



DSM-5:

- ① enduring pattern of behavior / inner experience deviates from person's culture in 2 or more of: cognition, affect, interpersonal functioning, impulse control
- ② pattern:
 - ↳ pervasive, inflexible
 - ↳ stable, adolescent / early adult onset
- ③ sig. distress / fxn impairment
- ④ not by substance, medical, other mental disorder

- * biologic, genetic, psychosocial factors
- * treatment: difficult (lack of insight), pharmacologic treatment is only used for comorbid conditions (MDD, ...), psychotherapy is the most helpful.

Personality Disorders

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egosystemic → acceptable to self

ego dystonic → distressing / unacceptable to self

PERSONALITY TRAITS

01

Academic

02

Beautiful

03

Calm

04

Dazzling

05

Eager

06

Fanatic

07

Generous

08

Happy

09

Quick

10

Rational

11

Sane

12

Verbal

13

Accurate

14

Boastful

15

Capable

16

Decent

17

Noble

18

Optimistic

19

Patriotic

20

Quiet

PERSONALITY DISORDERS

Types of Personality Disorders

- fam. history of psychotic disorder ←
- can have psychotic symptoms.

Cluster A

Odd Thinking and Eccentric Behavior

- Paranoid Personality Disorder
- Schizoid Personality Disorder
- Schizotypal Personality Disorder

- fam. history of mood disorder ←

Cluster B

Dramatic and Erratic Behavior

- Antisocial Personality Disorder
- Borderline Personality Disorder
- Histrionic Personality Disorder
- Narcissistic Personality Disorder

- fam history of anxiety disorders ←

Cluster C

Severe Anxiety and Fear

- Avoidant Personality Disorder
- Dependent Personality Disorder
- Obsessive-Compulsive Disorder

PARANOID PERSONALITY DISORDER

What do you mean by Personality Disorder?

- more in men, chronic
- may be misdiagnosed in minority groups, immigrants, deaf pts
- 1st line: psychotherapy (but not group psychotherapy !!)
- short term antipsychotics for transient psychosis

• ≥4 of following:

- ① suspicion that others are exploiting them (استغلال) without evidence
- ② preoccupation w/ doubts of relative's loyalty
- ③ reluctance to confide in others
- ④ interpret benign remarks as threatening or demeaning (تفسير كلام الآخرين على انه تهديد او تحقير)
- ⑤ persistence of grudges (كبتغية)
- ⑥ perception of attacks on their character → quick counterattack
- ⑦ suspicious about fidelity of partner (شك)



- PPD vs. schizophrenia: PPD have only transient psychosis (no fixed delusions)
- PPD vs. social isolation, disenfranchisement: collateral history of excess suspicion from relatives

حاسة العقلية ليست نفس العقل

WHAT IS PARANOID PERSONALITY DISORDER?

Personality combines an individual's overall biological, psychological, and social learning together with their inherited genetic traits. Simply put, personality establishes how one thinks, feels and behaves. Personality determines if an individual can effectively live in and adapt to a changing world. Personality can be viewed in two ways: Looking at distinct traits, like friendliness or coldness, and understanding how the various parts of a person come together as a whole.

PARANOID PERSONALITY DISORDER

Signs of Paranoid Personality Disorder



pathologically jealous ← think that sexual partner is cheating on him

Schizoid Personality Disorder

A person with schizoid personality typically:

more in men, Chronic, no delusions/hallucinations
lack insight for psychotherapy, anti-depressant if +MDD

DSM-5:



- ① **Does not want or enjoy close relationships.**
(including family)



- ② **Has an apparent indifference to praise or criticism by others.**



- ③ **Rarely experiences or expresses strong emotions.**
(emotional coldness, detachment, flat affect)



- ④ **Has little or no desire for sexual activity.**

⑥ taking pleasure in few activities if any

⑦ few close friends/confidants if any



Chooses hobbies, activities and jobs that are solitary in nature, like playing an instrument, gaming or working on cars.

⑤

Symptoms of Schizotypal Personality Disorder

DSM-5

≥ 5 of following



① Lack of close friends or confidants



② Bizarre behavior & appearance
(may include involvement in cults & strange religious practices)



③ Suspicious attitudes towards others



⑤ Excessive social anxiety that doesn't improve with familiarity

④ Superstitious beliefs & magical thinking

- ↳ belief in clairvoyance & telepathy (w/ or w/o delis)
- ↳ bizarre fantasies & preoccupation
- ↳ superstitious beliefs

- ⑥ ideas & delusions of reference
- ⑦ Unusual perceptual experiences like bodily illusions
- ⑧ inappropriate/restricted affect
- ⑨ odd thinking/speech (vague/stereotyped, ...)



PERSONALITY DISORDERS

Cluster A (Odd/Eccentric)

Paranoid

Distrusting and suspicious interpretation of the motives of others.

