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|  | **Paranoid Personality Disorder**  **30 Jul 2015** | **207-2015-14** |

**I decided to make July 2015 (my 75th year on earth) Crazy People Awareness Month. To complete my writing trilogy on mental illness, I threw the names of all 200+ mental disorders into a hat and drew one name out - the winning subject for this article is Paranoid Personality Disorder (PPD).**

**What is Paranoid Personality Disorder?**

**Paranoid Personality Disorder (PPD) is one of several personality disorders which involve odd or eccentric ways of thinking. People with PPD suffer from paranoia, an unrelenting mistrust and suspicion of others, even when there is no reason to be suspicious. A person with paranoid personality disorder will nearly always believe that other people's motives are suspect or even evil-minded.**

**Individuals with Paranoid Personality Disorder falsely believe that they are being victimized by others. They are highly critical of others, yet hypersensitive to criticism of themselves. They bear grudges and are unwilling to forgive the insults that they think they have received. Minor slights arouse major hostility, and the hostile feelings persist for a long time. Their combative and suspicious nature may elicit a hostile response in others, which then serves to confirm their original expectations**

**Social Skills That Are Lacking In Paranoid Personality Disorder**

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| **SOCIAL SKILL** | **PARANOID PERSONALITY** | **NORMAL** |
| ***Trust*** | Suspiciousness | Trusting the loyalty and good intentions of significant others (e.g., family and friends) |
| ***Forgiveness*** | Bearing grudges | Forgiving other people’s mistakes; not bearing grudges or seeking revenge |
| ***Gratitude*** | Feeling victimized | Being thankful for the good things in life; expressing thanks to others |

**What are the symptoms of Paranoid Personality Disorder?**

**People with PPD are always on guard, believing that others are constantly trying to demean, harm, or threaten them. These generally unfounded beliefs, as well as their habits of blame and distrust, might interfere with their ability to form close relationships. People with this disorder:**

* **Doubt the commitment, loyalty, or trustworthiness of others, believing they are using or deceiving them**
* **Are reluctant to confide in others or reveal personal information due to a fear that the information will be used against them**
* **Are unforgiving and hold grudges**
* **Are hypersensitive and take criticism poorly**
* **Read hidden meanings in the innocent remarks or casual looks of others**
* **Perceive attacks on their character that are not apparent to others; they generally react with anger and are quick to retaliate**
* **Have recurrent suspicions, without reason, that their spouses or lovers are being unfaithful**
* **Are generally cold and distant in their relationships with others, and might become controlling and jealous**
* **Cannot see their role in problems or conflicts and believe they are always right**
* **Have difficulty relaxing**
* **Are hostile, stubborn, and argumentative**

**Do you know anybody with 3 or more of these symptoms? If you do, there is a very good chance that this person has the Paranoid Personality Disorder. That might also explain a lot of things that have happened over the years!**

**More examples of Paranoid Personality Disorder behavior**

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| **“The neighbors are listening to my phone conversations”** | **“I can see this person causing trouble in the front of my house”** |

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| **“The neighbor man is watching me over the fence”** | **“I just saw somebody on our property”** |

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| **“Why are all my friends plotting against me?”** | **“I’m going to call the Police and tell them what is going on around here”** |

**What Causes Paranoid Personality Disorder?**

**The exact cause of PPD is not known, but it likely involves a combination of biological and psychological factors. The fact that PPD is more common in people who have close relatives with schizophrenia suggests a genetic link between the two disorders. Early childhood experiences, including physical or emotional trauma, are also suspected to play a role in the development of PPD.**

**How Is Paranoid Personality Disorder Diagnosed?**

**If physical symptoms are present, the doctor will begin an evaluation by performing a complete medical and psychiatric history and, if indicated, a physical exam. Although there are no laboratory tests to specifically diagnose personality disorders, the doctor might use various diagnostic tests to rule out physical illness as the cause of the symptoms.**

**If the doctor finds no physical reason for the symptoms, he or she might refer the person to a psychiatrist or health care professionals who are specially trained to diagnose and treat mental illnesses. Psychiatrists use specially designed interview and assessment tools to evaluate a person for a personality disorder.**

**How Is Paranoid Personality Disorder Treated?**

**Most people with PPD do not seek treatment on their own because they do not see themselves as having a problem. When treatment is sought, psychotherapy (a form of counseling) is the treatment of choice. Treatment likely will focus on increasing general coping skills, as well as on improving social interaction, communication, and self-esteem.**

