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## Introduction

Personality disorders are complex mental health conditions that deeply influence the way individuals perceive themselves, interact with others, and navigate the world around them. These disorders encompass a broad spectrum of symptoms and behaviours, often causing significant distress and impairment in various aspects of life. Understanding the intricacies of personality disorders, from accurate diagnosis to effective treatment strategies, is crucial for promoting recovery and improving overall well-being [1].

## Diagnosis

Diagnosing personality disorders can be challenging due to the diverse range of symptoms and the overlap with other mental health conditions. Mental health professionals typically rely on comprehensive assessments, including clinical interviews, self-report questionnaires, and observations of behaviour patterns over time, to make an accurate diagnosis. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) provides criteria for identifying different types of personality disorders, such as borderline, narcissistic, and avoidant personality disorders, among others. It's essential to recognize that personality disorders are not static or immutable traits but rather enduring patterns of thoughts, emotions, and behaviours that can evolve over time. Additionally, individuals with personality disorders often experience comorbidities, such as depression, anxiety, or substance abuse, further complicating the diagnostic process [2].

Despite advancements in understanding and treating personality disorders, several challenges persist. Stigma surrounding mental illness, limited access to specialized care, and difficulties engaging individuals with personality disorders in treatment are common barriers to effective intervention. Additionally, the chronic and pervasive nature of these disorders necessitates long-term management and ongoing support, which may strain resources and pose challenges for both individuals and healthcare systems.

## Background

Personality disorders represent a complex array of mental health conditions characterized by enduring patterns of thoughts, emotions, and behaviours that deviate significantly from cultural norms and

cause distress or impairment in social, occupational, or other areas of functioning. These disorders typically manifest in early adulthood and persist over time, influencing various aspects of an individual's life, including relationships, work, and self-perception [3].

such as depression or anxiety. Supportive services, including peer support groups and community resources, offer additional avenues for social connection and skill-building. Lifestyle modifications, such as adopting healthy habits and stress management techniques, can complement formal treatment approaches and promote overall well-being [6].

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