Analyzing the Significance of Family Dynamics for Patients with Antisocial Borderline & Narcissistic Personality Disorders Maya Homan¹, Leila Tjiang¹, Dr. Tasha Souter² Palo Alto High School¹, Veteran Affairs Health Care System²

Introduction

What Is A Personality Disorder?

An enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood is stable over time, and leads to distress

or impairment" (APA).

Someone with a personality disorder has a consistently different worldview from most people in society that starts when they are a young adult and never completely goes away. It eventually causes problems in that person's interpersonal relationships and internal functioning.

There are three clusters of personality disorders. Cluster B is the "dramatic or emotional" cluster.

It includes Antisocial, Borderline, Histrionic, and Narcissistic personality disorders.

Why Are We Studying Them?

• These disorders affect every part of a person's life, and the lives of the people around them.

• Personality disorders are characterized by troubled relationships, and lead to extreme difficulties in relationships, especially parentchild relationships.

• In recent years NPD has shown an increase in prevalence within the general population.

• **BPD** has a very high prevalence rate in mental health settings due to the extreme impairment of those afflicted • ASPD is disproportionately prevalent in forensic settings and has a high comorbidity rate with disorders like substance abuse and conduct disorder.

Methods and Prevalence

Methods:

• We decided that a literature review best suited our project.

• Our literature review was conducted from the winter of 2015 to the spring of 2016.

• Keywords used: 'antisocial personality disorder,' 'borderline personality disorder' 'narcissistic personality disorder,' 'family dynamics,' 'family,' and 'personality disorder.' • Databases used: PubMed, PLOS One, EbscoHost, Nature,

Scientific American Mind, eScholarship, and Academic Journals AP Source. Π... C (1)

NPD	ASPD	BPD	HPD
General Population:	General Population:	General Population:	General Population:
06.2%	2-3%	1.65.9%	2%
	Forensic	Outpatient:	
	Settings:	10% Inpatient:	
	70% or higher	20%	
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In addition, 14.79% of American adults have at least one of the twelve personality disorders recognized by the Diagnostic and Statistical Manual of Mental Disorders (DSM).

The Historical Origins of Narcissism

The original Greek myth tells of a man named Narcissus, the son of the river god Cephissus and the nymph Liriope. His mother was told that he would live a long life as long as he "if he ne'er know himself." When he saw a reflection of himself for the first time on the surface of a lake, he fell in love with his image. He stayed there so long and became so intensely infatuated with himself that he fell into the lake and drowned. On the shore where he fell into the water, a flower—whose official scientific name is Narcissus sprouted from the soil. This flower is more commonly known as the daffodil, pictured on the bottom left. The painting titled Narcissus at the Source by Italian renaissance painter Caravaggio on the top left, depicts Narcissus falling in love with his reflection before his death. Freud was the first to use the term "narcissistic" in 1910 and Otto Rank was the first to write a paper—"On Narcissism"—that focused solely on this trait. However, it was not until the '60s and '70s that narcissistic personality disorder was more deeply considered and researched. Kernberg and Kohut were two of the largest contributors to our modern understanding of NPD. Although the diagnosis of NPD is somewhat contemporary, the concept of narcissism is an ancient one that is increasingly relevant in today's world.

- Individuals afflicted with NPD:
- Are entitled and arrogant

- Are chronically envious

• NPD can be caused and influenced by a number of elements, but the extent of which these elements influence the development of NPD cannot be determined.

• Genetic transmission has been explored as a potential cause of development; however, no solid correlation has been found. Even if there was a relationship, genetic transmission couldn't be the sole factor in the development of NPD.

• Environmental factors play a significant role in the development of personality disorders. Genetic components can lead to greater sensitivity to environmental factors, but a personality disorder won't develop unless the environmental factors are present.

• Typical Parenting Trends:

Individuals afflicted with NPD:

- Utilize pathological lying
- Demonstrate prominent aggression
 - Lack concern for others

• ASPD can be caused and influenced by a number of elements, but the extent of which these elements influence the development of ASPD cannot be determined.

• Genetic transmission has been found to be a significant factor in the development of ASPD. • Environmental factors play a critical role in the development of personality disorders. Genetic adult life.

Research shows that ASPD has a stronger genetic correlation than both NPD and BPD; however, similarly to the other personality disorders, genetic transmission can't be the sole factor in the development of ASPD. components can lead to greater sensitivity to environmental factors, but a personality disorder won't develop • MotherChild vs. FatherChild Connections: unless the environmental factors are present. Why is the family so important in the development of ASPD? Parents display: Children observe: when it comes to "cognitive outcomes."

