Personality Disorders

Chapter 12

Abnormality: Definitions

- Deviation from average
- Deviation from ideal
- Sense of personal discomfort
- Inability to function effectively
- Legal

Perspectives on Abnormality

- Biomedical
- Psychoanalytic
- Behavioral
- Cognitive
- Humanistic
- Socio-cultural
Anxiety Disorders

- Generalized anxiety disorders
- Panic disorders
- Phobic disorders -
  - Diagnosis
  - Causes
  - Types
  - Treatment
- Obsessive - compulsive spectrum disorders
- (PTSD)

Obsessive-compulsive spectrum Disorders

- Definition/concept - family of related diseases have similar underlying cause of OC
- Common features -
  - Intrusive impulses, tension
  - Uncontrollable actions
  - Followed by shame

Obsessive-compulsive spectrum Disorders

- Types -
  - Trichotillomania
  - Body dysmorphic disorder
  - Kleptomania
  - Compulsive sexual behavior
  - Compulsive shopping
  - Pathological gambling
  - Intermittent explosive disorder
  - Pyromania
  - Bother you?
Obsessive-compulsive spectrum Disorders

- Controversial theories
  - inclusion into OC

- Eating disorders
- Hypochondriasis

Causes -
- Biological – neurotransmitters
- Genes mutations in trichotillomania -
  - Hoxb8
  - SLITRK1
  - Cause neurons to develop faulty connections
- Stress

Treatment -
- Medications
- Group therapy
- Education
- Self-talk
- Habit-reversal techniques
Somatoform Disorders

- Hypochondriasis
- Body dysmorphic disorder
- Hysterical somatoform disorder
- Conversion disorder
- Factitious disorder - Munchausen syndrome

Dissociative Disorders

- Dissociative amnesia
- Dissociative fugue
- DID

Dissociative Disorders

- DID -
  - Controversy
  - Causes -
    - Intense abuse
    - Over a long period of time
    - When the child is very young
  - Treatment
  - Legal issues
Personality Disorders

+ Characteristics -
  + Unawareness of their pathology
  + No personal discomfort
  + Adaptive inflexibility
  + Tendency to foster vicious cycles
  + Tenuous stability
  + Clueless of their effect on others
  + Their pathology is way of approaching problem solving

Personality Disorders - Antisocial

+ No conscience
+ No remorse
+ No empathy
+ Chip on shoulder attitude
+ Anger
+ Arrogant
+ Feels invulnerable
+ Role of norepinephrine

Personality Disorders - Narcissistic

+ Self-centered
+ No empathy
+ No regard for others' feelings
+ Exaggerated sense of self-importance
Personality Disorders - Borderline

- Stalkers
- Poorly developed sense of self
- Vulnerable to rejections
- Distrust others
- Anger
- Self-destructive behavior
- Poor regulation of emotions

(Personality Disorders - Paranoid

- Sensitive to perceived injustices
- Vengeful
- Smoldering, repressed anger
- Inappropriate social behavior
- Makes a terrible neighbor

(Personality Disorders - Passive-Aggressive

- Pattern of passive resistance
- Anger
- Obstructionist
- Complaints

(from "Fatal Attraction")
Substance - Related Disorders
Andrew Weil, M.D.

✦ What is a drug? Definition = any substance that in small amounts produces significant changes in the body, mind or both
✦ Problems with definition
✦ Drug use is universal –
 ✦ Attitudes across cultures
 ✦ Attitudes within a culture
 ✦ Dividing world into good/evil = form of magical thinking to gain control over fear

Substance - Related Disorders

✦ Why do people use drugs?
✦ Periodic variation in consciousness
✦ Other reasons –
 ✦ Reinforce religious practice
 ✦ Expanding awareness and exploring the self
 ✦ Treating disease
 ✦ Altering moods

Substance - Related Disorders

✦ Other reasons –
 ✦ Escaping tedium and despair
 ✦ Facilitating/ enhancing social interaction
 ✦ Stimulating creativity
 ✦ Rebellion
 ✦ Going along with crowd
 ✦ Establishing an identity and getting attention
Substance - Related Disorders

- Relationships with drugs - factors -
  - Drug itself - what drugs will do
  - Effects of drugs - different people react differently, even at different times
  - Dose of drug is crucial variable - high/low
  - Way drug is put into body also shapes its effect - by mouth, smoking, sniffing, injecting
  - Set - expectation of effects of a drug
  - Setting - the environment in which drug is used - Vietnam

Substance - Related Disorders

- Four common characteristics of good relationships with drugs -
  - Acknowledge nature of substances and understand their effects
  - Experience of a useful effect of the drug over time
  - Ease of separation from use of the drug
  - Freedom from adverse effects on health or behavior

Substance - Related Disorders

- Tolerance
- Addiction/habituation
- Dependence -
  - Physiological
  - Psychological - fuzzy term
Substance-Related Disorders

Types of Drugs

- **General categories** -
  - Endogenous drugs - endorphins
  - Natural drugs - cocaine, caffeine
  - Semi-synthetic drugs - LSD
  - Synthetic drugs - Valium

- **Psychoactive drugs** -
  - **Depressants**
  - **Stimulants**
  - **Hallucinogens**
  - **Marijuana**

