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Liana Spytska*

Doctor of Psychological Sciences, PhD in Law, Professor
Volodymyr Dahl East Ukrainian National University
01042, 17 John Paul II Str., Kyiv, Ukraine
https://orcid.org/0000-0002-9004-727X

Paranoid personality type: Relationships with the surroundings

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*Corresponding author

Abstract. The relevance of the study lies in the fact that the transience of changes in the social surrounding requires dynamism and competitiveness from a person, which forces the individual to actively transform the emotional regulation of behaviour, in particular in communication and relationships. However, the adaptive capabilities of a person who is characterised by increased sensitivity to frustration and persistent distrust of others can be considerably limited, and therefore maintaining the mental health of people at risk has become an urgent issue. The purpose of the study is to determine the basis on which character anomalies are formed, to uncover the cause-and-effect relationships in the issue of the development of mental disorders, and to identify possible ways to overcome complications in relationships with the surroundings caused by disturbances in mental activity. At the core of the theoretical and methodological approach lies the combination of methods involving structural-functional analysis of the issue of forming a paranoid personality type and an analytical investigation of the psychological support methods for neuro-mental disorders that affect individual behavioural self-regulation. The empirical basis of the study is questionnaires and diagnostics of the mental states of people prone to personality disorders. The paper clarifies the causes and features of the development of paranoid mental anomalies and the possibilities of prevention and correction of such mental disorders. The presented results reflect the problem of the adaptive capabilities of people with congenital or acquired pathological conditions of the psyche. The paper covers the issues of interaction with the paranoid personality type socially. The most popular concepts of providing psychological assistance are considered. The correctness of the assumption that it is much more difficult for people with a paranoid personality type to cope with frustration and adapt to society is analysed. The results obtained are of practical value for social workers who are engaged in identifying mental health disorders of people at risk and predicting deviant behavioural responses, for practical psychologists who support people with a paranoid personality type, in particular through psychotherapy

Keywords: spsychopathy; self-regulation; social surrounding; adaptation; pathological conditions; neuropsychiatric disorders

INTRODUCTION

A person's emotional experiences are linked to their behavioural responses. The fluctuations of emotions throughout life characterise the process of individualisation and the social and psychological development of the personality. However, psychological and emotional burdens that hinder basic and important human needs can lead to distress and crisis states. Emotional regulation of a person's behaviour plays a vital role in communicating with the surroundings and managing interpersonal relationships, where the specific features of emotional responses reflect a person's attitude to themselves and others (Zimmerman & Morgan, 2022).

Having investigated the impact of the COVID-19 pandemic on the manifestations of behavioural and mental disorders, B. Lopes *et al.* (2020) noted that such crises can

cause and increase feelings of hostility on the part of other people. The authors disclosed the transformative processes of internal beliefs in a person and the intensification of their paranoia due to the instability and uncertainty of external situations. Paranoid states become symptomatic of psychosis and are characterised by anxiety, distress, depression, presence of negative affect, and abnormal experiences (insomnia, hallucinations, prejudices). Similar conclusions were drawn by L. Rosebrock *et al.* (2021), who examined the relationship between human cognitive function and mental health disorders in the context of perceptions of COVID-19. This study shows that young people and students are more vulnerable to developing (or strengthening) paranoid beliefs due to changes in the social and economic spheres, accompanied by isolation, health fears, financial difficulties, and the inability to influence the current situation. J.C. Bird *et al.* (2022) and C. Humphrey *et al.* (2020), in their study on mental health disorders in young individuals, particularly psychological deviations during adolescence, highlighted emotional instability where adolescents' distress and behavioural reactions are not always constructive. The authors agree that negative events in the social life of a teenager can provoke the development of pathological states of their psyche. However, C. Michel *et al.* (2022) indicate that mental disorders can develop at an earlier age. Thus, investigating the relationship between traumatic events in childhood (threat to life, violence, death of parents, etc.) and neuropsychiatric disorders in children, a considerable influence of stress and traumatic situations on the development of psychotic symptoms in later life is noted. A similar opinion is shared by O.I. Bokovets (2022) in a study on the effects of psychological violence on a person's mental health. The researcher noted that long-term traumatic events increase the risk of developing social and psychological maladaptation when the violation of mental states occurs under the influence of prolonged psychological depression, increased anxiety, apathy, and emotional alienation. However, psychotherapeutic support for individuals during post-traumatic growth can help restore constructive relationships with their surroundings.

