

# Personality Disorders

## Chapter 30

# Learning Objectives

## Lesson 30.1: Personality Disorders

(Slide 1 of 2)

1. Explain the continuum of social responses.
2. Describe how personality develops throughout the life cycle.
3. Compare four theories relating to the development of personality disorders.
4. Discuss four characteristics of a personality disorder.
5. Explain the meaning of the term “*dual diagnosis*.”

# Learning Objectives

## Lesson 30.1: Personality Disorders

(Slide 2 of 2)

- 6. Classify 10 types of personality disorders and their most significant associated behaviors.
- 7. Describe the main goal of therapy for clients with personality disorders.
- 8. Compare four classes of drugs used to treat clients with personality disorders.
- 9. Plan problem statements and therapeutic interventions for a client with a personality disorder.

# Continuum of Social Responses

- Personality: Composite of behavioral traits and attitudes that identify one as an individual—the unique pattern of thoughts, attitudes, values, and behaviors each human develops to adapt to a particular environment and its standards
- Highly functional people move freely along the continuum, recognizing and balancing their needs for intimacy with their needs for solitude
- Individuals with personality problems struggle to define and meet their social needs

# Personality Throughout the Life Cycle

(Slide 1 of 5)

## ● Personality in childhood

- When the infant's needs for food, comfort, safety, and socialization are consistently met, a sense of trust and self-worth develops
- Toddlers develop object constancy
  - Knowledge that a loved person or object continues to exist, even though it is out of sight
- Morality begins to develop between 6 and 10 years of age

# Personality Throughout the Life Cycle

(Slide 2 of 5)

- Personality in adolescence

- Personality is well established
- Adolescents assert their independence from their parents
- Adolescents support each other in their struggles to assert themselves and cope with the stresses of becoming adults

# Personality Throughout the Life Cycle

(Slide 3 of 5)

## ● Personality in adulthood

➤ By young adulthood, most individuals are:

- Self-sufficient
- Involved in give-and-take relationships
- Making occupational choices
- Starting families
- Growing in self-awareness
- Sensitive to and accepting of the feelings of others

# Personality Throughout the Life Cycle

(Slide 4 of 5)

## ● Personality in adulthood

- By middle adulthood, most individuals are:
  - Comfortable enough with themselves and their relationships to encourage independence in others
  - Growing and evolving relationships with friends and significant others
  - Experiencing changes in demands on their time



# Personality Throughout the Life Cycle

(Slide 5 of 5)

- Personality in older adulthood
  - Older adults must cope with loss and change
  - Strength of personality carries them through life's rougher times
  - Do not assume that a personality change in an older adult is normal

# Theories Related to Personality Disorders

(Slide 1 of 4)

- Biological theories

- One's temperament (the biological bases that underlie moods, energy levels, and attitudes) is genetically linked
- Abnormalities in certain neurotransmitters, such as dopamine and serotonin, are linked to maladaptive behaviors
- The brain mechanism that connects emotions with intellect may be missing or inefficient in individuals with a personality disorder

# Theories Related to Personality Disorders

(Slide 2 of 4)

- Psychoanalytic theories

- According to psychoanalytic theories, infants begin to discover the nature of “good/bad” and “love/hate” as the superego grows
- If the mother responds in ways that cause frustration, distress, or pain, the child will have difficulty finding the proper fit between aggression and love

# Theories Related to Personality Disorders

(Slide 3 of 4)

- Behavioral theories

- Personality disorders are the result of conditioned responses caused by previous events
- Personality disorders are the result of unmet needs during critical developmental periods

# Theories Related to Personality Disorders

(Slide 4 of 4)

- Sociocultural theories

- The causes of personality disorders are embedded in one's culture and society
- The foundation for personality disorders is built on society's social and cultural stresses

# Personality Disorders

(Slide 1 of 6)

- Personality disorders

- Long-standing, maladaptive patterns of behaving and relating
- All personality disorders are characterized by continual difficulties with interpersonal relations
  - Some clients have maladaptive behaviors but are not given the diagnosis of mental illness
- The most important criterion for a personality disorder is that behaviors are “inflexible and maladaptive and cause significant functional impairment or subjective distress”

# Personality Disorders

(Slide 2 of 6)

- Dual diagnosis

- When individuals with personality disorders also suffer from substance abuse or other mental health problems
- Those who care for such clients must be aware of multiple problems involved with dual diagnosis clients

# Personality Disorders

(Slide 3 of 6)

- The *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition (DSM-5) has classified 10 separate personality disorders
- Personality disorders are grouped into three clusters on the basis of similar behaviors
  - Eccentric
  - Erratic
  - Fearful



# Personality Disorders

(Slide 4 of 6)

- Eccentric cluster

- Characterized by odd or strange behaviors
- Individuals with problems in this cluster (group A) find it difficult to relate to others or to socialize comfortably
- Diagnoses in this cluster include the following personality disorders:
  - Paranoid
  - Schizoid
  - Schizotypal

# Personality Disorders

(Slide 5 of 6)

- Erratic cluster

- The defining characteristic for this group of disorders is dramatic behavior
- The erratic cluster consists of four separate disorders
  - Antisocial
  - Borderline
  - Histrionic
  - Narcissistic

# Personality Disorders

(Slide 6 of 6)

- Fearful cluster

- The common characteristic of the fearful cluster is anxiety
- The three personality disorders in this cluster are:
  - Avoidant
  - Dependent
  - Obsessive-compulsive
- Each disorder is related to certain expressions of anxiety

# Therapeutic Interventions

(Slide 1 of 2)

- Treatment and therapy
  - Treatment decisions are guided by the client's presenting symptoms, complaints, and problems
- Types of psychotherapy used successfully include:
  - Psychodynamic therapy
  - Cognitive therapy
  - Behavioral therapy
  - Group therapy
  - Family therapy
- Cure is not the goal of therapy

# Therapeutic Interventions

(Slide 2 of 2)

- Nurses must exercise great care when administering medications to individuals with personality disorders
- If the client is being treated on an outpatient basis, the amount of any prescribed medication must never be large enough to allow a successful suicide
- Do not hesitate to assess every medicated client for suicidal thoughts or plans

# Medications for Personality Disorders

- Antianxiety agents
- Antidepressants
- Anticonvulsants
- Antipsychotics
- Lithium

# Nursing (Therapeutic) Process

- Goals of care for clients with personality disorders
  - To help clients identify and then become responsible for their own behaviors
  - To assist clients in developing satisfactory interpersonal relationships
- Interventions and evaluations are developed for each diagnosis and are specific to the individual client

# Questions?