



## **Cognitive-behavioral approach: assessment of personality traits and thinking habits to identify patterns of behavior and influence change.**

Cognitive-behavioral approach: assessment of personality traits and thinking habits to identify behavioral patterns and influence change.

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### **SUMMARY**

This article addresses psychological assessment in the context of personality disorders, integrated with Cognitive Behavioral Therapy (CBT). The objective is to demonstrate how the assessment of dysfunctional personality traits can help identify cognitive and behavioral patterns, allowing more effective therapeutic interventions. The methodology was based on a literature review of studies on psychological assessment and CBT, focusing on disorders such as Borderline Personality Disorder and Antisocial Personality Disorder. The theoretical framework emphasizes the importance of CBT in restructuring negative cognitive schemas and the application of psychometric instruments for assessment. The main results indicate that the integration of psychological assessment with CBT is effective in the treatment of personality disorders, promoting significant changes in the behavioral and emotional patterns of patients. It is concluded that detailed psychological assessment, associated with cognitive interventions, is a robust approach for the management of personality disorders, with the potential to promote lasting improvements in the psychological well-being of individuals.

**Keywords:** Psychological Assessment. Personality Disorder. Cognitive Behavioral Therapy. Cognitive Restructuring. Dysfunctional Thoughts.

### **ABSTRACT**

This article addresses psychological assessment in the context of personality disorders, integrated with Cognitive-Behavioral Therapy (CBT). The objective is to demonstrate how the evaluation of dysfunctional personality traits can aid in identifying cognitive and behavioral patterns, enabling more effective therapeutic interventions. The methodology was based on a bibliographic review of studies on psychological assessment and CBT, focusing on disorders such as Borderline Personality Disorder and Antisocial Personality Disorder. The theoretical framework emphasizes the importance of CBT in restructuring negative cognitive schemas and the application of psychometric instruments for assessment. The main findings indicate that integrating psychological assessment with CBT is effective in treating personality disorders, promoting significant changes in patients' behavioral and emotional patterns. It is concluded that detailed psychological assessment, combined with cognitive interventions, is a robust approach for managing personality disorders, with the potential to foster lasting improvements in individuals' psychological well-being.

**Keywords:** Psychological Assessment. Personality Disorder. Cognitive-Behavioral Therapy. Cognitive Restructuring. Dysfunctional Thoughts.

## **1. INTRODUCTION**

Psychological assessment is widely recognized as an essential process for understanding the cognitive, emotional and behavioral aspects of an individual, especially in the diagnosis and treatment of mental disorders. According to the Federal Council of Psychology (2022), psychological assessment allows the application of standardized tests, clinical interviews and direct observations, offering a comprehensive view of the functioning psychological aspects of the patient. This process is crucial to identify characteristics and patterns of personality, providing a deep understanding of cognitive dysfunctions and behavioral factors that directly impact well-being and social functioning and occupational of individuals diagnosed with personality disorders.

Personality disorders are characterized by inflexible patterns of behavior, cognition, and emotion that deviate significantly from cultural norms expected, resulting in interpersonal difficulties and functional impairments (American Psychiatric Association, 2013). Psychological assessment, when integrated with Cognitive-Behavioral (CBT), allows the identification of dysfunctional cognitive schemes that support these patterns. CBT, developed by Aaron Beck, proposes that modifying the dysfunctional schemas can lead to positive changes in behavior and relationships interpersonal (Beck, 2021). Thus, the combination of assessment with CBT offers a path promising for the understanding and treatment of these disorders.

Psychological assessment is an essential tool in clinical practice, providing detailed information about an individual's personality and cognitive functioning. In the case of personality disorders, this assessment allows us to identify core beliefs dysfunctional that perpetuate inappropriate behaviors, enabling intervention more targeted. According to Millon and Davis (1996), instruments such as the MCMI-III are widely used to identify personality traits and provide a solid basis for therapeutic planning. Therefore, adequate assessment is essential for success cognitive and behavioral interventions (Millon et al., 2010).

The relevance of studying personality disorders lies in their complexity. frameworks and the significant impact they have on patients' lives and interactions social. Individuals with personality disorders often have difficulty in maintain stable relationships, regulate their emotions and adapt to social demands, which can result in personal distress and significant impairment in daily functioning (Butler et al., 2006). Furthermore, the high rate of comorbidities with other psychiatric disorders reinforces the need for accurate assessment and effective interventions such as CBT.