Schizoid

Social detachment and restricted emotional expression.

Schizotypal

Social discomfort, cognitive distortions, behavioral eccentricities.

Cluster B (Dramatic/Erratic)

Antisocial

Disregard for and violation of the rights of others.

Borderline

Unstable relationships, self-image, affect, and impulsivity.

Histrionic

Excessive emotionality, and attention-seeking.

Narcissistic

Grandiosity, need for admiration, lack of empathy.

Cluster C (Anxious Fearful)

Avoidant Socially inhibited

Socially inhibited feelings of inadequacy hypersensitivity to negative evaluation.

Dependent

Submissive behavior needs to be taken care of.

Obsessive-Compulsive

Preoccupation with orderliness, perfectionism, and control.

ANTISOCIAL PERSONALITY DISORDER



DEFINITION

Antisocial Personality Disorder is a mental health condition that causes harmful behaviors without remorse. A person might show disrespect toward others and be manipulative, aggressive, or reckless.

Treatment options are available to help manage unhealthy thoughts and behaviors.

→ Generally ineffective

→ pharmacotherapy for anxiety, depression, aggression, but use w/ caution as pt may be using substances.

- Chronic, may improve w/ age.
- Comorbid: multiple somatic complaints, substance use & may cause self harm (trauma, suicide, homicide)
- begins in childhood as conduct disorder, may have history of abuse



SIGNS OF ANTISOCIAL PERSONALITY DISORDER

Mnemonic: CORRUPT → Cant follow law, Obligations ignored, Remorselessness, Reckless (risk taking), Underhanded (deceitful), Planning deficit (impulsive), Temper (irritable, aggressive)

