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## PERSONALITY DISORDERS - DIAGNOSTIC ACTUALITIES AND COMORBIDITY CONDITIONS

### - ROUND TABLE -

17<sup>th</sup> January 2020

Târgu Mureș, Romania

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## BOOK OF ABSTRACTS

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## **PERSONALITY DISORDERS - DIAGNOSTIC ACTUALITIES AND COMORBIDITY CONDITIONS- ROUND TABLE-**

17<sup>th</sup> January 2020 - Târgu Mureș, Romania

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## THYROID FUNCTION IN BIPOLAR DISORDER

Bianca Stoica<sup>1</sup>, Andreea Ușeri<sup>1</sup>, Ioana Morariu<sup>1</sup>

<sup>1</sup>Mureș County Hospital Psychiatry Clinic II

Bipolar affective disorder is one of the biggest challenges in psychiatry and it represent a medical health condition that causes extreme mood changes. The Main causes of bipolar disorder are genetic and biological, but they can remain dormant for a long time in the absence of triggers (childhood trauma, dysfunctional family relationships) Nearly 4.4% of the general population suffers from bipolar disorder, with the average age of onset being around 18 years, but it can start any time during life.

Patients with bipolar disorder are 2.55 times more prone to thyroid dysfunction than those in the general population. Dispositional changes can be caused by both hyperthyroidism and hypothyroidism.

Keywords: psychiatry, bipolar, thyroid

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## TREATMENT- RESISTENT DEPRESSION

Andreea Useri<sup>1</sup>, Bianca Stoica<sup>1</sup>, Ioana Morariu<sup>1</sup>

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Depressive disorders are some of the most common psychiatric disorders worldwide, maximum incidence being between 25-45 years.

The depression treatment plan is a complex one and is based on the patient history and experience with previous treatment. Resistance to treatment (absolute or relative) is determined, according to studies, especially by social factors such as loneliness, unemployment, divorce, failures and others. Management of resistant depression requires the elucidation of predisposing and determinants factors, drug therapy as well as other non-specific biological methods that increase the body's reactivity.

Keywords: depression, treatment, management, resistance

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## ALCOHOL INDUCED PSYCHOSIS. CASE PRESENTATION

Amani-Diana Rusu<sup>1</sup>, Orsolya Vetesi<sup>1</sup>, Roxana Albert<sup>1</sup>, Ioana Morariu<sup>1</sup>, Aurel Nireștean<sup>1,2</sup>

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Even though alcohol-induced psychotic disorder (AIDP) is recognized as a pathology, only a few things are known about it. It is often associated with other psychiatric disorders, the re-hospitalization and mortality rates rates are high and suicidal behavior is a common feature.

Around 3 percent of alcoholics experience auditory hallucinations or paranoid delusions when heavy drinking or when in the withdrawal stage. The most frequent type of hallucination are the auditory, described as voices, usually unstructured. In numerous times it lasts around a week in which the patient tests the impaired reality. Prior to the episode, the hallucinatory nature of the symptoms is realized. Although patients abusing alcohol for a long time are the most susceptible to the disease, this can occur at any age.

The antipsychotics are the gold-standard treatment for AIDP.

The prognosis is not as better as once believed, but relatively good when the patient maintains the sobriety.

Patient PO, 62 year old woman, rural environment, known as an alcohol addict for 20 years, with psychiatric priors from 2010, with multiple psychiatric admissions on Psychiatry wards, with disobeyed treatment, it is brought with the ambulance at the second Clinic of Psychiatry Targu Mures. The patient presented the following: bizarre. physical and verbal aggression, Emotional instability, general anxiety, dysphoria, simple and complex auditive and visual hallucinations, verbal incoherence, tachypsychia, paranoid delusions, loosening of associations, elective mutism, Mixed insomnia. The simptomatology started ten days from the moment of the admission and developed due to the situational background and the abuse of alcohol.

