



Personality Disorder: Brief Overview

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Introduction

A personality disorder is also a type of mental disorder in which you have inflexible of thinking, behaving and functioning. If a person with personality disorder has the problem to recognize the related situations. There are different type's disorders discussed below.

Borderline Personality Disorder

Borderline personality is figured of emotions, feelings the person who was experienced. These emotions may cause risks in their life.

Symptoms: High spontaneous behaviors, Feeling emotional, Mood swings, passionate are difficult to carry with borderline disorder and unable to maintain long lasting healthy relationships

1. Insecure career plans, goals, Feelings of depression, emotion, anxiety.
2. Change in moods within a days or hours
3. Dangerous behaviors like alcohol abuse, drug abuse
4. If the patient with BPD having tense, stress mood.

If the individual with BPD should consult o licensed mental health professional requires long lasting therapy

Pseudo Bulbar Affect

Laughing out of control madly, crying uncontrollably and over thinking is called pseudo bulbar affect. If the individuals with Graves' disease, Parkinson's disease, Alzheimer's disease, multiple sclerosis, and any strokes have more chances to expose PBA. The people who are discomfort with these diseases have no control over the moods:

Symptoms: Inhibits occurring several times a day, Laughing, crying out of control. If the person with PBA then chance of having brain injury, neurological disorders and damage to medulla oblongata.

Treatment: It is not curable but there is treatment by consulting the Anti-depressant, anti-psychotic doctors. The drugs of PBA are Quinidine sulphate. If you are suffering with PBA then follow meditation, yoga etc.

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Obsessive –Compulsive Disorder

If the person is suffering from OCD it may affect your life in negative way. Such as spending lot of time by washing hands regularly of no of times or developing counting before leaving the room. If the person suffering from OCD consult mental health therapist and also there will be an eating disorder, depression and develops anxiety and have the chance of suicide attempt.

Symptoms: Hygienic manner, fear of germs, self-assertive towards yourself and others, far away from unwanted thoughts such as harm, sex etc., fearing of touching objects. There may be doubt weather door was closed or car door have been closed or not.

Anti-Social Personality Disorder

A person with chronic mental health condition is called anti-social personality disorder. This person can cause harm without any guilt and emotions. And also act as manipulator to get whatever such as money, power etc.

Symptoms: Lying to a person for money OR for something else, Irresponsibility at work, repeated physical fights, Lack of guilt when mistreating others.

Treatment: Psychotherapy or talk therapy required for anti-social personality disorder. Only therapist can remove negative feelings and built positive skills. There is no medication but by following yoga, meditation you may control aggressive behavior

Conduct Disorder

Conduct disorder is an emotional behavior or that occurs when children follow social media activities. A person with conduct disorder can be diagnosed by following.

1. Brain damage
2. Abuse
3. Trauma
4. Mental health problems
5. Signs of conducting disorder
6. Running away from the home
7. Destroying the property
8. Breaking someone else property

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