UDC 613.86-056.2

**PSYCHO-HYGIENIC VALUE**

**OF PERSONALITY DISORDER**

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**Key words**: psycho-hygienic, personality disorder, dialectical therapy.

Extreme personality disorder is a mental illness that leads to sharp

mood swings, impulsive behavior and serious problems in relationships

and self esteem.

About 2 out of 100 people have the ultimate disorder of personality,

but still it can not be defined for sure what is causing it. This condition

can be the result of an imbalance of chemicals in the brain, which are

called neurotransmitters, which help to regulate the mood. People who is

developed this disorder in have been seriously traumatized in childhood:

sexual, physical, or emotional abuse; disregard; early loss or separation

from the parents.

Despite the fact that people with extreme personality disorder have

poor functioning of brain parts, it is still not clear whether these problems

are due to the result of a disorder or it’s cause. The first signs of extreme

personality disorder are usually manifested in the late childhood. The

most frequent early feature is impulsive and reckless behavior.

Most often the disorder develops completely between the age of 18

and 25. The risk of suicide associated with extreme personality disorder

is the highest in early youth and gradually decreasing over the years. In

adulthood, the disorder leads to strong emotions, impulsive behavior,

and unstable relationships. Uncontrolled emotions and fear of being

thrown often lead to job losses, unsuccessful marriages and unfinished

education. The most effective method of influence to extreme disorder

of an individual is the attempt to show the patient the possibility of looking

at the hopeless situation from several aspects – this is the essence of

dialectical therapy.

Often along with the extreme disorder there are other disorders that

require the treatment.