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Borderline personality disorder

This presentation will explore:

- What personality disorders are
- An overview of what borderline personality disorder is
- Why borderline personality disorder can develop
- The symptoms of borderline personality disorder
- The treatments for borderline personality disorder.

Personality

According to the American psychological association (2025) personality is a system of characteristics and behaviours that influence how an individual interacts and copes with the world around them.

Someone's personality influences how they think, how they behave and how they express and deal with their emotions (Duris & Helms, 2022).

Introduction to personality disorders

There are 10 recognised personality disorders within the Diagnostic and Statistical Manual of Mental Disorders (DSM) (Marcovitz, 2009).

They are divided into three clusters:

- Cluster A- odd and eccentric behaviours
- Cluster B- emotional and dramatic behaviours
- Clusters C- fearful and anxious behaviours (Maass, 2019).

Cluster A

1. Paranoid personality disorder

Individuals with paranoid personality disorder believe that others around them are planning to exploit or harm them, they believe they may be attacked at any moment and without reason (Zimmerman, 2021).

2. Schizoid personality disorder

Those with schizoid personality disorder have little to no interest in social relationships and restricted expressions of emotions when in social settings (Maass, 2019).

Cluster A

3. Schizotypal personality disorder

This disorder presents as a lack of interest in social relations due to the fact the individual feels as though they are different and do not belong.

This is because they experience distorted thought patterns such as believing they have magical powers that allows them to control other's actions (Zimmerman, 2021).

Cluster B

1. Antisocial personality disorder

This personality disorder presents as impulsive, irresponsible and may include criminal behaviour (NHS Choices, cited in Maass, 2019).

2. Borderline personality disorder

Borderline personality disorder presents as emotional instability, unstable relationships and self-image, impulsivity and intense fear of abandonment (Duris & Helms, 2022).

Cluster B

3. Histrionic personality disorder

Individuals with this personality disorder display attention-seeking behaviours including dressing and acting provocatively as well as extreme performative emotions (Torrico et al., 2024) .

4. Narcissistic personality disorder.

Those with narcissistic personality disorder believe that they are special and have a strong need for admiration (Ronnigstam, 2012).

Cluster C

1. Avoidant personality disorder

Avoidant personality disorder presents with low self-esteem, anxiety in social situations and intense fear of rejection from social relationships (Duris & Helms, 2022)

2. Dependent Personality Disorder

This is characterised by clinging behaviours, separation anxiety, and a need to be cared for (Bornstein, 2012; Maass, 2019)

Cluster C

3. Obsessive-Compulsive Personality Disorder

Obsessive-Compulsive Personality Disorder involves obsession over perfectionism, schedules and rules (Zimmerman, 2021)

Individuals who experience this personality disorder struggle to relax and unwind due to the need to meet standards they have set for themselves (Samuels & Costa, 2012).

Overall, personality disorders are complex mental illnesses which cause distress to the individual and/or the people around them (Marcovitz, 2009).

Personality disorders can be difficult to treat but they are treatable and those with a diagnosed personality disorder can get better (Widiger & Rojas, 2015).

Treatments may include:

- Medications such as antidepressants, mood stabilisers or anti-psychotics (NHS, 2020).
- Talking therapies (NHS, 2020).
- Hospitalisation may be necessary in some cases (Lewis et al., 2018).

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