schizoid Personality Disorder

Types of Cluster B personality disorders include Antisocial Personality Disorder and Borderline Personality Disorder.

Define personality disorders and describe their general characteristics.

Personality disorders are enduring patterns of behavior and inner experience that deviate from cultural expectations, leading to distress or impairment.

List two genetic and two environmental factors that contribute to the development of personality disorders.

1. Genetic Factor 1

Family history of mental illness

2. Genetic Factor 2

Genetic predisposition

3. Environmental Factor 1

Childhood trauma

4. Environmental Factor 2

Neglect

Genetic factors may include family history of mental illness, while environmental factors may include childhood trauma or neglect.

Part 2: Comprehension

What is the primary tool used for diagnosing personality disorders?

undefined. A) MMPI

undefined. **B) DSM-5 ✓**

undefined. C) Rorschach Test

undefined. D) IQ Test

The DSM-5 is the primary tool used for diagnosing personality disorders.

Which symptoms are commonly associated with Borderline Personality Disorder? (Select all that apply)

undefined. A) Grandiosity

undefined. **B) Impulsivity ✓**

undefined. **C) Emotional instability ✓**

undefined. D) Detachment from social relationships

Common symptoms of Borderline Personality Disorder include impulsivity and emotional instability.

Explain how childhood trauma can influence the development of personality disorders.

Childhood trauma can lead to maladaptive coping mechanisms and emotional dysregulation, increasing the risk of developing personality disorders.

Part 3: Application

A patient exhibits excessive emotionality and attention-seeking behavior. Which personality disorder is most likely being described?

undefined. A) Schizotypal Personality Disorder

undefined. B) Histrionic Personality Disorder ✓

undefined. C) Obsessively-Compulsive Personality Disorder

undefined. D) Paranoid Personality Disorder

The symptoms described are most indicative of Histrionic Personality Disorder.

Which therapeutic approaches are most effective for treating personality disorders? (Select all that apply)

undefined. A) Cognitive Behavioral Therapy ✓

undefined. B) Dialectical Behavior Therapy ✓

undefined. C) Electroconvulsive Therapy

undefined. D) Psychodynamic Therapy ✓

Effective therapeutic approaches include Cognitive Behavioral Therapy and Dialectical Behavior Therapy.

Describe a real-world scenario where a person with Avoidant Personality Disorder might face challenges in a workplace setting.

A person with Avoidant Personality Disorder may struggle with initiating conversations or participating in team activities, leading to isolation and job performance issues.

Part 4: Analysis

Which of the following statements best describes the relationship between genetic factors and personality disorders?

undefined. A) Genetic factors are the sole cause of personality disorders.

undefined. B) Genetic factors have no influence on personality disorders.

undefined. C) Genetic factors contribute to the risk but interact with environmental factors. ✓

undefined. D) Genetic factors are more influential than environmental factors.

Genetic factors contribute to the risk of personality disorders but interact with environmental factors.

Analyze the following symptoms: distrust of others, social detachment, and cognitive distortions. Which personality disorders might these symptoms indicate? (Select all that apply)

undefined. **A) Paranoid Personality Disorder ✓**

undefined. **B) Schizoid Personality Disorder ✓**

undefined. C) Schizotypal Personality Disorder

undefined. D) Narcissitic Personality Disorder

These symptoms may indicate Paranoid Personality Disorder and Schizoid Personality Disorder.

Compare and contrast the symptoms and challenges of Borderline Personality Disorder and Narcissitic Personality Disorder.

Borderline Personality Disorder is characterized by emotional instability and fear of abandonment, while Narcissitic Personality Disorder involves grandiosity and a lack of empathy.

Part 5: Evaluation and Creation

Which of the following is a significant challenge in treating personality disorders?

undefined. A) Lack of effective medications

undefined. B) High cost of therapy

undefined. **C) Resistance to therapy and lack of insight ✓**

undefined. D) Short duration of treatment

Resistance to therapy and lack of insight are significant challenges in treating personality disorders.

Evaluate the effectiveness of different therapeutic approaches for personality disorders. Which of the following are considered effective? (Select all that apply)

undefined. **A) Group therapy for social skills ✓**

undefined. **B) Long-term psychodynamic therapy ✓**

undefined. C) Short-term medication management

undefined. D) Cognitive restructuring techniques

Effective therapeutic approaches include group therapy for social skills and long-term psychodynamic therapy.

Propose a comprehensive treatment plan for a patient diagnosed with Borderline Personality Disorder, incorporating various therapeutic approaches and addressing potential challenges.

A comprehensive treatment plan may include Dialectical Behavior Therapy, medication management, and support groups to address emotional regulation and interpersonal skills.