Alternative DSM-5 Model for Personality Disorders

Revised General Criteria for Personality Disorder

The essential features of a personality disorder are:

A. Moderate or greater impairment in personality (self/interpersonal) functioning.

B. One or more pathological personality traits.

C. The impairments in personality functioning and the individual’s personality trait expression are relatively inflexible and pervasive across board range of situations.

D. The impairments in personality functioning and the individual’s personality trait expression are relatively stable across time, with onsets that can be traced back to at least adolescence or early adulthood.

E. The impairment not better explained by another mental disorder

F. The impairments are not solely attributable to the physiological effects of a substance (e.g., a drug of abuse, medication) or another medical condition (e.g., severe head trauma).
G. The impairments are not better understood as normal for an individual’s developmental stage or sociocultural environment.

**Six Defined Types of Personality Disorders**

Borderline Personality Disorder  
Obsessive-Compulsive Personality Disorder  
Avoidant Personality Disorder  
Schizotypal Personality Disorder  
Antisocial Personality Disorder (Dyssocial Personality Disorder)  
Narcissistic Personality Disorder

**Personality Disorder Trait Specified**

Negative Affectivity  
Detachment  
Antagonism  
Disinhibition vs. Compulsivity  
Psychoticism

A standard approach to the assessment of personality pathology using the DSM-5 model could be the following:

1. Is impairment in personality functioning (self and interpersonal) present or not?

2. If so, rate the level of impairment in self (identity or
self-direction) and interpersonal (empathy or intimacy) functioning on the Levels of Personality Functioning Scale.

3. Is one of the 6 defined types present?

4. If so, record the type and the severity of impairment.

5. If not, is PD-Trait Specified present?

6. If so, record PDTS, identify and list the trait domain(s) that are applicable, and record the severity of impairment.

7. If a PD is present and a detailed personality profile is desired and would be helpful in the case conceptualization, evaluate the trait facets.

8. If neither a specific PD type nor PDTS is present, evaluate the trait domains and/or the trait facets, if these are relevant and helpful in the case conceptualization.