

چرا اختلال شخصیت مهم است؟

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شخصیت

- People have unique personalities
- made up of a complex combination of different traits
- Personality traits affect how people understand and relate to the world around them

شخصیت

- **Genes and Temperament** — Your parents may pass down some personality traits to you. Sometimes these traits are called your temperament.
- **character and Environment** — This includes your **surroundings**, **events** that have happened to you and around you, and **relationships and patterns of interactions** with family members and others.

شخصیت از منظر کلونینجر

- Temperament
- Character: self directedness, cooperativeness, self transcendence

تأثير اختلال شخصيت بر زندگى

- Personality disorders can seriously **disrupt your life** and the lives of those who **care about you**. They may cause issues in relationships, work or school
- And they can lead to **social isolation**, other mental health issues with addictions, as well as occupational and legal issues

اهمیت

- Prevalence
- Long lasting
- Early age of onset
- Ego-dystonic not ego-syntonic
- Resistance to treatment
- Problem in relation
- Prone to other mental dx(67%)
- Addiction
- Suicide
- Paucity of knowledge

اهمیت (ادامه)

- Pain & suffering
- Difficult therapy
- Manipulating and rejection of help
- high burden (but not more attention)
- Cost effectiveness
- Stigma (difficult and misbehaving)

اختلال شخصیت چه تاثیری بر زندگی می گذارد؟

- A personality disorder affects how:
 - you cope with life
 - manage emotions
 - connect with other people
 - You may find that your beliefs and attitudes are **different** from most people who may find your behavior **unusual, unexpected or upsetting** at times
 - You may have difficulties with making or maintaining relationship

PEOPLE WITH PERSONALITY DISORDERS

- often have a hard time understanding emotions
- tolerating distress
- act impulsively
- it hard for them to relate to others
- causing serious issues
- affecting their family life
- social activities
- work and school performance
- overall quality of life

سخت ترین اختلال شخصیت ؟

Borderline Personality Disorder is Considered the Most “Difficult” to Treat

Borderline personality disorder (BPD) is defined by the National Institute of Health (NIH) as a **serious** mental disorder marked by a pattern of ongoing instability in moods, behavior, self-image, and functioning



سخت ترین بیماری روانپزشکی

- Individuals with Borderline Personality Disorder (BPDs) become overwhelmed and incapacitated by the **intensity of their emotions**
- whether it is joy and **elation or depression, anxiety, and rage**
- They are **unable to manage these intense emotions**

آیا اختلال شخصیت تشخیص درستی است؟

- Some symptoms of personality disorder can be very **similar to, or appear** alongside, other mental health problems (Mood disorder)
- mental health professionals, might **find it hard to identify the diagnosis** that best fits with patients experiences. (Label/ recycle bin)

مشکل دیگر

personality disorders – especially borderline, autism spectrum, and anxiety disorders – as being at risk of **overdiagnosis**

هر فرد حداکثر چند اختلال شخصیت می تواند
همزمان داشته باشد؟

according to DSM-5 a **person can receive** more than one personality disorder diagnosis

People who are diagnosed with a personality disorder **most often** qualify for **more than one diagnosis**

A person with a **severe** personality disorder might meet the criteria for four, five or even more disorders

اختلال شخصیت مشکلی جدی است؟

- Personality disorders are common mental health problems
- They usually emerge in adolescence and continue into adulthood
- They may be mild, moderate or **severe**
- People may have periods of "remission" where they function well

کیفیت زندگی و بار بیماری

- The overall EQ-5D index value of .56 suggests that the quality of life experienced by patients with personality disorders can be compared to the quality of life in, for instance, **rheumatic disease, lung cancer, or Parkinson's disease** with EQ-5D index scores of .53, .58, and .58

در بحث کیفیت زندگی

“**subjective quality of life**” of these patients

their treatment-seeking behavior, their compliance

the burden of having a personality disorder seems even **higher** than in patients with type II diabetes (EQ-5D score of .69), schizophrenia outpatients treated with neuroleptics , and HIV infected patients

شایع ترین اختلال شخصیت ها؟

- According to a major study, the most prevalent personality disorder is obsessive-compulsive personality disorder
- The second most common is **narcissistic personality disorder**
- borderline personality disorder
- <https://www.webmd.com/mental-health/features/common-personality-disorders>
- Antisocial 3% borderline 2.7% OCPD 1.9%

