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FACULTY OF NURSING  
CHAPTER –X  
MENTAL HEALTH NURSING

- Normal personality can be defined as, “the characteristic pattern of behaviors or modes of thinking that determine a person’s adjustment to environment”.
- It includes the factors such as intellectual abilities, attitude, beliefs, moral values, emotional reactivity.

•Most definition of normal personality includes some or all of the following features,

- Present since adolescence.
- Stable overtime despite fluctuations in mood.
- Manifest in different environment.
- Recognizable to friends and acquaintance.

# **DEFINE PERSONALITY DISORDER**

- According to WHO abnormal personality can be defined as “deeply ingrained maladaptive pattern of behavior, continuing throughout the most of adult life, although often becoming less obvious in middle or old age

- Maladaptive behavior results in loneliness, suspiciousness and withdrawn behavior.
- Personality disorders falls somewhere within the maladaptive range. The degree of maladaptiveness depends on the type of disorder and its severity of symptoms.

# CHARACTERISTIC OF PERSONALITY DISORDER

- It is not a mental illness.
- It is a maladaptive behavior.
- It is long lasting, most of time lifelong problems.
- It causes significant impairment in social or occupational functioning.
- It produces distress to the individual and to others.

- Personality disorder is different from mental illness. Whereas the symptoms of personality disorder are continuous and start from adolescence or even before.

- These patients are odd but no mad.

# **ETIOLOGY FACTORS:**

1. Biological factors.
2. Developmental factors.
3. Social cultural factors.
4. Psychological stressors.



## **1. Biological factors:**

- Genetic
- Low level of serotonin.
- Those with family history of alcoholism or other psychiatric problems.
- Especially among the people with a cluster A.

## **2. Developmental factors:**

- Early traumatic experience
- Losses suffered by the attachment figure.
- Childhood abuse.
- Sexual abuse.
- Lack of parental care.



### **3.Socio cultural factors:**

- Isolation
- Long term psychiatric problems.
- Chronic institutionalization
- Immigration.
- Lack of close family ties which promotes loneliness.



## 4. Psychodynamic factors:

- Anxiety
- Increased autonomy
- Separation
- Lack of coping
- Abandonment
- Dependency, etc



# CLASSIFICATION OF PERSONALITY DISORDER

*In DSM IV, personality disorder are coded on axis*

*II and have been divided into three clusters,*

1. Cluster A (odd and eccentric)
2. Cluster B (dramatic, emotional, erratic)
3. Cluster C (anxious and fearful)

# **1. Cluster A (odd and eccentric)**

- a. Paranoid personality disorder.
- b. Schizoid personality disorder.
- c. Schizotypal personality disorder.

## **2.Cluster B (dramatic, emotional, erratic)**

- a. Antisocial personality disorder.
- b. Histrionic personality disorder.
- c. Narcissistic personality disorder.
- d. Borderline personality disorder.

### **3.Cluster C (anxious and fearful)**

a. Avoidant personality disorder

b. Dependent personality disorder

c. Obsessive compulsive personality disorder



# Cluster A (odd and eccentric)

## *a. Paranoid personality disorder:*

- Paranoid personality disorder is more prevalent in male than females.
- This disorder is marked by a distrust of other people and a constant unwarranted suspicion that others have sinister motives.

- Person with this disorder search for hidden meanings and hostile intention in everything others say or do.



# SIGNS AND SYMPTOMS:

- Suspicious.
- Mistrustful.
- Argumentative.
- Stubborn.
- Self-importance.
- Hypersensitive.
- Jealous and
- Irritable.



## ***b.Schizoid personality disorder:***

- Schizoid personality disorder is characteristic by detachment and social withdrawal.
- People with this disorder are commonly described as loners, with solitary interest and occupations and no close friends.

- Typically they maintain a social distance even from family members and seem unconcerned about others



# SIGNS AND SYMPTOMS:

- Emotionally cold.
- Humorless.
- Aloof.
- Introspective.
- No desire for enjoyment of close relationship.
- Inability to experience pleasure.



Fitango Education  
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## Schizoid Personality Disorder



<http://www.fitango.com/categories.php?id=52>

## *c. Schizotypal disorder:*

- This disorder is marked by odd thinking and behavior, a pervasive pattern of social and interpersonal deficits and acute discomfort with others



# SIGN AND SYMPTOMS

- Inappropriate affect.
- Odd beliefs or magical thinking.
- Social withdrawal.
- Odd, eccentric or peculiar behavior.
- Lack of close relationship.
- Social isolation.
- Not fitting easily with others.





# Cluster B (dramatic, emotional, erratic)

## *a. Antisocial personality disorder.*

- Antisocial personality disorder is characterized by chronic antisocial behavior that violates other rights or social norms which predisposes the affected person to the criminal behavior

- The person is unable to maintain the consistent, responsible functioning at work, school or as a parent.



