

# Diagnosis and Treatment of Borderline Personality Disorders Essay

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The diagnostic process for personality disorders currently covers a broad scope of various tests and symptoms, causing a source of frustration for psychiatrists (Aldhous). The symptoms and side effects of several personality disorders can tend to blur together, making diagnosis challenging (Aldhous). Most psychiatric patients are diagnosed with several personality disorders at once, with twenty percent of people with personality disorders simply diagnosed with a "personality disorder not otherwise specified" (Aldhous). Using the Diagnostic and Statistical Manual of Mental Health Disorders, commonly referred to as the DSM, psychiatrists attempt with great difficulty to categorize their patients into a specific disorder, only to diagnose them with several (Aldhous). In order to make the diagnostic process smoother, it has been suggested throughout the psychiatric community to make some drastic changes to the newest edition of the DSM (Aldhous). This volume would get rid of four existing disorders altogether, and diagnosis of the remaining would be changed (Aldhous). Patients would be scored in two personality areas, self and interpersonal (Aldhous). If they scored poorly, they would then be tested for the five major "pathological personality traits," two of which are antagonism and impulsivity, and, dependent on the degree of their score, would be neatly sorted into a

disorder (Aldhous). This process is similar to the one used by psychologists to classify normal personalities, testing patients for the “traits of openness, conscientiousness, extraversion, agreeableness, and neuroticism” (Aldhous). While the reform of the existing process is certainly necessary, some psychiatrists argue the new system would be too complex (Aldhous). O...

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...s go about diagnosing those with a personality disorder, and by extending treatment to those with personality disorders.

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