- **Depressants** -
  - **Sedative-Hypnotics** -
    - Alcohol - memory, REM sleep; shrinks brain, film
    - Barbiturates - Seconal, Nembutal
    - Anti-anxiety drugs - Librium, Valium, Zanax, Rohypnol
  - **General Anaesthetics** - surgery
    - Chloroform, ether, nitrous oxide
Substance-Related Disorders
Types of Drugs

+ Narcotics / Opiates - opium derivatives —
  addiction — no reliable method of breaking it
  + Paregoric
  + Morphine
  + Codeine
  + Heroin
  + Oxycodone – Percodan

Difference in tolerance/withdrawal for sedatives-hypnotics and narcotics

Substance-Related Disorders
Types of Drugs

+ Stimulants — dopamine, serotonin, norepinephrine involvement
  + Caffeine
  + Nicotine — actively supported by government with public funds
  + Cocaine — dopamine
  + Methamphetamine –
    + Benzadrine; Dexedrine

Substance-Related Disorders
Types of Drugs

+ Hallucinogens — natural / synthetic / mixed
  + Indole hallucinogens —
    + LSD – semisynthetic
    + Mushrooms — natural
  + No indole –
    + Peyote/mescaline-natural
    + Ecstasy - neurotoxic
    + Designer psychedelics
  + Risks and benefits of psychedelic drugs
Substance-Related Disorders
Types of Drugs

- Marijuana — research is often political
- Medical safety/use
- Combination with other drugs unpredictable
- Psychological problems
- Dependency/tolerance
- Synthetic marijuana - Marinol
- Intelligent use important
- Is **NOT** a "gateway" drug
- Dangers

Mood Disorders: Depression

- Most frequent mental disorder
- Symptoms
- Causes -
  - Biochemical imbalance -
    - Dopamine
    - Serotonin
    - Norepinephrine
    - Elevated glucocorticoids

Mood Disorders: Depression - Causes

- Causes -
  - Genetic -
    - One parent = 27%
    - Both parents = 54%
    - Identical twins = 70%
  - Cognitive model - learned helplessness / faulty negative cognitions
  - Suicide = 27% greater than normal
  - Post-partum depression
Mood Disorders: Depression

- Children -
  - Problems in relationships
  - Predisposition
  - Do poorly in school
  - Loss of parent

- Treatment
  - Cognitive-behavioral
  - Adults -
    - ECT for major depression
    - Medication

Mood Disorders: Bipolar

- Symptoms -
  - Mania
  - Depression

- Course of disease -
  - Bipolar I - classic form
  - Bipolar II - milder form
  - Bipolar III - new studies
  - "Rapid cycling"

- Causes of mood disorders -
  - Genetic - interaction of genes
  - Environment
  - Negative thoughts/ moods
  - Brain differences from "normals"

- Treatment -
  - Medication - lithium; others
  - Education
  - Psychosocial - cognitive-behavioral
  - Thyroid abnormality possible
Schizophrenia

- Symptoms
- Types -
  - Hebephrenic
  - Catatonic
  - Paranoid
  - Affective
  - Undifferentiated
- Diagnostic categories -
  - Process versus reactive
  - Positive versus negative

Schizophrenia

- Causes -
  - Genetic -
    - General population = 1%
    - One parent = 10%
    - Monozygotic twin = 40-50%
  - Dopamine hypothesis
  - Brain abnormalities
  - Treatment - medication

Childhood Disorders

- ADHD - Attention Deficit Hyperactivity Disorder
- Separation anxiety
- Disruptive behavior -
  - Oppositional defiant disorder
  - Conduct disorder
- Depression
- Enuresis / encopresis
ADHD: Attention Deficit Hyperactive Disorder

- Symptoms
- Diagnosis
- Rating Scale
- Gender Difference
- Age

ADHD - Cause and Treatment

- Prefrontal lobes
- Ritalin

Separation Anxiety Disorder

- Excessive anxiety over separation
- Often triggered by stressful event
- Symptoms last at least 4 weeks, usually much longer
**Disruptive Behavior Disorders**

- Oppositional defiant disorder -
  - Argues repeatedly with adults
  - Loses temper
  - Feels great anger and resentment
  - Ignores rules and requests
  - Tries to annoy others and blames others for their own mistakes / problems

**Disruptive Behavior Disorders**

- Conduct disorder –
  - Violates rights of others
  - Aggressive
  - May be cruel to animals
  - Destroys property of others
  - Skips school / runs away
  - Steal, commit crimes, threaten or harm their victims
  - Begins between ages 7 to 15
  - Apt to become antisocial
  - Links to genetic / biological factors, drug abuse, poverty, trauma, and E

**Depression**

- Trigger - relationship problems
- Predisposition / genetic tendency
- Children don’t grow out of it
- Poor work in school
- Medication doesn’t work with depressed children
- Could be stress related - glucocorticoids
**Enuresis / Encopresis**

- Stressful event could be cause
- Decreases with age
- Behavioral approach with bell-and-battery can speed up training
- Encopresis is more rare
- Cause could be stress, constipation, improper toilet training
- Treatment is behavioral