Treating Personality Disorders in Children & Adolescents

Questions from chapter 1

1) Which personality disorders are referred to as the severe personality disorders?
   a) cluster A
   b) cluster B
   c) cluster C
   d) cluster D

2) According to Vela et al. (1983) all are features of borderline children EXCEPT
   a) excessive anxiety
   b) severe impulse problems
   c) pathological shyness
   d) "neurotic-like" symptoms

3) According to Main & Solomon (1990) some borderline children form what type of attachment bond?
   a) secure
   b) disorganized
   c) anxious
   d) avoidant

4) According to Gabbard (1994) psychoanalytic formulations of psychopathology overemphasize
   a) the impact of genetic influences
   b) societal factors
   c) the impact of peers
   d) early development

Questions from chapter 2

5) According to Elman et al. (1996) what matters most appears to be not what happens to children but how they can appraise and construct what happens to them.
   a) True
   b) False

6) According to Watson (1994) what allows for the construction of the primary representation of the body self?
   a) caregiver affirmation
   b) imputed pride
   c) secure attachment
   d) the contingency detection device

7) Suomi & Harlow (1972) found that most of the grossly maladaptive behavior of socially deprived monkeys could be eliminated by
   a) giving them a more needy monkey to nurture
   b) administering antidepressants
   c) raising them with peers
   d) helping them feel in control of their environment
8) Segregation of experience into poorly integrated or non integrated components is
   a) disassociation
   b) regression
   c) splitting
   d) insecure attachment

9) The biologically prepared and nearly universal capacity of humans to interpret the behavior of all agents
   in terms of internal mental states is
   a) introspection
   b) insight
   c) reflective function
   d) empathic attunement

10) Trevarthen & Hubley (1978) designate the infant’s emerging domain of relatedness as the domain of
    a) society
    b) transmission
    c) commerce
    d) intersubjectivity

Questions from chapter 3

11) Spelke & Owsley (1979) demonstrated that infants can respond to congruity between auditory and
    visual stimuli by presenting infants with
    a) film of their mother singing
    b) cartoons
    c) talking dolls
    d) a tape recorder

12) Stern (1995) describes the representational format that "holds" the integrated set schemas as the
    a) cognitive cistern
    b) proto-narrative envelope
    c) root directory
    d) neural-visual web

13) All are true of the explicit memory system EXCEPT
    a) encodes information about what things are
    b) encodes information about how to do something
    c) it is accessible to conscious awareness
    d) it is expressed through verbal and symbolic referents

14) The term used by Segel (1981) to describe new objects and events being experienced as identical to
    the original objects and events is
    a) symbolic equations
    b) reflectivity
    c) looking glass moments
    d) subjective inference
15) According to Joffe & Sandler (1967) the ideal self is a composite of all EXCEPT
a) memories
b) society
c) fantasies
d) models

16) According to Joffe & Sandler (1967) which type of vulnerability results from the mismatch between the ideal self and the actual self?
   a) borderline
   b) compulsive
   c) narcissistic
d) histrionic

17) Psychoanalytic writers (e.g. Blos 1967) state that psychic turmoil and regression are not only normative but also essential for healthy development.
   a) True
   b) False

18) According to Wolf et al. (1972) one of the central developmental tasks of adolescence is the creation of
   a) impulse control mechanism
   b) separation individuation plan
   c) self schema model
d) self-esteem regulating system

Questions from chapter 4

19) According to Schneider-Rosen & Cicchetti (1991) abused toddlers show less capacity to recognize
   a) themselves in a mirror
   b) a visual cliff
   c) facial expressions
d) dangerous situations

20) Which brain structure is believed to generate a "cognitive map"?
    a) parietal lobes
    b) amygdala
c) corpus collosum
d) hippocampus

21) According to Main & Hess (1990) the developmental prototype of the collapse of coping strategies is
    a) anxious attachment
    b) disorganized attachment
c) avoidant attachment
d) secure attachment

22) According to Yehuda (1998) only those individuals who responded to an acute trauma with high levels of cortisol were likely to develop PTSD.
    a) True
    b) False
23) Weston (1968) found that in what percent of abuse cases mothers harmed their infants in reaction to their crying?
   a) 80%
   b) 85%
   c) 90%
   d) 95%

24) What does Kernberg (1967) say creates subsets of self-and other-representations organized around a specific affective quality?
   a) dissociating
   b) splitting
   c) rejecting
   d) alienating

Questions from chapter 5

25) According to Bleiberg (1984) narcissistic youngsters attempt to create an illusion of control by turning others into
   a) unwitting allies
   b) loyal pawns
   c) helpless victims
   d) negative images

26) According to Steiner et al. (1999) persons with the ability to numb pain have a relative lack of
   a) empathic attunement
   b) psychobiological reactivity
   c) psychic pain receptors
   d) other orientation

27) According to Farrington (1993) narcissistic children often
   a) have high intelligence
   b) have specific learning disabilities
   c) are only children
   d) become bullies

28) Narcissistic children have difficulties in processing social information in all of these domains EXCEPT
   a) encoding deficits
   b) attributional bias
   c) misinterpretation of social cues
   d) decoding deficits

29) Gabbard (1989) distinguished between which two types of narcissist?
   a) oblivious and hypervigilant
   b) hypervigilant and internalizing
   c) internalizing and aggressive
   d) aggressive and oblivious

30) Erickson (1959) described the subjective sense of continuity and coherence of the self as a sense of
   a) self-hood
   b) me-ness
   c) existential being
   d) self-integration
Questions from chapter 6