Keywords: psychosis, alcohol, hallucination

## POSTPARTUM PSYCHOSIS. CAUSES, SYMPTOMS AND TREATMENT

Roxana Albert<sup>1</sup>, Amani-Diana Rusu<sup>1</sup>, Diana Bercea<sup>1</sup>

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The postpartum period is characterized by overwhelming biological, physical, social and emotional changes. Postpartum psychosis is the most severe and the least understood postnatal psychiatric disorder and requires immediate hospitalization and treatment. It affects about 1-2 out of 1000 women after birth, including those without a history of mental illness. In most of the cases, women with postpartum psychosis develop symptoms within the first two weeks. The most important risk factors are bipolar disorder or postpartum psychosis history, primiparous, postpartum hormone changes and sleep deprivation. The first symptoms that appear include anxiety, irritability, insomnia or mood swings. Electroconvulsive therapy represents an important treatment option in addition to antipsychotic drug therapy. Postpartum psychosis is associated with high rates of infanticide and suicide, so early diagnosis and management are very important.

Keywords: Postpartum, psychosis, antipsychotic therapy

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## DELUSIONAL JEALOUSY ASSOCIATED WITH ALCOHOL MISUSE

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Delusional jealousy also known as conjugal paranoia, morbid jealousy, pathological jealousy or paranoid jealousy is a psychiatric syndrome in which the central theme is a partner's infidelity based on unfounded evidence. It is characterized by irrational thoughts and emotions, which lead to unacceptable or even extreme behaviour, like domestic violence or suicide. Due to this tragic consequences, delusional jealousy should be treated vigorously. Sometimes, the only treatment that works is the death of one of the partners. Alcohol misuse has a well-recognized association with morbid jealousy.

Keywords: delusion; jealousy; alcohol; violence; suicide.

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## PSYCHIATRIC TREATMENT CONSIDERATIONS FOR PATIENTS WITH DIABETES

Orsolya Vetesi<sup>1</sup>, Amani-Diana Rusu<sup>1</sup>, Diana Bercea<sup>1</sup>, Roxana Albert<sup>1</sup>, Andreea Useri<sup>1</sup>, Bianca Stoica<sup>1</sup>

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Diabetes is one of the most psychologically demanding of the chronic pathologies and it is often associated with several psychiatric disorders. The association between mental health disorders and diabetes has been recognized for more than a hundred years. Psychiatric disorders can be a risk factor for diabetes, as well as a complication of it. Many psychotropic drugs are linked to weight gain, hyperglycaemia and diabetic ketoacidosis, so psychotropic drug choice in diabetic patients should take into account these metabolic side effects.

Keywords: diabetes, psychotic drugs, metabolic side effects

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## PSYCHOSIS – A JOURNEY BETWEEN PSYCHOPATHOLOGY AND SPIRITUAL EXPERIENCES

Octavian-Gabriel Ivanov<sup>1</sup>, Teodor Grigoraş<sup>1</sup>, David Mureşan<sup>1</sup>

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Many, if not all societies, are known to have developed over time, ways of altering the state of consciousness. Whether we take into account the religious paths - as an organized system of beliefs, practices, rituals and symbols whose purpose is to ease the proximity to the sacred and transcendent- or the spiritual way - which can be seen as unique, conceivably innovative and extensive dimension of our humanly way of experiencing the world around us, emerging both from our very own conscious awareness and the community's traditions-, some of them may be confused with psychotic episodes, as they might involve experiences of external influence on thought and behaviour, delusional beliefs and hallucinations.

Nonetheless, should the relationship between psychosis and religious or spiritual experiences be explored in depth, as literature profoundly lacks an extensive analysis of the correlation mentioned above.

The aim of this article is to challenge the frail existing boundaries between the medically-defined and the socially/culturally-accepted manifestations of these altered states of consciousness.

Keywords: psychosis, spirituality, psychopathology



## GENEDER-RELATED PARTICULARITIES IN ALCOHOL ABUSE

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Researchers have noted sex and gender-related differences in alcohol use disorder, in addition to differential social consequences, associated diseases, and biological course, resulting in difficulties in alcohol abuse assessment. Particularities in the vulnerability, evolution, and treatment response in alcohol-addicted patients have been frequently reported like being related with gender.

Compared to human males, more females have never consumed alcohol, drink less, are less susceptible to involve in heavy drinking and have lower prevalence of alcohol use disorder. Despite this, women are more sensitive to alcohol intoxication, progress faster to severe stages of alcoholism, are faced with more serious and lasting depression and anxiety manifestations during withdrawal and show evidence of more neurotoxicity because of alcohol abuse. Just as drinking rates differ for men and women, the predictors and consequences of drinking vary by sex and gender as well.

