

Subject Name	Subject Code	Prepared by
ABNORMAL PSYCHOLOGY-2	18BPS43C	Dr. S. Rajakumari M.A, M. Phil, MBA, Ph.D. Dept. Of Psychology, Ph-9442525919

PERSONALITY DISORDER:

PERSONALITY DISORDER:

A personality disorder is a way of thinking, feeling and behaving that deviates from the expectations of the culture, causes distress or problems functioning and lasts overtime.

1. ANTISOCIAL PERSONALITY DISORDER:

A pattern of disregarding or violation the rights of others. a person with antisocial personality disorder may not confirm to social norms, may repeatedly lie or deceive others, or may act impulsively.

2. AVOIDANT PERSONALITY DISORDER:

A pattern of extreme shyness, feelings of inadequacy and extreme sensitivity to criticism. People with avoidant personality disorder may be unwilling to get involved with people unless they are certain of being liked, be preoccupied with being criticized or rejected, or may view themselves as not being good enough or socially inept.

3. BORDERLINE PERSONALITY DISORDER:

A pattern of instability in personal relationships, intense emotions, poor self-image and impulsivity. A person with borderline personality disorder may go to great lengths to avoid being abandoned, have repeated suicide attempts, display inappropriate intense anger or have ongoing feelings of emptiness.

4. DEPENDENT PERSONALITY DISORDER:

A pattern of needing to be taken care of and submissive and clingy behavior. People with dependent personality disorder may have difficulty making daily decisions without reassurance from others or may feel

uncomfortable or helplessness when alone because of fear of inability to take care of themselves.

5. HISTRIONIC PERSONALITY DISORDER:

A pattern of excessive emotion and attention seeking. People with histrionic personality disorder may be uncomfortable when they are not the center of attention, may use physical appearance to draw attention to themselves or have rapidly shifting or exaggerated emotions.

6. NARCISSISTIC PERSONALITY DISORDER:

A pattern of need for admiration and lack of empathy for others. A person with narcissistic personality disorder may have a grandiose sense of self-importance, a sense of entitlement, take advantages of others or lack empathy.

7. OBSESSIVE-COMPULSIVE PERSONALITY DISORDER:

A pattern of preoccupation with orderliness, perfection and control. A person with OCD may be overly focused on details or schedules, may work excessively not allowing time for

leisure or friends, or may be inflexible in their morality and values.

8. PARANOID PERSONALITY DISORDER:

Being suspicious of others and seeing them as mean or spiteful. People with paranoid personality disorder often assume people will harm or deceive them and don't confide in others or become close to them.

9. SCHIZOID PERSONALITY DISORDER:

Being detached from social relationship and expressing little emotion. A person with schizoid personality disorder typically does not seek close relationship, choose to be alone and seems to not care about praise or criticism from others,

10. SCHIZOTYPAL PERSONALITY DISORDER:

Being very uncomfortable in close relationship, having distorted thinking and eccentric behavior. A person with schizotypal personality disorder may have odd beliefs or odd or peculiar behavior or speech or may have excessive social anxiety.

CAUSES OF PERSONALITY DISORDER:

Genes – certain personality traits may be passed on to you by your parents through inherited genes.

Environment – involves surroundings you grow up in, events that occurred, and relationships with family members and others.

TREATMENTS:

Psychotherapy – family therapy, group therapy, etc....

Medications - antidepressants, mood stabilizers, antipsychotic medications, anti-anxiety medications

Life style and home remedies : be an active participant in your care, take medications as directed, learn about your conditions, get active, avoid drug and alcohol, get routine medical care.

EATING DISORDER:

Eating disorders are a range of psychological conditions that cause unhealthy eating habits, an obsession with food, body weight, or body shape.

1. ANOREXIA NERVOSA:

People with anorexia generally view themselves as underweight, even if they're dangerously underweight.

Subtypes 1. Restricting type lose weight solely through dieting, fasting or excessive exercise.

2. Binge eating and purging type may binge on large amounts of food or eat, they purge using activities like vomiting, taking laxative or diuretics or excessive exercise.

2. BULIMIA NERVOSA:

People with bulimia nervosa eat large amounts of food in short periods of time, then purge. They fear gaining weight despite being at a normal.

3. BINGE EATING DISORDER:

They are regularly and uncontrollably consume large amounts of food in short periods of time. Unlike people with other eating disorders, they do not purge.

