

Can my personality be a disorder?!



Personality Disorders
Chapter 14

How would you describe your personality?



Make a list of your personality characteristics. How would you describe yourself to a new friend?



A personality refers to a distinctive set of behavior



Our personality consists of traits that vary based on the situation.



Defining Personality Disorders



Personality disorders are displayed in a wide range of social and personal contexts.

- Cause significant impairment in functioning.

Personality disorders represent a collection of distinguishable sets of behavior that causes distress, manifested in two of the following areas:



1. _____
2. _____
3. _____
4. _____

In other words, people with personality disorders behave in ways that do not fit with accepted social standards, and they are unable to adapt their behaviors to better suit their environments.

DSM-5 Personality Disorder Clusters



☞ The DSM-5 groups the 11 diagnoses into three clusters based on shared characteristics:

- Cluster A - _____
- Cluster B - The dramatic and emotional behaviors
- Cluster C - _____

☞ Cluster A- Odd or Eccentric Disorders:

- Paranoid- suspicious, distrustful, hostile attributions
- Schizoid- interpersonally and emotionally cut-off, constricted, unresponsive (the loner)
- Schizotypal- odd thoughts, feelings, behaviors, experiences, poor interpersonal functioning

☞ Cluster B-Dramatic, Emotional or Erratic Disorders:

- Histrionic- dramatic, attention-seeking, emotionally shallow
- Narcissistic- inflated sense of self-importance, entitled, low empathy, hidden vulnerability
- Antisocial- pattern of behaviors that disregard laws and norms and rights of others
- Borderline- instability in thoughts, feelings, behavior and sense of self

☞ Cluster C- Anxious or Fearful Disorders:

- Obsessive-Compulsive- rigid, controlled, perfectionistic
- Avoidant- fear of negative evaluation and abandonment
- Dependent- submissive, dependent on others for self-esteem, fear of abandonment

Alternative Personality Disorder Diagnostic System in Section 3 of the DSM-5



☞ Personality disorders are included in both Section II and Section III of the DSM- 5 due to the complexity of the disorder and various points of view on the disorder.

☞ Section II includes the updated diagnostic criteria.

☞ Section III includes the proposed research model for personality disorder diagnosis where it will receive further study and be revisited in the future.

- Within this framework, clinicians would have evaluated all clients on a consistent set of five personality traits.

Personality Disorder Prevalence

Personality disorders are relatively common, found in approximately _____% of the general population.

The personality disorder forms as the personality itself is developing, making these maladaptive

- Pinpointing the onset is also very difficult

Cluster A Personality Disorders

Cluster A of the personality disorders in DSM-5 include those disorders characterized by

In other words, individuals with these disorders show characteristics that might lead others to view them as _____

Cluster A Personality Disorders

People with paranoid personality disorder are

They assume that people are out to trick or harm them, and they tend to not confide in others. Even events that have nothing to do with them are seen as personal attacks (Phillips & Gunderson, 2000).



**STAY
PARANOID
AND
TRUST
NO ONE**

Schizotypal Personality Disorder

☞ This disorder is characterized by peculiarities and eccentricities of

- Persons with this disorder have difficulty understanding their own sense of self and motivation as well



Schizotypal Personality Disorder



☞ The personality traits fall along the extremely maladaptive end of psychoticism dimension

- Social isolation eccentricity, peculiar communication, and poor social adaptation place it within the schizophrenic spectrum

☞ These symptoms represent a latent form of schizophrenia, making people with this more

-

Cluster B personality disorders



These behaviors include impulsivity, an inflated sense of self, and a tendency to seek

Borderline Personality Disorder (Cluster B)

☞ This disorder is characterized by a pervasive pattern of poor impulse control

☞ A person with BPD may experience intense bouts of anger, depression, and anxiety that may last only hours, or at most a day.



Understanding BPD



☞ BPD is one of the most common personality disorders; it is seen in every culture.

- Lifetime prevalence in the U.S is 7%
- Within psychiatric hospitals and outpatient settings it is 15-20%

☞ This disorder affects men and women equally, but the presentation of symptoms varies by gender.

- Men more likely to have substance abuse and anti-social characteristics. Women are more likely to have mood and anxiety, eating disorders and PTSD

"But, it's a good pain..."



