



Lecture III: **MAIN PERSONALITY** **DISORDERS**

Subject: Clinical Psychology
Presented by: PhD - Mariana CERNITANU

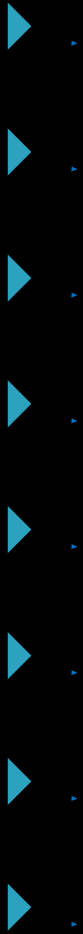
Structure

- ▶ Personality concept overview
- ▶ Personality disorder concept
- ▶ Paranoid personality disorder
- ▶ Schizoid personality disorder
- ▶ Schizotypal personality disorder
- ▶ Anti social personality disorder
- ▶ Borderline personality disorder
- ▶ Histrionic personality disorder
- ▶ Narcissist personality disorder
- ▶ Avoidant personality disorder
- ▶ Dependent personality disorder
- ▶ Obsessive–compulsive personality disorder

What is personality?



Personality main peculiarities?



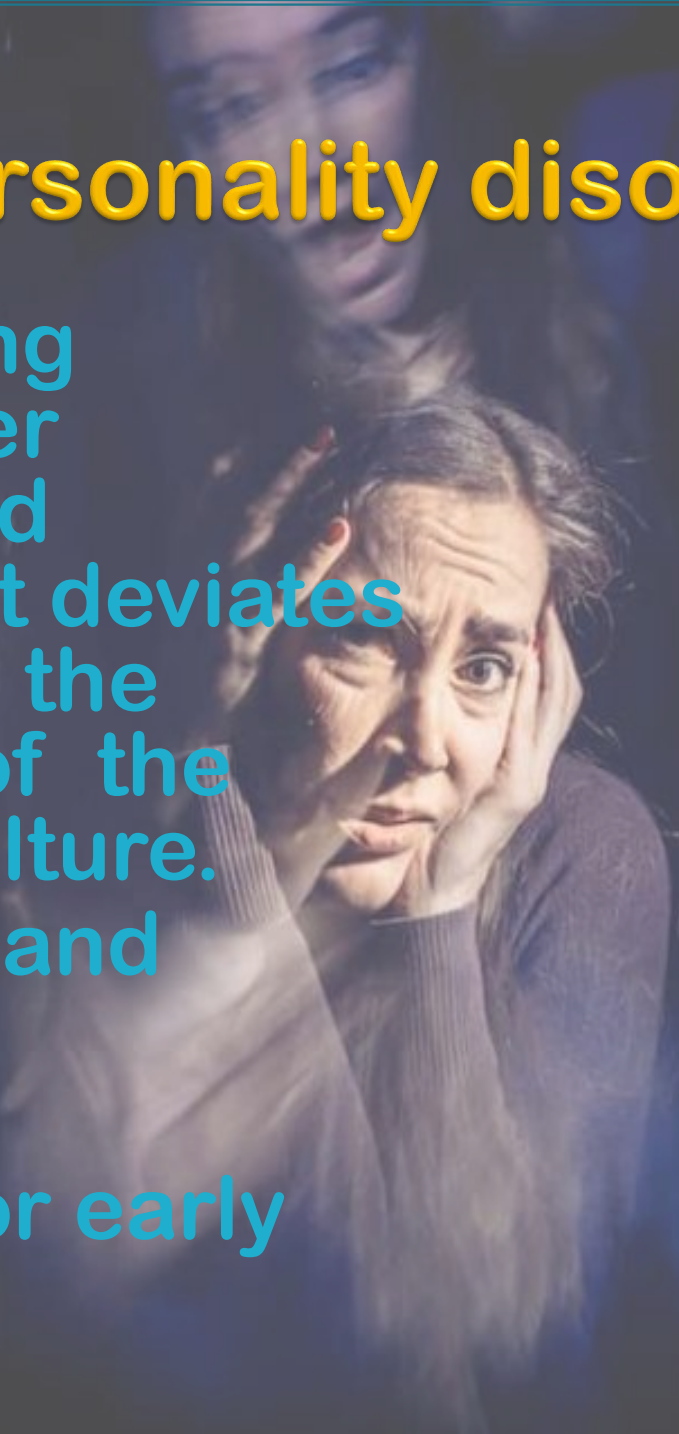
WHAT IS A PERSONALITY DISORDER?

Personality disorders (PD) are a class of mental disorders characterized by enduring maladaptive patterns of behavior, cognition, and inner experience, exhibited across many contexts and deviating from those accepted by the individual's culture. These patterns develop early, are inflexible, and are associated with significant distress or disability.

Official criteria for diagnosing personality disorders are listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the fifth chapter of the International Classification of Diseases (ICD).

What is a personality disorder?

- ▶ It is an enduring pattern of inner experience and behaviour that deviates markedly from the expectations of the individual's culture.
- ▶ It is pervasive and inflexible.
- ▶ It has onset in adolescence or early adulthood.



IT'S A DISORDER NOT A DECISION.

- ▶ **It is stable over time .**
- ▶ **It leads to distress or impairment of functioning.**



Etiological theories of personality disorders

- ▶ The etiology of personality disorders remains obscure. Traditional belief is that these behaviors result from a dysfunctional early environment that prevents the evolution of adaptive patterns of perception, response and defense.
- ▶ Potential factors for a personality disorder appearing may have:
 - biological (genetic),
 - psychological and/or
 - social nature (traumatic events, long term conflicts, great dissapointments, lack of moral and psychological support, misery and adictions).

Factors in childhood which are postulated to be linked to personality disorder:

- ▶ Physical abuse
- ▶ Emotional abuse
- ▶ Sexual abuse
- ▶ Neglect
- ▶ Being bullied

Emotional or behavioral factors that might play a part include:

- ▶ Truanting.
- ▶ Bullying others.
- ▶ Being expelled/suspended.
- ▶ Running away from home.
- ▶ Deliberate self-harm.
- ▶ Prolonged periods of misery.

Personality Disorders - group of disorders characterized by rigid, maladaptive traits that cause great distress or an inability to get along with others

Cluster A - group of disorders characterized by odd or eccentric behaviors

Paranoid
Personality
Disorder

Schizoid
Personality
Disorder

Schizotypal
Personality
Disorder

Cluster B - group of disorders characterized by dramatic, emotional, or erratic behaviors

Antisocial
Personality
Disorder

Borderline
Personality
Disorder

Histrionic
Personality
Disorder

Narcissistic
Personality
Disorder

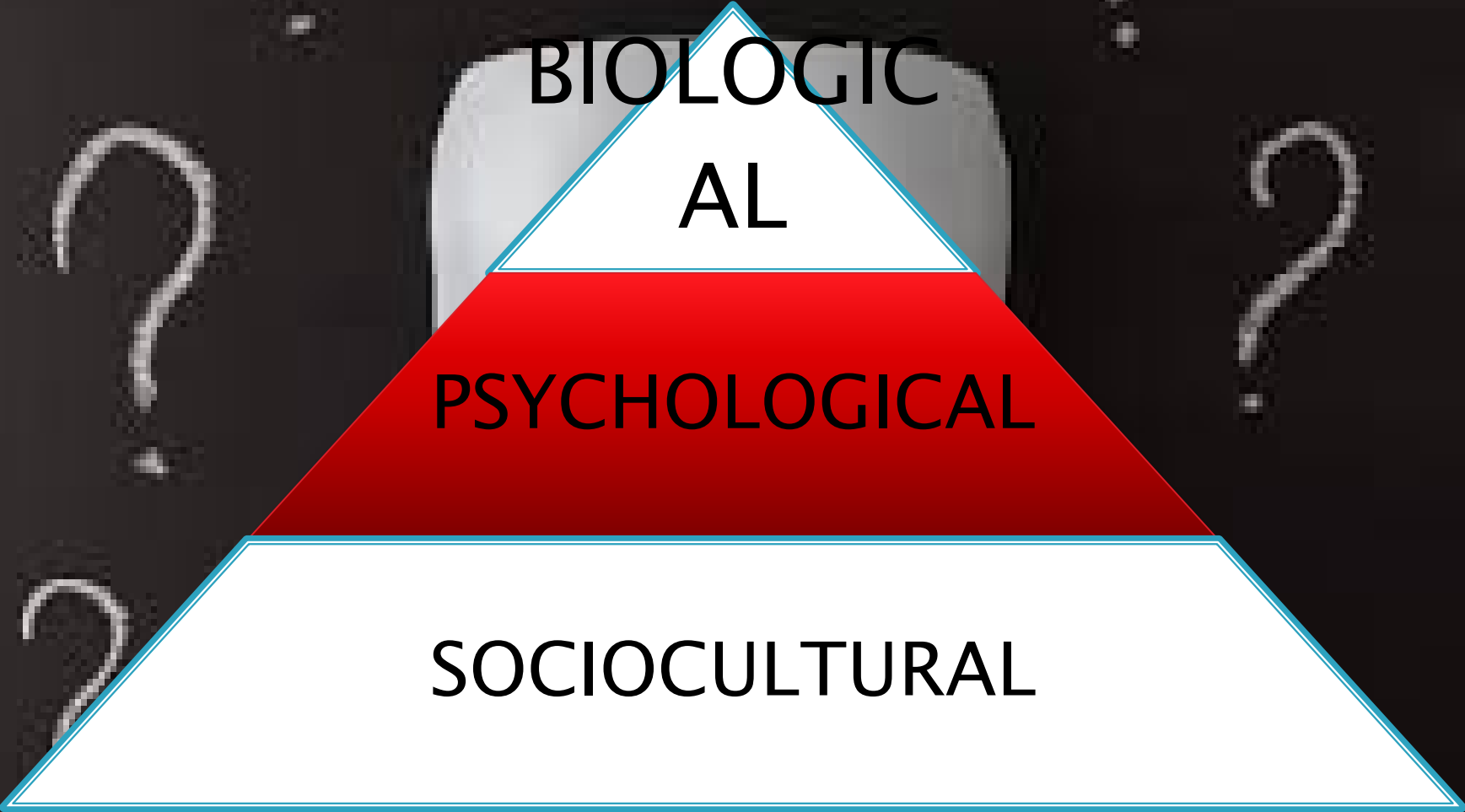
Cluster C - group of disorders characterized by anxious or fearful behaviors