The transience of modern transformational processes occurring at the political, economic, and social levels can complicate a person's life, provoke negative changes in the psyche, and consolidate destructive paranoid beliefs. Understanding the impact of mental anomalies on the interpersonal relationships of an individual becomes a noteworthy issue in identifying the developmental features of neuro-mental disorders, particularly paranoid disorder. This will enable the prediction of risks and psychopathological changes in the psyche, evaluate the overall mental state of the individual, and develop an effective psychotherapeutic programme capable of supporting the mental well-being of the person.

Considering the traumatic circumstances occurring in Ukraine and analysing previous findings on the development of paranoid syndromes in individuals facing stressful situations caused by life-threatening events (COVID-19, war), an assumption was made based on the idea that people with a predisposition to mental disorders might experience frustration more intensely and be more susceptible to maladaptation within society.

The purpose of this study is to determine the causes of the development of a paranoid personality type among adults. In addition, an important task is to establish methods of psychotherapeutic influence on the restoration of mental health in the context of the development of emotional self-regulation and adaptive capabilities of the individual.

MATERIALS AND METHODS

The methodology of the study is built upon a systematic approach that examines the process of character anomaly development within the context of a paranoid personality disorder and incorporates a sociological analysis of psychotherapeutic methods aimed at restoring individuals' mental well-being, with a specific focus on emotional regulation and behaviour accommodation. The primary focus of the study is to investigate the causal relationships between social maladaptation in individuals and determine the corrective measures needed to address the consequences of neuro-mental disorders. The research design and empirical analysis are based on the synthesis of theoretical foundations and the systematic review of global experiences in studying the issue of paranoid personality disorder. This qualitative foundation served as a stepping stone for further investigation and became the source for determining psychotherapeutic methods to restore mental functioning affected by paranoid syndrome.

To explore the theoretical foundations of human psychological development and the causes of neuro-mental disorders in connection with external influences on personality, scientific contributions from researchers in Ukraine, the USA, the UK, Poland, Switzerland, Italy, and Germany were analysed. The considered studies helped to disclose problematic aspects that reflect the consequences of destructive neoplasms in the psyche and affect the psychological, cognitive, social, and physical factors of adequate perception of oneself and the surroundings. The leading point in the organisation of the study on the relationship of a paranoid personality type in society was the definition and analysis of the causes of neuropsychic instability of the individual and factors of violation of its characterological constitution. This approach allowed for the substantiation of the key points and positions of the studied problem, which led to the formation of the scientific framework.

The set purpose and analysis of the theoretical base on the subject determined the focus of the empirical experiment, which consisted in finding research methods and tools, establishing the sample, and analysing the results obtained. To identify the impact of external circumstances on the mental well-being of the civilian population (such as relocation, loss of homes, and the death of loved ones) and to test the proposed hypothesis, a psychodiagnostic toolkit was developed, which involved determining an individual's susceptibility to personality disorders, emotional