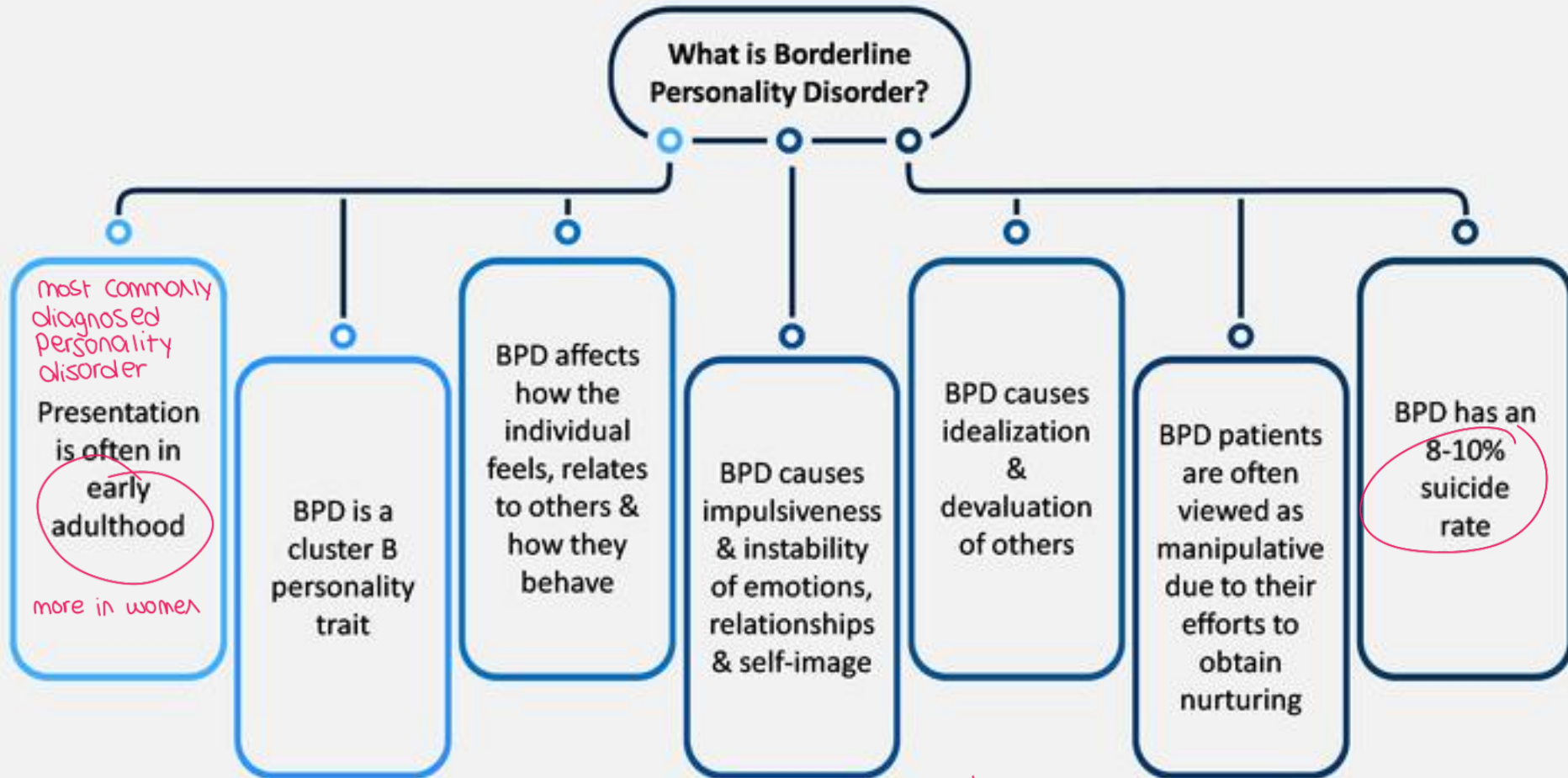


ANTISOCIAL PERSONALITY DISORDER



BORDERLINE PERSONALITY DISORDER

What is Borderline Personality Disorder?



- no frank psychosis, may have transient psychosis under stress or substance use.
- mood swings are rapid & brief (moment to moment) unlike bipolar
- ↑ rates comorbid MDD, substance use

treatment:

- ① dialectical behav. therapy (DBT)
CBT, group therapy, mindfulness skills
- ② mentalization based, transference focused, schema focused.
- ③ mood stabilizers, low dose antipsych.

BORDERLINE PERSONALITY DISORDER

BPD Symptoms Recognise

- 01 Needing attention
- 02 Outbursts of emotion (especially anger)
- 03 Not getting out of bed
- 04 Social withdrawal
- 05 Self - destructive behaviours
- 06 Being clingy
- 07 Forgetting things
- 08 Getting upset about everything
- 09 Bad self-care
- 10 Promiscuity
- 11 Weird/unusual triggers
- 12 Needing validation

BORDERLINE PERSONALITY DISORDER

10 Signs of Borderline Personality Disorder

impulsive — I
moody — P
paranoid under stress — C
unstable self image — L
liable intense relationship — S
suicidal — I
inappropriate anger — U
vulnerable to abandonment — F
emptiness —] DSM-5

01

Short but intense episodes of anxiety or depression

05

Fear of being alone

09

Feeling misunderstood, neglected, alone, empty, or hopeless

02

Difficulty controlling emotions or impulses

06

Feelings of self-hate and/or self-loathing

10

Impulsive & risky behavior, such as risky driving, unsafe sex, gambling sprees, or illegal drug use

03

A pervasive pattern of instability of relationships & emotions

07

Recurrent suicidal behavior

11

Awareness of destructive, including self-injury, while often feeling unable to change it

04

Wide mood swings

08

Difficulty controlling anger

12

Inappropriate anger & antagonistic behavior, sometimes escalating into physical fights

Histrionic Personality Disorder

- more in women
- chronic, may improve w/ age.
- use defend mechanism of regression (child like behavior)
- HPD are more functional than BPD
- treatment:
 - ↳ psychotherapy → supportive, problem solving, interpersonal, group
 - ↳ pharmacotherapy → depressive & anxious symp.



HISTRIONIC PERSONALITY DISORDER

Signs of Histrionic Personality Disorder

التي عليه ✓ هي DSM-5 و DSM-5

و تكون موجودة ، بالأساس إلى :

- ✓ rapidly shifting but shallow emotions
- ✓ impersonal speech lacking details

01

Dramatic Behaviour

Attention-Seeking Behaviour

06

02

Inconsistent Emotions & Mood

Discomfort with lack of attention

07

03

Inappropriately Seductive Behaviour

Excessive focus on physical appearance

08

04

Suggestible & easily influenced by others

Constantly seeking reassurance or approval

09

05

Suicidal tendencies due to lack of attention

Believing relationships are closer than they are

10

HISTRIONIC PERSONALITY DISORDER

Characteristics of Histrionic Personality Disorder

01

People with HPD are usually high-functioning, both socially and professionally.

02

They tend to crave novelty and excitement; they may place themselves in risky situations.

03

Individuals with HPD often fail to see their situation realistically instead of exaggerating their difficulties.

04

They usually have good social skills, despite tending to manipulate others into making them center of attention.

05

They may go through frequent job changes, as they become easily bored and may prefer withdrawing from frustration.

06

HPD may also affect a person's social and romantic relationships and their ability to cope with losses or failures.

NARCISSISTIC PERSONALITY DISORDER



What is

Narcissistic Personality Disorder?

Narcissistic Personality Disorder is a mental health condition in which people have an unreasonably high sense of their own importance. They need and seek too much attention and want people to admire them. People with this disorder may lack the ability to understand or care about the feelings of others.

— treat : psychotherapy
psychotropics if + comorbid psychiatric disorder.

