



NOTES

PERSONALITY DISORDERS: CLUSTER A

GENERALLY, WHAT ARE THEY?

PATHOLOGY & CAUSES

- Deviations from cultural expectations → worsens day-to-day life, relationships.
- Paranoid, schizoid, schizotypal personality disorders

CAUSES

- May be genetic, environmental
- Linked to schizophrenia (esp. schizotypal)

SIGNS & SYMPTOMS

- Unusual behavior
- Poor relationships

DIAGNOSIS

- Unusual behaviors/traits
- Not explained by other condition/substance

TREATMENT

PSYCHOTHERAPY

- Focused on supporting individual, not challenging beliefs
 - Challenging beliefs often elicits negative responses, affects treatment

PERSONALITY DISORDERS

CLUSTER A	Paranoid Schizoid Schizotypal
CLUSTER B	Borderline Antisocial Histrionic Narcissistic
CLUSTER C	Avoidant Obsessive-compulsive Dependent

CLUSTER A

PARANOID PERSONALITY DISORDER



"ACCUSATORY"

SCHIZOID PERSONALITY DISORDER



"ALOOF"

SCHIZOTYPAL PERSONALITY DISORDER



"AWKWARD"

Figure 98.1 Illustration depicting different types of cluster A personality disorders.

PARANOID PERSONALITY DISORDER

osms.it/paranoid-personality-disorder

PATHOLOGY & CAUSES

- Overlaps with schizotypal personality disorder
- Generally distrustful of others; demands loyalty of family, friends
- Individual harbors grudges if feeling lied to/slighted
- Suspiciousness damages relationships

CAUSES

- May be genetic, environmental

SIGNS & SYMPTOMS

- Excessive distrust of others
- Prolonged grudges, superficial relationships, isolation

DIAGNOSIS

- \geq four of following
 - Irrational belief that others are harmful/deceptive
 - Doubts trustworthiness of close individuals
 - Reluctance to confide in others, fearing it may be used against oneself
 - Sees hidden threats in everyday scenarios
 - Holds prolonged grudges
 - Constantly feels attacked
 - Suspicion of partner's fidelity
 - Not explained by other condition/substance

TREATMENT

PSYCHOTHERAPY

- Aimed at improving social understanding; can be challenging due to trust issues

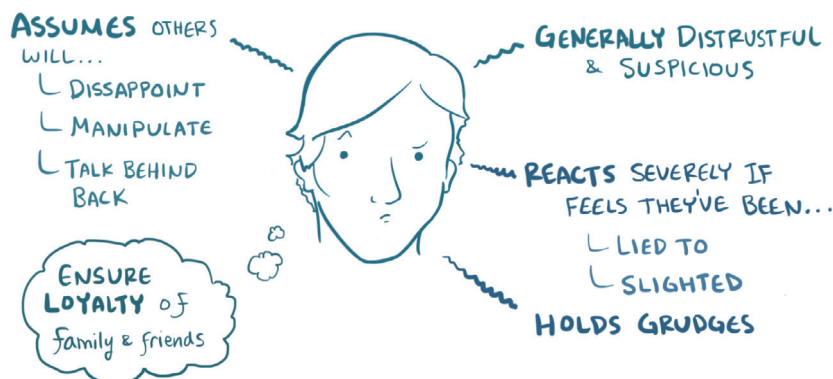


Figure 98.2 Illustration depicting thoughts and symptoms of paranoid personality disorder.

