

# Personality Disorders

## Chapter 10

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## What Are Personality Disorders?

Inflexible and long-standing maladaptive behaviors that cause distress and social/occupational impairment

Chronic interpersonal difficulties

Those diagnosed tend to fall into stereotypical gender and ethnic categories

Problems with one's identity or sense of self

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## Clinical Features of Personality Disorders

### DSM-IV-TR

#### Five criteria

- Criterion A: The pattern must be manifested in at least two of the following areas:
  - Cognition
  - Affectivity
  - Interpersonal functioning
  - Impulse control

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## Clinical Features of Personality Disorders

- Criterion B: The enduring pattern must be inflexible and pervasive across a broad range of personal and social situations
- Criterion C: This pattern leads to clinically significant distress or impairment of functioning

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## Clinical Features of Personality Disorders

- Criterion D: The pattern is stable and of long duration, and its onset can be traced back at least to adolescence or early childhood
- Criterion E: The pattern is not better accounted for as a manifestation or consequence of another mental disorder

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## Difficulties Doing Research on Personality Disorders

### Controversial

Can be difficult to diagnose

- Diagnostic criteria are not as sharply defined as for other Axis I categories
- Diagnostic categories are not mutually exclusive
- Personality characteristics are dimensional in nature



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## Cluster A: Personality Disorders

- Paranoid
  - Schizoid
  - Schizotypal
- Characteristics:
- Distrustful
  - Suspicious
  - Socially Detached

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## Personality Disorders: Cluster A

Disorder	Characteristics
Paranoid	tendency to see self as blameless; on guard for perceived attacks by others
Schizoid	Impaired social relationships; inability and lack of desire to form attachments to others
Schizotypal	Peculiar thought patterns; oddities of perception and speech that interfere with communication and social interaction

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## Cluster B: Personality Disorders

- Histrionic
  - Narcissistic
  - Antisocial
  - Borderline Personality Disorders
- Characteristics:
- Dramatic
  - Emotional
  - Erratic

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## Personality Disorders: Cluster B

Disorder	Characteristics
Histrionic	Self-dramatization; overconcern with attractiveness; tendency of irritability and temper outbursts if attention seeking is frustrated
Narcissistic	Grandiosity; preoccupation with receiving attention; self-promoting; lack of empathy
Antisocial	Lack of moral or ethical development; inability to follow approved models of behavior; deceitfulness; shameless manipulation of others; history of conduct problems as a child
Borderline	Impulsiveness; inappropriate anger; drastic mood shifts; chronic feelings of boredom; attempts at self-mutilation or suicide

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## Antisocial Personality Disorder

- Individuals 18 and over may be diagnosed with antisocial personality disorder if the following criteria are met:
  - At least three behavioral problems occurring after age 15
  - At least three instances of deviant behavior before age 15
  - The antisocial behavior is not a symptom of another mental disorder

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## Antisocial Personality Disorder

- Inadequate conscience development
- Irresponsible and impulsive behavior
- Ability to impress and exploit others

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## Causal Factors in Antisocial Personality Disorder

- Genetic influences
- Learning of antisocial behavior
- Adverse environmental factors

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## Cluster C: Personality Disorders

- Avoidant
  - Dependent
  - Obsessive-Compulsive
- Characteristics
- Anxious
  - Fearful

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## Personality Disorders: Cluster C

Disorder	Characteristics
Avoidant	Hypersensitivity to rejection or social derogation; shyness; insecurity in social interaction and initiating relationships
Dependent	Difficulty in separating in relationships; discomfort at being alone; subordination of needs in order to keep others involved in a relationship; indecisiveness
Obsessive-compulsive	Excessive concern with order, rules, and trivial details; perfectionism; lack of expressiveness and warmth; difficulty in relaxing and having fun

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# Provisional Categories

Passive-Aggressive  
Depressive



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# Personality Disorders: Provisional Categories

Disorder	Characteristics
Passive-aggressive	Negativistic attitudes and passive resistance to adequate performance expressed through indirect means such as complaining, being sullen and argumentative, expressing envy and resentment toward those who are more fortunate
Depressive	Pervasive depressive cognitions; persistent unhappiness or dejection; feeling of inadequacy, guilt, and self-criticism

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# General Sociocultural Causal Factors for Personality Disorders

- Is our emphasis on impulse gratification, instant solutions, and pain-free benefits leading more people to develop the self-centered lifestyles that we see in more extreme forms in personality disorders?



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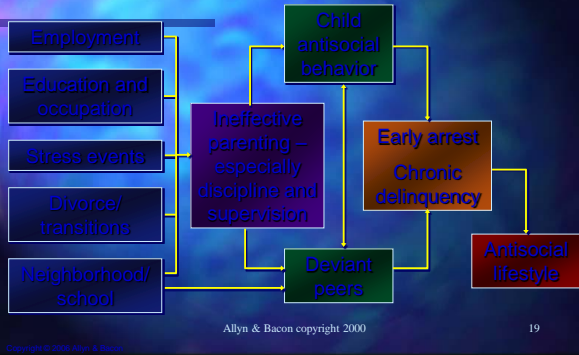
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## A Developmental Perspective



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## Treatments and Outcomes

- Very difficult to treat (especially Cluster A)
- Treatment of the Cluster C disorders seems most promising
- Dialectical Behavior Therapy (DBT) shows promise for treating Borderline Personality Disorder (Cluster B)

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## Treatments and Outcomes in Psychopathic and ASPD

- Treatment of psychopaths is difficult
- Cognitive-behavioral treatments offer some promise



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