



Personality Disorders

Personality:

Personality refers to the set of traits, behaviors, and patterns that make up your own character and make you an individual. How you perceive the world, your attitudes, thoughts, and feelings are all part of your personality. People with healthy personalities are able to cope with normal stresses and have no trouble forming relationships with family, friends, and co-workers.

Personality Disorders

Psychological disorders characterized by inflexible and enduring behavior patterns that impair social functioning. “Personality Disorders are long-term, maladaptive patterns of perception, emotional regulation, anxiety, and impulse control”.

Or

Personality disorders are a group of mental disorders. They involve long-term patterns of thoughts and behaviors that are different from what is considered normal in your culture. The thoughts and behaviors are unhealthy and inflexible. They cause serious problems with relationships, work, and social activities. They can make it hard to deal with everyday stresses and problems.

Personality Traits

Enduring patterns of perceiving, relating to and thinking about the environment and oneself exhibited over a wide range of social and personal contexts. Stable across:

- Time
- Place
- Situation

Only disorders if maladaptive.

Causes Personality Disorders

Personality disorders arise from a complex interplay of genetic, environmental, and psychological factors:

- a) **Genetic Factors:** Family studies suggest a hereditary component, with certain traits being more common among relatives of individuals with personality disorders.
- b) **Brain Chemistry and Structure:** Abnormalities in neurotransmitters and brain structure may influence personality development and behavior.
- c) **Early Life Experiences:** Childhood trauma, neglect, or abuse can significantly impact personality development. Stable, supportive environments are crucial for healthy personality formation.
- d) **Cultural Influences:** Societal norms and cultural expectations can shape personality traits and behaviors, potentially contributing to the development of personality disorders.
- e) **Temperament:** Innate temperamental traits can predispose individuals to develop certain personality disorders, especially when faced with adverse experiences.
- f) **Psychological Factors:** Cognitive patterns, emotional regulation, and coping mechanisms developed throughout life can also play a role in how personality disorders manifest.

The development of personality disorders is multifactorial, and no single cause can fully explain their emergence.

Symptoms of Personality Disorders

Each of the 10 types of personality disorders has its own specific signs and symptoms.

But, in general, personality disorders involve problems with:

- **Identity and a sense of self:** People with a personality disorder generally lack a clear or stable image of themselves, and how they see themselves often changes depending on the situation or the people they're with. Their self-esteem may be unrealistically high or low.
- **Relationships:** People with a personality disorder struggle to form close, stable relationships with others due to their problematic beliefs and behaviors. They may lack empathy or respect for others, be emotionally detached or be overly needy of attention and care.
- Another distinguishing signs of personality disorders is that most people who have one often have little to no insight or self-awareness of how their thoughts and behaviors are problematic.

How do you know if someone has a personality disorder?

It's important to understand the difference between personality types and personality disorders. A person who is shy or likes to spend time alone doesn't necessarily have an avoidant or schizoid personality disorder.

The difference between personality style and a personality disorder can often be determined by assessing how the person's personality affects different parts of their life, including:

- Work.
- Relationships.
- Feelings/emotions.
- Self-identity.
- Awareness of reality.
- Behavior and impulse control.

