

Comprehension Histrionic Personality Disorder

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DESCRIPTION

Histrionic Personality Disorder (HPD) is a complex and often misunderstood condition characterized by a pervasive pattern of attention-seeking behaviors, excessive emotionality, and dramatic expressions. This article delves into the nature of HPD, its symptoms, causes, and treatment options, aiming to provide a clear and informative perspective on the disorder.

HPD is one of the cluster B personality disorders in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). These disorders are generally marked by dramatic, emotional, or erratic behavior. HPD specifically involves a pattern of seeking attention and being excessively emotional. Individuals with HPD often feel uncomfortable when they are not the center of attention and may go to great lengths to ensure they are noticed.

Symptoms of histrionic personality disorder

The symptoms of HPD typically emerge in early adulthood and can manifest in various ways. According to the DSM-5, individuals with HPD may display the following behaviors:

Attention-seeking: A pervasive need to be the center of attention. Individuals may engage in behaviors such as dramatic storytelling, flamboyant gestures, or wearing attention-grabbing clothing.

Excessive emotionality: Emotions are often expressed in a manner that seems exaggerated or shallow. Individuals may have rapidly shifting emotions and may seem overly emotional in situations where a more subdued response would be typical.

Inappropriate seductiveness: They may use their physical appearance or flirtatious behavior to draw attention or to manipulate others. This can sometimes lead to difficulties in personal and professional relationships.

Theatricality: Behavior may be excessively theatrical or dramatic. This includes using exaggerated language or gestures, often to capture attention or elicit a reaction from others.

Suggestibility: Individuals with HPD are often easily influenced

by others or by current trends. They might shift their opinions and behaviors based on what they believe others expect of them.

Preoccupation with appearances: There can be an excessive focus on physical appearance or attractiveness. They may invest a lot of time and effort into maintaining a youthful or glamorous appearance.

Lack of depth in relationships: Relationships may be perceived as more intimate than they actually are. The depth of emotional connections might be superficial, as the focus tends to be on how others perceive them rather than genuine interpersonal bonding.

Diagnosis and assessment

Diagnosing HPD involves a comprehensive assessment by a mental health professional. This process typically includes:

Clinical interview: The clinician conducts a detailed interview to gather information about the individual's history, behavior patterns, and symptoms. This helps to understand how the symptoms impact their daily life and relationships.

Behavioral observations: Observing the individual's behavior in various settings can provide insights into their attention-seeking tendencies and emotional responses.

Self-report questionnaires: Tools such as personality assessments and self-report questionnaires can help in evaluating the presence and severity of HPD symptoms.

Differential diagnosis: It is important to differentiate HPD from other personality disorders or mental health conditions that may present with similar symptoms. Conditions such as Borderline Personality Disorder (BPD) or Narcissistic Personality Disorder (NPD) may share some characteristics with HPD.

Treatment and management

Treatment for histrionic personality disorder typically involves psychotherapy, as there are no specific medications approved for HPD. The therapeutic approach focuses on helping individuals

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understand their behaviors, develop healthier coping mechanisms, and improve interpersonal relationships.

Cognitive Behavioral Therapy (CBT): CBT can help individuals recognize and alter patterns of thinking and behavior that contribute to attention-seeking and emotionality. It may also address underlying issues related to self-esteem and self-image.

Psychodynamic therapy: This approach can help individuals explore the underlying emotional and psychological issues contributing to their behavior. It aims to increase self-awareness and insight into the unconscious motivations behind their actions.

Group therapy: Participation in group therapy can provide individuals with feedback from peers and offer a supportive environment for practicing new interpersonal skills.

Medication: While no medications are specifically approved for

HPD, individuals may be prescribed medication to manage symptoms of anxiety or depression if these co-occur with HPD.

CONCLUSION

Histrionic personality disorder is a multifaceted condition characterized by dramatic, attention-seeking behavior and excessive emotionality. Understanding HPD involves recognizing its symptoms, exploring potential causes, and seeking appropriate treatment options. While HPD can present challenges for both individuals and those around them, effective therapy and support can help individuals manage their symptoms and lead fulfilling lives. Through awareness and appropriate intervention, it is possible to address the complexities of HPD and foster greater understanding and compassion for those affected by the disorder.