

PERSONALITY DISORDERS



Sources: Phillips, Yen, Gunderson "Personality Disorders", 4th ed 2003
 Clinical ψ for Med Students, 3rd ed.
 DSM-III-TR; ψ Lecture 2 Yen.

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 Psychiatry

DEFINITIONS/DIAGNOSIS

Axis II disorders, "difficult to help" patients.

= long-standing, rigid, "stable" pattern of behavior & inner experience that deviates, ^{markedly} from the individual's culture and causes significant distress or impairment in social, occupational, other important areas of functioning. Not due to another disorder or substances.

• Diagnosis by DSM-IV General Criteria includes the above description + manifestation of patterns in 2 or more of the following areas:

- ① Cognition: ways of perceiving self/others/events
- ② Affect: range, intensity, lability, appropriateness
- ③ Interpersonal Functioning
- ④ Impulse control





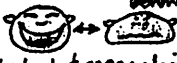





+ onset of pattern seen in adolescence or early adulthood (long duration). Dx in adulthood.
 + often egosyntonic: patients often don't have insight as to the dysfunctionality of their PD.

ETIOLOGY

Personality traits = 50% from genetics + 25% from environment (culture, birth order, etc.) + 25% from random causes
(family, abuse hx, SES)

CLASSIFICATION

(Dx) by DSM-IV-TR criteria.

CLUSTER A: odd, eccentric	CLUSTER B: dramatic, emotional	CLUSTER C: anxious, fearful
<p>① PARANOID  ♂ > ♀</p> <ul style="list-style-type: none"> • persistent, inappropriate mistrust, hostile • guarded, tense, hypersusceptible, blames others • ♂ > ♀, ↑ h/o abuse in childhood (Dx) 4+ of suspicious, pre-occup w/ unjustified doubts, reluctance to confide due to unwarranted fear, benign events/remarks → threatening, grudges, recurrent suspicions about spouse's fidelity (Tx) → usually resistant to cog-behav Tx; maintain respectful, unintrusive style; antipsychotics for acute decompensations <p>② SCHIZOID </p> <ul style="list-style-type: none"> • cold, detached, aloof, "shut-in", "autistic PD" • ↑ h/o cold, neglectful childhood relationships (Dx) Pervasive detachment from social relationships 4+ of: • desire/enjoys close relationships, chooses solitary activities, • distant in social rel., • pleasure in activities, • close friends (Tx) → interested, caring attitude to pt. cold, detached, flat. use art/writing to ease into insight-oriented Tx. <p>③ SCHIZOTYPAL </p> <ul style="list-style-type: none"> • "weirdos", distortions w/o psychosis • related to Axis I schizophrenias, sim. bio traits. (Dx) Pervasive social & interpersonal deficits, ↓ close relationships & 5+ of the following: ideas of reference, odd/magical beliefs, unusual perceptual experiences, odd thinking, suspicious/paranoid, affect, ↓ close friends, social (Tx) → cog-behav, structured edu groups. anxiety, low self-esteem, antisocial, characterive. 	<p>① ANTISOCIAL  ♂ > ♀, 18+yo</p> <ul style="list-style-type: none"> • "the psychopath", criminal, no empathy • ♂ > ♀, ↑ conduct PD in childhood, dysfunctional parents (Dx) Disregard & violation of others' rights since age 15 and 3+ of: failure in social norms, lying, impulsivity, recklessness, irresponsibility, lack of remorse (Tx) → confined settings, CMI/punish? → realize behaviors. <p>② BORDERLINE </p> <ul style="list-style-type: none"> • unstable, dysfunctional attachment & separation • most common! 2-3% of the gen population, ^{gender} • ↑ h/o dysfaml mother, abuse, abandonment, in ability to form stable, sense of self. (Dx) Pervasive unstable relationships, self-harm, affects, impulsivity in early adulthood: 5+ of: frantic efforts to avoid abandonment, unstable relationships, identity disturbance, impulsivity, suicidal gestures, mood instability, emptiness, inappropriate anger, dissoc. sex. (Tx) → from stable Tx relationship, dialectical behav. therapy, SSRI <p>③ HISTRIONIC  oedipal dev. do.</p> <ul style="list-style-type: none"> • "histrical"; caricature of stereotypic femininity (Dx) Excessive emotionality & attn seeking with 5+ of: needs to be ctr of attn, sexual/provocative behav, rapid mood shifting, attn to phys appearance, impressionistic speech, theatrical, influenced by others (Tx) → indiv. psychodynamic therapy <p>④ NARCISSISTIC  ME.</p> <ul style="list-style-type: none"> (Dx) pattern of grandiosity, need for admiration, lack of empathy, fantasies of unlimited success/power/brilliance/beauty/youth, sense of entitlement, interpersonally exploitive (Tx) → indiv. psychodynamic, psychoanalytic 	<p>① AVOIDANT </p> <ul style="list-style-type: none"> • "phobic" character, ddx: social phobia! • parental or peer rejection or criticism (Dx) Social inhibition + feeling of inadequacy + hypersensitivity to neg eval + 4+ of: avoid activities & contact fr. fear of rejection or criticism, unwilling to get involved & people, intimate, fear of rejection, views self as inept, reluctant (Tx) → supportive sensitivity, social skill training <p>② DEPENDENT </p> <ul style="list-style-type: none"> • "clingy"; over/under-indulgence in birth-age 2 (Dx) Excessive need to be taken care of + submissive/clinging behavior + fears of separation + 5+ of: needs reassurance, others take responsibility, dif initiating project, excessive lengths to obtain nurturance, afraid of being alone or left alone. (Tx) → careful, not over-protective Tx to ↑ self-esteem, effectiveness, independence <p>③ OBSSIVE-COMPULSIVE </p> <ul style="list-style-type: none"> • anal-retentive perfectionist + "control freak" • excessive mental control, criticism, shaming (Dx) Preoccupation & orderliness, perfectionism, control, ↓ flexibility/openness/efficiency, and 4+ of: lose big picture due to pre-occup of details, perfectionism interferes w/ task completion, workaholic, inflexible about morals/ethics/values, pack rat, reluctant to delegate, miser, rigid, stubborn (Tx) → avoid excessive intellectualization, focus on feelings, esp. in cognitive Tx.