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Cluster A Personality Disorder

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Cluster A Personality Disorder

Different individuals have different characters and behaviors, hence making them have different feelings and thoughts concerning certain actions and events. Therefore, this makes it hard for other people relating to them to handle certain behavior exhibited by these individuals. Although some behaviors are caused by a personality disorder, many individuals do not realize they have ¹ personality disorders. Furthermore, a personality disorder is a very critical condition because it may make a person not have close friends or making it hard to associate with other people such as work colleagues. Therefore, this paper will analyze a case study concerning Jim and relates it to cluster A personality disorder.

Before any personality disorder is realized a person must have exhibited it in long-term patterns of behaviors that do not get altered for some time. Esterberg et al. (2010) argues that cluster A disorder comprises several other disorders within it including the paranoid, schizotypal and schizoid personality disorders. However, all of these disorders encompass both thinking and behavior that look uncommon or unconventional to others hence causing social challenges. According to the victim, Jim, he has indicated features of paranoid disorder which leads to forms of distrustful behaviors. Despite working in the medium-sized engineering firm for sixteen years Jim has a problem in trusting individuals he works with. Also, Jim has a problem in holding grudges especially when someone does any wrong or experiencing any perceived experience.

Moreover, the schizoid disorder is also portrayed by Jim because it involves making people evade from social activities and have a problem in displaying their emotions. Therefore, according to Jim, he has depicted features of preferring to be alone since he does not interact with his neighbors or workmates. Furthermore, Jim is also experiencing troubles when expressing his emotions hence making him write letters to the Congress leaders, utility firms as

well as city officials concerning the prejudices imposed on him. Likewise, Jim has depicted features of Schizotypal personality disorder because of his uncommon personalities (Esterberg et al., 2010). For instance, Jim has no close association with any person, has a problem in trusting people and experiences an excessive pact of social anxiety. Besides, Jim has inappropriate reactions especially when he engrosses in angry allegations with the neighbors or their kids when they did something that upset him.

Individuals with cluster A personality exhibit different features from those with cluster B personality. For instance, in cluster A individuals behave uncommonly and eccentrically, however, in cluster B, individuals have problems in controlling their behaviors and emotions hence making them portray dramatic, inconsistent or emotional behaviors (Tyrer et al., 2015). While in Cluster A, individuals want to be alone and not wanting to relate with others, in cluster B they are antisocial and hence signifying a pattern of disrespect as well as abuse of human rights. Also, cluster B personality disorder is characterized by dishonesty and manipulation through harshly interacting with others through lies and theft. Furthermore, these individuals tend to struggle in being the centre of attention which makes them utilize several attention-seeking behaviors such as stimulating relations.

Cluster A personality are more likely to commit violent crimes. Furthermore, according to Chan et al. (2015), an individual's paranoid personality disorder is related to violence. Similarly, the same source also states that Schizoid disorder is linked with a serial offense and be involved in homosexual pedophilia and sexual masochism as well as voyeurism (Apostolopoulos et al., 2018). Also, schizoid disorder is associated with psychopathy while both paranoid and schizoid are linked with violent behaviors.

Working with individuals suffering from cluster A personality disorder may pose great challenges. For instance, the majority of these individuals prefer to stay alone and not socialize hence making it hard to understand them. Another challenge is that they hide their feelings thus making it easy for them to suffer from depression and anxiety (Kendler et al., 2015). The last problem is to always have a negative attitude towards a person and hence thinking that other people's ideas are not necessary or important. To solve the issues, several strategies should be employed, for instance through support groups these individuals can meet and talk with other people experiencing the same problem hence decreasing their social isolation and assist them to understand themselves. Secondly, individuals can be involved in therapy and medication programs that will help them evade from depression and anxiety (Kendler et al., 2015). Therefore, this might decrease the impacts of personality disorder. Finally, bringing the individuals close and showing how a person cares for them will enable them to open up and share hence leading to more patience and tolerance of the problems faced.

Before interviewing the offenders of the cluster, A personality, it is important to realize that they are violent and thus proper strategy will be helpful. Therefore, I would recommend that the interviewer to first concede the involuntary nature of the interview by delivering the direction of the interview and the conditions of the interview. The second strategy is to establish sustenance, acceptance, association and optimism (Day et al., 2019). This will include following an interpersonal approach to ensure positive interactions is developed. Finally, is to have a good setting for the interview where the interviewer will be safe, for instance not locking the door or having an alarm device in case something goes wrong.

In summation, having analyzed a case study concerning Jim and related it to cluster A personality disorder, it is clear that cluster A personality individuals are identified through

different features including problems in trusting people, holding grudges, preferring to be alone, not enjoy socialization and having unsuitable actions. However, the features are different from those of cluster B. Also, crimes committed to involving violent crimes and serial offenses. Notably, the recommendations of interviewing the criminals are through having a good setting, establish acceptance and optimism and concede the voluntary nature of the interview.

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