

# **Physician Fact Sheet On Personality Disorders In Persons With Mental Retardation And Developmental Disabilities (MR/DD)**

1. A personality disorder implies that an individual exhibits psychological or behavioral symptoms that disrupt their personal or professional life.
2. Personality disorders occur in 11 to 23% of the general population.
3. Individuals with moderate or severe mental retardation usually lack sufficient intellectual capacity to support a diagnosis of personality disorder.
4. The diagnosis of personality disorder can often produce negative responses by medical professionals, law enforcement and social agencies.
5. There are many personality disorders that fit into three broad categories, termed “clusters” and occur in 2 to 22% of persons with MR/DD.
6. Cluster-A includes persons with thought problems such as “schizoid”.
7. Cluster-B includes persons with impulse control and emotional regulation problems including borderline, antisocial, and histrionic.
8. Cluster-C includes persons with problems with initiative, such as passive-dependence.
9. The diagnosis of personality disorder should only be made in persons with mild mental retardation or normal intellect.
10. Antisocial and histrionic personality disorders are often described in persons with mental retardation.
11. Persons with borderline personality may demonstrate self-injurious behavior.
12. Medications are not effective for personality disorder but rather psychological and behavioral therapies are the major treatment modality.