The objective of this article is to analyze how psychological assessment integrated into Therapy Cognitive-Behavioral contributes to the identification of personality traits dysfunctional and the modification of behavior patterns in individuals with developmental disorders personality. When addressing the relationship between the assessment of personality traits and methods of CBT intervention, the article aims to demonstrate the importance of an approach integrative approach for the treatment of these disorders, based on scientific evidence.

This study used the bibliographic research method, an approach that is characterized by the analysis of content already published on the topic, with the aim of synthesizing the existing knowledge and contribute to the theoretical construction on psychological assessment and Cognitive Behavioral Therapy (CBT) applied to personality disorders. According to Marconi and Lakatos (2021), bibliographic research is a methodological process that allows the deepening knowledge through the analysis of books, scientific articles, dissertations, theses and other relevant documents, without the need for data collection originals.

The bibliographic review was carried out by searching for articles in the databases PubMed and Scielo, using the descriptors: "psychological assessment" and "cognitive-behavioral therapy". behavioral disorder" or "CBT" and "personality disorder". These descriptors were selected according to literature recommendations to ensure a comprehensive search and representative of the main publications on the subject (Gil, 2008).

Theoretical and empirical studies that directly related the evaluation were included. psychological with CBT in the treatment of personality disorders. In addition, reviews systematic and meta-analyses were included to broaden the understanding of the results presented in primary studies. According to Lakatos and Marconi (2021), the delimitation Clear inclusion criteria is a fundamental aspect to ensure the relevance of the materials collected and the validity of the analysis developed.

The analysis of the selected studies was carried out in a qualitative manner, seeking identify theoretical and practical patterns in the use of CBT to treat personality disorders, as well as the role of psychological evaluation in this process. According to Bardin (2011), the analysis qualitative is a data processing technique that aims to interpret the content in a critical, allowing the elaboration of inferences based on consistent results. The studies were organized into thematic categories that included the effectiveness of CBT, the use of psychometric instruments for the assessment and relevance of personality traits in therapeutic planning.

## 2. THEORETICAL FRAMEWORK

Cognitive Behavioral Therapy (CBT) was developed by Aaron Beck in 1960s and has since established itself as one of the most popular psychotherapeutic approaches effective for the treatment of various mental disorders, including anxiety disorders personality. CBT is based on the premise that thoughts directly influence feelings and behaviors, and that modifying dysfunctional thoughts can lead to significant emotional and behavioral changes (Beck, 2021). The intervention cognitive aims to identify and restructure dysfunctional beliefs, while the techniques behavioral aid in the development of new response patterns.

In the context of personality disorders, psychological assessment is essential to identify dysfunctional traits that contribute to the development and maintenance of maladaptive patterns of behavior. The Millon Multiaxial Clinical Inventory (MCMI-III), for example, is widely used for the assessment of personality disorders, providing data on relevant psychological and behavioral characteristics (Millon et al., 2010). These data are essential for directing treatment, allowing the therapist develops personalized interventions based on the patient's psychological profile.

Personality disorders are characterized by persistent patterns of behavior, cognition, and emotion that deviate significantly from cultural norms expected. According to the DSM-5 (American Psychiatric Association, 2013), these patterns are inflexible and pervasive, resulting in significant damage to interpersonal relationships and the occupational functioning. CBT offers a structured approach to treatment of these disorders, seeking to modify central beliefs that support behaviors problematic, thus promoting a more functional adaptation to the environment.

CBT applied to personality disorders has demonstrated effective results, especially in the treatment of Borderline Personality Disorder (BPD). BPD is a psychopathology characterized by a persistent pattern of emotional instability, difficulties of identity, turbulent interpersonal relationships and excessive impulsivity. These characteristics are formed in the individual's personality at the beginning of adulthood and manifest in different contexts. Diagnostic criteria include symptoms such as emotional instability, chronic feelings of emptiness, desperate efforts to avoid abandonment real or imagined, intense and volatile relationships, identity disorder, impulsivity, in addition to self-injurious or suicidal behaviors, among others (American Psychiatric Association, 2014).

Dialectical Behavior Therapy (DBT) is one of the main approaches in called the Third Wave of Cognitive Therapies, in which the relationship between therapist and patient is especially valued in treatment. Third Wave therapies tend to adopt a integrative approach, with many interventions focused on therapeutic interaction. This relationship, in itself, is considered an important tool for cognitive restructuring, emotional regulation and behavior change (Melo, Sardinha and Levitan, 2014).