barriers in communication, and evaluating their psychological state in hazardous conditions. Participants in the experiment were individuals seeking social support from the international organisation Caritas Poltava (Official website..., 2022), which provides assistance to internally displaced persons (IDPs) and vulnerable groups (large families, single parents, etc.), and operates in psychological, legal, social, and humanitarian domains. The sample was formed in several stages. At the preparatory stage, the experiment was implemented in a face-to-face format, where 176 participants were offered a questionnaire. The survey concerned the emotional state of the individual, in particular the presence of anxiety, fear of persecution, insomnia, hallucinations, biases about the environment, behavioural changes due to the current circumstances, and the reasons for changing their place of residence (for IDPs), and whether respondents sought psychological support in connection with the events they had suffered. The key point of the survey was the consent of respondents to be tested for predisposition to personality disorders. 98 people aged 19 to 63 years agreed to the diagnosis of negative traits and related mental processes. The implementation of the study tasks was performed using an online questionnaire with subsequent analysis of the results obtained and provided for determining a person's subjective perception of oneself and one's experiences. Moreover, during this stage, the individual's susceptibility to mental disorders was determined, and an assessment of their mental state was conducted. Factors hindering the establishment of emotional connections with the surroundings were also identified using the following assessments: Personality Disorder Test (IDR Labs, n.d.); Eysenck Personality Scale Measure for Emotional States (National University of Pharmacy, n.d.); Method of diagnosing "barriers" in establishing emotional connections according to V.V. Boyko (National University of Pharmacy, n.d.). This approach involved an analytical comparison of the results obtained with the conclusions of other researchers, which allowed identifying the main aspects of psychotherapy support for people with personality disorders.

All procedures in studies involving human participants adhered to ethical standards, respected the integrity and dignity of the respondents, and ensured the preservation of anonymity for the obtained results. During the survey, the interviewer followed the recommendations developed by the European Commission (2021).

RESULTS

Throughout life, a person experiences constant changes in their social environment, which undoubtedly influences the psychological development of their personality traits and qualities. The formation of character, under the influence of external factors, plays a key role in the development of human mental processes. Traumatic events and obstacles on the path to achieving specific goals become catalysts for the development of new formations in the psyche and may lead to destructive consequences in emotional and behavioural regulation. However, not only external factors can cause the formation of anomalies and deviations in a person's character. The generation of basic distrust towards the surroundings at an early age, reinforced by the features of upbringing in the family (mother's emotional distance from the child), can lead to the development of diffuse fear. Consequently, distrust and anxiety towards the surroundings are characterised by the defence mechanism of projection (Michel *et al.*, 2022). In addition, during puberty, adolescents have high self-esteem, selfishness, one-sidedness of claims and hobbies, and affective tension and resentment (Bird *et al.*, 2022).

The analysed sources on the issue of paranoid personality type and its relationships with others indicate the global relevance of supporting individuals with personality disorders, particularly by providing them with psychotherapeutic assistance to manage their emotional state. However, in the context of the state of war in Ukraine (Decree of the President of Ukraine No. 64/2022…, 2022), the importance of such support increases, considering the traumatic events for society. This foresees an increase in the development of psychopathy and paranoid syndrome not only among the military but also among the general population of the country. The uniqueness of these processes lies in the complex disruption of cognitive and emotional spheres, and the inconsistency with generally accepted norms of interpersonal relationships. In social life, people with personality disorders have insufficient adaptability and a lack of flexibility in relationships (Zlivkov *et al.*, 2016). Paranoid disorder is characterised by exaggerated sensitivity, dissatisfaction with the actions of others, suspiciousness, and excessive pedantry. Such individuals tend to experience an inflated sense of importance and perceive societal transformation as specific negative intentions and conspiracy against them (Zimmerman & Morgan, 2022).

Understanding the process of forming and diagnosing paranoid mental disorders, along with the ways to support and assist in restoring the emotional states of individuals, becomes a primary goal for psychological and social organisations in society. As of B. Lopes *et al.* (2020), C. Humphrey *et al.* (2020), O.I. Bokovets (2022), the foundation for the development of destructive mental disorders is laid when the functioning of the brain is disrupted. However, the authors (Reed *et al.*, 2020; Okorn *et al.*, 2020; Preti *et al.*, 2020) mention that complications in the psyche can be caused by traumatic events, especially those experienced in childhood, the individual's temperament, an established model of negative behaviour, and immediate reactions to problems, including defence mechanisms like denial, projection, and reaction formation. The formation of paranoid personality disorder can also be influenced by acquired physical illnesses (drug addiction, alcoholism, metabolic disorders, Alzheimer's disease, cerebrovascular atherosclerosis, etc.) and exacerbated by external factors, such as the death of a loved one or financial problems. A paranoid personality type tends to be alert and aggressive, which complicates its relationship with others. The root cause of this is the desire to be better than others and the

inability to make concessions to people. A characteristic feature of a paranoid person is the tendency to generate super-valuable ideas that can determine the appropriate behaviour of a person.

