

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
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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 - C. It is outdated for DSM-5 criteria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
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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
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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 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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