Avoidant
Personality
Disorder

Dependent
Personality
Disorder

Obsessive-
Compulsive
Personality
Disorder

CAUSES OF PERSONALITY DISORDERS



BIOLOGIC
AL

PSYCHOLOGICAL

SOCIOCULTURAL

PARANOID PERSONALITY DISORDER

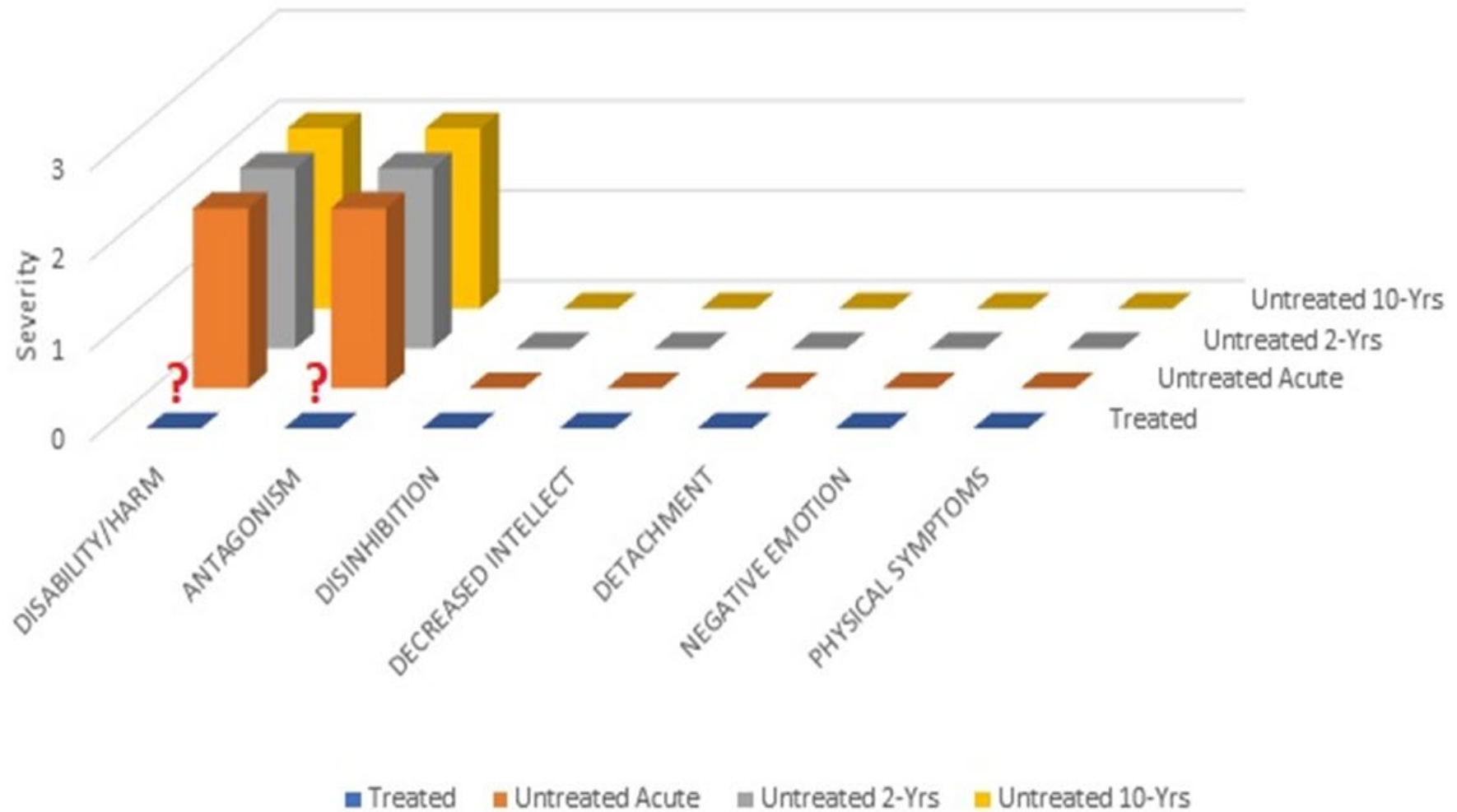
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- ▶ **The hallmarks; suspicion and distrust of other's motives.**
 - ▶ **Refusal to confide in others**
 - ▶ **Inability to collaborate with others**
 - ▶ **Self - Righteousness**
 - ▶ **Poor self - image.**
 - ▶ **Detachment & social isolation.**
 - ▶ **Humorlessness**
 - ▶ **Angry, jealousy & envy**
 - ▶ **Lack of social support systems.**

• **PARANOID PERSONALITY DISORDER**

- **Generally occurs in about 0.5% - 2.5% of the general population. It occurs more commonly in males.**
- ▶ **Hypersensitive**
- ▶ **Easily feel slighted**
- ▶ **Vigilant scanning of the environment for clues or suggestions that may validate their fears or biases.**
- ▶ **Eager observers**



Paranoid Personality Disorder



PARANOID PERSONALITY DISORDER

① Thinks others are out to get them



② Hi, can you tell me where Main St. is?



