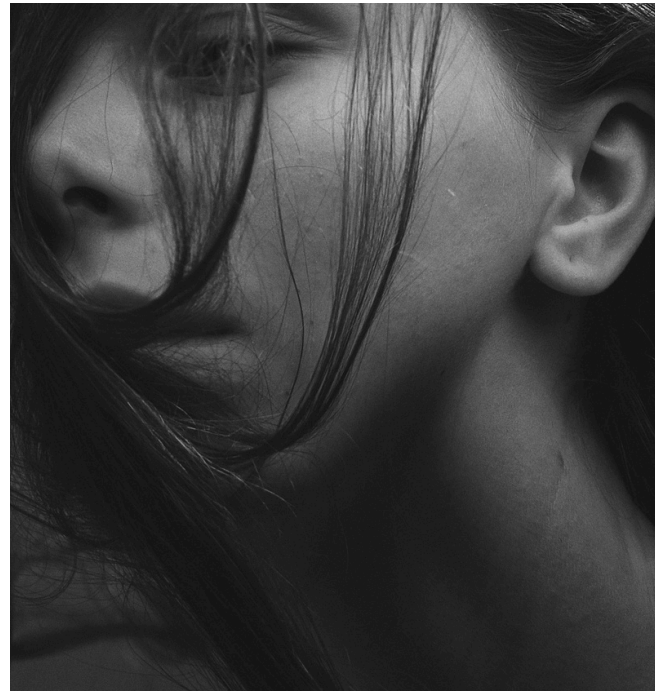
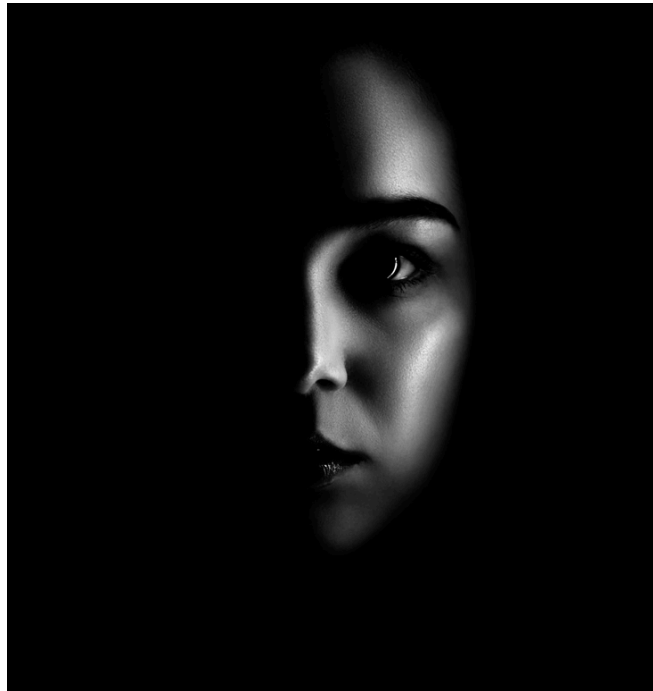


*Understanding the
Spectrum of Mental Health
Disorders*

Narcissistic Personality Disorder (NPD)



AI Acknowledgement Statement

Artificial intelligence was used to support the preparation of this presentation.

