Chapter 22
Personality Disorders

Personality

- The individual qualities, including habitual behavior patterns, that make a person unique

Personality Traits

- Persistent behavioral patterns that do not significantly interfere with one’s life, even though the behaviors may be annoying or frustrating to others
Personality Disorders

- Rigid, stereotyped behavior pattern
- Persists throughout the person’s life
- Pattern of perceiving, thinking, and relating that impairs social or occupational functioning
- Axis II diagnoses

Common Characteristics

- Failure to accept the consequences of behavior
- Lack of insight
- External response to stress

Essential Characteristics

- Chronicity
- Pervasiveness
- Maladaptation
Biologic Factors

- Alterations in hormone & platelet monoamine oxidase (MAO) levels
- Smooth-pursuit eye movements
- Neurotransmitter changes

Biologic Factors - continued

- Electroencephalographic (EEG) changes
- Structural brain changes
- Diminished blood flow and inflammation

Genetic Factors

- Familial tendencies
- Cluster B correlated with mood disorders, alcoholism, & somatization
- Genetic variation
Psychosocial Factors

- Parent–child interactions
- Intrapsychic theory
- Enmeshment
- Abandonment
- Identity diffusion

Humanistic Theory

- Personality disorders are a combination of multiple factors.

Diagnostic Clusters

- Cluster A: Odd–Eccentric
  - Paranoid
  - Schizoid
  - Schizotypal
Diagnostic Clusters - continued

- Cluster B: Dramatic–Emotional
  - Borderline
  - Histrionic
  - Narcissistic
  - Antisocial

Interview with Elizabeth

Click here to view a video interview with Elizabeth

Diagnostic Clusters - continued

- Cluster C: Anxious–Fearful
  - Avoidant
  - Dependent
  - Obsessive-compulsive
Application of the Nursing Process

- Safety
- Consistency
- Boundary setting
- Appropriate self-disclosure

Difficult Behaviors

- Manipulation
- Narcissism
- Impulsiveness

Interventions for Paranoid Personality Disorder

- Respect personal space.
- Respect client’s preference.
- Give feedback based on nonverbal cues.
- Provide client with a daily schedule of activities and inform client of changes.
Interventions for Paranoid Personality Disorder - continued

- Help client identify adaptive diversionary activities.
- Use role-playing.
- Use an objective, matter-of-fact approach with client.
- Use concrete, specific words rather than global abstractions.

Interventions for the Angry Client

- Use a calm, unhurried approach.
- Do not touch client indiscriminately.
- Respect personal space.
- Use active listening skills.
- Remain aware of personal feelings.

Interventions for Antisocial Personality Disorder

- Use a concerned, matter-of-fact approach.
- Set, communicate, and maintain consistent rules and regulations.
- Do not argue, bargain, or rationalize.
Interventions for the Antisocial Personality Disorder - continued

- Confront inappropriate behaviors.
- Do not seek approval or coax; use choices and consequences.
- Be alert for flattery or verbal attacks.

Interventions for Manipulative Behavior

- Assign one primary staff member.
- Maintain realistic limits with enforceable consequences.
- Give a rationale for limits and consequences.

Interventions for Manipulative Behavior - continued

- Model respect, honesty, openness, and assertiveness.
- Confront client each time manipulation occurs.
Interventions for Dependent Personality Disorder

- Evaluate client’s ability for self-care.
- Avoid doing things the client is capable of doing.
- Help client identify assets and liabilities.

Interventions for Dependent Personality Disorder - continued

- Emphasize strengths and potential.
- Encourage client to take responsibility for own opinions.
- Point out when client negates own feelings or opinions.

The Nurse’s Response

- Self-awareness
- Countertransference
- Labels and stigma
- Supervision
## Resources

- [http://www.bpdcentral.com](http://www.bpdcentral.com)
  Borderline Personality Disorder Central is an organization with information and resources for people who care about someone who may have borderline personality disorder (BPD).

- [http://www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)
  The Borderline Personality Disorder Resource Center (BPDRC) at New York–Presbyterian Hospital has been set up to help those impacted by the disorder find the most current, accurate information on the nature of BPD and on sources of treatment.

- [http://www.mentalhelp.net/poc/center_index.php?id=8](http://www.mentalhelp.net/poc/center_index.php?id=8)
  This Mental Help Net link contains information about personality disorders: types, treatment, research, literature, and resources.