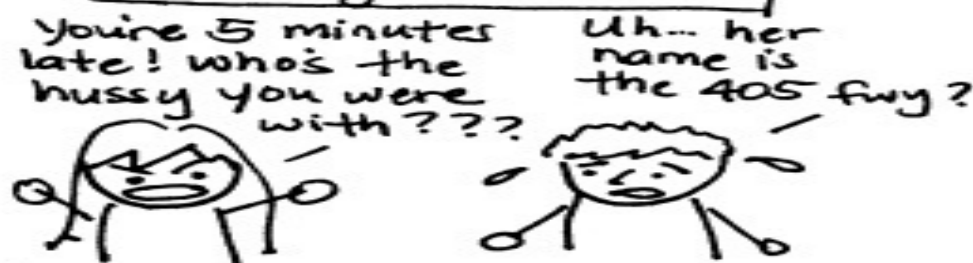
③ Reads negatively into praises



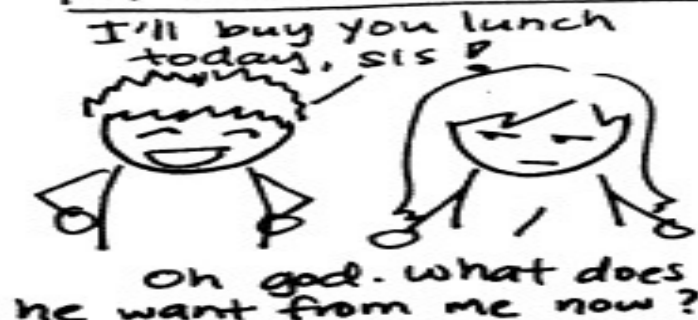
④ Holds grudges



⑤ Suspicious regarding Fidelity



⑥ Doubts of loyalty of others

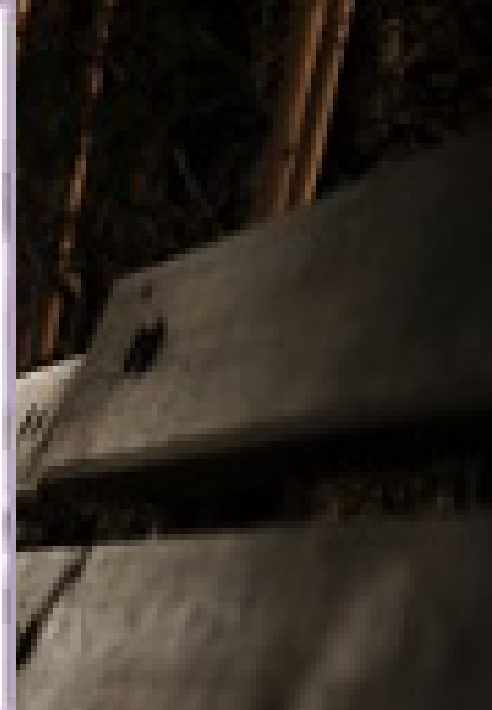




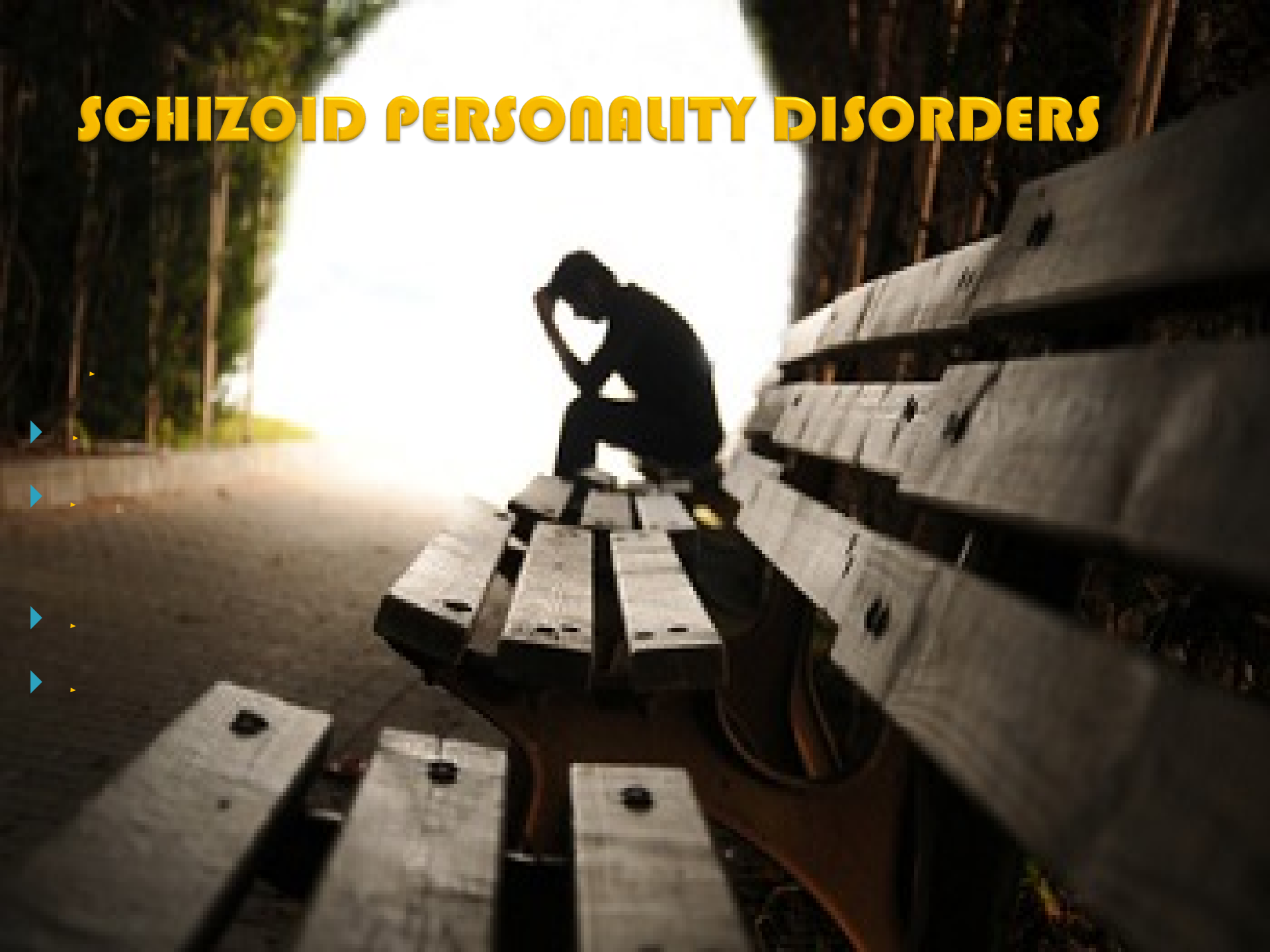
Schizoid

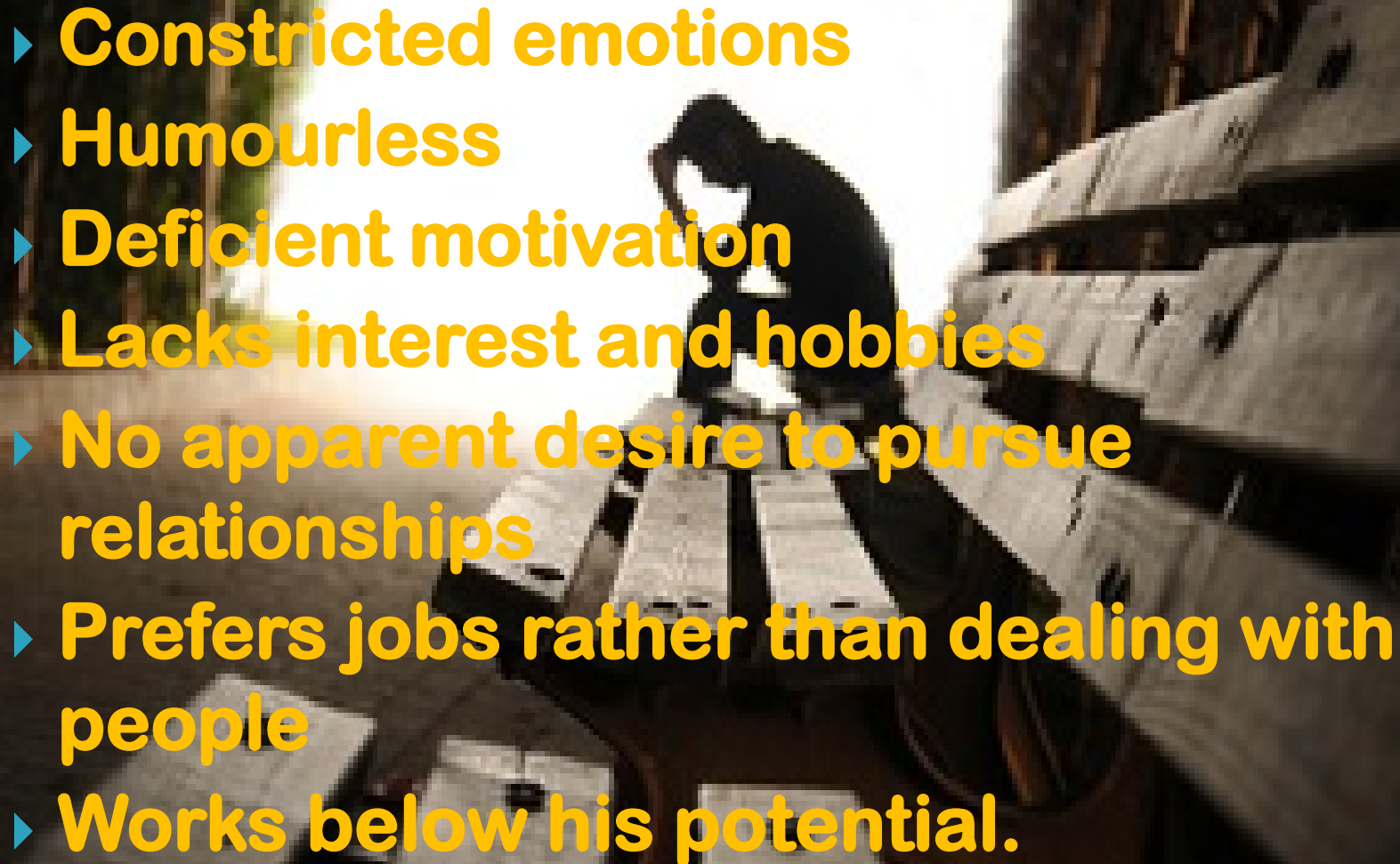
You are a classic loner. You prefer to be alone, and don't often show much emotion. People usually fear you, but in all actuality, you're not bad at all. You just like to be alone.