Most of the alcohol addicted patients do not acquire help, and the utilization of medical services is even more improbable for women than men. Future interventions should be adapted to gender-specific impediments to help closing the discrepancy in services use. Finding the mechanisms causing biological as well as psychological, social and cultural dissimilarities in alcohol abuse and associated conditions is needed for elaboration of individualized advice for prevention and therapy of alcohol use disorders and correlated problems in men and women.

Keywords: alcohol use disorder, sex and

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## ETIOPHATOGENY OF DEPRESSION

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The expectation to be happy or to have positive thoughts, has had a large impact in shaping our thoughts, culture and even our outcome. The constant run after happiness, has created some unreachable expectations that real life simply cannot fulfill.

The question we must ask ourselves, what is the role of depression, and why do we have an epidemic of depression? To answer this question, we must look at depression and ruminations in detail, and dissect it. Perhaps the void has a few answers.

The negative side is a part of life, and we can learn from it, and see the silver lining.

Keywords: depression, evolution, normal, happiness

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## BIPOLOAR DISORDER CLINICAL - EVOLUTIVE PARTICULARITIES

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Bipolar disorder is a chronic psychiatric disorder, known for its high degree of disability in the social, professional and family roles of the patient, because it requires a high number of hospitalizations. The underlying cause of the many presentations in psychiatric emergency services is the patients' lack of insight concerning their disorder. Compliance to medication, early recognition and intervention are important factors that lead to a decrease in the frequency and severity of relapses.

We describe the case of a 49 year old female patient, known to be diagnosed with type I bipolar disorder since 2005, whose evolution was marked by frequent relapses, corresponding to the low compliance to medication. The periods of remission have always been favored by the availability of the therapeutic team alone.

Keywords: insight, disability, compliance.

## PSYCHIATRIC PATHOLOGY SECONDARY NEOPLASIC DISEASE

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Psychiatric pathology is evident in contemporary society not only as a standalone but also by its association with other pathologies such as neoplastic diseases.

The specialized literature confirms over time the coexistence of the neoplastic disease with the psychiatric illness. There is a predisposition to develop various psychopathological episodes such as depression, anxiety, sleep disorders or adaptive disorders, as well as decomposition of already installed pathologies or personality disorders. Half of the patients diagnosed with cancer meet the criteria for a psychiatric diagnosis and about 90% of the psychiatric disorders observed in cancer patients are manifestations of the disease or reactions to treatment or diagnosis.

Breast cancer, like any disabling disease, altogether affects the person's psyche and personality traits. It is scientifically proven that, the psychological balance influences the quality of life of the patients and at the same time the evolution and prognosis of the disease, the psychological processes can modulate the activity of the tumor process.

It is necessary to extend the clinical practice and the research beyond the simple evaluation of the symptoms, and the aim of the treatment is not only to reduce the symptoms, but also to improve the quality of life of the oncological patients.

Keywords: neoplasia, predisposition, psychopathology, personality, quality of life

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## PSYCHIATRIC INTERVIEW IN A MULTIDIMENSIONAL PERSPECTIVE

Andreea Mănescu<sup>1</sup>, Diana Vlad<sup>1</sup>, Alexandra Haj-Osman<sup>1</sup>, Aurel Nireştean<sup>1,2</sup>

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In the era of medical management, the pressure of limited time and technology have increasingly made it harder to be a sensitive listener compared to all previous generations. Today's psychiatry trainees are required to acquire an innovative set of interviewing skills, progressively developed over the years of their residency. This paper aims to briefly emphasize some of the most important topics of the set of core interviewing skills recommended by world known psychiatrists. From conveying empathy and nurturing engagement, to successfully revealing patient's wellness and strengths as well as carefully expose the truth about sensitive topics. In addition, this paper reviews some aspects on interviewing strategy for detection of suicidal ideation, planning, intent and actions known in the clinical literature as the Chronological Assessment of Suicide Events (CASE). As the therapeutic alliance is one of the most important prognostic factors, this paper approaches the collaborative and motivational model known as the Medication Interest Model (MIM). This model focuses on the sensitive discussion with the patient about the use of medication in a really concerted fashion, increasing the chances of recovery.