• High levels of intrusiveness

• Denial of a child's independence

• Individuals afflicted with BPD experience:

• BPD can be caused and influenced by a number of elements, but the extent of which these elements influence the development of BPD cannot be determined. • Genetic transmission has been studied, and is considered a partial cause of development. BPD has been

found to have a slightly stronger genetic correlation than NPD; however, like with NPD, genetic transmission can't be the sole factor in the development of BPD. • "Oversimplification"

• Environmental factors play a significant role in the development of personality disorders. Genetic components can lead to greater sensitivity to environmental factors, but a personality disorder won't develop unless the environmental factors are present.



Narcissistic Personality Disorder (NDP)

What is NPD?

• Are defined by their sense of grandiosity and egotistical behaviors • Often fantasize about having the perfect life, career, romance, etc.

• They believe that they are especially unique, and should be treated as such • Require lots of praise and admiration to feel selfassured and worthy • Are exploitative and take advantage of others to achieve their own ambitions

• Lack empathy and have a reduced sense of morality

What factors lead to the development of NPD?

Why is the family so important in the development of NPD?

• Devaluating Parents are cold, indifferent, unempathetic and controlling.

Antisocial Personality Disorder (ASPD)

What is ASPD?

• Are characterized by indifference towards laws and social norms

• Engage in reckless, impulsive and irresponsible behavior regarding themselves or others

• Lack a conscience or capacity for remorse

• Generally have a history of childhood conduct disorder

What factors lead to the development of ASPD?

behaviors don't align with reality.

• Family Dynamics:

• Narcissistic families generally: Look perfect from the outside

early treatment difficult.

follows them into later life.

• Low levels of parental care

• Selfabsorbed, neglectful or cruel behavior

- Parental drinking and violence
- Lack of warmth and attention
- Inconsistent rules, lack of recognition of empathetic behaviors and poor supervision

2015) • Parental Disorders:

problems, an early predictor of ASPD, in boys.

Borderline Personality Disorder (BPD)

What is BPD?

• Intense fears of abandonment alongside feelings of perpetual emptiness

• Volatile relationships where patients either idolize or despise people

• Identity turmoil, characterized by fluctuating opinions, beliefs and goals

• Impulsive, reckless and paranoid behaviors

• Unstable mood fluctuations, where patients will quickly fluctuate between neurotic and psychotic • Suicidal behavior and nonsuicidal self injury (NSSI)

• A sense of unresolved anger that is difficult for patients to control

• Extreme dissociative symptoms caused by stress

What factors lead to the development of BPD?

Why is the family so important in the development of BPD?

• Patients often report negative childhood experiences such as:

• Child physical/sexual abuse and/or neglect

• Hostile conflict (e.g. abuse, tension, fighting, and other traumatic experiences)

• Parents generally utilize:

themselves and others

BPD vs. NPD BPD Most likely were Most • Parents may physically or sexually have their own abused abused as children psychological • Pare **Risk factors include** disorders, creating overvalu neglect, hostile conflict, rocky relationships • Pare early parental loss or and possibly passing sense of illness, parental divorce on genetic • Pare or ASPD, poor or factors that may "narcissi ineffective parenting, and cause problems in children their children other negative or perceive traumatic childhood **Genetics** may play a small role experiences

- Their children grow up feeling like they weren't "good enough" to receive their parents attention, and seek external sources of selfesteem to compensate for their inner feelings of inadequacy. • Overvaluating Parents are praising, uncritical, overly permissive and fail to set restrictions.
- Their children grow up believing that they are overly special and deserve more than other people, because this is what their parents taught them to expect.
- Both sets of parenting styles invalidate their children, because their responses to their children's
- Their children will grow up unable to cope with the variations and fluctuations that we face in our everyday lives. Their perception of reality becomes so distorted that they are unable to deal with their internal or external conflicts, and rely on unhealthy coping mechanisms that allow the disorder to progress.
- This makes it hard to recognize dysfunction, even by family members.
- These families don't come to the attention of Social Services or often just the people around them, making
- Rely on the children to serve the parent's needs and interests. • This causes a number of problems in the mental health of the children, because the parents hold them accountable for things that are out of their control, leading to a sense of inadequacy and deficiency that
 - Are both covertly and overtly dysfunctional.