Keyword: Solitude



SCHIZOID PERSONALITY DISORDERS



- 
- A person is sitting on a wooden bench, looking down. The background is a bright, hazy outdoor setting with trees and a large, bright light source, possibly the sun, creating a silhouette effect. The person is wearing a dark jacket and pants. The overall mood is somber and reflective.
- ▶ **Constricted emotions**
 - ▶ **Humourless**
 - ▶ **Deficient motivation**
 - ▶ **Lacks interest and hobbies**
 - ▶ **No apparent desire to pursue relationships**
 - ▶ **Prefers jobs rather than dealing with people**
 - ▶ **Works below his potential.**

|| SCHIZOID PERSONALITY DISORDER ||

① Does not desire close relationships

You're invited to my birthday party!



Thanks, but not interested.



③ Little interest in sex or romantic relationships



I've come to woo you!



Go away please.

⑤ Lack of strong emotions

So I won the lotto. That was cool. Then my ticket was stolen. That blows, but whatever.



② facebook



Friends (5)

Chris
Jeff



OK, look at that. That is way too many friends. Need to cut some off the list.

④ Chooses solitary activities



⑥ Emotional coldness



Schizotypal personality disorder

- ▶ .
- ▶ .
- ▶ .
- ▶ .
- ▶ .



SCHIZOTYPAL PERSONALITY DISORDER

① Ideas of Reference



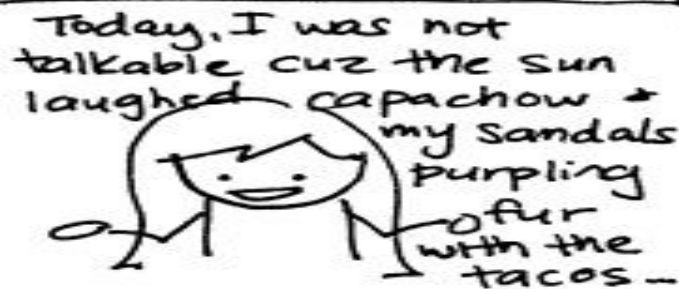
② Mom left food on her plate. She's trying to tell me something! This is a message!



③ Odd beliefs / Magical Thinking



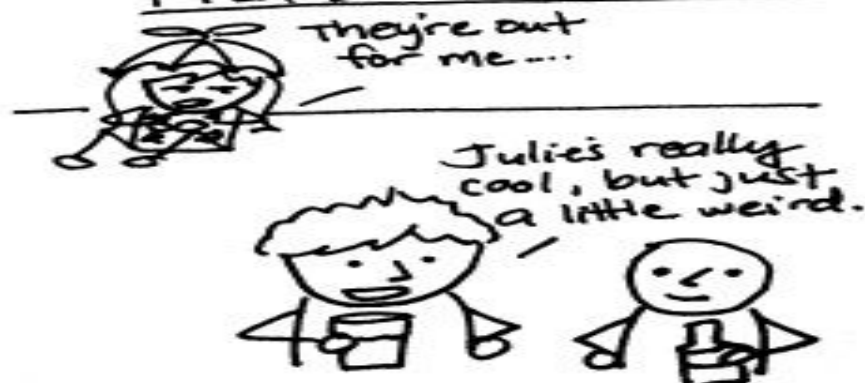
④ Odd Thinking / Speech



⑤ Odd / eccentric Appearance



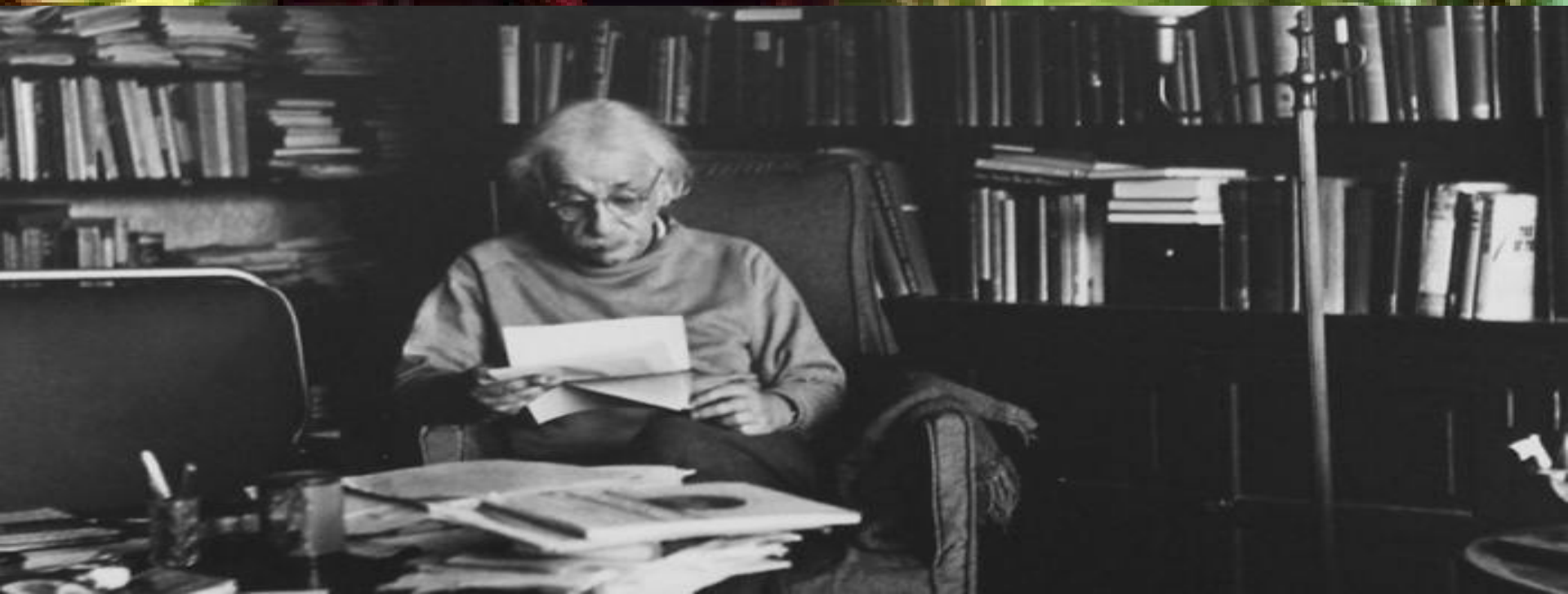
⑥ Social Anxieties Associated w/ Paranoid Fears



