

# Personality Disorder: The Changing Behavioral Disorder

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## EDITORIAL

Personality disorders are characterized by severe and rigid personality characteristics that are distressing to the individual and/or trigger problems at work, school, or in social relationships. Furthermore, the person's thought and conduct habits are radically different from societal norms and are so rigid that they interfere with the person's regular functioning. Antisocial behaviour is one example.

Antisocial personality disorder, obsessive-compulsive personality disorder, histrionic personality disorder, schizoid personality disorder, and paranoid personality disorder are all examples of personality disorders. Personality disorders are divided into ten categories. Long-term patterns of actions and inner perceptions that vary greatly from what is predicted are referred to as personality disorders. By late adolescence or early adulthood, a pattern of experience and action has developed that causes anxiety or functional issues. Personality problems will last a long time if they are not treated. Personality problems may be effectively treated by some forms of psychotherapy. During psychotherapy, a person

can learn more about their condition and what is causing their symptoms, as well as talk about their thoughts, emotions, and behaviours.

Psychotherapy can assist a person in better understanding the impact of their actions on others, as well as learning to control or cope with symptoms and minimise behaviour. There are no known medications for treating personality disorders. Antidepressants, anti-anxiety medications, and mood stabilisers, for example, can be beneficial in treating certain symptoms. A team approach involving a primary care doctor, a psychiatrist, a counsellor, a social worker, and family members may be required for more serious or long-term symptoms.

Family members can play an important role in a person's rehabilitation by collaborating with the person's health care provider on the most appropriate ways to assist and encourage them. Having a family member who suffers from a personality disorder, on the other hand, may be distressing and frustrating. Family members can benefit from speaking with a mental health professional that can help them cope with problems.

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