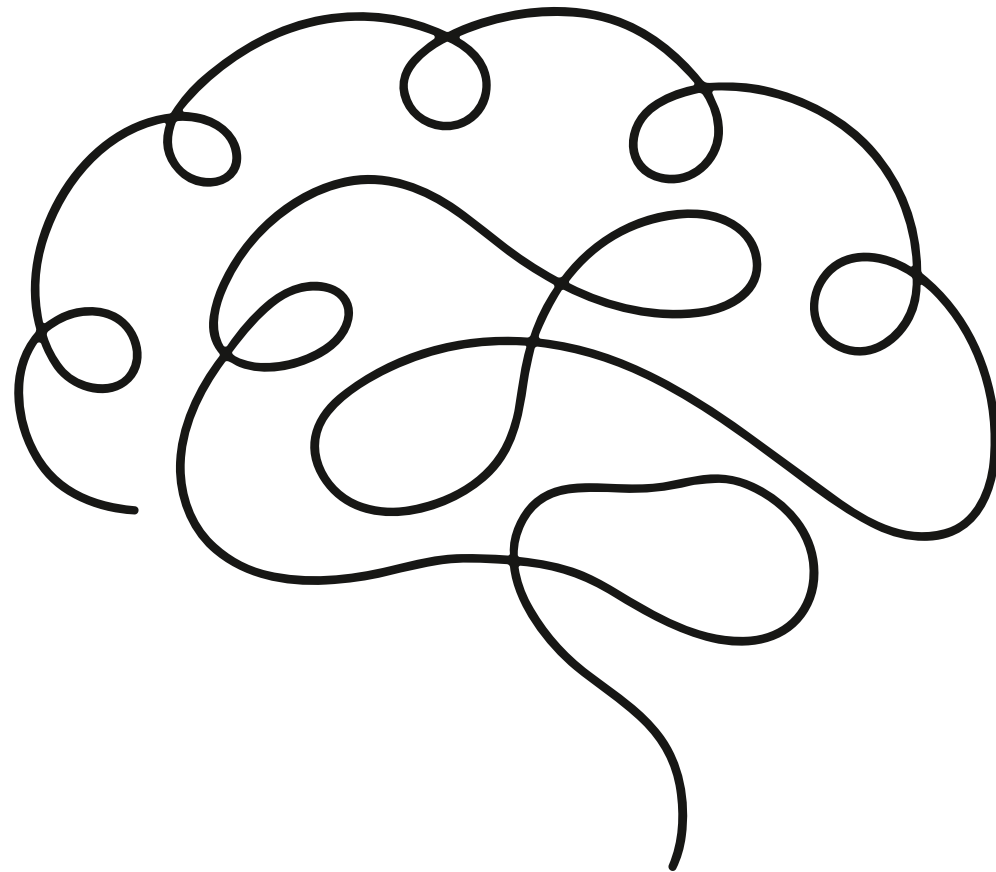
AI was used to help improve the structure and organisation of the presentation, refine the clarity of expression and check grammar and language accuracy.

All ideas, analysis, explanations and critical discussion presented in this work are my own.

No generated content has been submitted as original academic work.

BSc Psychology | ECPS4016

Personality & Individual Differences



Today we will cover:

Introduction to personality disorders

Symptoms & real-life impact

Aetiology causes of NPD

Treatment approaches

What Is a Personality Disorder?

"An enduring pattern of inner experience and behaviour that differs markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and leads to distress or impairment."

This is not a temporary mood or reaction to stress.

It is a stable, long-term pattern, one that affects how a person thinks, feels, and relates to others.

"A personality disorder is not a choice. It is a pattern built over a lifetime."

Key Facts:

Onset

adolescence or early adulthood

Duration

lifelong pattern

In DSM-5

10 recognised disorders

Key Characteristics of Personality Disorders

What makes personality disorders different from ordinary personality traits? (Maltby et al., 2022)

01 Ego-Syntonic

The person does not see their own patterns as a problem. It feels natural, like "who I am".

Example: a person with NPD genuinely believes they deserve special treatment.

02 Inflexible

Same rigid responses regardless of the situation unable to adapt to different contexts.

Example: reacting with rage to minor criticism in any setting.

03 Causes Impairment

Real, significant problems distress to the person, or harm to those around them. Often both.

Example: persistent relationship breakdowns, work difficulties, emotional suffering.



Personality Disorder Cluster System

10 personality disorders organised into 3 clusters
(APA, 2013; Maltby et al., 2022)

CLUSTER A Odd / Eccentric

Patterns of withdrawn, suspicious, or unusual thinking and behaviour.

- Paranoid PD (pervasive distrust & suspicion)
- Schizoid PD (detachment from relationships)
- Schizotypal PD (odd beliefs & behaviour)

CLUSTER B Dramatic / Emotional

Patterns of intense, unstable emotions and difficulties in relationships

- Antisocial PD
- Borderline PD
- Histrionic PD
- Narcissistic PD (our focus)

CLUSTER C Anxious / Fearful

Patterns driven by anxiety and fear

- Avoidant PD
- Dependent PD
- Obsessive-Compulsive PD

"Labels help us understand. They do not define the person behind the diagnosis."

Why Does This Matter?

~10.6%

of the general population meet criteria for at least one personality disorder (Lenzenweger, 2008)

Often unnoticed

Many people with personality disorders never receive a formal diagnosis (Maltby et al., 2022)

Cluster B

is associated with the greatest burden on relationships and mental health services (APA, 2013)

Understanding PDs helps clinicians diagnose correctly and choose the right treatment.

"1 in 10 people. Someone you know. Someone you love."

People with PDs are often seen as 'difficult' without recognising the deep psychological patterns behind their behaviour.



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