SIGNS OF NARCISSISTIC PERSONALITY DISORDER

DSM 5: ≥ 5 of checked (✓)
✓ exaggerated sense of self importance
✓ takes advantage of others for self gain



Exaggeration of Achievements



✓
Need for Attention
& admiration



✓
Delusions of Grandeur



✓
Mistreatment of Others
arrogant & haughty



Sensitivity to Criticism



✓
Fantasies of Success



✓
Envy
عنيرة



→ become depressed when not being recognized
Fragile Self-Esteem



✓
Sense of Entitlement



✓
Lack of Remorse or empathy
(ذم و تعاطف)

Avoidant Personality Disorder

DSM-5

Some signs and behaviors of avoidant personality disorder include:

A F R A I D

Avoid interaction w/ others
Fear of embarrassment, criticism
Reserved unless they're certain they're liked
Always thinking rejection
Isolates from relationships



distresses self unless certain they're liked

- chronic, may remit w/ age
- difficult in adolescence cuz socialization is important then
- Comorbid anxiety, depression
- treat: psychotherapy, social skills, group therapy, SSRI (anxiety, MDD)

Choosing isolation over social situations.

Schizoid → prefer to be alone
avoidant → wants to be w/ people but shy & fears rejection



Hypersensitive to criticism.



Fear of being embarrassed.



extremely shy

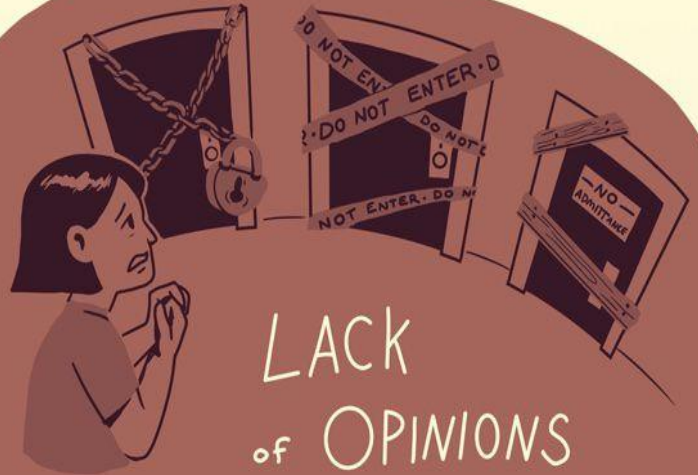
Poor self-image.

Symptoms of Dependent Personality Disorder

OBEDIENT: obsessive about approval, bound by others decisions, enterprises are rarely initiated due to lack of confidence, (DSM-5) difficult decision making, invalid feelings while alone, engrossed w/ fears of self reliance, needs relationship, tentative about decisions



ABSENCE of
INITIATIVE or
RESPONSIBILITY



LACK
of OPINIONS

- Clingy
- More in women
- Child hood illness
- Or separation
- Anxiety disorder
- Are risk factors to
- Chronic / prone to
- Depression, employment
- Difficulty
- Treat: CBT, assertiveness,
- Social training, pharma
- for anxiety & depression

SENSITIVITY
to
CRITICISM



FEAR of
BEING
ALONE





OBSESSIVE-COMPULSIVE PERSONALITY DISORDER

Obsessive-compulsive personality disorder (OCPD) is a mental health condition that causes an extensive preoccupation with perfectionism, organization, & control. These behaviors & thought patterns interfere with completing tasks & maintaining relationships.

- more in men
- egosystonic (OCD is egodystonic)
- possible comorbid OCD
- treat: psychotherapy, CBT, pharma if associated symptoms

OBSESSIVE COMPULSIVE PERSONALITY DISORDER (OCPD)

Signs of OCPD

DSM-5

Organization



✓ Perfectionism



✓ رگیدگی
& Stubborn



✓✓ Attention to Detail



✓ Frequent List Making



✓ Hoarding
can't discard
worthless
objects



✓ Frugality
رجیل



✓ Formality ,
excessive
conscientiousness
& scrupulousness
about morals &
ethics



Social
Isolation



Devotion
to Work
✓

OBSESSIVE COMPULSIVE PERSONALITY DISORDER (OCPD)

Characteristics of People with OCPD

01

They are often socially isolated

Anxiety can occur when they are depressed

02

03

Expression of their feelings is difficult for them

Having close relationships with others is difficult for them

04

05

Righteousness, indignation, anger are often their feelings

Even though they work hard, they can be inefficient due to their perfectionist attitude

06

* Other personality disorders

- ① Change due to other medical condition
(head trauma, stroke, epilepsy, CNS infxn, neoplasm)
→ labile, disinhibited, aggressive, apathic, paranoid

- ② Other specified PD
 - ③ unspecified
- ما فهمت العزق بينهم
بس شكاهم بعد عقرار
الاعتق