



# Mental Disorders

## Personality Disorders

Personality disorders disproportionately affect young, single Black women who have a low socioeconomic status. According to Dr. Miriam Delphin, Black people have also been disproportionately misdiagnosed with personality disorders. Personality Disorders are also difficult to treat. Personality disorders are wide in range and include:

Antisocial  
Paranoid  
Schizoid  
Avoidant  
Borderline  
Histrionic  
Narcissistic  
Dependent  
Obsessive- compulsive disorder

### General Symptoms of Personality Disorders

- Thinking, impulse control, and interpersonal functioning that is drastically different than a person's culture.
- An inner experience (how you're feeling on the inside) or behavior does not change and is prevalent in many daily aspects of life.
- Personality and personality interactions leads to significant distress in social, employment, and other important areas of life.
- The inner experience are stable and long.
- Personality is not due to using substances.

### Warning Signs

- Stressed relationships with family, friends, and community members.
- Changes in behavior and your inner experience that greatly impact daily living.
- Changes in personality that are constant for a period of time (i.e. days, weeks)

### Treatment

- Psychotherapy: Dialectical Behavior Therapy, Cognitive Therapy
- Exercise, Yoga, & Meditation
- Aromatherapy
- Massage Therapy

Sources: DSM- V, Dr.Miriam Elizabeth Delphin, WebMD

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