SCHIZOID PERSONALITY DISORDER

osms.it/schizoid-personality-disorder

PATHOLOGY & CAUSES

- Overlaps with negative symptoms of schizophrenia (blunted emotions/flat affect)
- Disinterested in, avoids social interaction
 - Not caused by paranoia/social anxiety
- Dislikes physical contact

CAUSES

- May be genetic, environmental

SIGNS & SYMPTOMS

- Flat affect/blunted emotions
- Lack of desire for intimacy
- Chooses solitary activities
- Takes pleasure in few activities

DIAGNOSIS

- \geq four of following
 - Does not want/enjoy close relationships
 - Prefers solitude
 - Lack of interest in sexual activities
 - Hard to please
 - Lacks close friends
 - Unbothered by others' comments
 - Flat affect/emotional blunting
 - Not explained by other condition/substance

TREATMENT

PSYCHOTHERAPY

- Aimed at improving social understanding; can be challenging due to trust issues

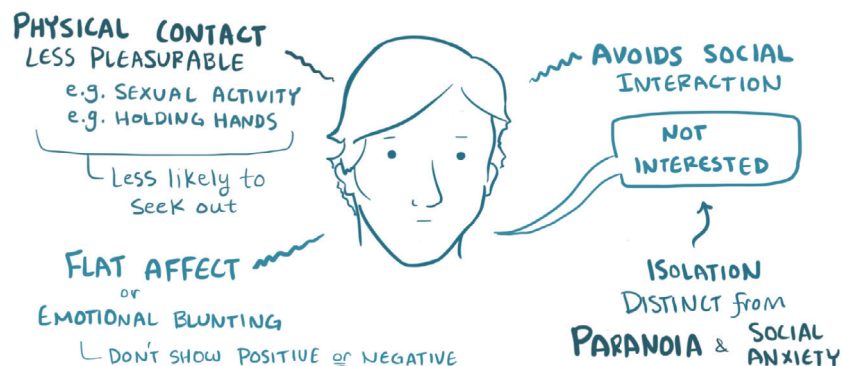


Figure 98.3 Illustration depicting thoughts and symptoms of schizoid personality disorder.

SCHIZOTYPAL PERSONALITY DISORDER

osms.it/schizotypal-personality-disorder

PATHOLOGY & CAUSES

- Overlaps with paranoid personality disorder
- Excessive **magical thinking** (linking unrelated events)
- Ideas of reference (believes everything relates to personal destiny)
- Beliefs cause overconfidence, self-centered thinking
- Poor at gauging how others perceive them
- Maintain desire for relationships (unlike schizoid)
 - schizoi**D** = “Distant”
 - schizo**T**ypal = “magical **T**hinking”

CAUSES

- May be genetic, environmental
- Linked to schizophrenia

SIGNS & SYMPTOMS

- Ideas of reference
- Altered perception
- **Unusual thinking/talking** (vague, not incoherent)
- Paranoia/anxiety

DIAGNOSIS

- \geq five of following
 - Ideas of reference
 - Magical thinking that changes behavior
 - Altered perception
 - Unusual thinking/talking
 - Suspiciousness/paranoia
 - Inappropriate/flat affect
 - Eccentric/unusual behavior
 - Lack of close friends
 - Social anxiety (related to paranoia, not fear of judgment)
- Not explained by other condition/substance

TREATMENT

PSYCHOTHERAPY

- Aimed at improving social understanding; can be challenging due to trust issues

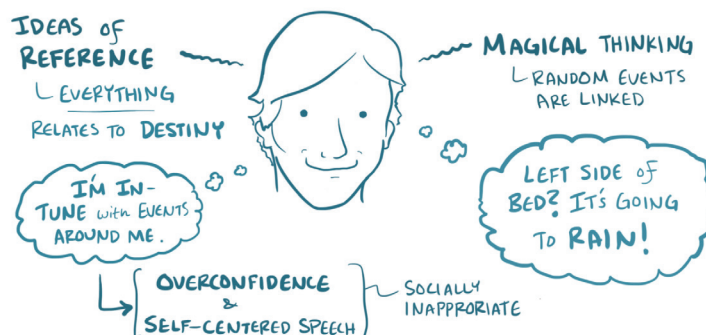


Figure 98.4 Illustration depicting thoughts and symptoms of schizotypal personality disorder.