

Human Adjustment Processes
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Module - 09
Lecture - 05
Psychological Disorders

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Diagnostic criteria for paranoid personality disorder*

A pervasive distrust and suspiciousness of others such that their motives are interpreted as malevolent, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:

- (1) Suspects, without sufficient basis, that others are exploiting, harming, or deceiving him or her
- (2) Is preoccupied with unjustified doubts about the loyalty or trustworthiness of friends or associates
- (3) Is reluctant to confide in others because of unwarranted fear that the information will be used maliciously against him or her
- (4) Reads hidden demeaning or threatening meanings into benign remarks or events
- (5) Persistently bears grudges (unforgiving of insults, injuries, or slights)
- (6) Perceives attacks on his or her character or reputation that are not apparent to others and is quick to react angrily or to counterattack
- (7) Has recurrent suspicions, without justification, regarding fidelity of spouse or sexual partner

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Diagnostic criteria for schizoid personality disorder*

A pervasive pattern of detachment from social relationships and a restricted range of expression of emotions in interpersonal settings, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:

- (1) Neither desires nor enjoys close relationships, including being part of a family
- (2) Almost always chooses solitary activities
- (3) Has little, if any, interest in having sexual experiences with another person
- (4) Takes pleasure in few, if any, activities
- (5) Lacks close friends or confidants other than first-degree relatives
- (6) Appears indifferent to the praise or criticism of others
- (7) Shows emotional coldness, detachment, or flattened affectivity

We are talking about cluster a disorders where we had already talked about paranoid personality disorder as well as schizoid personality disorder. Personality disorder in cluster a is schizoid typical personality disorder. Where once again you would realized at there are basically whole set of in appropriate behavior, behavior that are inconsistence with the the sub cultural norms. At the same time, the major part that you see here is the eccentricity of behavior the fact that one has great degree of deposit in terms of maintaining interpersonal relationships.

The whole of know the affective response gets adversely affected. The another cluster of personality disorder is named as cluster b personality disorders. And here are know some of those personality disorders, where you would find that many a times, number of people do involve in such type of activities, and we consider that to be behavior which shows inability to know abide by the love of the land. Here you get a different perspective that there could be a possibility that such behavior actually reflects one or the other type of anomalies.

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Diagnostic criteria for antisocial personality disorder*	
A.	There is a pervasive pattern of disregard for and violation of the rights of others occurring since age 15 years, as indicated by three (or more) of the following:
	(1) Failure to conform to social norms with respect to lawful behaviour as indicated by repeatedly performing acts that are grounds for arrest
	(2) Deceitfulness, as indicated by repeated lying, use of aliases, or conning others for personal profit or pleasure
	(3) Impulsivity or failure to plan ahead
	(4) Irritability and aggressiveness, as indicated by repeated physical fights or assaults
	(5) Reckless disregard for safety of self or others
	(6) Consistent irresponsibility, as indicated by repeated failure to sustain consistent work behaviour or honour financial obligations
	(7) Lack of remorse, as indicated by being indifferent to or rationalizing having hurt, mistreated, or stolen from another
B.	The individual is at least age 18 years.
C.	There is evidence of conduct disorder with onset before age 15 years.

*DSM-IV TR criteria

So, we first come to antisocial personality disorder. This is the disorder where you find a pervasive pattern of disregard for and violation of the rights of others, which start usually at the age of fifteen also. And then there are seven prominent symptoms minimum of three of these seven should be present for an individual to be classified as somebody suffering from anti social personality. Remember that there has to be a pervasive pattern

of violating the rights of others. Now nowadays know we find too much of reference to human rights, right of children right, of women right of minorities, a rights of whole now subset of the population is being talked about and therefore, one needs to be very cautious about interpreting these norms. When you try to find out at whether it is a violation from a legal viewpoint or is it a violation that is a reflection of a physiological problem a behavior disorder.

The measures symptom includes failure to conform to social norms with respect to lawful behavior as indicated by repeatedly performing acts that are grounds for arrest. Now actually know you keep on repeating a pattern of behavior where the law of the land is being violated, and the law enforcement agencies can hold you responsible for violating the code of conduct from the legal viewpoint, and you could be arrested you could be sent to prison. To deceitfulness as indicated by repeated lying using of aliases, or conning other for personal profit or pleasure. So, by default you have been inbuilt no tendency of being deceitful; you keep on lying, you keep on cheating and you derive pleasure out of doing that.

