

## Personality Disorders

Personality disorders are characterized by persistent patterns of behavior and experience that express themselves as rigid reactions to personal and social situations. These behavioral patterns are usually stable and are expressed in many different areas. They are often accompanied by personal suffering and disturbed social functioning.

The International Classification of Diseases (ICD-10) classifies and organizes the personality disorders based on characteristic features. The groups created through this system define the main forms of personality disorders that will be discussed here.

### Classification of Personality Disorders according to the ICD-10 (F60 Specific Personality Disorders):

1. Paranoid Personality Disorder (F60.0)

The paranoid personality disorder is characterized by miss trust, exaggerated sensitivity by setbacks, inclination to resentment, inappropriate insistence for getting ones own perceived rights, and selfishness.

2. Schizoid Personality Disorder (F60.1)

The schizoid personality disorder is characterized through emotional distance, lack of interests (few activities are pleasurable), exaggerated preference for working alone, exaggerated occupation with fantasies and introspection, and limited sensitivity for societal expectations.

3. Dissocial Personality Disorder (F60.2)

The dissocial personality disorder is characterized by major discrepancies between the patient's behavior and appropriate societal norms. Typical characteristics include constant irresponsibility, disregard of standards, rules and responsibilities, inability to uphold long term relationships, very low tolerance of frustration, low threshold for aggressive behavior, and an inability to experience a sense of guilt or to learn from experiences.

4. Emotionally Unstable Personality Disorder (F60.3)

Emotionally unstable patients are diagnosis through their impulsivity and tendency to act without considering the consequences of their actions. Unstable mood, inability to plan for the future, and outbursts of anger that can lead to violent and explosive behavior are also typical. Two forms are differentiated:

- The Impulsive Type (F60.30)

This subtype is characterized through emotional instability, lack of impulse control, and outbursts of violent and threatening behavior most often as a response to criticism.

- The Borderline Type (F60.31)

Several characteristics of emotional instability are present. In addition, it is common that the patient's self-perception, goals and preferences are uncertain and disturbed. Chronic feelings of emptiness, a tendency to intense but unstable relationships that can lead to emotional crises, and suicide threats or self mutilation (without an obvious reason) are also common.

5. Histrionic Personality Disorder (F60.4)

The most important features of the histrionic personality disorder are dramatizing, histrionic behavior, superficial and labile affectivity, a constant desire for turmoil and acknowledgement, suggestibility, exaggeratedly seductive appearance and behavior, and exaggerated interest in an attractive appearance.

6. Anancastic Personality Disorder (F60.5)

This personality disorder is characterized through exaggerated insecurity and caution, the constant occupation with details and rules, perfectionism, exaggerated conscientiousness and focus on achievement to the point of neglecting interpersonal relationships, exaggerated pedantries, rigidity and obstinacy, and constant and unwanted thoughts or impulses.

7. Avoidant (Anxious) Personality Disorder (F60.6)

Characteristics of the avoidant personality disorder include constant feeling of tension and concern, a conviction of his/her own inferiority in comparison with others, and a constant and pronounced fear of being criticized or rejected in social situations. Social and professional activities in which contact with others is necessary are avoided.

8. Dependent Personality Disorder (F60.7)

Neglect of personal needs in preference of the need of the person on which the patient is dependent is typical. The patient is not capable of making important decisions and has a limited ability to make daily decisions. Fear of being abandoned is common, as is the fear of being alone because of an exaggerated fear of not being able to take care of him/herself.

9. Other Specific Personality Disorders (F60.8)

All other personality disorders that do not fall into the above groups are included in this category.