

Characteristics of People Served

<https://www.dshs.wa.gov/bha/trueblood-et-al-v-washington-state-dshs>

Course Agenda

Introductions

Schizophrenia

Personality Disorders

Mood Disorders

Q&A

Course Evaluation

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Schizophrenia

Delusions

Hallucinations

Disorganized
speech

Grossly abnormal
psychomotor
behavior

Negative
symptoms



Positive Symptoms/Reality Distortion

- **Hallucinations**
 - Auditory
 - Visual
 - Olfactory
 - Tactile
 - Gustatory
- **Delusions**
 - Reference
 - Persecutory
 - Control
 - Religious
 - Grandiose



Negative/Poverty Symptoms:

- **Flattened Affect:** A severe reduction or complete lack of emotional responses to the environment
- **Alogia:** A severe reduction or complete lack of speech
- **Avolition:** Lack of motivation; An inability to persist at common, goal-oriented tasks
- **Anhedonia:** Decreased interest in pleasurable or rewarding activities
- **Social Withdrawal:** Withdrawn from peers and family; emotional detachment
- **Social Inattention:** Limited attention to social cues; misinterpreting social cues

Disorganized Symptoms

- **Tangentiality** – not answering the question or answering in an obliquely relevant manner
- **Derailment** – jumping from one topic to another
- **Circumstantiality** – parenthetical remarks
- **Neologism** – making up meaningless words
- **Loosening of associations** – sentences that contain several thoughts
- **Word salad** – type of speech with no discernable links between words



Cognitive Deficits

Types

- Executive functioning
- Learning
- Memory
- Attention

Associated with poor functional outcome



Personality Disorders:

- A type of psychiatric disorder in which a person presents with a rigid and unhealthy pattern of thinking, functioning and behaving.
- One may have trouble perceiving and relating to situations and to people.
- This causes significant problems and limitations in relationships, social encounters, work and school.



Types of Personality Disorders:

Characterized by dramatic, manipulative, overly emotional or unpredictable thinking or behavior.

Includes:

- Antisocial personality disorder
- Borderline personality disorder
- Histrionic personality disorder
- Narcissistic personality disorder

Antisocial Personality Disorder

Failure to conform to social norms with respect to lawful behaviors

Deceitfulness (repeated lying, use of aliases, or conning others)

Impulsivity or failure to plan ahead

Irritability and aggressiveness (repeated physical fights or assaults)

Reckless disregard for safety of self or others

Consistent irresponsibility (repeated failure to sustain consistent work behavior or honor financial obligations)

Lack of remorse (rationalizing having hurt, mistreated, or stolen from another)

Borderline Personality Disorder

- Impulsive and risky behavior, such as having unsafe sex, gambling or binge eating
- Unstable or fragile self image
- Unstable and intense relationships (alternating between extremes of idealization and devaluation)
- Emotional instability due to significant reactivity of mood
- Suicidal behavior or threats of self-injury
- Intense fear of being alone or abandoned
- Ongoing feelings of emptiness
- Frequent, intense displays of anger
- Stress-related paranoia that comes and goes



Histrionic Personality Disorder

Frequent dramatic behaviors

Excessively emotional, dramatic or sexually provocative to gain attention

Speaks dramatically with strong opinions, but few facts or details to back them up

Easily influenced by others

Shallow, rapidly changing emotions


Excessive concern with physical appearance

Thinks relationships with others are closer than they really are



Narcissistic Personality Disorder

- Belief that you're special and more important than others
- Fantasies about power, success and attractiveness
- Lacks empathy (failure to recognize others' needs and feelings)
- Is exploitative of others (takes advantage of others to achieve his or her own ends)
- Grandiose sense of self-importance (exaggeration of achievements or talents)
- Expectation of constant praise and admiration
- Arrogance
- Has a very strong sense of entitlement (unreasonable expectations of favors and advantages, often taking advantage of others)
- Envy of others or belief that others envy you



Awareness & Management for Personality Disorders

- May be inconsistencies in the person's presentation, self-report, and history
- May be an exaggeration of their symptoms and the severity of their symptoms
- Characteristics of patients' personalities can tend to elicit strong feelings in staff members, which can lead to the development of problematic staff-patient relationships.
- The goal of management is to develop a working relationship with patients to help them receive the best possible care despite their chronic difficulties in interacting with staff and the health care system.