Keywords: interview, psychiatry, trainee, MIM, CASE

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## THE SPIRITUAL BRAIN

Diana-Mihaela Vlad<sup>1</sup>, Andreea Mănescu<sup>1</sup>, Aurel Nireştean<sup>1,2</sup>

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The transcendental impulse to connect ourselves with God and the spiritual world represents one of the most powerful forces of Homo Sapiens.

The philosophers say that the mind, the consciousness are the result of chemical and electrical activity in our brain and the mystical or religious experiences are delusions created by the neural activity.

This paper presents some theories concerning the origin of spirituality, religiosity and mystical experiences.

Keywords: religion, spirituality, mysticism, brain

## **OBSESSIONALITY - ADAPTIVE OR MALADAPTIVE ATTRIBUTE IN THE ROLES OF LIFE**

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Naturally, people seek to control reality, everyday events, interpersonal relationships and their own behavior. In obsessionality we find an increased tendency to control all these things; the environment is constantly ordered and verified, his own behavior is always under a reflective and analytical attention.

In the adaptive case, the obsessive person is characterized by a high level of self-control and confidence in his own abilities, good organizer, performance employee, disciplined and elaborate; these traits can become maladaptive leading to a person with an increasingly high level of performance, with exaggerated and non-realistic standards, indecision, inflexibility thus ending up living by exaggerated norms.

The obsessive tries to order himself by submitting to rules and benchmarks. These are usually indicative, leaving space for interpretation, a space that the true obsessive will not take into consideration.

Keywords: obsessionality, control, rules, abilities

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## **RELIGION, SPIRITUALITY AND MENTAL HEALTH**

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In psychiatry, the notion of the connection between spirituality and psychiatry has largely developed in the 21st century. Between psychiatry and religion there was a close connection until the nineteenth century, the care of patients with mental illness being offered in spiritual or religious context. A major change occurred when Freud associated religion with a mass neurosis. Psychoanalysis has thus come into conflict with traditional religious attitudes and many churches have identified psychoanalysis, Freud and by associating entire psychiatry with atheism. Religion was considered irrational by mental health professionals in western societies. Only in recent years have attitudes towards religion and spirituality changed among them.

Religious issues are important in the evaluation of the patients and thus, clinicians must be open to the effect of religion on the health of patients. Religion and spirituality can have therapeutic implications for mental health. Randomized studies indicate that religious interventions among religious patients increase recovery, and psychoeducational groups that focus on spirituality may lead to a better understanding of spiritual problems, feeling and aspects of life.

Keywords: mental health, religion, spirituality, self-transcendence, therapy

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## **THE IMPLICATIONS OF MEDITATION IN THE PSYCHIATRIC PATHOLOGY**

Cleopatra-Ioana Rogoan<sup>1</sup>, Beata Bucur<sup>1</sup>, Aurel Nireştean<sup>1,2</sup>

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The speed and the complexity that our life goes day by day and the lack to adapt to a constant unknown and change, together with repetitive emotional trauma also hard to access in order to heal them, the psyche is subject to a continuous and devastating overload. This aspect reflects in the topical statistics, by the increasing incidence of the cognitive and dispositional anomaly.

We notice quite often that the allopathic medicine has its shortcomings regarding the treatment of a field as vast and inconsistent as that of psychiatric pathology. Therefore, we healers have the opportunity to transcend the borders of the conventional and step into a multidimensional territory of spiritual medicine, which gives us perspectives in the efficiency of psychiatric treatment.

One of the main spiritual techniques with major implications in psychiatric pathology, is meditation. This technique is based mainly on the deep relaxation of the mind and body and on accessing a level of consciousness based on love, forgiveness and acceptance. The state of mind generated by sustained meditation which helps us connect to our divine side, improves the neuronal mechanisms and the neurobiochemical structure of the brain, that are the basis of the healing of the psychic.

Keywords: meditation, treatment, spiritual medicine

## **NARCISSISM – A PREDICTOR OF SUCCESS IN PROFESSIONAL ROLES**

Teodor Grigoraş, David Mureşan, Octavian-Gabriel Ivanov

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Narcissism is a personality disorder that has potentially important effects on career development outcomes, yet empirical research on this issue is sparse. A lot of successful business leaders nowadays have a narcissistic personality according to psychoanalysts. That is a good thing for companies, especially those those willing to break new ground in the field. In this paper we take a look at the speeches and ideas behind Apple company, founded by Steve Jobs together with his partner and friend Steve Wozniak.

