

Personality Disorder

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Definition

Personality disorders are diagnosed when personality traits become inflexible and maladaptive and significantly interfere with how a person functions in society or cause the person emotional distress.

Criteria for diagnosis:

- Severe self-weakness (identity or self-direction) and interaction with people (empathy or intimacy).
- The emergence of one or more pathological traits of personality.
- Impairment in personality performance and traits is not the result of direct physiological effects of a given substance (such as drug and drug abuse) or of a general medical condition (eg, severe head trauma).

CATEGORIES OF PERSONALITY DISORDERS

- Cluster A includes people whose behavior appears odd or eccentric and includes paranoid, schizoid, and schizotypal personality disorders.
- Cluster B includes people who appear dramatic, emotional, or erratic and includes antisocial, borderline, histrionic, and narcissistic personality disorders.
- Cluster C includes people who appear anxious or fearful and includes avoidant, dependent, and obsessive— compulsive personality disorders.

ONSET AND CLINICAL COURSE

- Personality disorders are relatively common, occurring in 10% to 13% of the general population.
- Incidence is even higher for people in lower socioeconomic groups and unstable or disadvantaged populations.
- Fifteen percent of all psychiatric inpatients have a primary diagnosis of a personality disorder.
- Clients with personality disorders have a higher death rate, especially as a result of suicide.
- Increased rates of separation and divorce.
- Personality disorders have been correlated highly with criminal behavior, alcoholism and drug abuse.

ETIOLOGY

- Hereditary factor.
- Environmental factor.
- Psychological factor.
- Biological factor.
- Family factor.

Symptoms of personality disorder

- Mistrust and suspicions of others
- Guarded
- Detached from social relationships
- Cognitive or perceptual distortions
- Disregard for rights of others ,rules and laws
- Eccentric behavior
- Unstable relationships ,affect and self image
- Excessive emotionality and attention seeking
- Grandiose and need for admiration
- Hypersensitive to negative evaluation
- Submissive and clinging behavior
- Preoccupation with orderliness, perfectionism

TREATMENT

- Pharmacologic treatment.
- Individual and Group Psychotherapy.

Nursing intervention for personality disorder cluster (A)

- Teach client to validate ideas before taking action
- Involve client in treatment planning
- Improve client's functioning in the community
- assist client to find case manager
- Develop self-care skills
- social skills training

Nursing intervention for personality disorder cluster (B)

- teach client to solve problems effectively and manage emotions of anger or frustration
- promote safety
- help client to cope and control emotions
- teach social skills
- gain cooperation with needed treatment
- teach client any needed self-care skills

Nursing intervention for personality disorder cluster (C)

- Support and reassurance
- promote self-esteem
- Foster client's self-reliance and autonomy
- teach problem-solving and decision-making skills
- Assess self-harm risk
- increase involvement in activities

Thank you for listening●