Remember one thing know lying you would find as a normative principal in the culture, where by an large people suggest that know you should be truthful. From our cultural context if you see know there is a [FL] which says know that Sathyam Bruyat Priyam Bruyat, but this means that you can speak the truth, but only pleasant truth has to be shared. And the unpleasant truth did not be openly shared that is what are cultural norm says. And therefore, drawing the line becomes important remember that these are APA guidelines, the guidelines that has come from the American Psychiatric Association, and therefore, in most of the case, it would say that know it should know actually being violating the cultural norms sub cultural norms.

What those cultural norms are, what those sub cultural aspects are that needs to be taken care by the local people, who belong to the cultural consent from where, have the practitioner, clinician as well as the client coming from. Then impulsivity or failure to plan ahead, a tendency to act in an impulsive order difficulty in terms of a planning things before end. Irritability and aggressiveness which basically leads to know frequent fights, physical assaults. Reckless disregard for safety of self or others. So, when you engaging such type of aggressive acts, when you getting engage in act of irritability, you do not think in terms of how much harm it in flips on you or how much harm you are

causing to the other person. Consistent irresponsibility, which basically shows now great degree of failure in terms of other in certain type of behavior that is an obligation that is expected from you including financial obligations.

Lack of remorse, you do not repent for a something bad that you have done. Lack of remorse as indicated by being indifferent to or rationalizing having hurt, mistreated or stolen from others, so out of these seven minimum three has to be present for an individual to be classified as somebody who suffers from antisocial personality. The other thing that all though now you find at this pervasive pattern all though the onset since fifteen years, the individual is support to be at least eighteen years of age. And that is the reason why you have the juvenile court of justice, and the court of justice which actually runs trial for adults. There are reasons, we are not going into the details of it. There are reasons to suggest that the brain of a human being till the age of eighteen is a still apparent to a training and therefore, such people should not be given harsh punishments. There could be a possibility of molding their behavior and therefore, the court court of law makes a distinction between a juveniles and adult criminals.

And there is evidence of conduct disorder with onset before age of fifteen years. So, basically all though from legally you legal view point, you would try to see that the offence should be committed by somebody after the age of fifteen, but you do try to trace it back if you are trying to assess the individual from clinical viewpoints that whether the onset was before this age or not.

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Diagnostic criteria for borderline personality disorder*
A pervasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:
(1) Frantic efforts to avoid real or imagined abandonment
(2) A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
(3) Markedly and persistently unstable sense of self
(4) Impulsivity in at least two areas that are potentially self-damaging (such as spending, sex, substance abuse, etc.)
(5) Recurrent suicidal behaviour, gesture, or threats, or self-mutilating behaviour
(6) Affective instability due to a marked reactivity of mood
(7) Chronic feelings of emptiness
(8) Inappropriate, intense anger or difficulty controlling anger
(9) Transient, stress-related paranoid ideation or severe dissociative symptoms
*DSM-IV TR criteria

Then comes another cluster b personality disorder that is borderline personality disorder. Borderline case is we had talked about right from the beginning, you remember when where looking at the whole set of behavior that could be possible by somebody, who is not able to reproduce an offspring, you remember that example that took a right in the beginning of the semester. There also we had that normal set of reactions, pathological set of reaction and in between we had the borderline cases. So, here we have the borderline personality disorder which basically is reflected in terms of pervasive pattern of instability of interpersonal relationship.

So, the interpersonal relationship that you initiate, you have great difficulty in terms of maintaining it. Inability of self-image and affect and marked impulsivity which begins in the earlier adulthood, and present in a variety of contexts. Once again, out of these nine situations, minimum of five should be present in the individual. What frantic effort to avoid real or imagined abandonment. A pattern of unstable and intense interpersonal relationships characterized by altering between extremes of idealization and devaluation. Marked and persistently unstable sense of self. So, even you have not only problem with maintaining relationship with others, you have great degree of inability even in terms of that the immersed you derive out of your own self. Recurrent suicidal behavior gesture or threats or self-mutilating behavior. Self-mutilating behavior we had discussed know using the cigarette bad making cut on your own body is stubs like this. Affective instability due to a marked reactivity of mood; chronic feelings of emptiness.

