

Personality Disorders

OBJECTIVES/RATIONALE

Personality disorders are patterns of inflexible, maladaptive behavior, thoughts, and emotions that relate to the ways an individual responds to life's stressors. The student will identify each disorder in *Type A, B, and C* clusters and describe the defining features of each disorder.

TEKS: 121.26 (c) 1H, 1I

TAKS ELA 1, 2, 3, 4, 5, 6
Science 2

KEY POINTS

POWER POINT

- I. A personality disorder is an enduring pattern of maladaptive behavior and should not be confused with a personality type (which is an individual quality or trait that makes one person different from another, but does not constitute “abnormal” or dysfunctional behavior and never reaches the threshold for a personality disorder).
- II. Features of these disorders usually become recognizable during adolescence or early adult life.
- III. Personality disorders are grouped into three clusters types:
 - A. Cluster A – Paranoid, Schizoid, Schizotypal
 1. defining characteristics:
 - a. eccentric
 - b. withdrawal behavior
 - B. Cluster B – Antisocial, Borderline, Histrionic, Narcissistic
 1. defining characteristics:
 - a. dramatic
 - b. emotional
 - c. erratic/explosive
 - d. likes to be center of attention
 - C. Cluster C – Avoidant, Dependent, Obsessive-compulsive
 1. defining characteristics:
 - a. anxious & fearful
- IV. Type A Cluster:
 - A. **Paranoid Personality Disorder.**
 1. pervasive distrust and suspiciousness of others
 - a. suspects exploitation or deception of others
 - b. jealous and envious
 - c. hypersensitive (reads hidden demeaning or threatening meanings into benign remarks or events)
 - d. rigid
 - e. persistently bears grudges (i.e. unforgiving of insults, injuries, or slights)
 2. paranoid personality *trait* – person tends to be distrustful or suspicious in certain situations
 - B. **Schizoid Personality Disorder.**
 1. pattern of detachment from social relationships and a restricted range of expressions of emotions (cool, aloof, doesn't react)

- a. neither desires nor enjoys close relationships (including being part of a family)
 - b. almost always chooses solitary activities
 - c. has little interest in sexual encounters
 - d. takes pleasure in few, if any activities
 - e. appears indifferent to praise or criticism of others
 - f. shows emotional coldness and detachment
2. schizoid personality trait – likes being alone, but has friends and engages in activities
- C. Schizotypal Personality Disorder.**
- 1. demonstrates many symptoms related to those of schizophrenia but of a less severe nature
 - a. tends to be a loner; excessive social anxiety
 - b. appearance is odd, eccentric, or peculiar
 - c. unusual pattern of talking that is vague and abstract
 - d. usually demonstrates “emotional poverty” (lack of emotions), but when emotions are shown, they often do not match content of a discussion and seem inappropriate for the circumstance (ex. laughs upon hearing serious information)
 - e. preoccupied by thoughts of a magical nature (superstitious, belief in clairvoyance, telepathy, or “sixth sense”, bizarre fantasies)
 - 2. schizotypal personality trait – appears and acts a little eccentric but otherwise “normal”

V. Type B Cluster

A. Antisocial Personality Disorder.

- 1. disregard for and violation of rights of others
 - a. unlawful behavior despite potential for arrest
 - b. deceitfulness (repeated lying, use of aliases, conning others for personal profit or pleasure)
 - c. repeated physical fights or assaults
 - d. reckless disregard for safety of self or others
 - e. irresponsible
 - f. lack of remorse
 - g. criteria for diagnosis includes:
 - i. evidence of this behavior before 15 years of age
- 2. antisocial personality *trait* – “bully-like” behavior but doesn’t disregard law or physically violate others

B. Borderline Personality Disorder.

- 1. demonstrates unpredictability of self-image, in relationships, and emotions
 - a. frantic efforts to avoid real or imagined abandonment
 - b. pattern of intense and unstable interpersonal relationships (idealization and devaluation)
 - c. persistently unstable self-image or sense of self
 - d. impulsivity that is potentially self-damaging (e.g. spending, sex, substance abuse, reckless driving, binge eating)
 - e. recurrent suicidal behavior, gestures, threats, or self-mutilating behavior
 - f. chronic feelings of emptiness
 - g. difficulty controlling anger, frequent displays of temper
- 2. borderline personality trait – low self-esteem

C. Histrionic Personality Disorder.

- 1. excessive emotions and attention seeking
 - a. always wants to be center of attention
 - b. inappropriate sexually seductive or provocative behavior