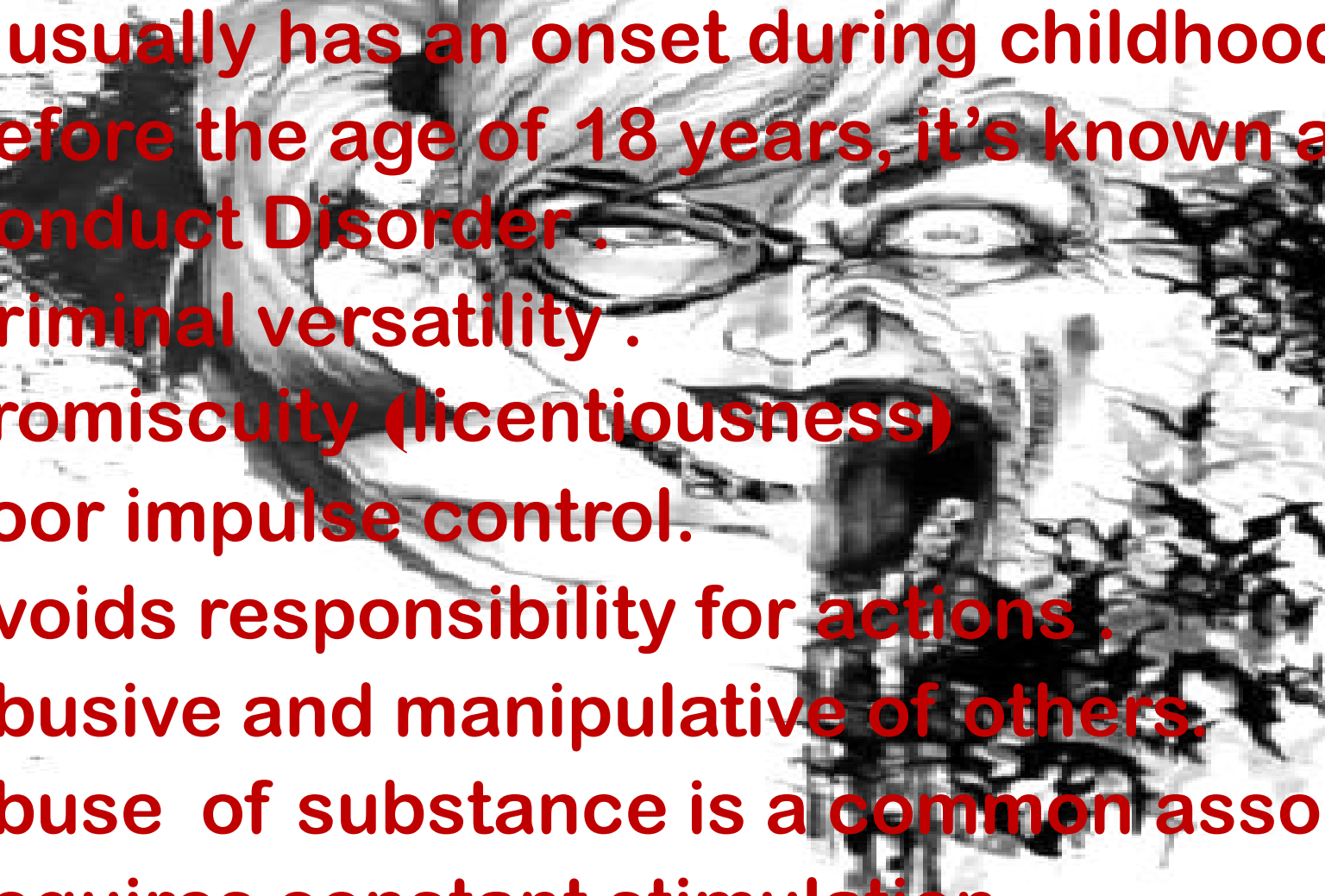
Schizotypal Personality Disorder



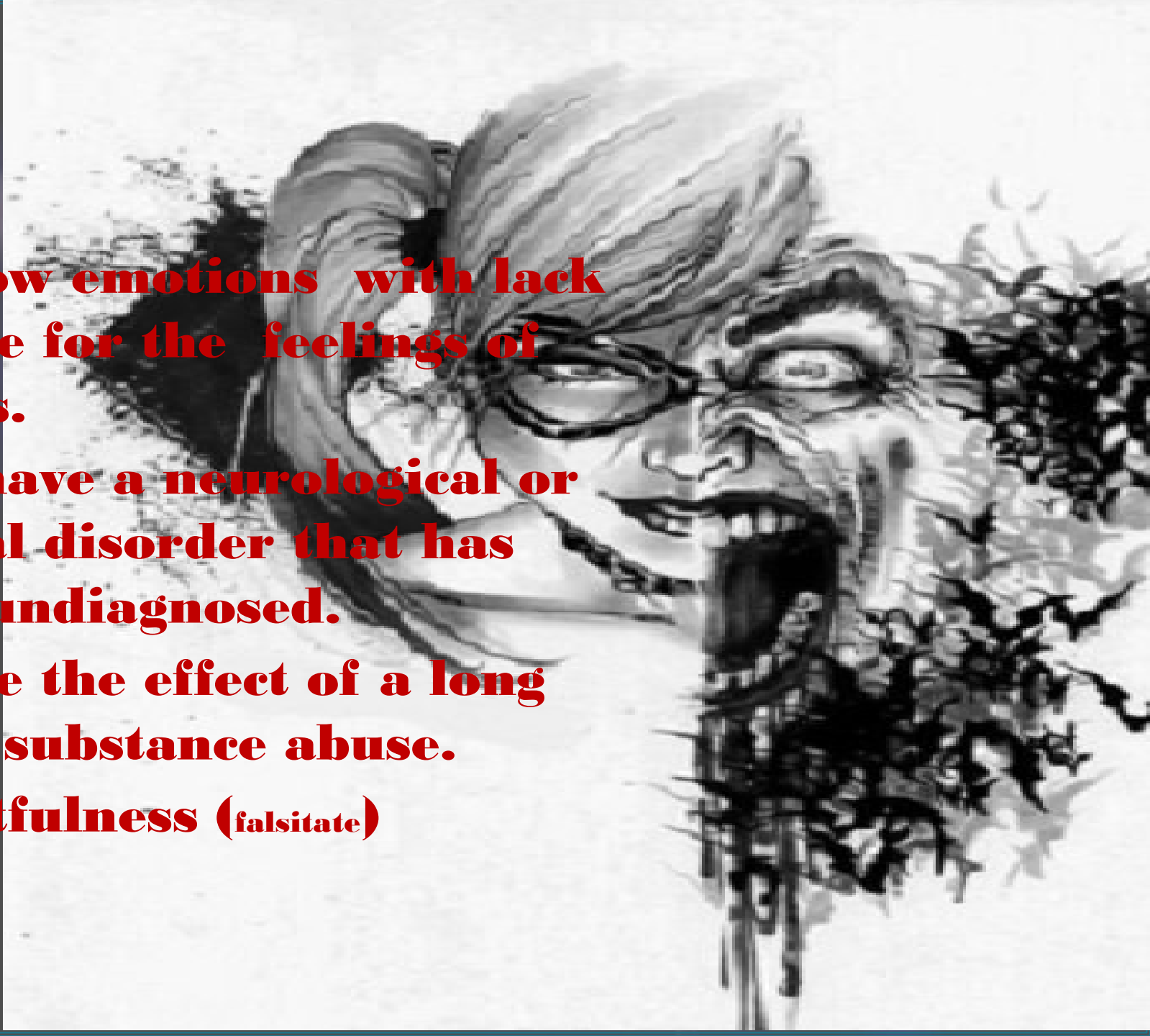
Theo Cruise



ANTI SOCIAL PERSONALITY DISORDER

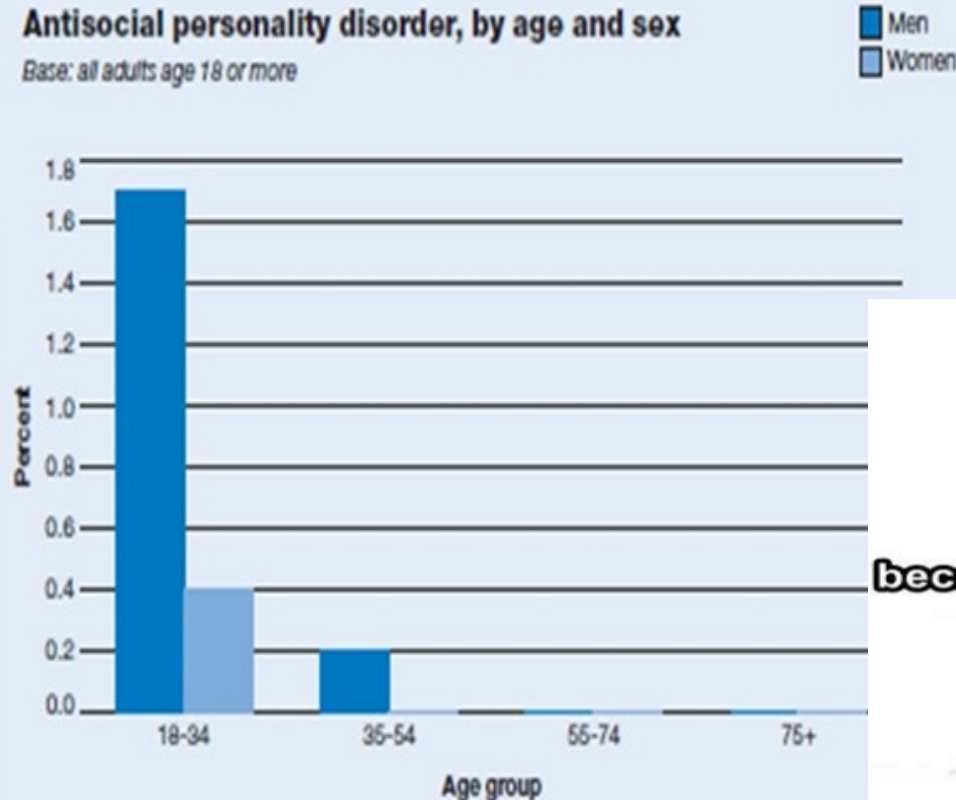
- 
- ▶ It usually has an onset during childhood
 - ▶ Before the age of 18 years, it's known as Conduct Disorder.
 - ▶ Criminal versatility.
 - ▶ Promiscuity (licentiousness)
 - ▶ Poor impulse control.
 - ▶ Avoids responsibility for actions.
 - ▶ Abusive and manipulative of others.
 - ▶ Abuse of substance is a common association.
 - ▶ Requires constant stimulation.

