

Personality disorders fact or fiction

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Personality Disorders-Fact or Fiction Personality Disorders-Fact or Fiction

Personality disorders are behaviors which are linked with distress and disability. According to several health organizations, personality disorders are classified as mental disorders but, some professionals argue that they are personality styles, which are difficult to treat. In most cases, these behaviors lead to chronic disruption of behavior and emotions. Most psychiatric centers have the ability to diagnose personality disorders. Furthermore, these disorders are defined by the behaviors and experiences of an individual (Millon & Davis, 1996). This asserts that personality disorders can be included in the diagnostic category. This article will develop a persuasive argument for the inclusion of mental disorders in the diagnostic category, in the next version of the DSM.

The current version of the DSM manual is the DSM-IV-TR, which covers clinical disorders, personality disorders and rational disabilities (American Psychiatric Association, 2000). The DSM manual that was published by the psychiatric association of America has developed a criterion for the classification of mental disorders. The next version of the DSM manual should include personality disorders in the diagnostic category, because; most mental health professionals use this manual to assist them when communicating with patients on the patient's diagnosis. In fact, the DSM manual can be used to categorize the personality disorder patients using the diagnostic criteria.

According to various studies, patients with similar personality disorders fall under a single category. Furthermore, the recent version of the DSM highlights that a mental disorder is a psychological syndrome which occurs in an individual who suffers from distress or disability. This is also a clear

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indication that personality disorders are supposed to be included in the diagnostic category (American Psychiatric Association, 2000).

There are two main classification systems which are entailed in classifying personality disorders. These classifications are discussed under the ICD and the DSM manual. According to the American Psychiatric Association, the personality disorders are placed under three clusters. There are several causes, which are related to personal disorders. For example, personality disorders among the elderly are caused by the attitude and behavior of the individual (American Psychiatric Association, 2000). Bodily infant neglect and abuse can also lead to personality disorders especially in minors.

In most health centers, personality disorders can be diagnosed through an interview with a psychiatrist (American Psychiatric Association, 2000). This mental examination involves a quiz whereby the patient responds to questions which are asked by the psychiatrist. Personality disorders can be treated through several methods. However, the treatment of personality disorders relies on the syndrome and the severity of the condition. This treatment is approached by various practitioners such as family doctors, psychiatrists and other social workers. Some of the treatment methodologies include psychotherapy, medication and hospitalization (Mayo Clinic, 2012). Therefore, in the next version of the DSM manual, personality disorders can be entailed in the diagnostic category.

References

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