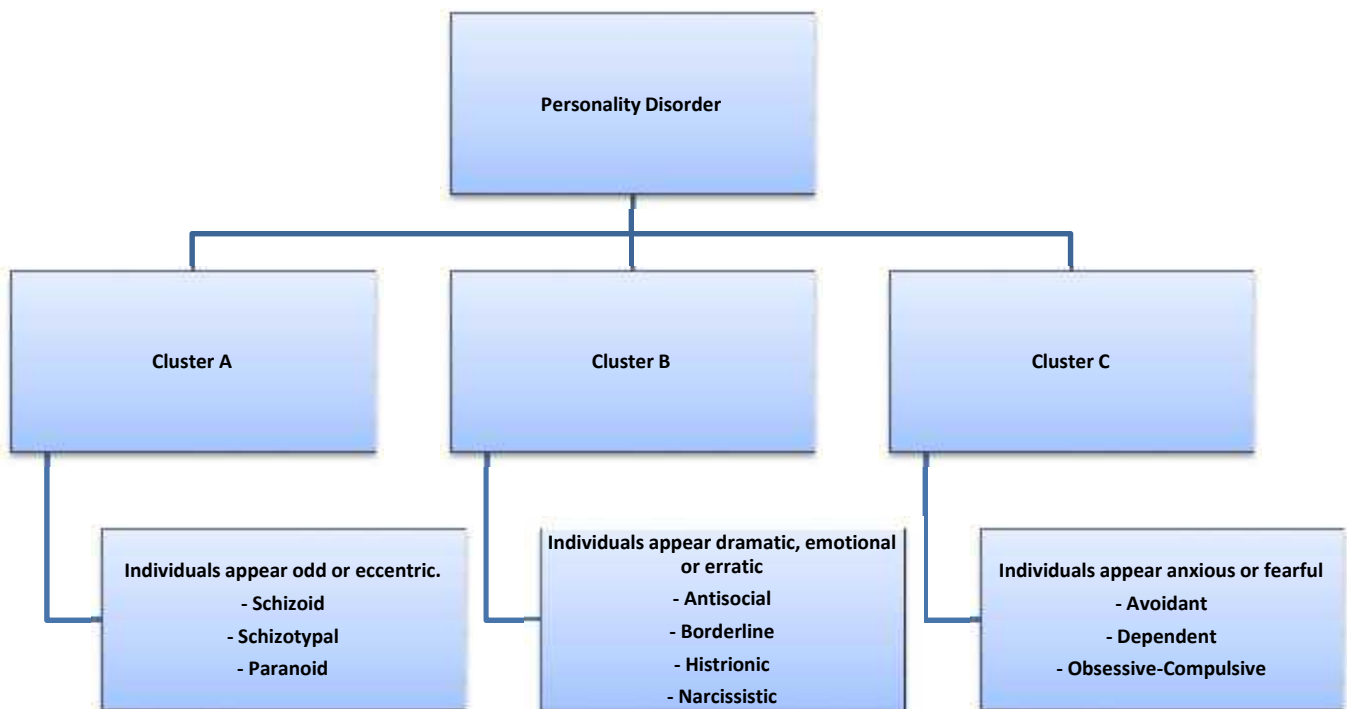
Some general signs of people with a personality disorder include:

- Their behavior is inconsistent, frustrating and confusing to loved ones and other people they interact with.
- They may have issues understanding realistic and acceptable ways to treat others and behave around them.
- They may be unaware of how their behaviors cause problems for themselves and/or others.
- If they're a parent, their parenting style may be detached, overemotional, abusive or irresponsible. This can sometimes lead to physical, emotional or mental issues in their children.

Types of Personality Disorders

1. Paranoid personality Disorder
2. Antisocial Personality Disorder
3. Borderline Personality Disorder
4. Histrionic Personality Disorder
5. Narcissistic Personality Disorder
6. Schizoid Personality Disorder
7. Schizotypal Personality Disorder
8. Avoidant personality disorder
9. Dependent personality disorder
10. Obsessive Compulsive Personality Disorder

All these personality are categorized into cluster,



1. Schizoid Personality Disorder

Patients have pervasive pattern of detachment from social relationships and a restricted range of expression of emotions. People with schizoid personality disorder avoid relationships and do not show much emotion. They genuinely prefer to be alone and do not secretly wish for popularity.

This type of person,

- Neither desires nor enjoys close relationships
- Usually chooses solitary activities
- Has little interest in sex with another person
- Take pleasure in few if any activities.
- Lacks close friend or confidants
- appears indifferent to praise or criticism
- They show emotional coldness and flat affect.

They tend to seek jobs that require little social contact.

Their social skills are often weak and they do not show a need for attention or acceptance.

They are perceived as humorless and distant and often are termed "loners."

2. Schizotypal Personality Disorder

Patient shows pervasive pattern of social and interpersonal deficits marked by acute discomfort with close relationships as well as by cognitive or perceptual distortions and eccentricities of behavior.

- Ideas of reference
- odd beliefs
- unusual perceptual experiences
- odd thinking and speech
- suspiciousness or paranoid ideation
- Inappropriate or constricted affect
- odd behavior or appearance
- lack of close friends or confidants
- excessive social anxiety based on paranoid ideation

It is characterized by a need for social isolation, odd behavior and thinking, and often unconventional beliefs such as being convinced of having extra sensory abilities. Some people believe that schizotypal personality disorder is a mild form of schizophrenia.

3. Paranoid Personality Disorder

Paranoid personality disorder is characterized by a distrust of others and a constant suspicion that people around you have sinister motives. Pervasive distrust and suspiciousness of others such that their motives are interpreted as malevolent.