4. PICA:

Individuals with pica tend to crave and eat non-food substances. This disorder may particularly affect children, pregnant women and individuals with mental disabilities.

5. RUMINATION DISORDER:

Rumination disorder can affect people at all stages of life. People with the condition generally regurgitate

the food they're recently swallowed. Then they chew it again and either swallow it or spit it out.

6. AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER:

ARFID is an eating disorder that causes people to under eat. This is either due to a lack of interest in food or an intense distaste for how certain foods look, smell or taste.

CAUSES AND TREATMENT FOR EATING DISORDER:

Biological factors: irregular hormone functions

Genetics

Nutritional deficiencies

Psychological factors: negative body image

Poor self-esteem

Medical care and monitoring - the highest concern in the treatment of eating disorders is addressing any health issues that may have been a consequence of eating disordered behaviors.

Nutrition – this would involve weight restoration and stabilization, guidance for normal eating, and the integration of an individualized meal plan.

Therapy – different forms of psychotherapy such as individual, family, or group can be helpful in addressing the underlying causes of eating disorders.

Medications – some medications may be effective in helping resolve mood or anxiety symptoms that can occur with an eating or in reducing binge-eating and purging behaviors.

SLEEPING DISORDER:

Sleep disorders are a group of conditions that affect the ability to sleep well on a regular basis.

1. INSOMNIA:

Insomnia refers to the inability to fall asleep or to remain asleep and anxiety, hormones or digestive problems.

Insomnia can be problematic for your overall health and quality of life, potentially causing:

Depression, difficulty concentrating, irritability,

Weight gain, impaired work or school performance.

2. SLEEP APNEA:

It is characterized by pause in breathing during sleep. This is a serious medical condition that causes the body to take in less oxygen. It can also cause you to wake up during the night.

3. PARASOMNIAS:

Parasomnias are a class of sleep disorders that cause abnormal movements and behaviors during sleep. They include sleepwalking, sleep talking, groaning, nightmares, bed wetting,

4. RESTLESS LEG SYNDROME:

RLS is an overwhelming need to move the legs. This urge is sometimes accompanied by a tingling sensation in the legs. While these symptoms can occur during the day, they are most prevalent at night.

RLS is often associated with certain health conditions, including attention deficit hyperactivity disorder (ADHD) and parkinson's disease.

5. NARCOLEPSY:

Narcolepsy is characterized by sleep attacks that occurs while awake. This means that you will suddenly feel extremely tired and fall asleep without warning.

CAUSES OF SLEEPING DISORDER:

Allergies and respiratory problems, Frequent urination, Chronic pain,

Stress and anxiety

TREATMENT :

Medical treatments – sleeping pills, melatonin supplements, allergy or cold medication, medications for any underlying health issues, breathing device or surgery, a dental guard.

Lifestyle changes – incorporating more vegetables and fish into your diet and reducing sugar intake. Reducing stress and anxiety by exercising and stretching. Drinking less water before bedtime. Creating schedule for sleeping. Decreasing alcohol and tobacco intake.

IMPULSIVE CONTROL DISORDER:

Impulse control disorder are conditions where people have impulses that are difficult or impossible to resist.

1. OPPOSITIONAL DEFIANT DISORDER(ODD):

ODD is commonly a childhood behavior disorder. Those with this condition find it difficult to control their emotions or behaviors.

2. INTERMITTENT EXPLOSIVE DISORDER(IED):

IED occurs most commonly in late childhood or the teenage years.

People with this condition have brief moments of anger and aggression that appear to be disproportionate to the trigger.

3. CONDUCT DISORDER(CD):

Conduct disorder is an impulsive control disorder that usually develops during childhood or adolescence. People with this condition tend to be rebellious, disobedient and aggressive.

4. KLEPTOMANIA:

People who have kleptomania have an impulse to take possessions that do not belong to them. The condition can present at any age and is more likely to affect females than males.

5. PYROMANIA:

Pyromania is a rare impulse control disorder where people become fascinated by fire and all things related to fire. They often have a

compulsion to set things alight. Pyromania is more common in teenagers and adults, while males are more likely to have this condition than females.

TREATMENTS:

Group therapy for adults, playing therapy for children, individual psychotherapy in the form of cognitive behavioral therapy or other of talk therapy. Family therapy or couples therapy.