

Quick Study Guide

Topic: Personality Disorders – Concepts & Definitions

Related Course(s): Psych 3200

Personality Disorders – Concepts & Definitions

What Are Personality Disorders?

Personality Disorders are an enduring pattern of behavior and inner experience that deviates markedly from the expectations of the individual's culture. This pattern begins in adolescence or early adulthood, is stable over time, and leads to distress or impairment.

10 Types of Personality Disorders

Antisocial personality disorder – a disorder which there is a pattern of disregard for, and violation of, the rights of others. Misconduct is life long, typically starting in childhood.

Avoidant personality disorder – a pattern of extreme shyness, feelings of inadequacy and extreme sensitivity to criticism. The individual withdraws from social contact out of fear of rejection.

Borderline personality disorder – a pattern of instability in personal relationships, intense emotions, poor self-image and impulsivity. A person with BPD may go to great lengths to avoid being abandoned, have repeated suicide attempts, display inappropriate intense anger or have ongoing feelings of emptiness.

Dependent personality disorder – A pattern of needing to be taken care of and submissive and clingy behavior. People with this disorder may have difficulty making decisions without reassurance from others

Histrionic personality disorder – a pattern of excessive emotion and attention seeking. People with histrionic personality disorder may be uncomfortable when they are not the center of attention. A disorder characterized by excessive emotionality and attention seeking.

Narcissistic personality disorder – a pattern of need for admiration and lack of empathy for others. A person with narcissistic personality disorder may have a grandiose sense of self-importance, a sense of entitlement, take advantage of others or lack empathy.

Obsessive-compulsive personality disorder – a pattern of preoccupation with orderliness, perfection and control. A person with obsessive-compulsive personality disorder may be overly focused on details or schedules, may work excessively not allowing time for leisure or friends, or may be inflexible in their morality and values. (*This is NOT the same as obsessive compulsive disorder.*)

Paranoid personality disorder – a disorder defined by suspiciousness in almost all situations and with almost all people. People with paranoid personality disorder often assume people will harm or deceive them and don't confide in others or become close to them.

Schizoid personality disorder – a disorder marked by social withdrawal and isolation, being detached from social relationships and expressing little emotion. A person who does not seek close relationships, chooses to be alone and seems to not care about praise or criticism from others.

Schizotypal personality disorder – A person with schizotypal personality disorder may have odd beliefs or odd or peculiar behavior, thinking, speech and/or perception or may have excessive social anxiety. Person displays a pattern of being very uncomfortable in close relationships, having distorted thinking and eccentric behavior.