To understand the current situation regarding the mental state of respondents, they were asked to take a personality disorder risk assessment test (IDR Labs, n.d.). The conducted online survey allowed identifying a person's propensity for certain behaviour and personal characterological features. Analysis of the results obtained showed the presence of a tendency to paranoid personality disorder (PPD) in 39 respondents. Other respondents were categorised based on their tendencies towards sadistic, emotionally unstable (borderline), anxious, histrionic, and dissociative personality disorders. Notably, in this context, the propensity for a specific personality disorder is considered only as the likelihood of developing the mentioned mental disorders, as the analysis of the survey results based on these criteria revealed a predominance of over 80% of negative traits at the time of the survey. A visual representation of the results of the risk assessment test for the development of personality disorders is presented in Table 1.

Table 1. The results of determining the propensity for mental disorders and their symptoms

Mental personality disorder	Number of respondents	Characteristics of the disorder
Paranoid	39	Sensitivity to failure, tendency to inadequate perception of reality, high self-esteem, arrogance, vindictiveness, suspicion, isolation
Sadistic	10	Aggressive and violent behaviour, humiliation of others, dominance and self-affirmation by devaluing the surroundings, pathological control
Histrionic	12	Excessive emotionality, egocentrism, suggestibility, the need for constant attention of others, a tendency to dramatise
Dissociative	6	The bifurcation of ego states, a change (distortion) of self-perception and reality, can act as a mechanism of psychological protection
Borderline	16	Affective mood instability, impulsivity, relationship tension, lack of emotional control, impaired self-esteem, self-destructive behaviour, uncontrolled rage, avoidance of problematic situations, impaired identification, temporary paranoid thoughts, or dissociative symptoms due to exposure to stressful events
Anxiety	6	Emotional stiffness, isolation, pathological self-control of one's own actions, tension, destructive psychological attitudes, self-devaluation, avoidance of socio-psychological activity

Source: compiled by the author based on the results of the survey and M. Zimmerman and T.A. Morgan (2022); C. Humphrey *et al.* (2020); O.I. Bokovets (2022)

At the preparatory stage, the survey included questions about seeking psychological support among respondents. It was determined that among 39 respondents with a tendency to paranoid personality disorder, 22 people sought help from a psychologist and visited a specialist within the last at least three months. Among the respondents with a predisposition to other disorders, no requests for psychological help were identified. In this regard, respondents with a tendency to paranoid personality disorder were divided into two groups (PPD-1; PPD-2) to identify possible differences in the assessment of mental states, and respondents with a tendency to other mental disorders (OMD) made up the third group.

The next stage of the study was to determine the external influence on the formation of mental states. The analysis of the results obtained shows that the majority of respondents with PPD who applied for psychological help have average indicators of the level of anxiety and rigidity. This indicates emotional discomfort, which is directly related to the expectation of dangerous life-threatening events. The indicators of rigidity for the majority of respondents in group PPD-1 (64%) and OMD (68%) indicate difficulties in changing their own views and beliefs. Meanwhile, in the majority of respondents in group PPD-2 (65%), low scores were identified on this scale, reflecting their adaptability to life circumstances depending on events. The previous survey confirms that respondents in group PPD-2 often changed their place of residence in the last 6 months (more than twice), so the overall score for this indicator was examined with consideration of circumstances.