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| **Psychotherapy treatment** | **Because trust is an important factor of psychotherapy, treatment is challenging since people with PPD have such distrust of others. As a result, many people with PPD do not follow their treatment plan. Medication generally is not a major focus of treatment for PPD.** |

**What Complications Are Associated With Paranoid Personality Disorder?**

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| **“I will see you in court!”** | **The thinking and behaviors associated with PPD can interfere with a person's ability to maintain relationships, as well as their ability to function socially and in work situations. In many cases, people with PPD become involved in legal battles, suing people or companies they believe are "out to get them."** |

**What Is the Outlook for People With Paranoid Personality Disorder?**

**PPD is a chronic disorder, which means it tends to last throughout a person's life. Although some people can function fairly well with PPD and are able to marry and hold jobs, others are completely disabled by the disorder. Because people with PPD tend to resist treatment, the chances of a positive outcome is not good.**

**Statistics on the number of people with Personality Disorders:**

**An estimated 36.4 million American adults (14.8 percent) meet standard diagnostic criteria for at least one personality disorder as defined in the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). This manual lists ten personality disorders and allocates each one to one of three groups or ‘clusters’: A, B, or C.**

**Here is the breakdown:**

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| **Cluster A (Odd, bizarre, eccentric)**  **Paranoid PD, Schizoid PD, Schizotypal PD** |
| **Cluster B (Dramatic, erratic)**  **Antisocial PD, Borderline PD, Histrionic PD, Narcissistic PD** |
| **Cluster C (Anxious, fearful)**  **Avoidant PD, Dependent PD, Obsessive-compulsive PD** |

**Who has a greater risk of having or getting a Personality Disorder?**

**Researchers have found that the risk of having avoidant, dependent, and paranoid personality disorders is greater for females than males, whereas risk of having antisocial personality disorder is greater for males. They found no gender differences in the risk of having obsessive-compulsive, schizoid, or histrionic personality disorders. In general, other risk factors for personality disorders included being Native American or Black, being a young adult, having low socioeconomic status, and being divorced, separated, widowed, or never married. With the exception of histrionic personality disorder, all the personality disorders assessed in the survey were associated with considerable emotional disability and impairment in social and occupational functioning.**

**List of Personality Disorders by highest percentage of people having it:**

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| **Type of Personality Disorder** | **Percent of Adults** | **Number of People** |
| **Obsessive-Compulsive**  **Narcissistic**  **Paranoid**  **Schizotypal**  **Antisocial**  **Schizoid**  **Avoidant**  **Histrionic**  **Borderline**  **Dependent** | **7.9**  **6.0**  **4.4**  **3.8**  **3.6**  **3.1**  **2.4**  **1.8**  **1.6**  **0.5** | **19.4 Million**  **14.8 Million**  **10.8 Million**  **9.3 Million**  **8.9 Million**  **7.6 Million**  **5.9 Million**  **4.4 Million**  **3.9 Million**  **1.2 Million** |

**Note: Many people have more than one personality disorder**

**Here is a short description of each type of Personality Disorder:**

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|  | **Obsessive-compulsive disorder (OCD) is a mental disorder where people feel the need to check things repeatedly, have certain thoughts repeatedly, or feel they need to perform certain routines repeatedly. People are unable to control either the thoughts or the activities. Common activities include hand washing, counting of things, and checking to see if a door is locked.** |

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|  | **Narcissistic personality disorder (NPD) involves arrogant behavior, a lack of empathy for other people, and a need for admiration. This will be very evident at work and in all relationships. People who are narcissistic are frequently described as cocky, self-centered, manipulative, and demanding. Narcissists are convinced that they are special and deserve special treatment.** |

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| **Paranoid Personality Disorder (PPD) is personality disorder where people suffer from paranoia, an unrelenting mistrust and suspicion of others, even when there is no reason to be suspicious.** |  |

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|  | **Schizotypal personality disorder (STPD) is a personality disorder characterized by a need for social isolation, anxiety in social situations, odd behavior and thinking, and often unconventional beliefs. People with this disorder feel extreme discomfort with maintaining close relationships with people, so they just avoid them. Peculiar speech mannerisms and odd modes of dress are also signs of this disorder.** |

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|  | **Antisocial personality disorder (ASPD) is a type of chronic mental condition in which a person's ways of thinking, perceiving situations and relating to others are dysfunctional — and destructive. People with antisocial personality disorder typically have no regard for right and wrong and often disregard the rights, wishes and feelings of others.** |