Inappropriate intense anger or difficulty controlling your own anger and transient stress related paranoid ideation. So, basically out of these nine different type of intense symptoms minimum of five has to be present for somebody to be a classified as borderline personality disorder.

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Diagnostic criteria for histrionic personality disorder*	
A.	A pervasive pattern of excessive emotionality and attention seeking, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:
(1)	Is uncomfortable in situations in which he or she is not the center of attention
(2)	Interaction with others is often characterized by inappropriate sexually seductive or provocative behaviour
(3)	Displays rapidly shifting and shallow expression of emotions
(4)	Consistently uses physical appearance to draw attention to self
(5)	Has a style of speech that is excessively impressionistic expression of emotion
(6)	Shows self-dramatization, theatrically, and exaggerated expression of emotion
(7)	Is suggestible
(8)	Considers relationships to be more intimate than they actually are

*DSM-IV TR criteria

The next one is the histrionic personality disorder. Once again this has to do with a excessive emotionality, more of attention seeking behavior. Again begins in the adulthood and out of the age minimum of five should be present. We will just quickly browse to it that one has discomfort in situations in which he or she is not the center of attention. So, you always feel comfortable only when you are at the center of attention. Two interaction with others is often characterized by inappropriate sexually seductive or provocative behavior. You display rapidly shifting and shallow expressive of emotion. Consistently uses physical appearance to draw attention to self, has a style of speech that is excessively impressionistic expression of emotion.

So, more and more of emotionally laden expression shows self dramatization, theatrically and exaggerated expression of emotion. So, usually people in your culture do not express the feelings the way you do. Highly suggestible means you are in terms of your what do you call inclination towards following the suggestion given by others. And consider relationship to be more intimate than they actually are. So, when you consider that x is extremely intimate to you, it is all error of judgment x might not be that

intimate, but you always make that error in terms of evaluating the intimacy of the relationships.

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Diagnostic criteria for narcissistic personality disorder*
A pervasive pattern of grandiosity (in fantasy or behaviour), need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:
(1) Has a grandiose sense of self-importance
(2) Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love
(3) Believes that he or she is "special" and unique and can only be understood by, or should associate with, other special or high-status people or institutions
(4) Requires excessive admiration
(5) Has a sense of entitlement (unreasonable expectations of especially favourable treatment or automatic compliance with his or her expectations)
(6) Is interpersonally exploitative (takes advantage of others to achieve his or her own ends)
(7) Lacks empathy (unwilling to recognize feelings of others)
(8) Is often envious of others or believes that others are envious of him or her
(9) Shows arrogant, haughty behaviours or attitudes

*DSM-IV TR criteria

Now, we come to a very different type of personality disorder what is called as narcissistic personality. Narcissism is basically a word use to define personality characteristics, which reflects love for the self. And there are beautiful books rather know on narcissistic behavior, but I would suggest you should not those book, it can entirely shift you from the normal trend of live that are leading. Because you start questioning most of the things in life and when I say most I actually mean everything in life, it is very difficult to digest such type of interpretations, but you would find beautiful books in psychology on narcissistic behavior which basically in that you love yourself and only yourself, for rest all is fabricated. So, do not love your parents, you do not love your children, you do not love your spouse, you do not love your friends, your love is actually for your own self this is what the narcissistic viewpoint is.

We are not going to that viewpoint. We are coming to the narcissistic personality disorder where one shows pervasive pattern of grandiosity. So, I am great that pattern of grandiosity either in fantasy or in behavior. Need for admiration, lack of empathy again it will begin in the early adulthood present in a variety of contexts. Out of the nine symptoms written here, five or more should be present for somebody to be classified as having narcissistic personality disorder.