Results on the scale of frustration and aggression among respondents indicate difficulties in working with people. For participants in group PPD-2 (71%), it is difficult to cooperate with others due to their belief in their own value and a tendency to assert themselves by demeaning those around them. The more stable scores in group PPD-1 on the aggression scale (average level in 68%) may indicate the result of seeking psychological support. Similarly, on the scale of frustration, this group has an average level (91%). Notably, there were no low scores for aggression and frustration among the group of individuals with a propensity for paranoid personality disorder who did not seek psychological help, which may indicate not only issues in their relationships with others but also apathetic and regressive states associated with meeting minimal life-sustaining needs. Furthermore, the overall assessment of the results of the examination of mental states indicates emotional discomfort among the respondents, characterised by

thoughts related to threats and dangers to life in conditions of social destabilisation. For a visual understanding and comparison of the assessment of the mental states of the three groups, the survey results are presented in Figure 1.

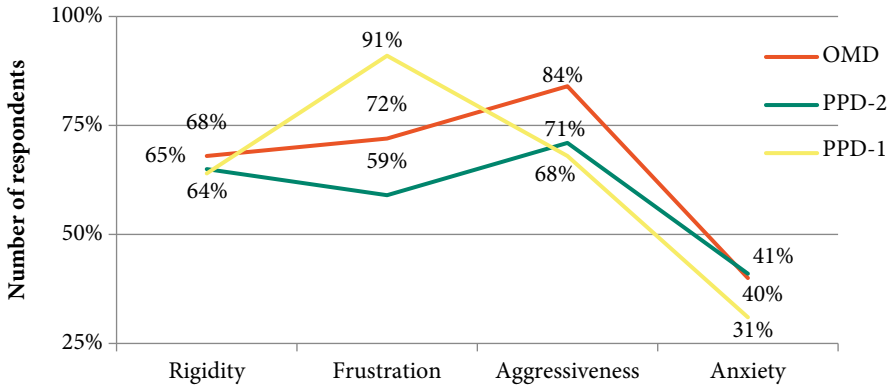

Figure 1. Analysis of respondents' mental state
Source: compiled by the author

For investigating the relationships of respondents with their surroundings, it was crucial to identify emotional barriers that negatively affect communication with others. The analysis of the obtained data revealed high levels of negative attitudes in the PPD-2 group (53%). The assessment of the results of this group of respondents reflects the dominance of destructive thinking and unwillingness to build close relationships with other people. In contrast, for the majority of respondents in the PPD-1 group (64%) who do not receive psychological help, difficulties in interpersonal interactions are characterised by emotional ambiguity and inadequate emotional expression in stressful situations. The survey results in this group may indicate the correctness and effectiveness of the chosen psychological support. An important characteristic for the group of respondents with other mental disorders (OMD) is emotional instability in everyday life, as reported by 56% of the participants. This indicates the problem of regulating the emotional state and their psychological stress in communicating with others. The findings on emotional barriers in relationships with others are presented in Figure 2.

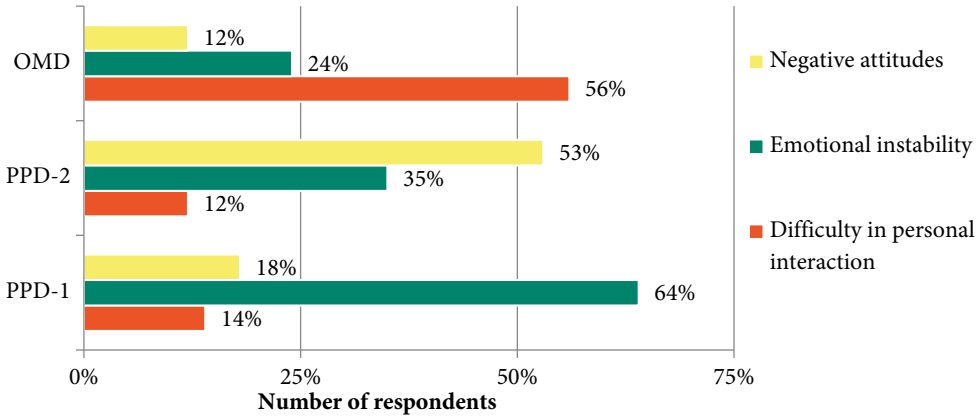

Figure 2. Analysis of difficulties in the emotional rapprochement of respondents with their environment
Source: compiled by the author