- ▶ **Shallow emotions with lack of care for the feelings of others.**
- ▶ **May have a neurological or mental disorder that has gone undiagnosed.**
- ▶ **Can be the effect of a long term substance abuse.**
- ▶ **Deceitfulness (falsitate)**



Antisocial personality disorder, by age and sex

Base: all adults age 18 or more



A lot of people that get out of prison have anti-social personality disorder, which makes them promiscuous and erratic, and they can't form ordinary relationships.

— Anthony Stars —

Why I'm "Antisocial"

because i have antisocial personality disorder



Borderline Personality Disorder

The background features a large, stylized illustration of a person's head and shoulders, split vertically by a white line. The left side of the head is bright orange, set against a light blue sky with a yellow sun and white clouds. The right side of the head is dark purple, set against a dark grey, stormy sky with a yellow lightning bolt and blue rain. The person's hair is dark purple, and their face is a mix of orange and purple. The overall theme is the duality of emotions in Borderline Personality Disorder.

- ▶ **Pervasive pattern of unstable interpersonal relationships , self image and effects and marked impulsivity by early adulthood .**
- ▶ **Unlike , schizophrenics they have no prolonged psychotic episodes , thought disorder , or other classic schizophrenic symptoms .**
- ▶ **Generally have chronic feelings of emptiness and short lived psychotic episodes**
- ▶ **Act impulsively & demand extraordinary relationships.**
- ▶ **May manipulate themselves & perform manipulative suicide attempts.**



10 Signs of Borderline Personality Disorder

Positive**Drugs**.com

1. Impulsive and risky behavior, such as risky driving, unsafe sex, gambling sprees, or illegal drug use
2. Awareness of destructive behavior, including self-injury, while often feeling unable to change it
3. Wide mood swings
4. Short but intense episodes of anxiety or depression
5. Inappropriate anger and antagonistic behavior, sometimes escalating into physical fights
6. Difficulty controlling emotions or impulses
7. Suicidal behavior
8. Feeling misunderstood, neglected, alone, empty, or hopeless
9. Fear of being alone
10. Feelings of self-hate and/or self-loathing

BORDERLINE PERSONALITY DISORDER

**Between 0.5% and 1.7% of people
have borderline personality
disorder**



**MEN ARE AS LIKELY
AS WOMEN TO HAVE
BORDERLINE
PERSONALITY
DISORDER**

Ages: 30-39

**PEOPLE AGED 30-39
MORE OFTEN HAVE
BORDERLINE
PERSONALITY
DISORDER THAN PEOPLE
AGED 18-29, THEN 50-65,
AND THEN 40-49**

BPD and SUICIDE

75%

**APPROXIMATELY 75% OF THE PEOPLE
WITH BORDERLINE PERSONALITY
DISORDER ATTEMPT SUICIDE**

###

**CHILDHOOD SEXUAL
ABUSE, SUBSTANCE
ABUSE, AND MAJOR
DEPRESSION
INCREASE AMOUNT
OF SUICIDE
ATTEMPTS**

<40

**MOST SUICIDE
ATTEMPTS
OCCUR
BEFORE THE
AGE OF 40**

10%

**OF THE
PEOPLE
WITH BPD
COMPLETE
SUICIDE**

HISTRIONIC PERSONALITY DISORDER

- ▶ More prevalent in females.
- ▶ Immature personality, emotionally unstable
- ▶ **DRAMATIZATION.**
- ▶ Sexually provocative & seductive pattern of excessive emotionality & attention seeking, beginning by early adulthood.
- ▶ Difficulty to distinguish from borderline , but borderline can have suicide attempts, identity diffusion, and brief psychotic episodes.
- ▶ Somatization disorder may also occur.
- ▶ Patients with brief psychotic disorder and dissociative disorder may warrant a coexisting diagnosis of histrionic personality disorder.

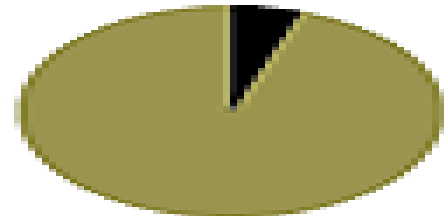
Histrionic personality



NARCISSISTIC PERSONALITY DISORDER

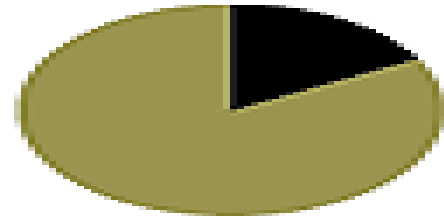
- ▶ A pattern of grandiosity, need for admiration, & lack of empathy, beginning by early adulthood.
- ▶ Borderline, histrionic & antisocial personality disorders accompany often making a differential diagnosis difficult.
- ▶ Less anxiety than borderline.
- ▶ Less chaotic life.
- ▶ Less likely to attempt suicide.
- ▶ Lack history of impulsive behaviour that get them into legal trouble.
- ▶ Do show features of exhibitionism & interpersonal manipulative similar to those of histrionics.

NARCISSISM: HOW COMMON IS IT?



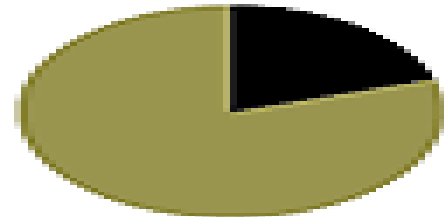
up to 5.3%

In the general
population



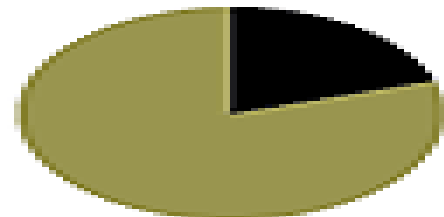
1.3% - 17%

Clinical psychiatric
population



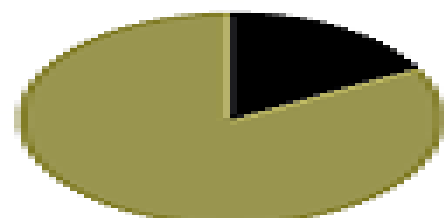
8.5% - 20%

Outpatient private
practice



20%

Military setting



17%

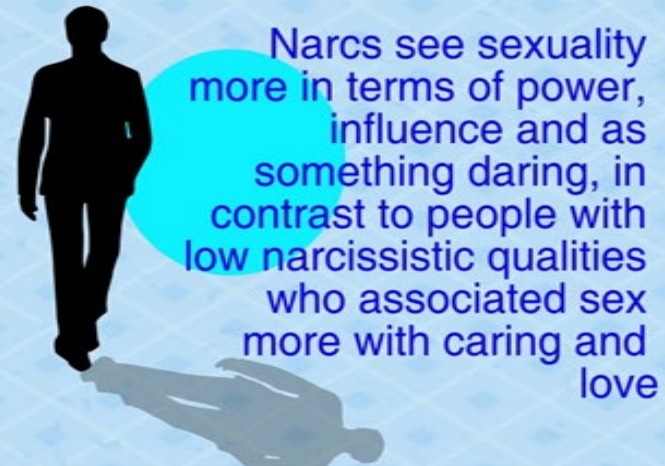
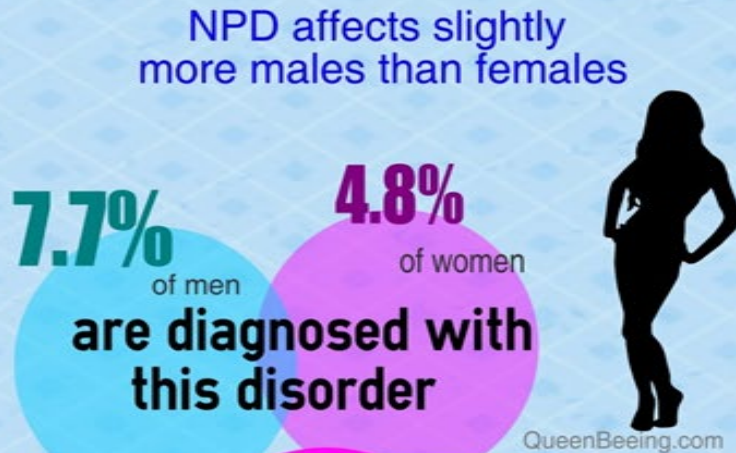
Medical school, first-year
students



SOURCE: "Narcissistic Personality Disorder: Facing DSM-V,"
Psychiatric Annals, March 2009

Narcissistic Personality Disorder

A rarely acknowledged mental disorder in which people have an inflated sense of their own importance and a deep need for admiration.