One has a grandiose sense of self importance why it is the word exist because I am right now here. Why does IIT exist because I have taken admission here, why does this class exist, because I have rested for the course. So, grandiose were everything is dedicated to the self to preoccupied with fantasies of unlimited success, power, brilliant, beauty, ideal, love. So, all things in the most exaggerated fashion. Three believes that he or she is the special and unique and can only be understood by or should associate with other special or high status people or institution. So, you have great degree of problem relating to others, why because I do not consider the world to be of my standard; people to be of my standard. And therefore, you consider that you are so special that unless and until, you find somebody very very know equivalent to you, at there in terms of individual or in terms of collective status as situation or as different body, you do not feel a relating with individual or situations.

Three requires excessive admiration. Remember one thing that admiration is something that all of us like, it boost your ego, it acts as a great facilitator for your behavior, but then here the degree of requirement is very high. Has a sense of entitlement which is know unreasonable expectation of especially favorable treatment or automatic compliance with his or her expectation. So, you feel that I am entitle to this and I should be given privilege. It is interpersonally exploitative. So, in the interpersonally relationship you try to exploit your partner. Takes advantages of others to achieve once own ends on own goal. Lacks empathy which also includes that you are do you do not show willingness to except the feelings of others. Is often envious of other, so you envy others or believes that others are having some degree of for you. Shows arrogant behavior, your entire at achieved you know full of such type of arrogant.

So, out of these nine five or more, if somebody has it leads to narcissistic personality disorder. So, basically what you get a feel here is that you consider yourself and only yourself nobody else, but there it is in terms of maintaining a relationship, whether it is in terms of developing a certain emotionally laden behavior, whether it is in terms of a achievement, whether it is in terms of admiration that you receive, everything has to be self in term.

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Diagnostic criteria for avoidant personality disorder*	
A.	A pervasive pattern of social inhibition, feeling of inadequacy, and hypersensitivity to negative evaluation, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:
	(1) Avoids occupational activities that involve significant interpersonal contact, because of fears of criticism, disapproval, or rejection
	(2) Is unwilling to get involved with people unless certain of being liked
	(3) Shows restraint within intimate relationships because of the fear of being shamed or ridiculed
	(4) Is preoccupied with being criticized or rejected in social situations
	(5) Is inhibited in new interpersonal situations because of feelings of inadequacy
	(6) Views self as socially inept, personally unappealing, or inferior to others
	(7) Is unusually reluctant to take personal risks or to engage in new activities because they may prove embarrassing

*DSM-IV TR criteria

Then we come to avoidant personality behavior and you can recollect that we had talked about a avoidance compromise and withdrawal as pattern of adjustment. At that time, we did talked about avoidance has a healthy pattern of adjustment. We just ended at that time with statement that excessive usage of avoidance as a module of adjustment could be detrimental. And now we come to that point where you realize that the whole dominance of avoidance as a tendency within the individual could actually be a reflection of avoidant personality disorder, which is basically reflected in the terms of a pervasive pattern of social inhibition, feeling of inadequacy hypersensitivity to negative evaluation beginning which of course, begins in early adulthood. And out of these seven minimum of four has to be present for somebody to be diagnose with abundant personality disorder, which basically includes avoidance of occupational activities that involves significant interpersonal contact, because of fears of criticism disapproval or rejection.

So, when you realize that you are occupationally engagement requires you to be remain corrected with some other individual or individuals for little longer, you try to avoid it, because you are scared of the fact that the movement you become much closer to somebody, you could be a subject to criticisms, you could be disapproved; you could be rejected. Two is unwilling to get involved with people unless the one is certain that I would certainly like by that individual. Remember that in human relationship you cannot ensure somebody you like today, you might develop dislike for that individual tomorrow,

somebody who you dislike today, you might develop liking for that individual tomorrow. So, it is not that is it is not at all likes and dislikes are that stable in life.

And therefore, if you ensure that unless and until I am guaranteed at I would be liked then only I will know go for getting much more closer to you then it is a trap. Three shows the restraint with in intimate relationship because of the fear of being shamed or ridiculed. So, even in intimate relationship you are extremely scared about the criticism and the negative evaluation. Four is preoccupied with being criticized or rejected in social situations and that could be reflected in behavior like say you deliberately try to avoid situations. Say like you are invited for a party and you deliberately try to find a reason because of which you can avoid attending the party the reason being that you realize that in so situations you could be you could be a subject of criticism. Even if you are not being a subject of criticism people will constantly know or group of people will look at you and they keep evaluating you, and this evaluation according to you could be negative in nature.

