

HISTRIONIC PERSONALITY DISORDER

“A psychiatric disorder distinguished by a pattern of exaggerated emotionality and attention-seeking behaviors” [2]



COMMON FEATURES

- Preoccupation with appearance, desire to impress others with their looks
- Lively and enthusiastic
- Speak Dramatically
- Easily influenced
- Likes attention
- Depressed when not center of attention
- Bore easily
- Overly trusting of others, especially authority figures
- Play the victim
- Try to control partner with seduction or manipulation [7,2]



TREATMENT & PROGNOSIS

Psychodynamic Psychotherapy

- Individual therapy focusing on underlying issues/conflict
- Work with individual to communicate more with action, less with dramatic speech
- Demonstrate unhealthy ways their behavior attracts attention
- Improve self-esteem
- Only effective if client is motivated to change [7,8]

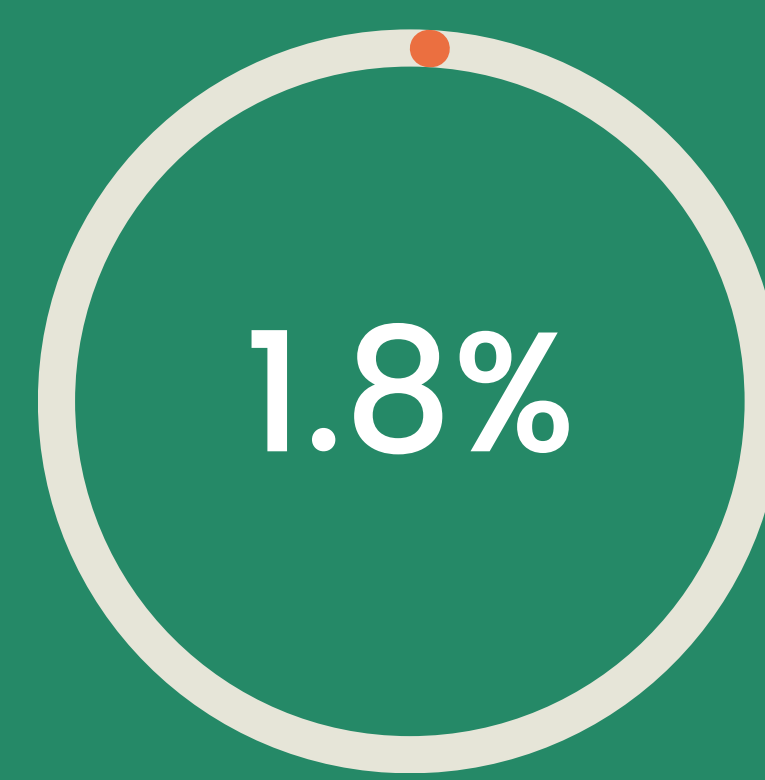


INTRODUCTION

Originally deriving from the term hysteria, then historically falling into a subtype of illness called neuroses, Histrionic Personality Disorder is characterized by overt emotionality and attention-seeking behavior. It is part of the 'Cluster B' of personality disorders—a group of personality disorders exhibiting inappropriate and volatile emotionality as well as unpredictable behavior [6,1]

PREVALENCE

1.8% of the population has Histrionic Personality Disorder [3]



STATISTICS

Data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC)

Overall prevalence: 1.8%

Portion of the following populations presenting with HPD:

Gender
 Male 1.9%
 Female 1.8%

Ethnicity
 White 1.8%
 Black 2.6%
 Native American 2.4%
 Asian 1.8%
 Hispanic 1.6%

Age
 (18-29) 3.8%
 (30-44) 1.8%
 (45-64) 1.2%
 (65+) 0.6%
 [3]

DIAGNOSTIC CRITERIA

A pattern of emotionality and attention seeking starting by early adulthood, characterized by at least five of the following:

- Uncomfortable when not center of attention
- Behavior with others is often inappropriately seductive or provocative
- Shows quickly changing and shallow showing of emotions
- Often uses physical appearance to garner attention
- Impressionistic but vague style of speech
- Dramatic and theatrical emotionality
- Is easily influenced by others or environments
- Inflates the intimacy of their relationships [1]



CHALLENGES

Problems at work – due to emotionality, inappropriate sexually suggestive behavior, attention-seeking. Change jobs frequently due to craving new experiences and boring easily.

Social Relationships – false belief of close relationships, often fizzling after initial bonding

Romantic Relationships – falsely inflated idea of intimacy in the relationship, quickly changing emotions, flirtatious behavior (possibly with others) [2]



Psychoeducation

- Help patient gain insight into their personality and hopefully control
- Receive information about lack of cure, but helpful courses of treatment
- Families and loved ones can benefit from understanding common traits and challenges of those with HPD [2]



Psychopharmacology

- Reducing subjective distress is the first step, and antidepressant or anti-anxiety medication may be prescribed for individuals experiencing depressed or anxious moods
- Once stress is reduced, treating underlying personality disorder is within reach [7,8]

RESOURCES

Video: 10 Signs of Histrionic Personality Disorder [4]

Article: Historical Roots of Histrionic Personality Disorder [6]

Article: Histrionic Personality Disorder [2]

Article: Histrionic Personality Disorder (HPD) – Psychiatric Disorders [7]

Book: Personality Disorders: Elements, History, Examples, and Research [5]

[\[REFERENCES LINK\]](#)