31) What percent of patients diagnosed with borderline personality disorder are female?
   a) 65%
   b) 70%
   c) 75%
   d) 80%

32) What term does Allen (2001) use to describe the victimizing relationship borderline children require?
   a) traumatic bonding
   b) parallel coercion
   c) tentative alliance
   d) push me-pull you

33) Boys with which disorder resemble the inhibited children described by Kagan (1994)?
   a) borderline personality disorder
   b) narcissistic personality disorder
   c) gender identity disorder
   d) histrionic personality disorder

34) According to Novick & Novick (1996) what may be the only channel of stimulation and contact that is not dependent on emotional attunement?
   a) eye contact
   b) talking
   c) skin contact
   d) smiling

35) How does the borderline person cope with the vulnerability of rage?
   a) entitlement
   b) manipulation
   c) numbness
   d) splitting

Questions from chapter 7

36) What term as used to describe the clinical approach which is invested in exploring and making sense of the child's subjective world?
   a) commissars
   b) yodas
   c) centaurs
   d) yogis

37) The treatment of severe personality disorders requires
   a) pharmacological management
   b) time and money
   c) an integrated focus
   d) willing parents

38) Staff characteristics associated with effectiveness in treating personality disorders include all EXCEPT
   a) positive countertransference
   b) warmth and empathy
   c) openness
   d) and inclination to act
39) Clinical considerations in deciding whether an inpatient placement is indicated include all EXCEPT
   a) the capacity of the child's care givers
   b) the ability of the child to internalize therapy
   c) the availability of community resources and services
   d) the extent of the child's need for containment

40) Lee Combrinck-Graham (1990) recommends focusing interventions on
   a) clinicians
   b) researchers
   c) families
   d) patients

Questions from chapter 8

41) Which is NOT one of the three forms of therapeutic alliance mentioned by Gunderson (2000)?
   a) contractual
   b) relational
   c) working
   d) conceptual

42) To help patients figure out how to respond to limit setting, three categories of interventions are critical. These include all EXCEPT
   a) linking feelings to dissociated experience
   b) enhance overall reflective function
   c) strengthen impulse control
   d) become aware of other's mental states

43) According to Mayes & Cohen (1993) developing WHAT represents the critical therapeutic intervention?
   a) a therapeutic bond
   b) imaginative play
   c) a sense of self
   d) other awareness

44) What is the most systematically researched approach to the behavioral treatment of conduct difficulties?
   a) problem-solving skills training
   b) token economy
   c) parent training
   d) restitution and recognition

Questions from chapter 9

45) How much treatment is needed before children enter the more advanced stage of treatment
   a) 1-3 months
   b) 3-12 months
   c) 12-18 months
   d) 18-36 months
46) What term does Winnicott (1953) use to describe a safe place to test the possibility of secure attachments?
   a) permeable bond
   b) secure object
   c) sheltered harbor
   d) transitional experience

47) What term does Bateman & Fonagy (1999) use to describe the evidence of restored hope shown by patients?
   a) remoralization
   b) rebirthing
   c) enlightenment
   d) engagement

48) Which structured approach to parent training involves the therapist giving feedback from behind a one-way mirror?
   a) Structured Parent Therapy
   b) Oregon Social Learning Center Programs
   c) Helping the non compliant child
   d) 1-2-3 Magic

49) Which program is described as having a comprehensive recognition of the cultural-ecological determinants of child and adolescent dysfunction?
   a) CAT
   b) MST
   c) FFS
   d) WJC

Questions from chapter 10

50) What explanation does the author gives for the doubling of admissions to child and adolescent inpatient units between 1970 and 1980?
   a) the breakup of the nuclear family
   b) the growing awareness of children's mental health needs
   c) the increase of investor-owned for-profit units
   d) high Medicaid reimbursements for inpatient stays

51) A way of structuring daily life defined by explicit rules and expectations that give predictability and consistency is known as a
   a) milieu
   b) treatment plan
   c) gestalt
   d) therapeutic expectation

52) Components of the eating disorder program discussed include all EXCEPT
   a) paradoxical techniques
   b) psychoeducational techniques
   c) self-monitoring
   d) cues and responses
53) The proven neurophysiological basis of EMDR's effectiveness and growing body of empirical evidence, makes EMDR's use with youngsters having severe personality disorders appealing.
   a) True
   b) False

54) An approach to planning and providing individualized, integrated treatment for youngsters with complex problems is
   a) 3D services
   b) wraparound
   c) team building
   d) continuum care

Questions from chapter 11

55) Which is the first medication used for children with the classical presentation of bipolar disorder?
   a) Risperidone
   b) Depakote
   c) Tegretol
   d) lithium

56) For children at the borderline end of the clusters who present with depression without bipolar or intermittent explosive aggression, the first line of treatment is
   a) MAOIs
   b) SSRIs
   c) TCAs
   d) atypical antidepressants

57) According to Grados & Riddle (1999) caution must be exercised with SSRIs due to the danger in overdose.
   a) True
   b) False

58) The first line of treatment in the algorithm for ADHD is
   a) a mood stabilizer
   b) an antianxiety agent
   c) a stimulant
   d) an atypical antidepressant

59) According to Roth et al. (1996) for borderline youngsters, a self-destructive act is generally not painful and serves to terminate the state of dysphoria.
   a) True
   b) False

60) According to Gabbard (2000) one problem with the two-person model is that it is vulnerable to
   a) inconsistency
   b) inefficiency
   c) splitting
   d) nepotism