Mood Disorders

- State of mind or predominant emotion over an extended period, typically brought into awareness by a person's self-report



Bipolar Disorders

- Mental disorders that cause extreme fluctuation in a person's mood, energy, and ability to function.
- There are three identified types of bipolar disorder:
 - Bipolar I disorder
 - Bipolar II disorder
 - Cyclothymic disorder



Bipolar Disorders

- **Bipolar I disorder** is defined by manic episodes that last at least seven days, or by manic symptoms that are so severe that the person needs immediate hospital care. Usually, depressive episodes occur as well, typically lasting at least two weeks.
- **Bipolar II disorder** is defined by a pattern of depressive episodes and hypomanic episodes, but not the full-blown manic episodes that are typical of Bipolar I Disorder.

Bipolar Disorder

- **Cyclothymic Disorder** is defined by periods of hypomanic symptoms as well as periods of depressive symptoms lasting for at least two years (one year in children and adolescents). However, the symptoms do not meet the diagnostic requirements for a hypomanic episode and a depressive episode.

A person experiencing a manic episode may:

- Feel very “up,” “high,” elated, or touchy
- Feel “jumpy” or “wired”
- Have a decreased need for sleep
- Have a loss of appetite
- Talk very fast about a lot of different things
- Feel like their thoughts are racing
- Think they can do a lot of things at once
- Engage in risky behaviors, such as eating and drinking excessively, spend or give away a lot of money, or have reckless sex
- Feel like they are unusually important, talented, or powerful

A person experiencing a depressive episode may:

- Feel very sad, “down,” empty, worried or hopeless
- Feel slowed down or restless
- Have trouble falling asleep, wake up too early, or sleep too much
- Experience increased appetite and weight gain
- Talk very slowly, feel like they have nothing to say, forget a lot
- Have trouble concentrating or making decisions
- Feel unable to do even simple things
- Have little interest in almost all activities, a decreased or absent sex drive or an inability to experience pleasure
- Feel hopeless or worthless, think about death or suicide



Major Depressive Disorder

Commonly known as *depression* or *clinical depression*, this is a common but serious mood disorder. It causes severe symptoms that affect how one feels, thinks, and manages daily activities such as sleeping, eating, or working.



Major Depression Signs and Symptoms

Persistent sad, anxious,
or “empty” mood

Feelings of hopelessness
or pessimism

Irritability

Feelings of guilt,
worthlessness or
helplessness

Loss of interest or pleasure
in hobbies and activities

Decreased energy or fatigue

Moving or talking more
slowly

Feeling restless or having
trouble sitting still

Difficulty concentrating,
remembering or making
decisions

Difficulty sleeping,
early-morning awakening,
or oversleeping

Appetite and/or weight
changes

Thoughts of death or suicide,
or suicide attempts

Aches or pains, headaches,
cramps or digestive problems
without a clear physical
cause and/or that do not
ease even with treatment



Post-Traumatic Stress Disorder

A person may experience PTSD after exposure to actual or threatened death, serious injury and/or sexual violence.

General criteria:

- At least one re-experiencing symptom
- At least one avoidance symptom
- At least two arousal and reactivity symptoms
- At least two cognition symptoms
- Must experience the symptoms above for at least one month

Panic Disorder

Recurrent panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. Attacks can occur unexpectedly or can be brought on by a trigger, such as a feared object or situation.

During a **panic attack**, people may experience:

- Heart palpitations, a pounding heartbeat or accelerated heart rate
- Sweating
- Trembling or shaking
- Sensations of shortness of breath, smothering or choking
- Feelings of impending doom
- Feelings of being out of control

Thank you!

- Q&A
- Course Evaluation
 - <https://www.research.net/r/CharacteristicsOfClientsServed>