☞

- Cutting, burning or punching themselves
- Self-inflicted cigarette burns
- Carving initials into their arm



Self-injurious behaviors, like cutting are sometimes described as “tension-reducing” for those who report feeling empty

Self-Injury



There is a high rate of self-injury without suicide intent, as well as a significant rate of suicide attempts and completed suicide in severe cases.

- _____

Theories on BPD



- BPD symptoms are tied to a number of biological factors:
 - Abnormalities in the amygdala and prefrontal cortex, areas of the brain involved in _____
 - People with BPD may also have abnormalities in neurotransmitters and hormones involved in regulating emotional responses and sensitivity to pain.

Researchers believe that BPD results from a combination of vulnerability to environmental stress as young children and a series of events that trigger the onset of the disorder as young adults.

Treatments for BPD



☞ Reduce the frequency of self-destructive acts and to improve the client's ability to handle disturbing emotions, such as anger and dependency.

☞ DBT clinicians teach their clients to balance their emotions, reason, and intuition as they approach life's problems.

Always Onstage

☞ Histrionic Personality Disorder involves a pervasive pattern of _____

☞ They also tend to be vain, self-centered, and uncomfortable when they are not in the limelight



What is a Psychopath?



What personality traits would you expect a person with Anti-social Personality Disorder to have?

THINK

Antisocial PD



Antisocial personality disorder is a condition in which people

- The DSM-5 defined people who receive the diagnosis of antisocial personality disorder as highly impulsive and lacking in the

They may be able to understand the emotions of others, but they don't suffer any shame or guilt about the pain they may be causing.

Antisocial Personality Disorder



The diagnostic criteria in the *DSM-5* require that an individual show a pervasive pattern of three out of seven possible behaviors:

1. Failure to conform to social norms
2. Deceitfulness
3. Impulsivity
4. Aggressiveness
5. Disregard for safety of self or others
6. Irresponsibility
7. Lack of remorse



For many, the qualities of an APD are reflected in acts that would be considered violations of the law, such as job problems, promiscuity, and aggressiveness.

Course of APD



- ☞ This disorder tends to emerge in childhood and continue throughout adulthood.
 - Researchers have found that uncontrolled children are more likely to meet criteria for APD and to be involved in crime as adults
- ☞ It is estimated that 40-75% of the prison inmate population meet criteria for APD.
 - The components of impulsivity, social deviance and anti-social behavior are less prominent in prison inmates who are in their mid-40s and older

Why do the symptoms change with age?

☞ *Maturation hypothesis* suggests that people with antisocial personality and the other Cluster B disorders



Explaining and Treating Antisocial Personality Disorder



Explanations of antisocial personality disorder provide an especially good illustration of the principle of *multiple causality*.

- current evidence suggests that psychodynamic, cognitive behavioral, biological, and sociocultural factors interact to cause the disturbing behavior associated with this disorder.

Biological Theories on APD



Brain abnormalities:

- _____
- Problems with serotonin, norepinephrine and dopamine.



Psychological Perspectives on APD



APD causes neuropsychological deficits reflected in abnormal patterns of _____:

- People with APD lack normal fear response and do not learn from _____
- Demonstrate difficulty processing negative emotional stimuli, such as a sad facial expression. This may keep people with APD from developing _____
- Individuals high on the trait of psychopathy are unable to pay enough attention to secondary cues to switch their attention when necessary.
 - They only pay attention when a reward is received, not punishment.

Cluster C personality disorders



Disorders that involve

Obsessive-Compulsive Personality Disorder



☞ A personality disorder involving intense perfectionism and

- OCPD is a disturbance of personality, not a disturbance involving anxiety or even out-of-control behaviors

☞ OCPD do not experience obsessions and compulsions. OCPD refers to this rigidly compulsive personality tendency and also obsessive concern with perfectionism.

Avoidant Personality Disorder



☞ The individual desires, but is fearful of, any involvement with other people and is terrified at

- People with avoidant personality disorder become extremely sensitive to rejection and ridicule, interpreting the most innocent remark as criticism.

- Withdrawn, unlikely to experience intimacy, and unable to feel pleasure.

What's Next?



☞ Schizophrenia and other psychotic disorders