- c. rapidly shifting and shallow expression of emotions
 - d. uses physical appearance to draw attention to self
 - e. speech is dramatic and exaggerated with emotion
 - f. is easily influenced by others or circumstances
 - g. considers relationships to be more intimate than they actually are
2. histrionic personality trait – tendency towards dramatic, exaggerated behavior
- D. Narcissistic Personality Disorder.**
- 1. attitude that the world exists to meet his/her needs
 - a. sense of self-importance (e.g. exaggerates achievements and talents, expects to be recognized as superior)
 - b. preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love
 - c. believes he/she is “special”
 - d. requires excessive admiration
 - e. has sense of entitlement
 - f. takes advantage of others to achieve own ends
 - g. lacks empathy
 - h. often envious of others or believes that others are envious of him/her
 - i. arrogant, haughty behavior or attitude
 - 2. narcissistic personality trait - vain

VI. Type C Cluster

A. Avoidant Personality Disorder.

- 1. demonstrates pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative situations
 - a. avoids occupational and social activities that involve interpersonal (fears of criticism, disapproval, or rejection)
 - b. unwilling to get involved with people unless certain of being liked
 - c. shows restraint within intimate relationships because of fear of being ridiculed
 - d. inhibited in new interpersonal situations
 - e. views self as socially inept, personally unappealing, or inferior
 - f. reluctant to take personal risks or engage in new activities
- 2. avoidant personality trait – somewhat shy

B. Dependent Personality Disorder.

- 1. excessive need to be taken care of that leads to submissive and clinging behavior and fears of separation
 - a. difficulty making decisions without advice and reassurance
 - b. needs others to assume responsibility for most major areas of life
 - c. difficulty expressing disagreement with others (fear of loss of support or approval)
 - d. difficulty initiating projects or doing things on own
 - e. goes to excessive lengths to obtain nurturance and support (volunteers to do things that are unpleasant)
 - f. feels uncomfortable or helpless when alone
- 2. dependent personality trait – likes to be with friend

C. Obsessive-Compulsive Personality Disorder.

- 1. preoccupation with orderliness and perfectionism
 - a. preoccupied with details, rules, lists, order, organization, or schedules to extent that major point of activity is lost
 - b. shows perfectionism that interferes with task completion
 - c. excessively devoted to work to exclusion of leisure activities and friendships

- d. reluctant to delegate tasks
 - e. over conscientious, scrupulous, inflexible about matters of morality, ethics, or values
 - f. unable to discard worn-out worthless objects
 - g. adopts miserly spending style
 - h. rigid and stubborn
2. obsessive-compulsive personality trait – very organized

*Don't confuse Obsessive-Compulsive *Personality* Disorder with **Obsessive Compulsive Disorder (OCD)**, which is an anxiety disorder. Individuals with OCD have obsessions and compulsions that are held in place by rituals, superstitions, and fears, whereas Obsessive Compulsive Personality Disorder individuals are "neat-freaks".

ACTIVITIES

- I. Select one of the personality disorders and create a scenario, which portrays the disorder. (See Scenario Guidelines)
- II. Write a report: *When do personality traits become a disorder?*

MATERIALS NEEDED

Scenario Guidelines

Quiz—Personality Disorders

Key for quiz

FLASHCARDS: <http://www.quia.com/pages/hstementalhealth.html> - interactive on-line games for reinforcement; includes flashcards; click on "Personality Disorders".

Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition (DSM-IV), ISBN 0-89042-062-9

Mental Health and Mental Illness, Sixth Edition, Patricia D. Barry, ISBN 0-397-55473-7 (Chapter 27)

Films for the Humanities & Sciences, *Psychology & Mental Health*, 800-257-5126, www.films.com - video source: *Children With OCD*, #DPM7689

http://huizen.dds.nl/~laura_d/ - personal story: borderline personality disorder

<http://personalitydisorders.mentalhelp.net/>
<http://www.health-center.com/english/brain/personality/> } good personality disorder sites

<http://onhealth.webmd.com/conditions/resource/conditions/item,39134.asp> - personality disorder site

<http://www.queendom.comwebpsychclub/index.html> - Web Psych Club; diverse site on psychological issues and mental health; includes news letter, mental disorder descriptions, latest research

ASSESSMENT

Successful completion of Quiz—Personality Type A.
Report Rubric: Personality Traits vs. Personality Disorders

ACCOMMODATIONS

For reinforcement, the student will practice personality disorder recognition with on-line flash cards. (See FLASHCARDS under MATERIALS NEEDED)

For enrichment, the student will read and summarize online personal story of an individual with a personality disorder. (See MATERIALS NEEDED for personal story site.)

