

Intro To Psychology Personality Disorder Worksheet Questions and Answers PDF

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Part 1: Foundational Knowledge

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

Hint: Think about the behaviors associated with this cluster.

- A) Emotional instability
- B) **Odd or eccentric behavior** ✓
- C) Attention-seeking behavior
- 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)

Hint: Consider the dramatic and erratic behaviors associated with this cluster.

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

Hint: Consider the definitions and traits that define personality disorders.

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.

Hint: Think about both biological and social influences.

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?

Hint: Consider the most widely accepted diagnostic manual.

- A) MMPI
- B) DSM-5 ✓
- C) Rorschach Test
- 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)

Hint: Think about the emotional and behavioral patterns of this disorder.

- A) Grandiosity
- B) Impulsivity ✓
- C) Emotional instability ✓
- 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.

Hint: Consider the long-term effects of early adverse experiences.

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?

Hint: Think about the characteristics of attention-seeking behaviors.

- A) Schizotypal Personality Disorder
- B) Histrionic Personality Disorder ✓
- C) Obsessively-Compulsive Personality Disorder
- 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)

Hint: Consider the therapies that focus on personality and behavior.

- A) Cognitive Behavioral Therapy ✓
- B) Dialectical Behavior Therapy ✓
- C) Electroconvulsive Therapy
- 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.

Hint: Think about social interactions and job responsibilities.

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?

Hint: Consider the interplay between genetics and environment.

- A) Genetic factors are the sole cause of personality disorders.
- B) Genetic factors have no influence on personality disorders.
- C) Genetic factors contribute to the risk but interact with environmental factors. ✓
- 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)

Hint: Think about the characteristics of paranoid and schizoid behaviors.

- A) Paranoid Personality Disorder ✓
- B) Schizoid Personality Disorder ✓
- C) Schizotypal Personality Disorder
- 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.

Hint: Consider the emotional and behavioral patterns of both disorders.

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?

Hint: Think about the common barriers to effective treatment.

- A) Lack of effective medications
- B) High cost of therapy
- C) Resistance to therapy and lack of insight ✓
- 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)

Hint: Consider the therapies that have shown positive outcomes.

- A) Group therapy for social skills ✓
- B) Long-term psychodynamic therapy ✓
- C) Short-term medication management
- 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.

Hint: Think about a multi-faceted approach to treatment.

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