There is evidence in the part that suggests that narcissists had the power to inspire others and lead them to a successful future. It is considered that Steve Jobs was one of the best story-tellers the world has ever known. He managed to sell dreams, not products, always talking with an exaggerated enthusiasm about his company's products.

From the analysis of historical speeches of its founders and Apple's ascent towards the peaks of success, where it shines even today, we can conclude that Steve Jobs is a good example of successful narcissist, with an open mind, daring ideas and willing to take a risk to change the world. He left behind a legacy with huge impact on our lives even today.

Keywords: narcissism; personality; success; professional role.

## **THE ROLE OF DRUG ABUSE IN THE PATHOLOGY OF PSYCHOTIC DISORDERS**

Daniela-Cristina Haiura<sup>1</sup>, Andreea Comanici<sup>1</sup>, Laura Lemeti<sup>1</sup>

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Different drugs have different physical and mental effects on different people. Overall, the most used drugs are cannabis, amphetamine-type stimulants and cocaine. Substances like mescaline, DMT, psilocybin and LSD have strong hallucinogenic effects on the time of using and there is evidence about them increasing the risk for psychotic disorders. Although rare, the trip produced by LSD and MDMA (the street drug "ecstasy") can be permanent, condition known as Hallucinogen Persisting Perception Disorder. On the other hand, with the legalization of cannabis in many countries and with the increased production and diversification of cannabis-containing products, the percentage of THC has risen while the concentration of the protective cannabidiol has decreased fact that led to an increased rate of drug-induced psychosis amongst cannabis users. The risk is even higher in those using synthetic cannabinoids. Moreover, many studies have found a high chance of transition to schizophrenia in vulnerable people, making cannabis one of the strongest risk factors for schizophrenia.

Keywords: psychosis, schizophrenia, drugs, hallucinogenic, cannabis

## **THE PSYCHOPATHY AT THE INTERFERENCE BETWEEN THE PROFESSION AND SOCIETY**

Simina Constantin<sup>1</sup>, Tudor Nireştean<sup>1</sup>, Aurel Nireştean<sup>1,2</sup>

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The psychopathy is a personality trait characterized by antisocial behavior, the reduced ability to have remorse and empathy, along with the absence of behavioral control. The term of psychopathy begins with the book of psychiatrist Hervey Cleckley's "The mask of sanity" (1941). Specific to psychopathy are: absence of fear, self-confidence, calm in difficult situations, decrease or absence of empathy ; impulsivity, charisma, machiavelism (social manipulation), narcissism (displaying opulence), aggressivity, hostility, seduction, idealization, rationalization, dominance.

The psychopath succeeds to hide his dysfunctions, integrates into the society and he can have jobs like those of policeman, doctor, lawyer, politician, businessman; most of the time, he proceeds machiavelic, causing that the liability for his actions to fall on the others. The psychopath can be a successful man in society precisely because his absence of empathy leads him to destroy everything that is in his path, for reach his goal. Most serial killers are psychopaths but not all psychopaths are serial killers. The psychopath being charismatic, charming, devoid of any kind of inhibition, conquers the public, then he attack in quiet.

Of all the types of deviant personalities that living in our society, the psychopath is by far the most destructive, the most successful and the least understood. At the same time, the psychopath is the best "hidden" and the hardest to unmask, due to his extraordinary chameleon ability.

Keywords: psychopathy, society, antisocial, empathy, killer.

## **ART AND BIPOLAR AFFECTIVE DISORDER**

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The passion for arts, the passion to create is our most human quality. It had been long discovered that there is a connection between creativity and mental illnesses, more precisely between arts and bipolar affective disorder. In my paper, I would like to present some possible explanations structurally and conscientiously, and I would like to illustrate this connection through the example of the great Dutch painter's life, Vincent van Gogh. Around him, there are many uncertainties. However, examining the way he lived and the way he died, the diagnosis of the bipolar affective disorder is very much possible.

Keywords: arts, bipolar affective disorders. Vincent van Gogh

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## **SOMEBODY TO LOVE – CIA AND THE TRAUMA OF THE MKULTRA PROGRAM**

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A large swath of experiments aimed at controlling the psyche and facilitating the process of interrogation, the MKULTRA program (1953-1973, also known under the MKDELTA cryptonym) is one of the most known and most spectacular failures of the CIA, not only historically, but also from a human perspective. The consequences of the program, which involved experimenting with LSD-25, hypnosis and isolation, going so far as to employ sexual abuse and torture in certain cases, have proven themselves to be as significant clinically, for a number of test subjects, as well as on a cultural psychiatry level, by the involuntary creation of the LSD counterculture of the sixties.