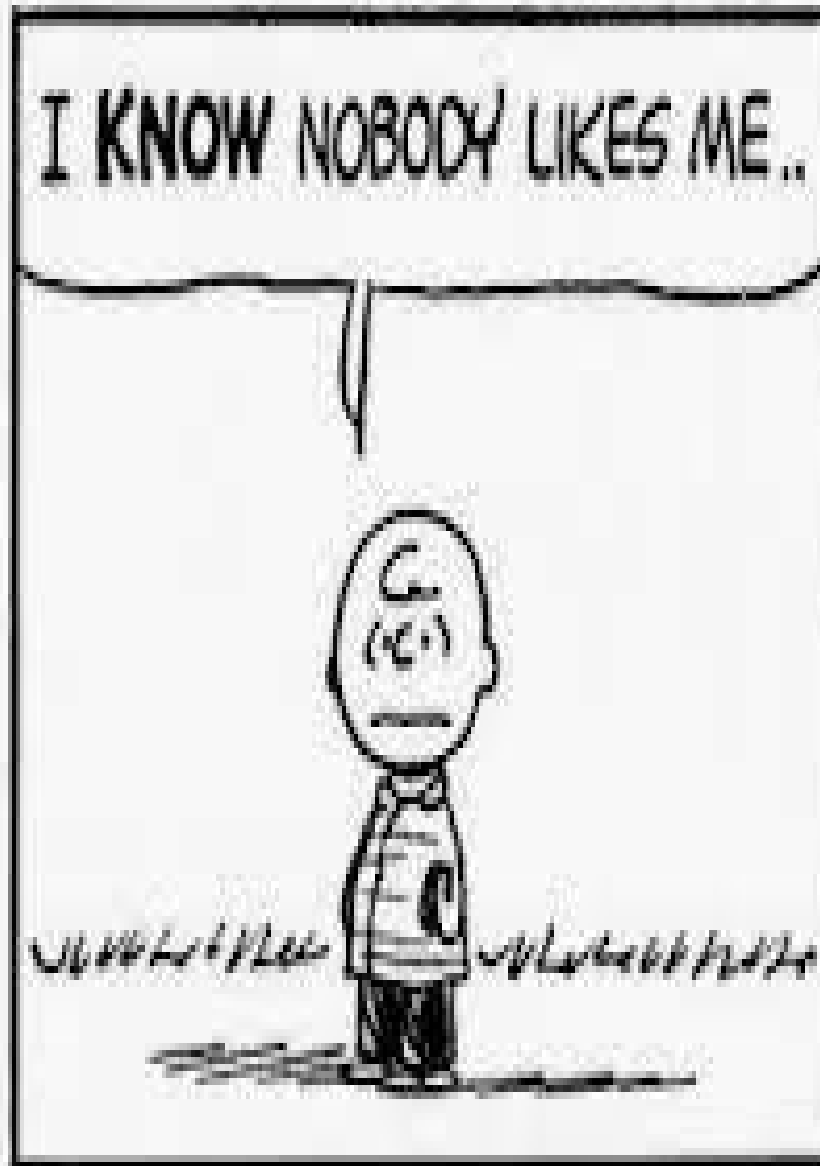
Narcs see sexuality more in terms of power, influence and as something daring, in contrast to people with low narcissistic qualities who associated sex more with caring and love

1. About 64% of narcissism variations are accounted for by genetics
2. They have high obsessive fantasies of fame, success, and wanting things out of life that may not be realistic.
3. The word "narcissism" stems from Greek mythological character Narcissus who was obsessed with his own beauty
4. They believe strongly that they are unique and special and that no one except others on their "level" understands them
5. Seek excessive admiration and attention from others. Quickly get jealous if the attention that they seek is given to others
6. Narcissists tend to lack empathy.

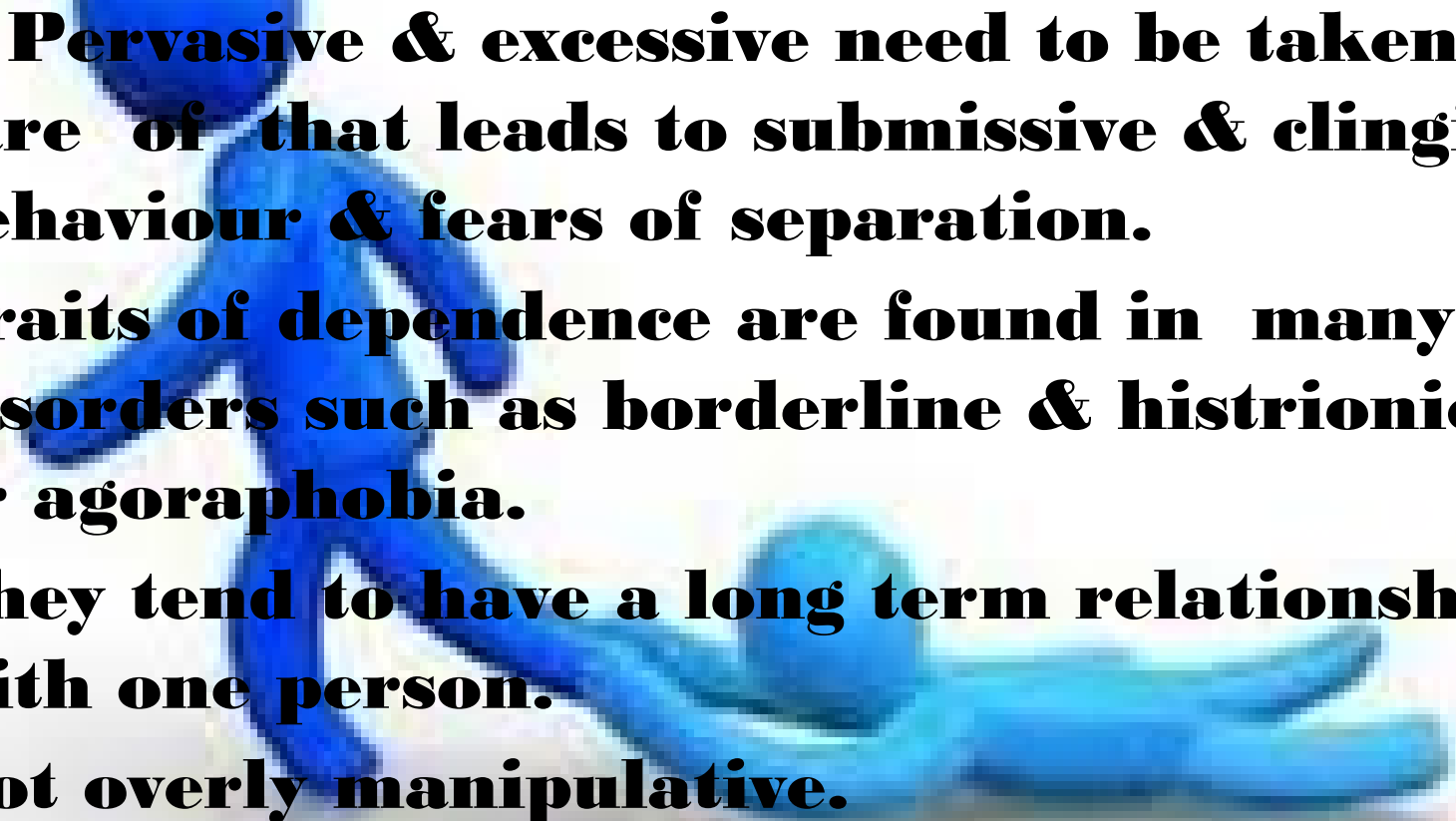
AVOIDANT PERSONALITY DISORDER

- ▶ **Show an extreme sensitivity to rejection & may lead socially withdrawn lives.**
- ▶ **Appear shy & need unusually strong guarantees of uncritical acceptance.**
- ▶ **Often described as having an inferiority complex.**
- ▶ **Schizoids want to be alone. Avoidant personalities don't.**
- ▶ **Not as demanding, unpredictable & irritable as borderlines or histrionics.**
- ▶ **Similar to dependent personality except that they have a strong fear of being abandoned or unloved , but it may be difficult to sort this out.**