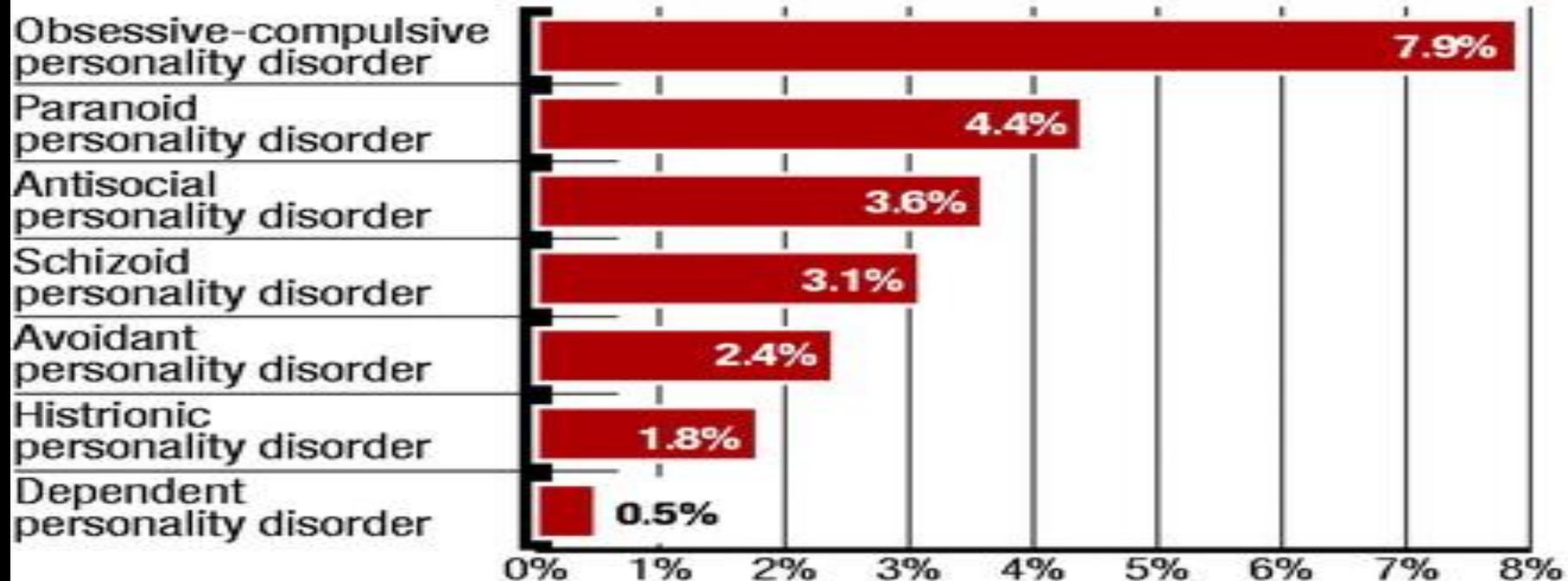
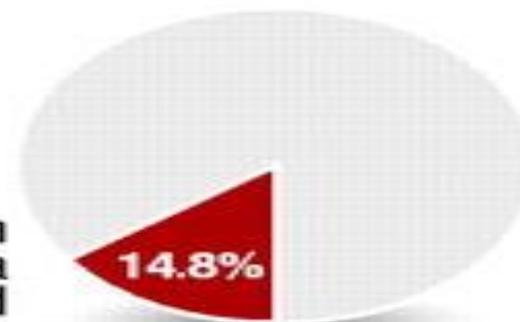
Curr Psychiatry Rep (2016) 18: 11

- Cluster B 5%.cluster A &C every 2%
- In psychiatric patients (40-60%)

Personality Disorders Prevalent in American Adults

An NIH survey of 43,000 American adults finds personality disorders are far from uncommon.

An estimated 14.8% of American adults (or 30.8 million) meet criteria for at least one of the studied personality disorders.



Source: 2001-2002 National Epidemiologic Survey on Alcohol and Related Conditions conducted by NIAAA/NIH

آیا اختلال شخصیت مفید است؟

- People with narcissistic personality disorder may be highly ambitious, confident, and self-motivated, and able to employ people and situations to maximum advantage
- people with OCPD(anankastic) personality disorder may get quite far **up their career ladder** simply by being so **devoted to work** and **productivity**

آیا امیدی به بهبود اختلال شخصیت هست؟

- Borderline Personality Disorder is **without question treatable**
- It takes time – healing is a marathon, never a sprint –
- **with early intervention, compassionate support, and appropriate treatment, individuals living with BPD can improve and ultimately thrive**

درمان

- The good news is that Borderline Personality Disorder **can be treated**
- While there is less research on teenagers, 85% of adults with BPD no longer suffer from the disorder after 10 years, and this figure rises to 99% after 16 years

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- DBT
- CBT
- Mindfulness
- Group Rx
- Substance
- Hospital
- Drugs
- Family Rx

Comparison by Country

The study had over 21,000 subjects in 13 countries. The prevalence estimate for any *DSM-IV* personality disorder throughout the world was 6 percent.

	Any personality disorder, %	No.*
Colombia	7.9%	2381
Lebanon	6.2%	1031
Mexico	6.1%	2362
Nigeria	2.7%	2143
China	4.1%	1628
South Africa	6.8%	4315
United States	7.6%	5692
Western Europe**	2.4%	1610
Total	6.1%	21162

* Number of subjects interviewed in each category.

** Includes six countries.

Source: Ronald Kessler, Ph.D., et al.,
British Journal of Psychiatry, July 2009