Is inhibited in new interpersonal situations, because of feeling of inadequacy. Views self as socially inept, personally unappealing, or inferior to others; and the last one unusually reluctant to take personal risk or to engage in new activities, because you realize they may prove embarrassing for you. So, all you ensure is that unless acceptance unless appreciation, unless success is ensured, I will not move ahead. In life nobody can guaranty these three things to anybody, and therefore, this would ensure that most of situations in life, you try to avoid and therefore, it is classified as personality disorder. This is an interesting type of personality disorder cluster b personality disorder, which usually we do not think about.

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Diagnostic criteria for dependent personality disorder*
A pervasive and excessive need to be taken care of that leads to submissive and clinging behaviour and fears of separation, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:
(1) Has difficulty making everyday decisions without an excessive amount of advice and reassurance from others
(2) Needs others to assume responsibility for most major areas of his or her life
(3) Has difficulty expressing disagreement with others because of fear of loss of support or approval
(4) Has difficulty initiating projects or doing things on his or her own
(5) Goes to excessive lengths to obtain nurturance and support from others to the point of volunteering to do things that are unpleasant
(6) Feels uncomfortable or helpless when alone because of exaggerated fears of being unable to care for himself or herself
(7) Urgently seeks another relationship as a source of care and support when a close relationship ends
(8) Is unrealistically preoccupied with fears of being left to take care of himself or herself

*DSM-IV TR criteria

Dependent personality disorder, which basically is a pervasive and excessive need to be taken care of. So, you now start thinking that other should take care of you which leads to submissive and clinging behavior and fear of separation. So, you tend to cling to others, so that know you are not separated by people who will ensure that you are taken care of by them. Remember such type of behavior, we had refer to what we were talking about erotic nucleus and erotic paradox.

Now out of these eight, five of these should certainly we present for somebody to be classified as dependent personality disorder this includes difficulty making everyday decision, which is excessive amount advice and reassurance from others. So, all you want is that others should certainly advice you, they should reassure you, common common do it is can be done unless that happens in your everyday life you do not move a step ahead, you depend on others for suggestions for approval.

Two - needs others to assume responsibility for most major areas of his or her life. So, you do not want to own responsibility; remember for most of the things in life responsibility lies on the individual concern. You cannot say that say because my parents had arrange the marriage for me and therefore, failure in relationship with a spouse is dedicated to the parents, because they could not find a good match for me that you cannot say you do not have the privilege of saying so. Similarly, you cannot say that fine I will under up in bad institution and therefore, I got bad grades you do not have that

liberty. And therefore, if you start the showing the fact that others need to assume responsibility for the type of things that are important for you in life that does not happen; and therefore, it becomes a disorder. If you start know assuming responsibility for all success and then it is fine it is normal trend of behavior.

Three - Has difficulty expressing disagreement with others because of fear of loss of or a loss of support or approval. Has difficulty initiating projects or doing things on his or her own. Goes to excessive length to obtain nurturance and support from others; feels uncomfortable or helpless when alone, because again there is a fear of getting separated. Urgently seeks another relationship as source of care and support when the close relationship ends. So, one relationship ends, so want to have a close relationship with others because you have the dependent personality disorder. Is unrealistically preoccupied with fear of being left to take care of himself or herself; primarily this is guided by the fact that is there are not people around you to take care of you, you would not be able to survive, because you are incapable of handling the only requirements.

And therefore, is excessive degree of not dependence on others the tendency of showing this clinging behavior to remain intimately closely associated with others right what immediate activities to major things in life therefore, it is classified as a disorder named as dependent personality disorder.

