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. Overly indulgent
D. Permissive

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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 has no published norms
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

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10. A person who uses social media primarily for validation and admiration is best described as 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

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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

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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 experience is commonly reported by 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 primary 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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