

## Abnormal Psychology Chapter Ten Notes

- Introduction (page 337)
  - **Personality** → set of unique traits and behavior that characterize the individual
  - Five basic personality trait dimensions: neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness
- Clinical Features of Personality Disorders (page 337-339)
  - **Personality disorder** → people who have certain traits that are so inflexible and maladaptive that they are unable to perform adequately at least some of the varied roles expected of them by their society; two general features are chronic interpersonal difficulties and problems with one's identity or sense of self
  - To be diagnosed with a personality disorder, the person's behavior must be pervasive and inflexible, as well as stable and of long duration, and must cause either clinically significant distress or impairment in functioning and be manifested in at least two of the following areas: cognition, affectivity, interpersonal functioning, or impulse control
  - PDs stem largely from the gradual development of inflexible and distorted personality and behavioral patterns that result in persistently maladaptive ways of perceiving, thinking about, and relating to the world
  - Cluster A: people with these disorders often seem odd or eccentric, with unusual behavior ranging from distrust and suspiciousness to social detachment; includes paranoid, schizoid, and schizotypal PDs (more males than females for all three)
  - Cluster B: People with these disorders share a tendency to be dramatic, emotional, and erratic; includes histrionic, narcissistic, antisocial, and borderline PDs (more males than females for narcissistic and antisocial, males and females are equal for histrionic, and more females than male for borderline)
  - Cluster C: people with these disorders often show anxiety and fearfulness; includes avoidant, dependent, and obsessive-compulsive PDs (males and female equal for avoidant and dependent, more males than female for obsessive-compulsive)
  - About 13% of the population meets criteria for at least one personality disorder at some point in their lives
- Difficulties Doing Research on Personality Disorders (page 339-341)
  - Difficulties in Diagnosing Personality Disorders
    - Because the criteria for PDs are defined by inferred traits or consistent patterns of behavior rather than by more objective behavioral standards, they are hard to diagnose
  - Difficulties in Studying the Causes of Personality Disorders
    - Hard to study causes of PDs because of their high comorbidity rates
    - Possible biological factors may be that infants' temperament may predispose them to the development of particular personality traits and disorders
    - Studies have also suggested that early emotional, physical, and sexual abuse may be important factors in a subset of cases for several different personality disorders
- Cluster A Personality Disorders (page 341-345)

- Paranoid Personality Disorder
  - **Paranoid PD** → have a pervasive suspiciousness and distrust of others, leading to numerous interpersonal difficulties; tend to see themselves as blameless, instead of blaming others for their own mistakes and failures, even to the point of ascribing evil motives to others
  - May consist of elements of both suspiciousness and hostility
  - People are usually not psychotic but may experience transient psychotic symptoms during periods of stress
  - At higher risk for schizophrenia
- Schizoid Personality Disorder
  - **Schizoid personality disorder** → individuals are usually unable to form social relationships and usually lack much interest in doing so; unable able to express feelings and are seen as cold and distant by others
  - Show high levels of introversion and low on openness to feelings
  - Only have a modest heritability
  - Severe disruption in sociability may be due to severe impairment in an underlying affiliative system
- Schizotypal Personality Disorder
  - **Schizotypal personality disorder** → excessively introverted, have pervasive social and interpersonal deficits, and have cognitive and perceptual distortions, as well as oddities and eccentricities in their communication and behavior
  - Contact with reality is usually maintained but highly personalized and superstitious thinking is likely and under extreme stress they may experience transient psychotic symptoms (often believe they have magical powers and may engage in magical rituals)
  - Oddities in thinking, speech, and other behaviors are the most stable characteristics and are similar to those often seen in schizophrenic patients
  - Prevalence is 2%
  - Mild impairments in cognitive functioning, including deficits in their ability to sustain attention and deficits in working memory
  - Teenagers with it have higher risk of developing schizophrenia
- Cluster B Personality Disorders (page 345-353)
  - Histrionic Personality Disorder
    - **Histrionic personality disorder** → excessive attention-seeking behavior and emotionality are the key characteristics of individuals; tend to feel unappreciated if they are not the center of attention
    - Prevalence is 2-3%; occurs more often in women than in men
    - Highly comorbid with borderline, antisocial, narcissistic, and dependent personality disorder diagnoses
  - Narcissistic Personality Disorder
    - **Narcissistic personality disorder** → individuals show an exaggerated sense of self-importance, a preoccupation with being admired, and a lack of empathy for the feelings of others
    - Two subtypes: grandiose and vulnerable narcissism
    - More frequently observed in men than women

- 1% prevalence rate
  - Grandiose narcissism has not generally been associated with childhood abuse, neglect, or poor parenting; associated with parental overvaluation
  - Vulnerable narcissism has been associated with emotional, physical, and sexual abuse as well as parenting styles characterized as intrusive, controlling, and cold
- Antisocial Personality Disorder
  - Individuals continually violate and show disregard for the rights of others through deceitful, aggressive, or antisocial behavior, typically without remorse or loyalty to anyone; tend to be impulsive, irritable, and aggressive and irresponsible behavior
  - Symptoms must occur before the age of 15 and conduct disorder must have been present
- Borderline Personality Disorder
  - **BPD** → show a pattern of behavior characterized by impulsivity and instability in interpersonal relationships, self-image, and moods
  - Central feature is instability, impulsivity, and have highly unstable self-image
  - 8 to 10% commit suicide, self-mutilation is common as well as analgesia (the absence of the experience of pain in the presence of a theoretically painful stimulus)
  - Only 1 to 2% of the population may qualify for BPD
  - Significant impairment in social, academic, and occupational functioning
  - Comorbid with other disorders
  - Genetic roles play a significant role in development
- Cluster C Personality Disorder (page 353-358)
  - Avoidant Personality Disorder
    - **Avoidant personality disorder** → show extreme social inhibition and introversion, leading to lifelong patterns of limited social relationships and reluctance to enter into social interactions; don't seek out other people because they're afraid of criticism but are often lonely and bored
    - Feeling inept and socially inadequate are the two most prevalent and stable features of avoidant personality disorder
    - May be caused by innate "inhibited" temperament that leaves the infant and child shy and inhibited in novel and ambiguous situations
    - Fear of being negatively evaluated is moderately heritable
  - Dependent Personality Disorder
    - **Dependent personality disorder** → show an extreme need to be taken care of, which leads to clinging and submissive behavior; show acute fear at the possibility of separation or sometimes of simply having to be alone because they see themselves as inept
    - 1.5% of population and more common in women than in men
    - Modest genetic influence on dependent personality traits
  - Obsessive-Compulsive Personality Disorder
    - **Obsessive compulsive personality disorder** → perfectionism and an excessive concern with maintaining order and control; rigidity,