

Personality Disorders

Presented by
Ann Joseph

What does that mean?

- What is your response to that phrase?
- What does Personality mean?
- What does Disorder mean?

Personality definitions

- Visible aspect of one's character
- A person as an embodiment of a collection of qualities
- Quality of being a person
- Essential character of a person
- Famous/Celebrity
- Distinctive trait
- Sum of physical, mental, emotional and social characteristics of an individual
- Organised pattern of behavioural characteristics of an individual

Disorder definition

- Lack of order or regular arrangement; confusion.
- An irregularity.
- Disturbance in physical or mental health or functions

Personality Disorder Definition (WHO 1992)

- ICD-10 –a severe disturbance in characterological constitution and behavioural tendencies of the individual, usually involving several areas of the personality and nearly always associated with considerable personal and social disruption.

Diagnostic Guidelines

- Conditions NOT directly attributable to gross brain damage or disease or to another psychiatric disorder, meeting the following criteria:

Diagnostic Criteria

- Markedly disharmonious attitudes and behaviour involving several areas of functioning
- Enduring abnormal behaviour patterns not limited to episodes of mental illness
- Clearly maladaptive pervasive behaviour patterns in personal and social situations

Diagnostic Criteria ...

- Manifestations always appear in childhood/adolescence and continue into adulthood.
- Disorder leads to considerable personal distress which may only become apparent late in it's course.
- Usually but not invariably associated with occupational and social performance.

Causes of

- Not clear probably involves genes, and upbringing

Evidence for the importance of Upbringing:

Physical or sexual abuse.

Violence in family.

Parents who drink too much.

If children are taken out of this environment they are less likely to develop a personality disorder.

Early problems...

- Behaviours in childhood such as severe aggression, disobedience, violence to animals, lack of empathy or remorse.

What makes it worse...

- Using drugs and /or alcohol
- Problems getting on with family or partner
- Money problems
- Anxiety, depression or other mental health problems.

Paranoid

- Excessive sensitiveness to setbacks and rebuffs
- Tendency to bear grudges
- Suspicious and pervasive tendency to distort experiences to being hostile.
- Combative and tenacious sense of personal rights out keeping of actual situation.
- Recurrent unjustified jealousy around partners sexual fidelity.
- Self referential attitude.
- Unsubstantiated “conspiratorial” explanation o immediate and World events.

Paranoid

- Includes: Fanatic and Querulant

BUT

Excludes: Schizophrenia and Delusional
Disorder

Criteria for Dissocial

- Callous unconcern for other's feelings
- Gross and persistent attitude of irresponsibility and disregard for social norms, rules and obligations.
- Incapacity to experience guilt or to gain from experience particularly punishment.
- Prone to blame others or offer plausible rationalizations for behaviour to that has brought the patient into conflict with society.
- Associated with Conduct disorder in childhood and Adolescence

Dissocial

- Personality usually coming to attention because of gross disparity between behaviour and prevailing social norms.

Emotionally unstable

Marked tendency to act impulsively without consideration of consequences with affective instability. Minimal ability to plan ahead often outbursts of intense anger. These are easily precipitated when criticised or thwarted by others.

2 sub-types share impulsiveness and lack self control

Impulsive type

- Marked emotional instability and impulse control particularly in response to criticism by others.
- Excludes dissocial personality disorder

Borderline type

- Several characteristics of emotional instability are present in addition: patient's own self image, aims and internal preference (including sexual) are often unclear or disturbed. Chronic feelings of emptiness. Liable to intense and unstable relationships with repeated emotional crises associated with excessive efforts to avoid abandonment including use of self harm or suicidal threats.
- Includes Borderline Personality Disorder (!?)

Dependent

- Encourages or allows others to make most of their important decisions.
- Subordinates own needs to those of others on whom they depend and undue compliance with their wishes
- Unwilling to make even reasonable demands on people they depend on.
- Uncomfortable or helpless on their own with an exaggerated fear of inability to take care of themselves.
- Preoccupation with fear of abandonment and being left alone to care for themselves.
- Limited capacity to make decisions with out excessive amount of advice and reassurance from others.

Inclusions in Dissocial

- Antisocial, Psychopathic and Sociopathic personality Disorders.
- But excludes Conduct disorders and Unstable Borderline personality Disorder

HELP...

Treatment for people can be psychological and/or physical (medications).

Psychological

- Counselling
- Dynamic Psychotherapy
- Cognitive Therapy
- Cognitive Analytical Therapy
- Dialectical Behavioural Therapy
- Mentalization Therapy
- Therapeutic Communities

Physical

- Antipsychotic drugs:
Especially at low dose for Cluster A (odd and eccentric)
Some Borderline if frankly psychotic
- Antidepressant drugs:
Can help Cluster B (dramatic and emotional)
Some SSRI's may reduce impulsivity and aggression
Can reduce anxiety in Cluster C
- Mood stabilisers:
Can reduce impulsiveness and aggression

Do Personality Disorders change with time...

- Yes.

There is evidence that they tend to improve slowly with age. The Cluster B seem to particularly reduce aggression and impulsiveness in their 30-40's.

But Cluster A's often become worse and may gain a formal diagnosis of a Psychotic Illness.

Clearer now...

MIND

National Personality Disorder Website

Borderline UK

Scottish Personality Disorder Network

BBC's Health Website

Royal College of Psychiatrists

World Health Organization (ICD-10)