**Borderline Personality Disorder: The Latest Assessment and Treatment Strategies**

Questions from chapter 1

1) The first written work on BPD described these clients as occupying a continuum between
   a) neurosis and psychosis
   b) Venus and Mars
   c) id and ego
   d) left and right hemisphere

2) The community prevalence rates for BPD range from
   a) .5 - 1%
   b) 1 - 2%
   c) 2 – 6.5%
   d) 6.5 - 8%

3) The following factors are generally true of individuals with BPD who successfully completed suicide EXCEPT
   a) attempted suicide in the past
   b) were more highly educated than survivors
   c) had fewer psychotic symptoms than survivors
   d) reported more problems with their mothers

Questions from chapter 2

4) Of all the diagnostic criteria, which is the least predictive of BPD?
   a) chronic feelings of boredom
   b) abandonment
   c) stress related paranoia
   d) impulsivity

5) DSM-IV criteria for BPD include all EXCEPT
   a) frantic efforts to avoid real or imagined abandonment
   b) a period of hypomania lasting at least two weeks
   c) identity disturbance
   d) chronic feelings of emptiness

6) What term best describes a sense that one has lost contact with external reality?
   a) derealization
   b) disassociation
   c) depersonalization
   d) decompensation
7) Which interview instrument is based on a psychodynamic formulation of BPD?
   a) Personality Assessment Inventory
   b) Objective Behavior Index
   c) Borderline Assessment Schedule
   d) Borderline Personality Inventory

8) All are common MMPI-2 results of clients with BPD EXCEPT
   a) high Scale 2, 4, and 6 through 8
   b) low Scale F
   c) an overall elevated profile
   d) L and K are typically less than 50

9) Clients with which disorder demonstrate grandiosity in contrast to the devalued sense of self evident in people with BPD?
   a) histrionic personality disorder
   b) schizotypal personality disorder
   c) narcissistic personality disorder
   d) antisocial personality disorder

Questions from chapter 3

10) Which treatment approach was developed by H. S. Sullivan?
    a) Psychodynamic Therapy
    b) Interpersonal Therapy
    c) Psychoanalytic Therapy
    d) Dialectical Behavior Therapy

11) What describes the process whereby the client behaves towards others in a way that elicits the very behavior that will confirm their own underlying beliefs?
    a) projective identification
    b) splitting
    c) denial
    d) idealization

12) Which phase of traditional psychodynamic treatment entails helping clients to perceive the therapist as a reliable and consistent person?
    a) rapport building
    b) framing
    c) scaling
    d) holding
13) In psychoanalytic theory, an inadequately developed sense of self describes a  
   a) psychic deficit  
   b) stunted ego  
   c) repressed state  
   d) insufficient concept  

14) In the psychoanalytic approach, what is the primary target for interpretation?  
   a) transference processes  
   b) object relations  
   c) psychic resistance  
   d) repression  

15) The main goals of interpersonal psychotherapy include all EXCEPT  
   a) identifying self-defeating communication styles  
   b) creating an awareness of object relations  
   c) clarifying reactions  
   d) establishing alternatives  

16) Researchers found interpersonal therapy to be superior to cognitive behavioral therapy over a 16-week period for people with BPD.  
   a) True  
   b) False  

17) Beck proposes that underlying the perceptions and interpretations of a person with BPD are all of the following basic assumptions EXCEPT  
   a) the world is dangerous and malevolent  
   b) I will eventually be rejected  
   c) I am powerless and vulnerable  
   d) I am inherently unacceptable  

18) All of the following are cognitive intervention strategies for treating BPD EXCEPT  
   a) reduce or eliminate dichotomous thinking early in therapy  
   b) deal with transference issues in the session  
   c) strengthen the client's sense of identity  
   d) promote higher-level defensive functioning  

19) Dialectical Behavior Therapy was originally developed to treat  
   a) anxiety  
   b) parent-child relational problems  
   c) suicidal behaviors  
   d) nocturnal enuresis
20) "Addressing residual problems that interfere with achieving personal goals" is which stage of treatment in DBT?
   a) 1st  
   b) 2nd  
   c) 3rd  
   d) 4th

21) In DBT, what is the part of the person the pays attention and attaches meaning to all that is happening around them?
   a) sensorium  
   b) the force  
   c) wise mind  
   d) third eye

22) A newly developed brief integrative treatment model which focuses on learned patterns of relating to others is
   a) rational emotive therapy  
   b) cognitive analytic therapy  
   c) brief reactive therapy  
   d) relapse prevention therapy

23) A mistake that occurs when the client gives in to urges with old behavior patterns is a
   a) relapse  
   b) prolapse  
   c) lapse  
   d) postlapse

24) A technique which uses imagery of a high-risk situation accompanied by imagery of employing alternate coping responses is
   a) systematic desensitization  
   b) relapse rehearsal  
   c) behavioral rehearsal  
   d) invivo desensitization

25) Group therapy may be especially helpful for clients who are demanding, egocentric, socially isolated and withdrawn, and socially deviant.
   a) True  
   b) False

26) BPD is about how many times more common among first-degree, biological relatives of those with the disorder than those in the general population?
   a) 3  
   b) 5  
   c) 7  
   d) 9
27) Abnormalities in which central nervous system’s functioning appear to underlie impulsive aggressive behaviors, particularly suicide attempts?
   a) adrenergic
   b) cholinergic
   c) dopaminergic
   d) serotonergic

28) Clinicians have found medication treatments most effective for acute BPD symptoms, with limited efficacy when used for maintenance.
   a) True
   b) False