

## PARANOID PERSONALITY DISORDER (PPD)

WHAT IS IT?	<ul style="list-style-type: none"> <li>• Life-long maladaptive coping behaviour that affects how they interpret events and make sense of the world</li> <li>• Chronic mental illness</li> <li>• More common in men</li> <li>• Summary: Long-standing generalized distrust and suspiciousness of other people</li> </ul>
WHAT ARE THE CHARACTERISTICS?	<ul style="list-style-type: none"> <li>• Fear that others will harm them</li> <li>• looking for evidence that others are against them</li> <li>• questioning hidden motives in others</li> <li>• aggressiveness, hostility , aloofness</li> <li>• little or no sense of humor</li> </ul>
WHAT CAUSES PPD?	<p>No known cause although familial factors may play a role; possible interpersonal causes, and genetics. Sensory impairment is one of the most common causes of late-onset paranoia.</p>
WHAT DOES IT LOOK LIKE?	<p>Relational difficulties:</p> <ul style="list-style-type: none"> <li>• Withdrawn, socially isolated</li> <li>• Unable to form close relationships</li> <li>• avoid normal social interactions</li> <li>• misinterpret compliments as hidden criticisms</li> <li>• persistently question trustworthiness of others</li> <li>• keeps up their guard</li> </ul> <p>Mental health issues:</p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> </ul>
WHAT TO REMEMBER	<p>The behaviour is the issue. It is a life long pattern or a defense mechanism. Don't take it personally. Can't change the person but we can change our approach and reactions.</p>
WHAT ARE SOME CARE STRATEGIES?	<ul style="list-style-type: none"> <li>• Individualize their care plan</li> <li>• Avoid directedness, overly honest, kindness and warmth</li> <li>• Avoid showing hostility or frustration</li> <li>• Develop trust by persistently demonstrating a nonjudgmental attitude and a professional desire to assist the person</li> <li>• Be transparent; avoid use of humor</li> </ul>