



July Newsletter

# STOP MENTAL ILLNESS FOUNDATION

PERSONALITY  
DISORDER

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# PERSONALITY DISORDER

Personality disorders are persistent mental health conditions characterized by inflexible and pervasive patterns of thoughts, emotions, and behaviors that deviate significantly from societal norms. These patterns cause distress to the individual and lead to difficulties in personal and social functioning. The DSM-5 categorizes personality disorders into three clusters:

Cluster A includes Odd or Eccentric Personality Disorders:

- Paranoid Personality Disorder: People are excessively suspicious and distrustful of others, often feeling exploited or harmed.
- Schizoid Personality Disorder: Individuals are emotionally detached and socially withdrawn, struggling to form close relationships.
- Schizotypal Personality Disorder: Characterized by eccentric behavior and odd beliefs, with difficulties in interpersonal connections.



Cluster B includes Dramatic, Emotional, or Erratic Personality Disorders:

- Antisocial Personality Disorder: Individuals have little regard for others' rights, lack empathy, and engage in impulsive and rule-breaking behaviors.
- Borderline Personality Disorder: Those affected experience emotional instability, have tumultuous relationships, and may self-harm due to a distorted self-image and fear of abandonment.
- Histrionic Personality Disorder: People seek attention and approval, being dramatic and emotionally reactive to gain recognition.
- Narcissistic Personality Disorder: This disorder involves an inflated sense of self-importance, a constant need for admiration, and a lack of empathy, leading individuals to exploit others.

Cluster C includes Anxious or Fearful Personality Disorders:

- Avoidant Personality Disorder: Individuals fear rejection and criticism, leading to social isolation and avoidance of interpersonal contact.
- Dependent Personality Disorder: Those with this disorder excessively rely on others for decision-making and fear separation.
- Obsessive-Compulsive Personality Disorder: People are preoccupied with perfectionism, orderliness, and control, often neglecting their relationships due to an excessive focus on details.

### **Antisocial Personality Disorder (ASPD)**

Antisocial Personality Disorder (ASPD) is a personality disorder characterized by a persistent disregard for the rights of others, a lack of empathy, and a pattern of manipulative and exploitative behaviours.



### **Symptoms of personality disorders**

- Distorted self-image
- Difficulty with relationships
- Emotional instability
- Maladaptive behaviors
- Cognitive distortions
- Impulsivity and risk-taking
- Social isolation or withdrawal
- Intense anxiety or depression







### **Coping with personality disorders**

- Seek professional help: Consult with experienced mental health professionals for diagnosis and appropriate treatment.
- Educate yourself: Learn about your specific disorder to manage it effectively.
- Practice self-care: Engage in activities that promote mental, emotional, and physical well-being.
- Establish a support network: Surround yourself with understanding and supportive friends, family, or support groups.
- Stick to a routine: Create a structured daily schedule to improve stability and manage symptoms.
- Develop coping strategies: Work with a therapist to build techniques for emotional regulation, problem-solving, and stress management.

### **Causes of Personality Disorders:**

- Genetic predisposition: Family history of personality disorders increases the risk.
- Childhood experiences: Traumatic events like abuse or neglect can impact personality development.
- Environmental factors: Chaotic family environment, unstable relationships, and violence exposure may contribute.
- Neurobiological factors: Abnormal brain structure and function might be linked to personality disorders.
- Temperament and personality traits: Traits like impulsivity and emotional instability can make individuals more vulnerable.



## Effects of Antisocial Personality Disorder

1. Legal problems
2. Relationship difficulties
3. Occupational problems
4. Substance abuse

## Coping Strategies for Loved Ones

1. Set boundaries
2. Seek support
3. Practice self-care
4. Maintain safety

## Supporting someone with a Personality Disorder

1. Be understanding and patient
2. Educate yourself
3. Offer empathy and emotional support
4. Avoid judgment and criticism
5. Encourage professional help
6. Set healthy boundaries
7. Foster open communication
8. Be a positive role model
9. Seek support for yourself



## Characteristics of Antisocial Personality Disorder (ASPD)

1. Lack of empathy
2. Manipulative behavior
3. Impulsivity
4. Aggression and hostility
5. Persistent violation of rules
6. Lack of remorse
7. Superficial charm

## Signs of Antisocial Personality Disorder

1. Repeatedly engaging in illegal activities
2. Consistent disregard for the rights of others
3. Frequent lying, deceit, or manipulation
4. Impulsivity and a lack of impulse control
5. A history of conduct disorder symptoms in childhood

## Management Techniques for Individuals with ASPD

1. Psychotherapy
2. Cognitive-behavioural therapy (CBT)
3. Substance abuse treatment
4. Developing a support network



# NURTURING RELATIONSHIPS IN THE DIGITAL AGE: PRIORITIZING MENTAL HEALTH AND WELL-BEING

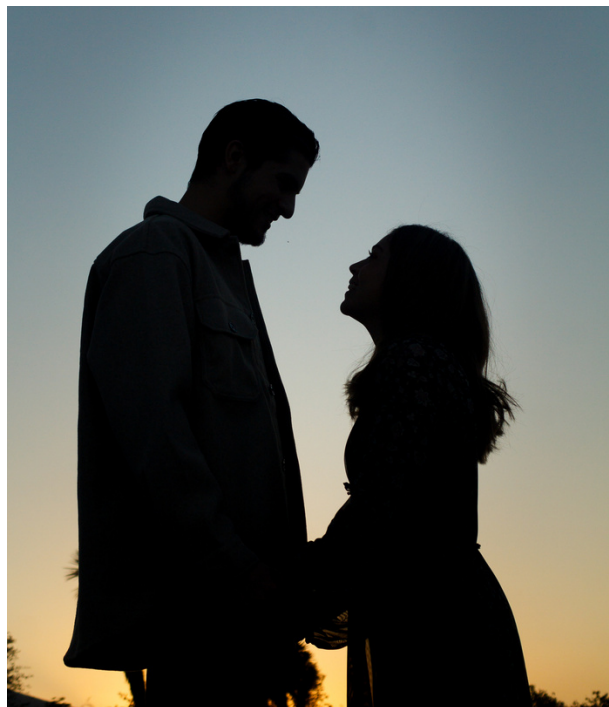
In the fast-paced, digitally connected world, maintaining healthy relationships is challenging due to the influence of technology and social media. The Stop Mental Illness Foundation recognizes the need to prioritize mental health in relationships that are not working.

Technology offers convenience but also presents complexities, such as comparison traps and an idealized image. Unhealthy relationships can lead to anxiety and depression. Prioritizing mental health involves self-reflection, setting boundaries, and seeking support when needed.

The foundation (SMIF) encourages seeking help from friends, family, or professionals when relationships become challenging.

Through awareness, education, and resources, they empower individuals to make informed decisions about their relationships and nurture genuine connections.

Prioritizing mental health fosters personal growth and fulfilment, creating a brighter future built on authentic relationships and emotional well-being.



## SUPPORT US

A drop of water, as commonly said, makes a mighty ocean. Donations from kind hearts like yours help us on our quest to eradicate mental illness stigma in Nigeria.

Cash and material donations are needed to help improve mental health care, raise awareness, and provide much-needed resources for families and individuals living with mental illness disorders.






### Account Details:

**Acc. No: 2042556558**

**Acc Name: Stop mental illness foundation**

**Bank: First Bank Plc**

## CONTACT US

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