

Personality Disorders

Approach: Start with a definition with emphasis on the underlined words and then work your way through the clusters, perhaps offering a sample patient narrative for each one. Would write out the table and make it clear that the buckets are mainly for categorization purposes. Everything below the table is for fun and to reinforce learning. Use your own favorite celebrity/pop culture examples!

Hook: Personality disorders are an interesting facet of psychiatry that allow us to use broad strokes to classify certain pervasive personality types that are inflexible/impairing. In other specialties, you will see these often-frustrating patients and now will be able to put a label to what you are seeing.

- What is a personality Disorder? an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment.
- How do we group the personality Disorders? *Clusters!*

| Cluster A 'Odd/Eccentric' | Cluster B 'Dramatic' | Cluster C 'Anxious/Fearful' |
|--|---|---|
| <p>Paranoid: Distrust and suspiciousness such that others' motives are interpreted as malevolent.</p> <p>Schizoid: detachment from social relationships & restricted range of emotional expression.</p> <p>Schizotypal: acute discomfort in close relationships, cognitive or perceptual distortions, and eccentricities of behavior.</p> | <p>Antisocial: disregard for, and violation of the rights of others.</p> <p>Borderline: instability in interpersonal relationships, self-image, and affects, and marked impulsivity.</p> <p>Histrionic: excessive emotionality and attention seeking.</p> <p>Narcissistic: grandiosity, need for admiration, and lack of empathy.</p> | <p>Avoidant: social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation.</p> <p>Dependent: submissive and clinging behavior related to an excessive need to be taken care of.</p> <p>Obsessive-Compulsive: preoccupation with orderliness, perfectionism, and control.</p> |

Can You match these examples?

Willy Wonka/Luna Lovegood (Schizotypal) Squidward/Dexter (Schizoid), Nixon (paranoid)
 Walter White (Narcissistic), Harley Quinn (Histrionic), Serial Killers/Joker (Antisocial),
 Bella Swan/Dory (Dependent), April Ludgate/Elsa (Avoidant), Sheldon Cooper/Hermione Granger (OCPD)

Compare and Contrast

- 1) Schizoid vs Avoidant: *Schizoid has no desire for social relationship, avoidant wants but feels inadequate*
- 2) OCPD vs OCD: *OCD thoughts are ego-dystonic (in contrast with one's ideal self-image), OCPD are egosyntonic, and thus distress/anxiety not part of OCPD*
- 3) Paranoid PD vs schizophrenia: *Paranoid PD no hallucinations, no negative symptoms*

Buzzwords

'Magical Thinking': Schizotypal 'Center of Attention': Histrionic 'Sociopath': Antisocial
 "Black and White" or "all or nothing" thinking or "splitting": Borderline