The analysis of the empirical study indicates the presence of destructive attitudes in the mental activity of the respondents. The diagnostic assessment of personality tendencies towards mental disorders and related issues in social relationships with others indicates that only a portion of the respondents in the PPD group are capable of emotional regulation and adaptation to new life circumstances. However, the results for the majority of respondents, including those with other mental disorders (OMD), express a need for psychological support, and in some cases, the question of psychotherapy needs to be urgently addressed. The application of psychotherapeutic methods in working with individuals with a tendency towards paranoid personality disorder should be based on addressing their emotional reactions and enhancing their social-psychological capacities. The presence of affective reactions in the behaviour and emotions of people with PPD may predict psychoses and psychopathies, leading to persistent

character anomalies with sociopathic accentuations (Bokovets, 2022). Preventing these conditions involves adopting a healthy lifestyle, timely treatment of associated illnesses, maintaining a regular sleep schedule, seeking consultations with a psychotherapist, and, if necessary, taking sedative medications as prescribed by a doctor (Reed *et al.*, 2020).

The empirical research phase involved testing a hypothesis that was partially confirmed. For people who receive psychological assistance, the impact of external factors (crisis situations) is less intense on violations in social activities. However, post-traumatic growth in individuals who did not seek psychological support was associated with reduced indicators of emotional perception of the world and interactions with their surroundings. The obtained results underscore the need for the development of psychotherapeutic programmes that address destructive formations in the psyche of individuals, especially for their social-psychological adaptation, particularly crucial for individuals with a paranoid personality disorder or tendencies towards its development.

DISCUSSION

Global changes occurring in the modern world have brought to the forefront the importance of supporting people's mental health. Understanding the development of personality psychopathology allows for the formulation of a psychotherapeutic toolkit to restore adequate functioning of mental processes. Preventive methods contribute to reducing the risks of developing destructive character accentuations, including the emergence of paranoid personality disorder. Results of studies on psychopathological syndromes and their impact on the life of an individual (Preti *et al.*, 2020; Bird *et al.*, 2022; Michel *et al.*, 2022) indicate increased conflict of the individual and rigidity of their behaviour in case of violation of the mental state. A characteristic feature of paranoid disorder is a focus on an idea or a specific task and a person's low ability to understand others. The persistence of these traits implies difficulties in interpersonal relationships and social adaptation (Barnby *et al.*, 2020; Sood *et al.*, 2022). Together, these processes can lead to the development of psychopathy, which is characterised by a tendency to harsh and antisocial behaviour. That is why it is important to educate the public about the risks and consequences of long-term mental stress, including traumatic events, for the possibility of timely seeking psychological help to prevent irreversible processes of mental activity.

