

# Psych CE

## Understanding and Treating Narcissistic Personality Disorder (NPD) for Psychologists

**1. Which of the following is NOT a core DSM-5 criterion for Narcissistic Personality Disorder (NPD)?**

- A. Grandiose sense of self-importance
  - B. Preoccupation with physical health
  - C. Need for excessive admiration
  - D. Lack of empathy
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**2. Which subtype of narcissism is characterized by hypersensitivity and social withdrawal?**

- A. Grandiose narcissism
  - B. Maladaptive narcissism
  - C. Vulnerable narcissism
  - D. Exhibitionist narcissism
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**3. What brain region is most associated with reduced empathy in individuals with NPD?**

- A. Amygdala
  - B. Anterior insula
  - C. Hippocampus
  - D. Cerebellum
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**4. Which parenting style is associated with the development of narcissistic traits through overvaluation?**

- A. Authoritative
  - B. Neglectful
  - C. Overindulgent
  - D. Permissive
- 

**5. What is a key limitation of the Narcissistic Personality Inventory (NPI)?**

- A. It is too long for clinical use
  - B. It fails to detect grandiose narcissism
  - C. It is outdated for DSM-5 criteria
  - D. It lacks sensitivity to vulnerable narcissism
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**6. Which of the following therapies is most rooted in Kohut's self-psychology theory?**

- A. Cognitive Behavioral Therapy
  - B. Transference-Focused Psychotherapy
  - C. Schema Therapy
  - D. Psychodynamic Therapy
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**7. The Pathological Narcissism Inventory (PNI) includes which of the following subscales?**

- A. Grandiose self-importance
  - B. Contingent self-esteem
  - C. Moral rigidity
  - D. Behavioral inhibition
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**8. What is one ethical challenge when diagnosing NPD in culturally diverse populations?**

- A. Limited testing materials
  - B. Bias in diagnostic criteria
  - C. Client resistance to therapy
  - D. Lack of insurance coverage
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**9. Which attachment style is most commonly associated with grandiose narcissism?**

- A. Secure
  - B. Anxious-preoccupied
  - C. Dismissive-avoidant
  - D. Disorganized
- 

**10. A person who uses social media primarily for validation and admiration may be exhibiting:**

- A. Low self-esteem
  - B. Social anxiety
  - C. Externally contingent self-esteem
  - D. Cyber addiction
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**11. Which clinical tool provides dimensional assessment under the AMPD model?**

- A. SCID-5-AMPD
  - B. MMPI-2
  - C. BDI-II
  - D. NPI
-

**12. Which cultural factor can influence the overdiagnosis of narcissism?**

- A. Individualism
  - B. Spirituality
  - C. Language barriers
  - D. Rural location
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**13. Which technique is used in CBT to explore client beliefs by examining evidence?**

- A. Imagery rescripting
  - B. Socratic questioning
  - C. Free association
  - D. Dream analysis
- 

**14. A client who frequently oscillates between idealizing and devaluing their therapist may be exhibiting:**

- A. Cognitive dissonance
  - B. Splitting
  - C. Avoidant attachment
  - D. Co-rumination
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**15. What is a common trait of individuals affected by narcissistic abuse?**

- A. Delusions
  - B. Flashbacks and trauma bonding
  - C. Substance hallucinations
  - D. Compulsive lying
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**16. Which factor increases risk for misdiagnosing narcissistic behaviors in minority clients?**

- A. Exposure to social media
  - B. Education level
  - C. Cultural overpathologization
  - D. Use of informal language
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**17. Which strategy is essential for maintaining therapeutic alliance with clients with NPD?**

- A. Avoiding confrontation
  - B. Boundaryless empathy
  - C. Balanced validation and challenge
  - D. Therapist self-disclosure
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**18. What is a benefit of group therapy for survivors of narcissistic abuse?**

- A. Inducing catharsis
  - B. Validation and normalization
  - C. Improved medication adherence
  - D. Avoidance of trauma triggers
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**19. A major limitation of using only self-report measures in diagnosing NPD is:**

- A. Client boredom
  - B. Over-reporting of symptoms
  - C. Limited access to tools
  - D. Response manipulation and lack of insight
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**20. Which of the following is a guiding principle in the ethical treatment of NPD?**

- A. Pathologize all narcissistic traits
  - B. Diagnose early in therapy
  - C. Balance empathy with accountability
  - D. Maintain dual relationships
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