- Suspects others exploiting, harming or deceiving
- preoccupied with unjustified doubts of loyalty of friends and associates
- Reluctant to confide in others
- Reads hidden demeaning or threatening meanings into benign events
- persistently bears grudges
- perceives attacks not apparent to others
- recurrent suspicions w/o cause regarding fidelity of partner

4. Antisocial Personality Disorder

Antisocial personality disorder is characterized by a lack of conscience. People with this disorder are prone to criminal behavior, believing that their victims are weak and deserving of being taken advantage of. They tend to lie and steal. The essential feature is a pervasive pattern of disregard for the violation of the rights of others. It occurs since age 15 and have following characters:

- Failure to conform to social norms
- Deceitfulness, lying aliases conning.
- Impulsivity and failure to plan ahead
- irritability and aggressiveness
- reckless disregard for the safety of self and others
- consistent irresponsibility
- lack of remorse

5. Borderline Personality Disorder

People with this disorder are prone to constant mood swings and bouts of anger. Patient have pervasive pattern of instability of interpersonal relationships, self-image, affects and marked impulsivity.

- Frantic efforts to avoid abandonment
- unstable and intense relationships
- identity disturbance
- Impulsivity: substance abuse, reckless driving, binges eating.
- Recent suicidal behavior or threats
- affective instability
- chronic feelings of emptiness

6. Histrionic Personality Disorder

Patient with this disorder are constant attention seekers. They need to be the center of attention all the time, often interrupting others in order to dominate the conversation. They may dress provocatively or exaggerate illnesses in order to gain attention. They also tend to exaggerate friendships and relationships, believing that everyone loves them. They have pervasive pattern of excessive emotionality and attention-seeking behavior.

- feel very uncomfortable if you are not the center of attention
- feel that you have to entertain people
- constantly seek, or feel dependent on, the approval of others
- make rash decisions
- flirt or behave/dress provocatively to ensure that you remain the center of attention
- get a reputation for being dramatic and overemotional
- Be easily influenced by others.

7. Narcissistic Personality Disorder

Pervasive pattern of grandiosity, need for admiration and lack of empathy that begins by early adulthood. They are characterized by self-centeredness. They exaggerate their achievements, expecting others to recognize them as being superior.

- Grandiose sense of self-importance
- Preoccupied with fantasies of unlimited success
- Believes he or she is special
- requires excessive admiration
- Sense of entitlement
- interpersonally exploitative
- lacks empathy
- envious
- arrogant behavior and attitudes

8. Avoidant personality disorder

They have pervasive pattern of social inhibition, feelings of inadequacy and hypersensitivity to negative evaluation. Patient is characterized by a pervasive pattern of social inhibition, feelings of inadequacy, and extreme sensitivity to negative evaluation. Consider them to be socially inept or personally unappealing, and avoid social interaction for fear of being ridiculed or humiliated.

- Individuals may avoid work or social activities that require interaction with others.
- There can be an expectation of disapproval and criticism, leading to heightened sensitivity to perceived judgment.
- Persistent worries about being "found out" and facing rejection are common.
- Concerns about being ridiculed or shamed by others may dominate thoughts.
- Many may shy away from forming relationships, friendships, and intimate connections due to fear of rejection.
- Feelings of loneliness and isolation, along with a sense of inferiority compared to others, can be prevalent.
- A reluctance to try new activities often stems from the fear of embarrassment.

9. Dependent personality disorder

Pervasive need to be taken care of that leads to submissive and clinging behavior and fears of separation. It is characterized by a pervasive psychological dependence on other people has difficulty making everyday decisions without an excessive amount of advice and reassurance from others.

- Some individuals may experience feelings of neediness, perceiving themselves as "weak" and finding it difficult to make decisions or manage daily life without external support.
- There can be a tendency to allow or require others to take responsibility for various aspects of life.
- Many may agree to situations or demands they find objectionable to avoid loneliness or the loss of support from others.
- A deep fear of being left to navigate life independently is often present.
- Low self-confidence can be a significant challenge for some.
- Others are frequently viewed as more capable, reinforcing feelings of inadequacy.

10. Obsessive Compulsive Personality Disorder

It is preoccupation with orderliness, perfectionism and mental and interpersonal control. It is characterized by a general psychological inflexibility, rigid conformity to rules and procedures, perfectionism, and excessive orderliness. People with OCPD tend to stress perfectionism above all else, and feel anxious when they perceive that things aren't "right".

- Some individuals may feel a strong need to keep everything organized and under control.
- There can be a tendency to set unrealistically high standards for themselves and others.
- Many may believe that their approach is the best way to do things.
- Worrying about making mistakes, either personally or by others, can be a common concern.
- Feelings of anxiety may arise when situations are not perceived as "perfect."

References:

- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/personality-disorders/types-of-personality-disorder/#ParanoidPersonalityDisorder>
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