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|  | **Schizoid personality disorder (SPD) is a condition in which people avoid social activities and consistently shy away from interaction with others. It affects more males than females. If you have schizoid personality disorder, you may be seen as a loner, and you may lack the desire or skill to form close personal relationships.** | |
|  | | **Avoidant personality disorder (AvPD) is a condition afflicting persons when they display a pervasive pattern of social inhibition, feelings of inadequacy, extreme sensitivity to negative evaluation, and avoidance of social interaction. Individuals afflicted with the disorder tend to describe themselves as ill at ease, anxious, lonely, and generally feel unwanted and isolated from others.** |

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|  | **Histrionic personality disorder (HPD) is a personality disorder characterized by a pattern of excessive attention-seeking emotions, usually beginning in early adulthood, including inappropriately seductive behavior and an excessive need for approval. Histrionic people are lively, dramatic, vivacious, enthusiastic, and flirtatious.** |

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|  | **Borderline personality disorder (BPD) is a serious mental illness marked by unstable moods, behavior, and relationships. Most people who have BPD suffer from:**   * **Problems with regulating emotions and thoughts** * **Impulsive and reckless behavior** * **Unstable relationships with other people.** |

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|  | **Dependent personality disorder (DPD) is characterized by a pervasive psychological dependence on other people. This personality disorder is a long-term (chronic) condition in which people depend on others to meet their emotional and physical needs, with only a minority achieving normal levels of independence.** |

**What is the Worst Personality Disorder?**

**Borderline personality disorder (BPD) is by far the worst personality disorder to have. The essential features of BPD include a pattern of impulsivity and instability of behaviors, interpersonal relationships, and self-image. Other symptoms usually include intense fears of abandonment, intense anger and irritability. People with BPD often engage in idealization and devaluation of others, alternating between high positive regard and great disappointment. Self-harm, suicidal behavior, and substance abuse are common.**

**There is an ongoing debate about the terminology of this disorder, especially the suitability of the word "borderline". I guess that the American Psychiatric Association had trouble coming up with a “politically correct” name for this disorder. Since a person with this disorder borders on being a complete schizophrenia nut case and an emotional wreck, they decided to use the word “borderline”. This disorder used to be called, “Emotionally Unstable Personality Disorder” and I think this is a much better descriptive name.**

**What is the Worst Mental Illness?**

**That depends on how you judge it. If you judge it by suicide rate:**

* **Anorexia is the worst with a 20-25% death or suicide rate**
* **Bipolar is second worst with a 15% suicide rate**
* **Schizophrenia is third worst with a 10% suicide rate**

**If you judge the worst mental illness by disability rates:**

* **Schizophrenia is the worst**
* **Bipolar is second worst**
* **Depression is third worst**

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| **Crazy Homeless Person** | **Since I am the Judge, the worst mental illness of them all is Schizophrenia. These are the real crazy people that look and act crazy. They are the ones you see on the street throwing their arms in the air screaming at people and talking to themselves. People with Schizophrenia have delusions and hallucinations and can be dangerous to other people and themselves. Many of them are homeless and these are the people we need to get off of the streets and into Mental Health Treatment Centers.** |

**A Few Quotes:**

**“Most people, if you live or work in a big city, will see some form of schizophrenia every day, and it's always in the form of someone homeless. “Look at that guy - he's crazy. He looks dangerous.” Well, he's on the streets because of mental illness. At one time, he or she probably had a job and a home.”**

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**Summary**

**Here is a quick recap on what we have learned in my three articles about crazy people:**

* **The best movie ever made about crazy people is “One Flew over the Cuckoo’s Nest”.**
* **One in four American adults (approximately 61.5 million) have some form of mental illness.**
* **There are over 200 classified forms of mental illness.**
* **The five (5) major categories of mental illness are:**
  + **Anxiety disorders**
  + **Mood disorders**
  + **Schizophrenia/psychotic disorders**
  + **Dementias**
  + **Eating disorders**
* **We found out who let all of the crazy people out of the mental health centers, psychiatric hospitals, and the insane asylums.**
* **I provided the solution for getting the crazy people and the chronically homeless off of our streets, beaches, and parks.**
* **There are 10 personality disorders which involve odd or eccentric ways of thinking. They are:**
  + **Group A - Paranoid, Schizoid, and Schizotypal**
  + **Group B - Antisocial, Borderline, Histrionic, and Narcissistic**
  + **Group C - Avoidant, Dependent, and Obsessive-compulsive**
* **People with Paranoid Personality Disorder (PPD) have an unrelenting mistrust and suspicion of all other people including family and friends.**
* **Borderline personality disorder (BPD) is the worst personality disorder and should be called, “Emotionally Unstable Personality Disorder”.**
* **And if you didn’t learn anything else, just remember this:**

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