The characteristic behavioural patterns of individuals prone to paranoid personality disorder include mistrust of their surroundings, contempt and resentment towards others, distortion of their own experiences, perceiving others' attitudes as hostile and threatening, displaying unwarranted insistence on their views and beliefs, being argumentative, harbouring groundless suspicions and reproaches towards loved ones, and having inflated self-esteem and sensitivity to failure. Moreover, individuals with paranoid disorder tend to be prejudiced, pessimistic, show uncontrolled anger, and display categorical statements. People with a paranoid type of disorder are prone to bias, pessimism, uncontrolled anger, and categorical statements. However, J.E. Fisher *et al.* (2014) and K. Bahlinger *et al.* (2022) note in their studies on the emotional characteristics of people with a paranoid personality disorder that such individuals exhibit strong emotional dependence on others, particularly in the satisfaction of needs, financial well-being, and decision-making, including those related to health. The authors also agree that negative emotions and crisis events experienced by a person with PPD can lead to hysteria, depression, panic attacks, or victim behaviour. Notably, current conversations at the beginning of the experiment with respondents who sought psychological help revealed that one of the reasons for contacting a psychologist was the manifestation of panic attacks after experiencing a traumatic event, because of which people were forced to change their place of residence. In addition, the majority of respondents lost financial stability, and the combination of all negative events led to an apathetic state and indifference or hostility in social relations. n examining the issue of an individual's adaptive ability and its correlation with stressful states, A. Clamor and K. Krkovic (2018) state that paranoid thinking in mentally healthy individuals can serve as an adaptive response to traumatic events, functioning as a lever to restore physiological balance after experiencing stress. However, V. Thewissen *et al.* (2011), while investigating the relationship between emotions, self-esteem, and paranoid ideation, identified that paranoid ideations are influenced by experiencing negative emotions and are accompanied by a decrease in an individual's self-esteem. The author notes that paranoid ideations do not serve a protective function, thus highlighting the necessity of psychotherapy to work specifically with emotional processes and self-esteem. The analysis of the results from the conducted empirical research also indicates a decrease in the self-esteem of respondents, reflecting in their lack of confidence in their abilities, introversion, and inability to believe in a positive future (survey). Nevertheless, among the group of people receiving psychological support, it was found that some individuals demonstrate an understanding of their aggressive expressions and an inability to control them during moments of stress. This emotional instability forces individuals to feel like victims or aggressors, depending on the situation they find themselves in, and it leads to changes in their behaviour based on these feelings. Respondents also note an increase in social conflicts and confrontational situations in their lives.

According to D. Freeman and P. Garety (2006), the therapeutic atmosphere should be strict but reflect care and respect. Investigating the issue of support for people with paranoid disorder, the effectiveness of the cognitive-behavioural approach, which should be formed based on an individual formulation of the personality problem, is noted. It is also important to encourage a person to talk about their own paranoid experiences. This idea is developed in the study of P.A. Garety *et al.* (2020), which states that

psychological concerns in people prone to paranoid personality disorder are based on introversion and are accompanied by emotions of fear of criticism from others due to their own social inadequacy. Therefore, the establishment of trusting relationships between the psychotherapist and the individual is crucial. Regarding the effectiveness of psychotherapy, S. Gaskell *et al.* (2023) indicate that the success of therapeutic sessions relies on the psychologist's ability to adequately perceive and withstand the patient's aggressive behavioural reactions when preserving therapeutic relationships becomes necessary. The empirical research results align with these conclusions. The analysis of the obtained data revealed that some respondents tend to be aggressive in their behaviour, which affects their communication with their surroundings. Those who sought psychological help mentioned that they felt distrustful during the initial individual sessions with the psychologist and were reserved during these sessions, with their expressions being more aggressive compared to the present time. L. Giusti *et al.* (2018), covering group therapy, note that the cognitive-behavioural approach contributes to changes in the mental state, particularly through the development of skills to control impulsivity and anger, as well as through teaching positive social skills. Furthermore, showing a caring attitude during psychotherapeutic sessions helps develop experiences of adequate communication with their surroundings, and group meetings aid in developing compensatory strategies and communication methods through observing examples of maladaptive behaviour in others.

The choice of psychotherapy methods for people with personality disorders is quite large. Properly selected therapy in accordance with the patient's needs effectively contributes to the restoration of one's mental health. The key goal of psychological therapy is the transformation of thinking and behaviour of the individual, which activates the reserves of personal growth. This goal is achieved through the selection of appropriate methods of influence, and the ways and means of their implementation (Johnson *et al.*, 2018). It is crucial to inform the individual about their problem during psychotherapy, which will help change their attitude towards their behaviour and emotions. The psychologist should create conditions where the person feels emotional comfort and can express their feelings. Psychotherapy increases the resilience of the individual to stressful situations and helps them become more flexible in behaviour and psychological attitudes (Kramer *et al.*, 2022).