Antisocial Personality Disorder (APD) is also treated with interventions cognitive-behavioral disorders. This disorder involves persistent patterns of disrespect for rights of others and impulsive and aggressive behaviors. CBT aims to modify these patterns by addressing cognitive distortions and promoting the development of social skills and impulsivity control (Beck, 2021). Studies indicate that combining CBT with rehabilitation programs can reduce criminal recidivism in individuals with APD (Knapp and Cordioli, 2008).

Psychological assessment in the context of CBT involves the use of several instruments psychometric tests, in addition to structured interviews to identify cognitive patterns and specific behavioral issues. The assessment process allows for a detailed understanding of the mental schemes that influence behavior, facilitating the creation of interventions focused on modifying these schemes (Young et al., 2008). The integration of assessment with cognitive intervention is one of the distinctive features of CBT, contributing to its effectiveness in different clinical contexts.

In addition to its effectiveness in disorders such as BPD and APD, CBT has also been applied in the treatment of other personality disorders, such as Personality Disorder Obsessive-Compulsive Disorder (OCPD) and Narcissistic Personality Disorder (NPD). For the TPOC, CBT uses techniques such as cognitive restructuring and exposure with prevention response, while for NPT, the focus is on modifying grandiose beliefs and the development of empathy (Beck, 2021).

The effectiveness of CBT in treating personality disorders has been widely documented in controlled studies. Butler et al. (2006) conducted a meta-analysis that demonstrated the effectiveness of CBT in reducing symptoms and improving overall functioning in patients with personality disorders. CBT stands out for its ability to produce lasting results, even after the end of treatment, due to learning skills that patients can apply on an ongoing basis.

The literature also highlights the importance of adequate supervision and training for therapists who work with personality disorders, given the complexity of these cases.

According to Schmidt et al. (2020), monitoring by experienced therapists in the application of CBT techniques in personality disorders is essential to ensure the effectiveness of the treatment and patient safety. Supervision allows reflection on clinical challenges and the continuous development of therapeutic skills.

Finally, psychological assessment and CBT continue to evolve, with new research focused on integrating neuroscientific advances and mindfulness-based techniques. These innovations promise to further expand the reach and effectiveness of CBT in the treatment of personality disorders, providing patients with increasingly more interventions personalized and evidence-based (David et al., 2018).

### 3. CONCLUSION

Psychological assessment, integrated with Cognitive Behavioral Therapy (CBT), reveals if a fundamental tool for the diagnosis and treatment of disorders personality. Through the identification of cognitive and behavioral patterns dysfunctional, this approach provides a solid basis for interventions that seek to modify negative mental schemes and promote a healthier adaptation of the individual to environment. CBT, as a structured approach, allows the restructuring of these schemes, being widely effective in improving the symptoms of personality disorders.

The objectives of this article were achieved by demonstrating, based on the reviewed literature, that psychological assessment, when carried out correctly, is essential for identifying traits personality disorders. Furthermore, it was demonstrated how CBT can be used to modify these traits and promote significant changes in the patient's behavior. cognitive and behavioral interventions presented have proven effective in treating of disorders such as Borderline Personality Disorder and Personality Disorder Antisocial, achieving the objective of showing the relevance of an integrated approach.

This study, however, has some limitations. One of them is the theoretical nature and bibliographical research, which, although it has extensively reviewed the available literature, has not allowed empirical studies to be carried out or clinical data to be collected to validate the interventions mentioned. Furthermore, many of the studies reviewed focus on specific populations, which may limit the generalizability of findings to other contexts cultural and social.

It is suggested that future research adopt empirical methodologies, carrying out studies longitudinal studies with clinical samples in order to verify the effectiveness of psychological assessment and CBT in the treatment of various personality disorders. In addition, research that

explore the integration of new technologies, such as online therapy and the use of intelligence artificial in psychological assessments, could contribute to expanding the possibilities therapeutic and diagnostic in the field of clinical psychology.

Finally, this article reinforces the importance of psychological assessment in the context of personality disorders and the effectiveness of Cognitive Behavioral Therapy as a method therapeutic. Although there are limitations to be overcome, the combination of assessment and cognitive-behavioral intervention remains a robust approach for treatment of these disorders, promoting significant and lasting changes in well-being psychological of individuals.

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