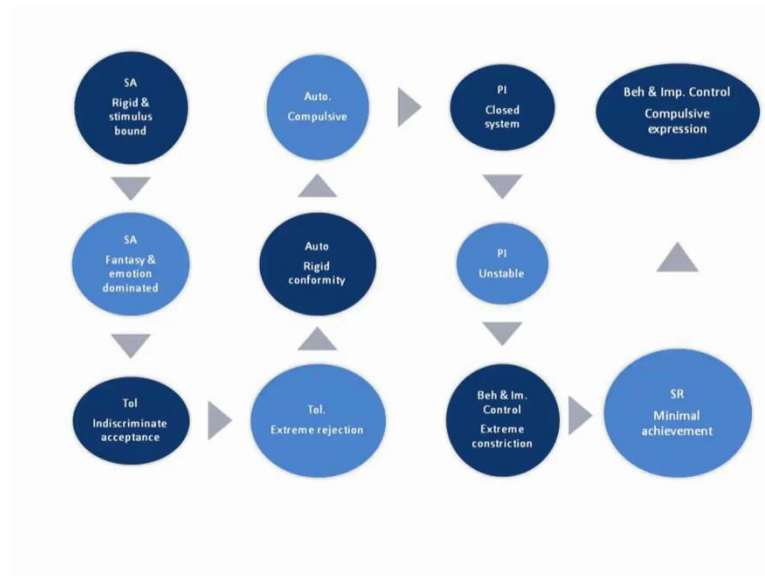
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Diagnostic criteria for obsessive-compulsive personality disorder*
A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:
(1) Is preoccupied with details, rules, lists, organization, or schedules to the extent that the major point of the activity is lost
(2) Shows perfectionism that interferes with task completion
(3) Is excessively devoted to work and productivity to the exclusion of leisure activities and friendships
(4) Is overconscientious, scrupulous, and inflexible about matters of morality, ethics, or values
(5) Is unable to discard worn-out or worthless objects even when they have no sentimental value
(6) Is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things
(7) Adopts a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes
(8) Shows rigidity and stubbornness

*DSM-IV TR criteria

Obsession compulsion we had talked about, we would not go in to the details of it.

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What is important for us now is to look at the fact that when you right in the beginning, when we got talking about the dimensions of subjective adjustment we id talked about extremes of behavior. For example, if you remember with respect to selective awareness, rigid and stimulus bound awareness was one ends, and fantasy and emotion leaden behavior was the other end. Now although these are two ends, you need to thinks from two viewpoints; one is it know spectrum a band where you say that this is a rigid awareness, and here it is completely fantasy and emotionally leaden thing. Is it that the spectrum lies in which fashion or in certain cases is it that know this is not actually a band, but it is actually a circular ((Refer Time: 27:45)). Where one strip on this side or that side suddenly makes you do something else.

And second important thing that although we had talking about fantasy and emotion leaden behavior and extreme rigidity in behavior where you are hood to stimulus. Now, where do we draw the line that find emotion orientation fantasy to this level is normal, beyond that you cross the line you come to the last one where we had talked about all these details of ethological behavior. You can remember we had taken a very small subset, all we discussed during the course was impulse controlled disorder during aggression; and then during our discussion on on psychological disorders, we had only taken adjustment and personality disorders, but otherwise the whole range of disorders life.

Similarly, know when we talked about indiscriminate acceptance of the self, and the tendency of extreme rejection. Now you talk of indiscriminate acceptance right now, we talked about dependent personality behavior. When we talked about extreme rejection, you remember we did a refer to the fact that you consider that fine unless somebody of your status you do not feel developing a relationship. Now, these are the extremes of normal behavior, but the moment you make it little more intense it becomes a personality disorder.

Similarly now rigid conformity and the tendency of compulsive behavior, when you become a extremely close system you do not allow anybody else to trick into your life. To a point when you are extremely unstable, where you have extreme construction of behavior and you have no satisfaction with minimal achievement in life. Two when you have a tendency of showing behavior or impulse where you show compulsive expression of your feelings. Now you can make out that how closely this normal patterns of adjustments are to psychological disorders. Something which is otherwise normally you start moving on this spectrum, come to a point where it starts bending heavily towards one side, and you go one step ahead and you realized that the behavior is no more normal from a clinical prospective.

So, this all that we wanted to discuss yet. As a part of know our discussion on right from the first part where the focus was exclusively on extremes of normal behavior, which makes you are adjusted to extreme of behavior which know determines clinically that you are suffering from one or the other type of pathology. It is important for individuals to be aware of once own behavior; to be much more reflective in nature to be critically evaluating where do I stand. Once I know that this could be the possible range fine. So, that was all about that we have to discuss. We will end here.