REFLECTIONS

Scenario Guidelines

This is a good group activity, which helps reinforce hallmark characteristics of personality disorders.

1. Divide students into teams of 4 or 5.
2. Create framework for several scenarios and hand out to each group. (*Note—In view of recent demonstrations of violence in schools, it might be a good idea to exclude antisocial personality disorder from this activity.)

Scenario Example:

Takes place: Central High School

Student(s) involved: Jenny Sims

Personality Disorder: Paranoid Personality Disorder

Events where disorder might be demonstrated: (Home Room, lunch, PE)

3. Students must then create a skit involving person with the personality disorder and they must demonstrate his/her maladaptive behavior.
4. Student audience must write down the disorder they think was portrayed. (It helps if they keep a list of recognizable characteristics of that were demonstrated during the skit.)

Maladaptive Personality Disorder Characteristics

- 1.
- 2.
- 3.
- 4.
- 5.

Personality Disorder: _____

Quiz—Personality Disorders

Student _____

Date _____

Period _____

Place the appropriate answer to left of question.

- _____ 1. Personality disorders are divided into _____ clusters.
- a. two
 - b. three
 - c. four
 - d. five
- _____ 2. The hallmark feature of Cluster A Personality Disorder is:
- a. dramatic behavior
 - b. clinging behavior
 - c. fearful behavior
 - d. eccentric behavior
- _____ 3. Emotions seem inappropriate and do not match content of discussion:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia
- _____ 4. Suspects deception or exploitation of others:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia
- _____ 5. Uses an unusual, abstract manner of talking:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia
- _____ 6. Takes pleasure in few activities and has few, if any friends:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia
- _____ 7. Persistently bears grudges:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia
- _____ 8. Preoccupied with fantasies and superstitions:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia
- _____ 9. Features of a personality disorder generally become observable during:
- a. early childhood
 - b. adolescence
 - c. middle age
 - d. at any age
- _____ 10. Jealous and envious behavior:
- a. paranoid personality disorder
 - b. schizoid personality disorder
 - c. schizotypal personality disorder
 - d. schizophrenia

MATCHING:

- _____ 11. preoccupation with order and details
- _____ 12. unlawful behavior
- _____ 13. center of attention
- _____ 14. sense of entitlement
- _____ 15. unstable self-image
- _____ 16. avoids social activities
- _____ 17. lack of remorse
- _____ 18. arrogant and haughty
- _____ 19. rigid and stubborn
- _____ 20. feels helpless when alone
- _____ 21. self-mutilating behavior
- _____ 22. lacks empathy
- _____ 23. dramatic, exaggerated speech
- _____ 24. reluctant to take personal risks
- _____ 25. perfectionism, scrupulous
- _____ 26. shallow expression of emotions
- a. antisocial personality disorder
- b. borderline personality disorder
- c. histrionic personality disorder
- d. narcissistic personality disorder
- e. avoidant personality disorder
- f. dependent personality disorder
- g. obsessive-compulsive personality disorder

Quiz: Personality Disorders

Key

1. **b**
2. **d**
3. **c**
4. **a**
5. **c**
6. **b**
7. **a**
8. **c**
9. **b**
10. **a**
11. **g**
12. **a**
13. **c**
14. **d**
15. **b**
16. **e**
17. **a**
18. **d**
19. **g**
20. **f**
21. **b**
22. **d**
23. **c**
24. **e**
25. **g**
26. **c**

Report Rubric

Personality Traits vs. Personality Disorders

Student: _____

Date: _____

Period: _____

Scoring criteria	4 Excellent	3 Good	2 Needs Some Improvement	1 Needs Much Improvement	N/A
The writing has all required parts from introduction to conclusion in smooth transition.					
The writing is interesting, supportive, and complete.					
The writing demonstrates that the writer comprehends the writing process.					
Accurate spelling, grammar, punctuation.					
Content of paragraphs emphasizes appropriate points.					
The writer shows an understanding of sentence structure, paragraphing, and punctuation.					
All sources and references are clearly and accurately documented.					
Correct use of medical language.					

NOTE: N/A represents a response to the performance, which is "not appropriate."