

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/personalitydisorder.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/personalitydisordersfacts.aspx>
- ❖ <http://www.rcpsych.ac.uk/aboutthecollege/pastcampaigns/changingminds1997-2003.aspx>
- ❖ <http://www.mayoclinic.org/diseases-conditions/personality-disorders/home/ovc-20247654>
- ❖ <https://medlineplus.gov/personalitydisorders.html>
- ❖ <https://www.psychologytoday.com/blog/hide-and-seek/201205/the-10-personality-disorders>
- ❖ <http://psychcentral.com/personality/>
- ❖ <http://psychcentral.com/lib/15-common-defense-mechanisms/>
- ❖ <https://www.psychologytoday.com/blog/fulfillment-any-age/201110/the-essential-guide-defense-mechanisms>



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Educational Booklet: Personality Disorders

Personality disorders are conditions in which an individual differs significantly from an average person, in terms of the way they think, perceive, feel, or relate to others.

Common features include:

- ❖ Being overwhelmed by negative feelings such as anguish, anxiety, lack of self-esteem or anger
- ❖ Avoiding other people, feeling empty and emotionally disconnected
- ❖ Having difficulty managing negative feelings without self-harm (e.g., drug or alcohol abuse or taking an overdose) or, in rare cases, threatening others
- ❖ Strange behavior
- ❖ Difficulty maintaining close and stable relationships, especially with partners, children and professional caregivers
- ❖ Sometimes periods of losing touch with reality

Symptoms usually get worse with stress. People with personality disorders often experience other mental health problems, especially depression and substance abuse.

When and why do personality disorders occur?

Personality disorders usually occur in adolescence and continue into adulthood. They can be mild, moderate, or severe, and people may have periods of "remission" in which they work well.

Personality disorders may be associated with genetic and family factors. Experiences of childhood distress or fear, such as neglect or abuse, are common.

Types of personality disorders:

Group A - 'Rare or eccentric' – includes:

- ❖ **Paranoid** - Distrust others, they feel that people treat them badly. They have a high sensitivity to rejection and are spiteful.
- ❖ **Schizoid** - They have no intense emotions, they don't like other people's company and prefer to be alone. They have a vast imaginary world.
- ❖ **Schizotypal** - They have weird ideas and problems with thinking. They're perceived as eccentric. They can see or hear strange things.

Group B - 'Dramatic, emotional or unstable' – includes:

- ❖ **Antisocial** - They don't care about other people's feelings, have a low tolerance for frustration, commit criminal acts and have trouble maintaining intimate relationships. They are impulsive, have no feelings of guilt and do not learn from negative experiences.
- ❖ **Borderline** - Act without thinking, have problems controlling their emotions, feel empty. They feel bad about themselves and often self-harm. They establish relationships quickly but lose them easily. They may also feel paranoid or depressed, and under stressful conditions, they may hear noises or voices.
- ❖ **Histrionic** - They have a tendency to theatricalize situations and want to be the center of attention. His emotions are powerful but change rapidly. They care a lot about their physical appearance and are constantly looking for new emotions.
- ❖ **Narcissistic** - They have an excessive sense of self-importance and have fantasies of success, power and position. They demand the attention of others, those who tend to exploit, asking for favors that are not returned.

Group C - 'Anxious or Fearful' – includes:

- ❖ **Obsessive-Compulsive** - They are perfectionists, they care about details and tend towards rigidity in behavior. They are cautious and have trouble making decisions. They have high moral principles, a tendency to criticize others and worry about not doing things right. They have high sensitivity to criticism from others and may have obsessive ideas and behaviors.
- ❖ **Avoidance** - They are always tense and anxious, they care a lot, they have feelings of insecurity and inferiority. They have a need to like and be accepted and are extremely susceptible to criticism from others.
- ❖ **Dependent** - **They trust others to** make decisions for them and do what others want. They have trouble coping day-to-day life, feel desperate, incompetent, and at the very least feel abandoned by others.

Treatment for personality disorders:

- ❖ **Psychological** - Supportive psychotherapy and psychodynamic therapy, cognitive therapy, analytical cognitive therapy, dialectical behavioral therapy and therapeutic community treatment. Psychotherapy is the main form of treatment, but it depends on the person creating introspection about their condition and wanting to make a change.
- ❖ **Pharmacological** - Antipsychotic medications can reduce the suspicion of group A disorders. They can also help with feeling paranoid, or hearing noises or voices in borderline personality disorder. Antidepressant medications can help with emotional and mood issues in those with a Group B personality disorder. Some of the selective serotonin reuptake inhibitors may help reduce anxiety in group C personality disorders. Mood-stabilizing medications such as lithium, carbamazepine and sodium valproate can reduce impulsivity and aggressiveness.

For questions or concerns, discuss it with your doctor.