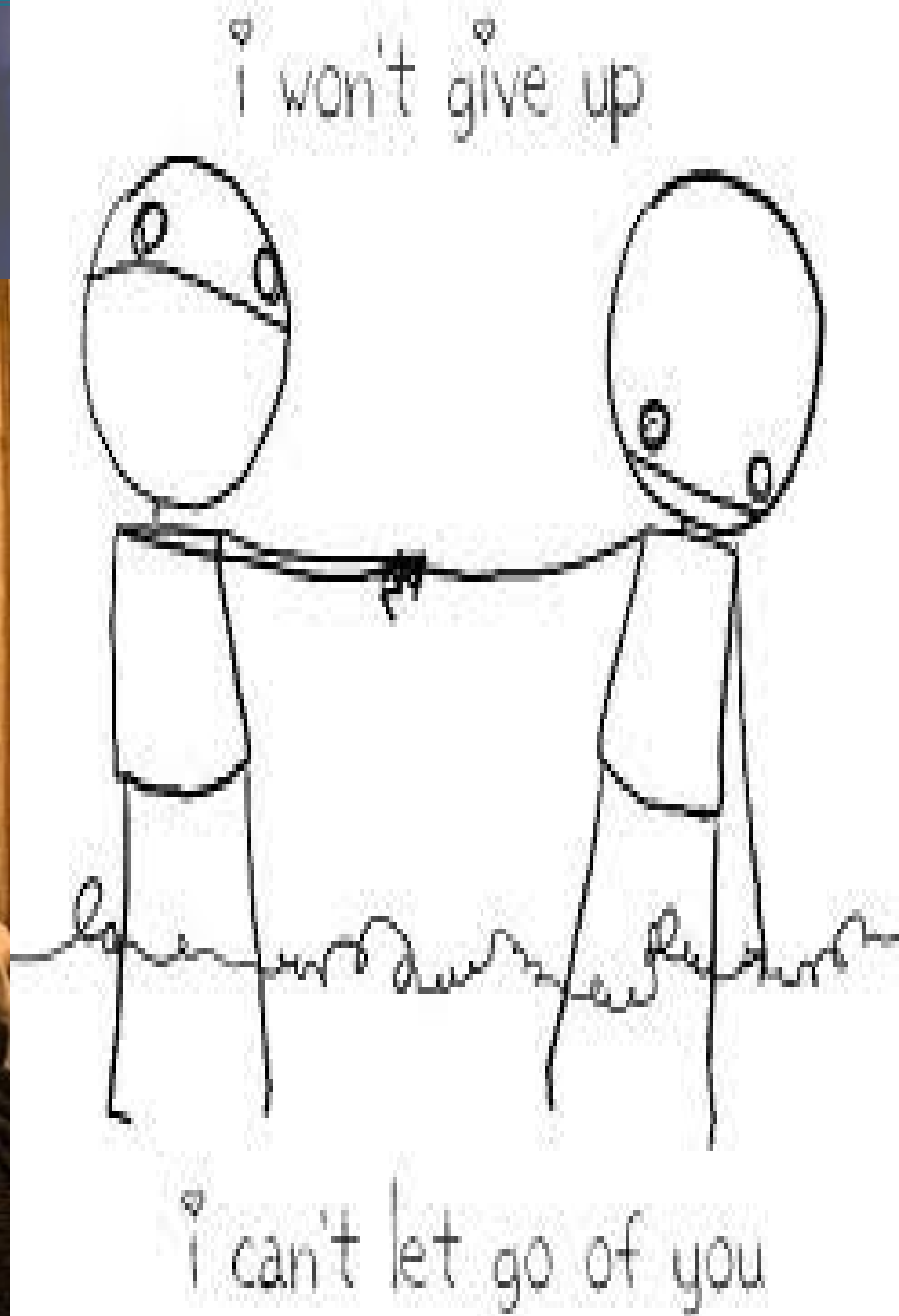
AVOIDANT PERSONALITY



DEPENDANT PERSONALITY DISORDER

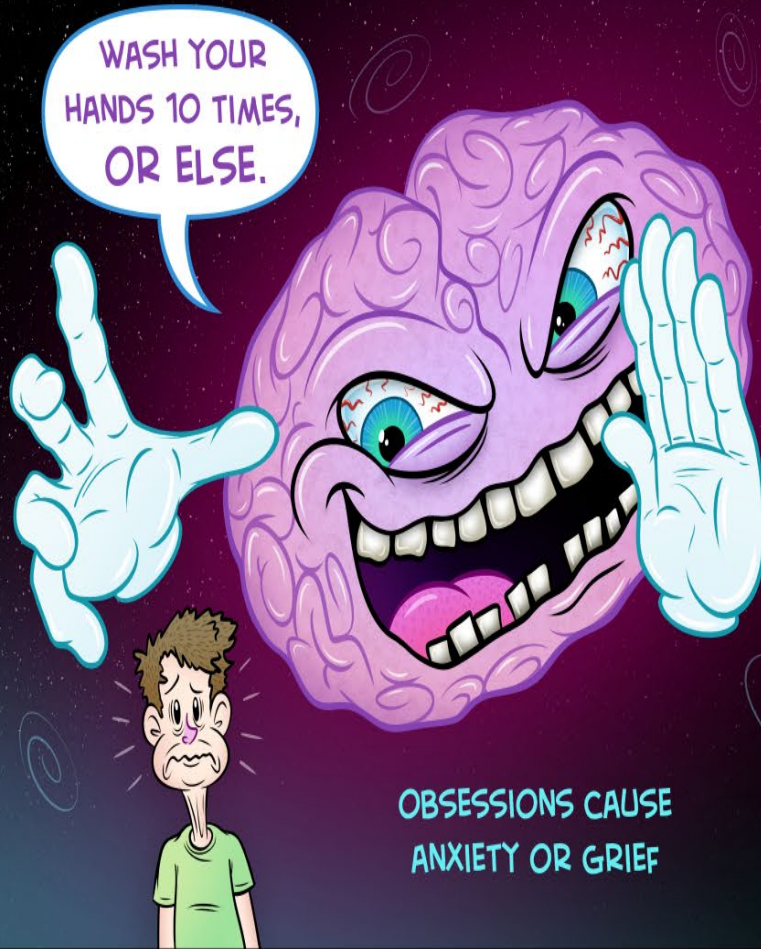
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- ▶ **A Pervasive & excessive need to be taken care of that leads to submissive & clinging behaviour & fears of separation.**
 - ▶ **Traits of dependence are found in many disorders such as borderline & histrionic or agoraphobia.**
 - ▶ **They tend to have a long term relationship with one person.**
 - ▶ **Not overly manipulative.**

Dependent personality



OBSESSIVE-COMPULSIVE DISORDER

RECURRENT, INTRUSIVE, UNDESIRED THOUGHTS (OBSESSIONS)
AND/OR UNCONTROLLABLE REPETITIVE ACTS (COMPULSIONS)



OBSESSIONS AND
COMPULSIONS ARE TIME
CONSUMING AND CAUSE
SIGNIFICANT DISTRESS IN
A PATIENT'S DAILY LIFE

COMPULSIONS CAN CONSIST OF PHYSICAL
BEHAVIORS OR MENTAL ACTS, AND MAY
TEMPORARILY RELIEVE ANXIETY

TREATMENT OPTIONS:
SSRIS (TITRATED UP),
CLOMIPRAMINE,
BEHAVIORAL
THERAPY





Warning Signs of OCD

Obsessive-Compulsive Personality Disorder

- Obsessive-compulsive disorder (OCD) is an anxiety disorder in which time people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions). The repetitive behaviors, such as hand washing, checking on things or cleaning, can significantly interfere with a person's daily activities and social interactions.

Obsessive-Compulsive Personality Disorder

- ▶ For people with OCD, thoughts are persistent and unwanted routines and behaviors are rigid and not doing them causes great distress.
- ▶ Many people with OCD know or suspect their obsessions are not true; others may think they could be true (known as poor insight).
- ▶ Even if they know their obsessions are not true, people with OCD have a hard time keeping their focus off the obsessions or stopping the compulsive actions.

Subtypes of OCD

**Contamination obsessions
with cleaning compulsions**



Hoarding



**Symmetry obsessions
with ordering compulsions**



**Obsessions
without visible
compulsions**



**Harm obsessions
with checking
compulsions**

PSYCHOLOGICAL TREATMENT OF PERSONALITY DISORDERS

PSYCHOTHERAPY

- ▶ The modality & type is chosen according to the individual patient.
- ▶ Techniques vary from cognitive behavioural brief dynamic & extended deeper forms.
- ▶ Group therapy can be extremely helpful in certain types of personality disorders e.g. Schizoid personality disorder.
- ▶ Individual psychotherapy is more helpful in certain cases e.g. paranoid personality disorder.

MEDICATION

- ▶ For Depression, anxiety disorders, etc.
- ▶ For certain behaviours that need to be controlled , e.g. Violence in the antisocial personality disorder. Can be managed by mood stabilizers (antiepileptic or lithium).

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Thank
You