- Risk factors for the development of ASPD include:
- "Neuropsychological dysfunction, mental health problems, poor parenting, substance abuse, learning difficulties, poor school attendance, head injury, childhood maltreatment and trauma" (Johnson et al,
- Disruption of family and parental mental illness are both associated with the development of ASPD • Women who are depressed have a higher possibility of partnering with antisocial men. This combination is correlated with depression and conduct disorder in their children.
- If a child's parents have antisocial characteristics, then they are more likely to pass on genetic factors that will increase the risk of the child developing ASPD. Additionally, the child will observe antisocial traits in their parents as they grow up, may learn to interpret these traits as normal, and utilize these traits in their
- The motherchild connection is more significant than the fatherchild connection when it comes to "emotional and behavioral outcomes" of the child. However, the fatherchild connection is more important
- Paternal depression in the early years of a child's life was associated with an increase in conduct

- Early parental loss, illness or divorce
- Parents with their own antisocial characteristics
- Inconsistency in parenting tactics (e.g. changing rules on the spot, punishing behaviors sometimes and not others, unpredictable behavior relating to daily routines and more)
- "Pervasive invalidation of the child's inner experience"
- Parents don't allow or tolerate the free and open expression of the child's emotions or opinions Parents gaslight, or try to manipulate their kids by making them question their sanity. This is extremely damaging to a person's self esteem, because they learn that they don't know what they are talking about, and that their opinion doesn't matter because they are always wrong. This damages their ability to trust

• "Displays of emotion are ignored/punished"

- Parents neglect their children's emotions, invalidating the importance of inner experience ■ Parents are inconsistent in their rewarding and punishing of behaviors, which confuses the child leading to a distorted internal reflection upon emotions/experiences. Later in life, the child will find it difficult to reflect upon their emotions as effectively and reasonably as others
- Many parents may recall telling their children to just "shake it off" if they fall down or scrape their knee. In this situation, the same thing happens when a child tells a parent about something that hurt them emotionally. Because the parent may not understand how deeply this is hurting their child, they may brush it off, telling them to just "get over it." This is damaging for the child because in some situations, it is hard to just "shake it off," and this leads to a sense of deficiency for the child when they are unable to cope properly.

NPD	ASPD vs. NPD	ASPD
st likely were emotionally or neglected as children ents either devalue or lue their children ents promote a false f reality ents see children as sistic extensions;" their n are "loved" if they are ed as "good enough"	 Parents may have their own psychological disorders, creating rocky relationships and possibly passing on genetic factors that may cause problems in their children Genetics may also play a role; however, ASPD tends to much more influenced by genetics than NPD 	 Most likely were physically or sexually abused as children Families are selfabsorbed, neglectful or cruel Drinking, violence, inconsistent rules, & lack of recognition of empathetic behaviors are common Children become numb to violence by witnessing parental violence and begin to view it as okay or "normal"

Antisocial Personality Disorder

pathologically; are reckless, impulsive and irresponsible regarding themself or others; display prominent aggression; show a lack of concern for others, conscience or the capacity for remorse; have a history of childhood conduct disorder.

Can be differentiated by the "total breakdown of moral functioning and absence of any capacity for loyalty" that is common in ASPD. They consistently display substance abuse, and promiscuous, manipulative and antisocial behavior, not just occasionally like narcissists do. Narcissists don't share the disregard for laws and social norms.

Discussion

Prevalence.

• There is an ongoing debate that began before the publication of the DSM V on whether or not NPD should be included as an official diagnosis, since the increase in prevalence was making the condition seem increasingly "normal." In addition, there is another debate around the idea that the DSM should diagnose Cluster B personality disorders along a spectrum instead. • Silicon Valley is a region of entrepreneurship where many of these narcissistic traits can help new companies succeed in this highly competitive environment. However, the downside is that this fosters even more narcissism, which can be detrimental in relationships with other people, in and outside of the office, and potent in large quantities.

- developing.

Conclusion

Similarities:

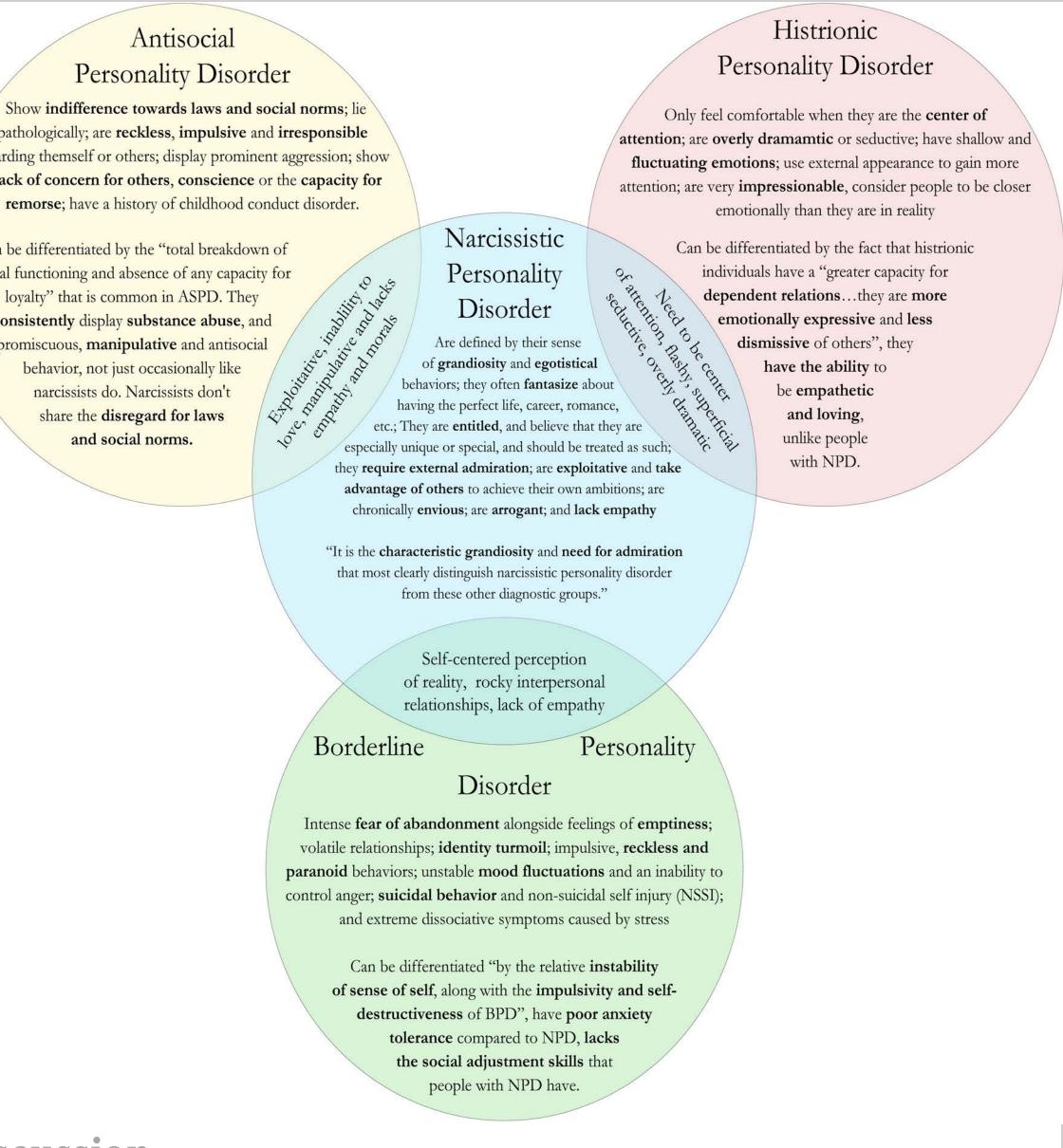
- neglect.

Differences:

- Lack of Information:
- wellbeing of children.
- Acknowledgements

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Removing NPD from the DSM, a Spectrum of Personality Disorders & an Increase in NPD

• Additional Research on Family Dynamics.

• In our research, we found no shortage of information on the treatment of ASPD, BPD, and

However, there weren't many articles that solely addressed the role that family dynamics played in the development of these disorders. Our research suggests that families play a significant role in the development of PDs; therefore, we believe that more research should address the role that families play in the etiology of these conditions.

• Improving Regulations & Standards on Child Abuse

• A common cause of development across all three personality disorders is childhood abuse and neglect. Although our country has standards and regulations intended to stop these events, there are still "3.6 million referrals are made to child protection agencies involving more than 6.6 million children" (childhelp.org). A more efficient and streamlined system for the prevention and postresponse services for child abuse could potentially prevent many debilitating disorders from

All three personality disorders stem from negative environmental (usually childhood) experiences, Family dynamics create personality disorders in two ways: often including childhood abuse, trauma, and

Genetic transmission from parent to child creates greater sensitivity to environmental triggers; all personality disorders are never entirely genetic.

Behavioral traits could be observed while growing up, and then are internalized by the child, incorporated into habit and lead to relationship turmoil later in life.

ASPD and BPD tend to be the result of physical/sexual abuse or neglect, whereas patients with NPD tend to have been emotionally abused and/or neglected in their youth Overvaluation by parents could potentially cause NPD, but not BPD or ASPD; however, parental overvaluation reportedly leads to milder cases of NPD than parental devaluation does.

A couple months into our research, we removed histrionic personality disorder (HPD) from our project due to a lack of research content available to us. Similar to the other Cluster B personality disorders, the lack of research on family dynamics caused some difficulties.

We intentionally chose to focus on family dynamics because there was a lack of information on the topic. Therefore, our literature review was uneven and certain personality disorders had more content than others. The fact that there wasn't much research in this area is precisely why research on this topic should be emphasized, especially since family dynamics play such a crucial role in the development and