N108 CARE FOR CLIENTS WITH PSYCHOSOCIAL PROBLEMS IN ADAPTATION AND ADJUSTMENT

# Personality Disorders

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# Learning Objectives

AT THE END OF THIS SESSION, YOU WILL BE ABLE TO

- Discuss personality disorders

- Describe the different types of personality disorders.

- Discuss the factors that influence the development of personality disorders.

- Discuss etiology

- Enumerate different types of treatments

# Maladaptive or dysfunctional personality traits (Skodol, 2018)

- manipulative, dishonest, deceitful, or lying

- Anger and/or hostility

- Irritable, labile moods

- Lack of guilt or remorse, emotionally cold and uncaring

- Impulsivity, distractibility, poor judgment

- Irresponsible, not accountable for own actions

- Risk-taking, thrill-seeking behaviors

- Mistrust

- Exhibitionism

- Entitlement

- Dependency, insecurity

- Eccentric perceptions

# Personality Disorder Clusters and Diagnoses

Cluster A—odd or eccentric behaviors
- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder

Cluster B—erratic or dramatic behaviors
- Antisocial personality disorder
- Borderline personality disorder
- Histrionic personality disorder
- Narcissistic personality disorder

# Personality Disorder Clusters and Diagnoses

Cluster C—anxious or fearful behaviors

- Avoidant personality disorder

- Dependent personality disorder

- Obsessive personality disorder

# Other Behaviors

## Depressive behavior

- characterized by a pervasive pattern of depressive cognitions and behaviors in various contexts.

## Passive-aggressive behavior

- characterized by a negative attitude and a pervasive pattern of passive resistance to demands for adequate social and occupational performance.

# Etiology

**Biologic Theories**

- develops through the interaction of hereditary dispositions and environmental influences
- Temperament- the biologic processes of sensation, association, and motivation that underlie the integration of skills and habits based on emotion.
  - four temperament traits are *harm avoidance, novelty seeking, reward dependence, and persistence*

# Etiology

**Psychodynamic Theories**

- Character
  - consists of concepts about the self and the external world.
  - Three major character traits
    - self directedness
    - cooperativeness
    - self-transcendence

# Treatment

**Psychopharmacologic treatment:**

- Lithium, anticonvulsant mood stabilizers, benzodiazepines, SSRI, etc.

**Individual and Group Psychotherapy**

- goals for clients with personality disorders focus on building trust, teaching basic living skills, providing support, decreasing distressing symptoms such as anxiety, and improving interpersonal relationships (Cloninger & Svrakic, 2017).

- Relaxation or meditation techniques can help manage anxiety for clients

# Treatment

Individual and Group Psychotherapy

- Cognitive–behavioral therapy has been particularly helpful for clients with personality disorders.
- Cognitive restructuring techniques:
  - thought stopping- client stops negative thought patterns;
  - positive self talk-designed to change negative self-messages;
  - decatastrophizing- teaches the client to view life events more realistically and not as catastrophes.

# Personality Disorder and Nursing Interventions

| Personality Disorder | Symptoms | Nursing Interventions |
|---|---|---|
| Paranoid | Mistrust and suspicions of others; guarded, restricted affect | Serious, straightforward approach; teach client to validate ideas before taking action; involve client in treatment planning |
| Schizoid | Detached from social relationships; restricted affect; involved with things more than people | Improve client's functioning in the community |

# Personality Disorder and Nursing Interventions

| Personality Disorder | Symptoms | Nursing Interventions |
|---|---|---|
| Schizotypal | Acute discomfort in relationships; cognitive or perceptual distortions; eccentric behavior | Develop self-care skills; improve community functioning; social skills training |
| Antisocial | Disregard for rights of others, rules, and laws | Limit setting; confrontation; teach client to solve problems effectively and manage emotions of anger or frustration |

# Forming a therapeutic relationship

## Limit setting

- Stating the behavioral limit (describing the unacceptable behavior)

- Identifying the consequences if the limit is exceeded

- Identifying the expected or desired behavior

## Confrontation

- The nurse points out a client's problematic behavior while remaining neutral and matter-of-fact and avoids accusing the client

# Personality Disorder and Nursing Interventions

| Personality Disorder | Symptoms | Nursing Interventions |
|---|---|---|
| Borderline | Unstable relationships, self-image, and affect; impulsivity; self mutilation | Promote safety; help client to cope and control emotions; cognitive restructuring techniques; structure time; teach social skills |
| Histrionic | Excessive emotionality and attention seeking | Teach social skills; provide factual feedback about behavior |

Source: Videbeck, 2020

# Personality Disorder and Nursing Interventions

| Personality Disorder | Symptoms | Nursing Interventions |
|---|---|---|
| Narcissistic | Grandiose; lack of empathy; need for admiration | Matter-of-fact approach; gain cooperation with needed treatment; teach client any needed selfcare skills |
| Avoidant | Social inhibitions; feelings of inadequacy; hypersensitive to negative evaluation | Support and reassurance; cognitive restructuring techniques; promote self-esteem |

# Personality Disorder and Nursing Interventions

| Personality Disorder | Symptoms | Nursing Interventions |
|---|---|---|
| Dependent | Submissive and clinging behavior; excessive need to be taken care of | Foster client's self-reliance and autonomy; teach problem-solving and decision-making skills; cognitive restructuring techniques |
| Obsessive–compulsive | Preoccupation with orderliness, perfectionism, and control | Encourage negotiation with others; assist client in making timely decisions and complete work; cognitive restructuring techniques |

# References

Videbeck, S. L., & Miller, C. J. (2020). Psychiatric-mental health nursing. Personality Disorders (pp. 743-799).

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Thank you!