# SIGN AND SYMPTOMS

- Failure to sustain the relationship.
- Impulsive actions.
- Low tolerance to frustration.
- Tendency to cause violence.
- Lack of guilt
- Inability to maintain close personal or sexual relationship



## ***b. Histrionic personality disorder.***

- Patient with this disorder is characteristically have a pervasive pattern of excessive emotionality and attention seeking behavior and are drawn to momentary excitement and fleeting adventure.

- This disorder is most common in female.
- People with this disorder need to be the center of attention at all time



# SIGN AND SYMPTOMS

- Dramatic emotionality (emotional blackmail, angry scenes, demonstrative suicide attempts.)
- Attention seeking behavior.
- Lack of considerations for other
- Self-dramatization.



### ***c. Narcissistic personality disorder.***

- Patient with Narcissistic personality disorder is self-centered, self-absorbed and lacking in empathy for others.
- He typically takes advantages of people to achieve his own ends, and uses them without regards to their feelings.

# SIGN AND SYMPTOMS:

- Attention seeking
- Dramatic behavior
- Unable to face criticism.
- Lack of empathy.
- Arrogances.
- Exploitative behavior





## **d. Borderline personality disorder**

- Borderline personality disorder is marked by a pattern of instability in interpersonal relationship, mood, behavior, and self-image.



•The 4 main categories of SIGN AND SYMPTOMS are,

- Unstable relationship.
- Unstable self-image
- Unstable emotions
- Impulsivity.



- *Other S/S includes,*
- Lack of control of anger.
- Recurrent suicidal threats or behavior.
- Uncertainty about personal identity.
- Chronic feeling of emptiness



### 3. Cluster C (anxious and fearful)

#### a. Avoidant personality disorder

• People with this disorder have low self-esteem, and poor self-confidence, they will be negative and have a difficulty in viewing situations and interactions objectively.



# SIGNS AND SYMPTOMS

- Fear of disapproval or rejection.
- Unwillingness to become involved with people.

- Shyness.

- Insecurity.



- The persons having this disorder also have other psychiatric disorder like – social phobia, anxiety disorder, OCD, depressive disorder, somatoform disorder, etc.

## ***b. Dependent personality disorder***

- This disorder is characterized by an extreme need to be taken care of, which leads to submissive and fear of separation or rejection.
- People with this disorder, let other make important decisions for them and have a strong need for constant reassurance and support

# SIGN AND SYMPTOMS:

- Feeling uncomfortable and helplessness.
- Inability to make decisions.
- Low self-esteem and lack of self-confidence.
- Hypersensitivity.





**c. Obsessive compulsive personality disorder:**

- The individual places a great deal of pressure on himself and other not to make a mistake.
- Believes his way of doing something is the only correct way, may force himself and others to follow right moral principles.

# SIGN AND SYMPTOMS

- Feeling of excessive doubt and caution.
- Perfectionism.
- High standards



# TREATMENT

## 1. ANXIOLYTIC DRUGS:

- *To treat severe stress,*
  - Alprazolam
  - Ativan
  - Librium
- Diazepam, etc

## **2. NEUROLEPTIC DRUGS: ANTIPSYCHOTIC**

- *It can be useful in case of paranoid and schizotypal personality disorder.*

- Olanzapine
- Haloperidol
- Droperidol

### **3. PSYCHODYNAMIC TREATMENT:**

- It's also known as the insight oriented therapy, focuses on unconscious processes as they are manifested in a person's present behavior.

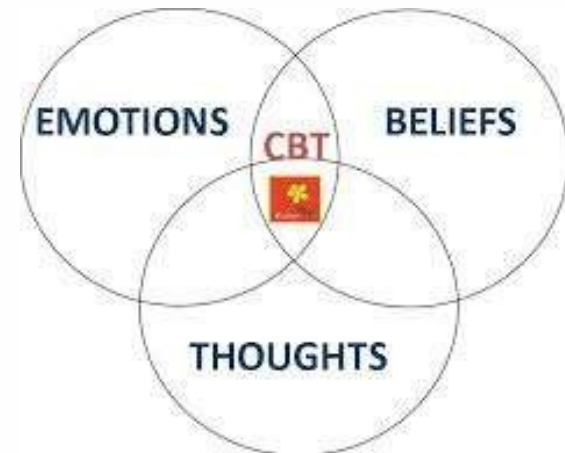


- The goal of psychodynamic therapy is a client's self-awareness and understanding of the influence of the past on present behavior



# 4. COGNITIVE AND BEHAVIOUR TEHRAPY

- Most cognitive behavioral approaches address specific aspects of thought, feelings, behavior, or attitude and do not claim to treat the entire personality disorder of the person.



# CONCLUSION:

- abnormal personality can be defined as “deeply ingrained maladaptive pattern of behavior, continuing throughout the most of adult life, although often becoming less obvious in middle or old age



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*Thank you...*