

Personality Disorder

Paranoid

Suspicious and quick to take offense. Often very few confidants and may read hidden meaning into innocent remarks.

Signs & Symptoms:- (several of the following)

- Unfounded suspicion of others deceiving or exploiting him/herself
- Preoccupied with unjustified doubts as to loyalty of friends
- Reluctant to confide in others due to unwarranted fear
- Perceive hidden, demeaning, or threatening content in ordinary events or comments
- Have persistent bearing of grudges
- Perceive personal attacks on own reputation or character and therefore respond quickly with anger
- Unjustified, recurring suspicions about the fidelity of spouse or sexual partner

=> Begins in early adult life.

Schizoid

Care little for social relationships, avoid close relationship, have a restricted emotional range, seem indifferent to criticism or praise, and usually lifelong loners.

Signs & Symptoms:- (several of the following)

- Does not want or like close relationship
- Usually prefers solitary activities
- Little interest in sexual activity with another person
- Enjoys few activities
- No close friends or confidants
- Does not appear affected by criticism or praise
- Emotionally cold and detached

=> Begins in early adult life.

Schizotypal

Appear peculiar or strange to others due to poor interpersonal relationship. Lack close friends and are uncomfortable in social situations. Also show suspiciousness, unusual perceptions or thinking, eccentric speech, and inappropriate affect.

Signs & Symptoms:- (several of the following)

- Ideas of reference but not delusional
- Behavior is influenced by odd beliefs or magical thinking
- Unusual perceptions or bodily illusions
- Odd speech / behavior
- Paranoid ideas
- Constricted affect
- No close friends or confidants

- Marked anxiety in social situation
- => Begins in early adult life.

Antisocial

Irresponsible and often have criminal behaviour, act recklessly or impulsively and show no remorse for their behaviour.

Signs & Symptoms:- (several of the following for 12 months or more)

- Aggression against people or animals – bullying, fights, using of weapons, cruelty to people and/or animals, theft with confrontation, forced sex upon someone
- Property destruction – deliberately set fires to cause serious damage, destroy property of others
- Lying or theft – break into building, car, or house; frequently lie or break promises; steal valuable without confrontation
- Serious rule violation – (before age 13, stay out at night against parents' wishes, run away from parents, frequent truancy); (by age 15, engage in repeated behaviour that are grounds for arrest, lie for gain or gratification, impulsive, irritable and aggressive, recklessly disregard safety of self or others, fail to sustain employment due to irresponsibility behaviour, lack remorse for own injurious behaviour)

=> Begins in childhood or early adolescence.

Borderline

A person with borderline personality disorder has impulsive behaviour, which includes suicide threats or attempts. In terms of emotion, they often show intense, inappropriate anger, and they would frantically try to avoid abandonment. They are uncertain about who they are, and lack the ability to maintain stable interpersonal relationships.

Signs & Symptoms:- (several of the following)

- Frantic attempts to prevent abandonment
- Unstable relationships that alternate between idealization and devaluation
- Identity disturbance
- Potentially self-damaging impulsiveness
- Self-mutilation or suicide thoughts, threats
- Severe reactivity of mood leading to marked instability
- Chronic feelings of emptiness
- Anger that is out of control or inappropriate and intense
- Brief paranoid ideas related to stress

=> Begins in early adult life.

Histrionic

People with histrionic personality disorder are overly emotional, vague, attention seeking, and they constantly need reassurance about their attractiveness. They may also be self-centered and sexually seductive.

Signs & Symptoms:- (several of the following)

- Feeling discomfort if not in the center of attention
- Relationships that are frequently fraught with inappropriately seductive behaviour
- Expression of emotion that is shallow and rapidly shifting
- Frequent focusing of attention on self
- Speech is vague and lacks detail
- Overly dramatic expression of emotion
- Easy suggestibility
- Belief that relationships are more intimate than they really are

=> Begins in early adult life.

Narcissistic

Preoccupied with envy, fantasies of success, or rumination about the uniqueness of their own problems. They may take advantage of others due to their sense of entitlement and lack of empathy. They also reject criticism and need constant attention and admiration.

Signs & Symptoms:- (several of the following)

- Grandiose sense of self-importance
- Preoccupied with fantasies of beauty, brilliance, ideal love, power, or limitless success
- Need for excessive admiration
- A sense of entitlement
- Exploit others to achieve personal goals
- Lack of empathy
- Envy of others frequently
- Arrogant

=> Begins in early adult life.

Avoidant

They are timid and are easily wounded by criticism and thus hesitate to become involved with others. They may fear the embarrassment of showing emotion, may have no close friends, and they exaggerate the risks of undertaking pursuits outside their usual routines.

Signs & Symptoms:- (several of the following)

- Fear criticism, disapproval, or rejection
- Will only become involved with others if certain of being liked
- Is restrained in intimate relationships
- Preoccupy with concerns of being criticized in social situations
- Experience inhibitions in new relationships
- Inferior
- Fear of embarrassment

=> Begins in early adult life.

Dependent

Individuals with dependent personality disorder need approval of others so much that they have trouble making independent decisions. They fear abandonment, feel helpless

when they are alone, and are miserable when relationships end. They are easily hurt by criticism and will even volunteer for unpleasant tasks to gain the favor of others.

Signs & Symptoms:- (several of the following)

- Want excessive advice and reassurance from others to make daily decisions
- Need for others to be responsible for most major life areas
- Fear loss of approval or support
- Have trouble starting projects or carry out independently
- Willing to go to excessive lengths to gain nurture and support
- Exaggerated fears of incapacity for self care when alone
- If one close relationship is lost, would urgently seek of another
- Preoccupy with unrealistic fears of being abandoned

=> Begins in early adult life.

Obsessive Compulsive

These individuals are perfectionists and are often workaholics. They tend to be very rigid, indecisive, excessively scrupulous, and preoccupied with detail. They also have trouble expressing affection.

Signs & Symptoms:- (several of the following)

- Preoccupy with details, order, rules, organization to the extent the purpose of the activity is lost
- A perfectionist to a degree that interferes with completing the task
- A workaholic
- Overly conscientious, inflexible, or scrupulous about ethics, morals, or values
- Keep worthless items of no real or sentimental value
- Rigid and stubborn
- Stingy toward self and others
- Won't cooperate or delegate tasks unless it's his/her way

=> Begins in early adult life.

Reference:-

Morrison, J. (2001). DSM-IV Made Easy: The Clinician's Guide to Diagnosis. New York: The Guilford Press

For more detailed description and criteria of each mental illness, pls refer to the book mentioned above or <http://www.psychologynet.com>