After a short presentation of the context, we will discuss these consequences, from the program's influence in tragedies such as the suicide of dr. Frank Olson or the MKULTRA influence on the terrorist mathematician Theodore Kaczynski. A part of the presentation will concern the ethical issues stemming from the lack of informed consent and the abuse of the researcher's power in such eventualities.

Keywords: post-traumatic reaction, abuse, ethics, experiment

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## **APHANTASIA: A NEW SYNDROME BETWEEN PSYCHIATRY AND NEUROLOGY**

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For most people, imagining a beautiful landscape or the face of someone important comes easy. But this is not the case for the people who have aphantasia. This term was first used in 2015 by Dr. Adam Zeman in the study called "Lives without imagery – congenital aphantasia". He used a questionnaire called "Vividness of Visual Imagery Questionnaire" where he tested the clarity and vividness of people's imagination.

There is also an imagistic study realized by Fulford et al. in 2018, where he used an fMRI to determine which areas of the brain are activated in people with aphantasia during tests which typically involve mental imagery. They noted that people with higher level of visual imagery ability had activation in distinct areas in the brain and were more widespread than in people with aphantasia

However, being a newly described syndrome, there are still many questions that need to be answered before this condition is fully understood. There are many promising researches that may lead to a better understanding of aphantasia and mental imagery in general.

The aim of this paper is to examine and organize the available research in aphantasia and to try to raise awareness about this under diagnosed condition.

Keywords: aphantasia, mental imagery, imagination.

## PERSONALITY DISORDER – DIMENSIONAL DIAGNOSTIC PERSPECTIVE

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DSM-5 brings important changes regarding the personality disorders diagnosis and personality assessment in general. The categorical approach – that currently is the most accessible to clinician psychiatrist, although it presents multiple disadvantages and well-known deficiencies and that are intensely commented in the specialized publications – it is completed with a qualitative assessment model concerning the operational level of personality. It includes two perspectives – one related to Self and another regarding the interpersonal relationships. The major change consists in the inclusion of the assessment and description of personality from a dimensional perspective having as basis the most known dimensional model corresponding to the big five factors.

Personality dimensions may be defined as groups of constant traits of personality – conditioned simultaneously genetically and environmentally – which are laid out gradually on a continuum with normality. Thus, the individual differences may be identified as quantitative variations spread out along this continuum where personality disorders are placed to one of the ends. This complex model that surprises along with the maladaptive traits of personality, the adaptive ones also, has multiple practical uses. In addition, the dimensional perspective, concomitantly used with the categorical one, allows a more flexible, more nuanced and multifaceted approach of the personality. Thereby is ensured also a note of respect for the assessed subjects by avoiding labeling and implicitly diminishing their stigmatization.

Keywords: personality disorders, DSM-5, dimensional perspective

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## PERSONALITY DISORDER – DIAGNOSTIC AND NOSOGRAPHIC ACTUALITIES

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The diagnosis of personality disorders is still today a permanent source of debates. This happens because from the categorical perspective the pathological traits – hypersociability, perfectionism – are encountered also in normal persons, are stable and usually they diminish in intensity in time – cluster B personality traits – and also they may be considered abnormal in one culture, but normal or adaptive in another culture.

From the dimensional perspective the maladaptive traits – regarded as facets of the personality dimensions – highlight or tone down the inter-individual differences and have different degrees of severity which start from the adaptive level pertaining to the normal personality and they are found again in the severe maladaptive level that – exceeding the frame of personality disorders – are identified with the symptoms of Axis I diseases. Nowadays personality disorders may be regarded as identity structures that integrate the structuring deficiencies of the Self in interpersonal relationships disorders, the persistent dysfunctionality in the roles of life and the subjective discomfort as bases of adaptive deficit.

On the territory between normal personality and Axis disease, between mental normality and abnormality, personality disorders may be redefined as nosological structures of a particular complexity and flexibility.

Keywords: personality disorders, diagnosis, nosographic definition

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