Modern areas of psychotherapy allow the specialist to select and combine the necessary approaches to achieve the goal. Analysis of previous studies (Michel *et al.*, 2022; Sood *et al.*, 2022; Bahlinger *et al.*, 2022) allowed identifying the most popular concepts of providing psychological assistance, in particular: explanatory therapy: involves the therapist's influence through verbal means, such as conversations, lectures, and explanations; cognitive-behavioural therapy: collaborative partnership, changing thinking patterns, and behaviour; suggestion: aims to influence the individual's psyche to reduce criticality and increase acceptance of suggested content; psychoanalysis: involves the therapist helping the patient explore unconscious connections, dependencies, and processes; group therapy: involves a group of individuals with similar problems to reduce conflicts, solve behavioural issues, and alleviate tension; gestalt therapy: aims to expand awareness and promote the closure of holistic interaction patterns with the external world; art therapy: utilises creative approaches such as storytelling, sandplay, music, dance, etc., to influence the individual's psychoemotional state during therapy sessions; autogenic training: involves self-regulation techniques to reduce nervous tension and restore balance after experiencing stressful situations or events; causal therapy: focuses on correcting the causes and influencing factors of personality disorders; psychodrama: involves dramatic improvisation to study the individual's psyche; logotherapy: focuses on the search for the meaning of existence. EMDR therapy (Eye Movement Desensitisation and Reprocessing): diminishes or eliminates negative reactions to stimuli, particularly in the treatment of post-traumatic disorders.

A comprehensive therapeutic approach is planned only after a thorough examination of the history of paranoid personality disorder (e.g., head injuries, traumatic events, family members with schizophrenia, etc.). In addition to psychological support methods, people with paranoid disorder may need medical treatment. In such cases, individuals may be prescribed antidepressants (in complicated forms of the disorder, depression, suicidal tendencies, or danger to others), benzodiazepines (for excessive anxiety), antipsychotic drugs (for unwarranted irritability), and sleep aids (for sleep disorders). The combination of psychological and medical approaches contributes to the success of the treatment of people with PPD (Völlm *et al.*, 2011).

The similarity with the conclusions of the analysed studies (Clamor & Krkovic, 2018; Preti *et al.*, 2020; Rosebrock *et al.*, 2021) is evident in the results of the conducted empirical research, which indicates the influence of external factors (stress, isolation, traumatic events) on the development of mental disorders. An experimental examination of the problem of relationships between people with a paranoid personality type reflects the social and psychological maladaptation of respondents. The results obtained also correlate with study of B. Lopes *et al.* (2020), V.L. Zlivkov *et al.* (2016) and I. Okorn *et al.* (2020), in which authors highlight the causes of mental disorders precisely through experienced crises and the need for psychological support to prevent the formation of persistent mental disorders. For example, I. Okorn *et al.* (2020) draw parallels regarding the impact of the pandemic and war on the state of the human psyche, outlining the collapse of the external safe environment. The results of the conducted empirical research indicate the influence of both traumatising events, with the latter leading to the rapid development of mental health disorders in individuals. The study also revealed that not all individuals willingly seek psychotherapeutic help. Some try to cope with their mental state independently, often losing valuable time in the process. According to V.L. Zlivkov *et*

al. (2016), the worst aspect of experiencing paranoid syndrome is getting accustomed to this state and perceiving it as an inseparable part of the consequences of traumatic events. This situation can lead to the development of psychosomatic disorders, which may be more challenging to treat. Among the respondents who already receive psychological assistance, the effectiveness of EMDR therapy was noted (subjective evaluation by several respondents). After a single therapeutic session using EMDR, the psychological tension related to traumatic events that constantly haunted the respondents' thoughts significantly decreased. Art therapy sessions also helped to reduce tension at the moment, while autogenic training, as recommended by the psychologist, assisted respondents in lowering their anxiety levels in everyday life. However, B. Lopes *et al.* (2020) emphasise that the consequences of traumatic events require long-term treatment, so it is essential to identify and adjust therapeutic methods according to the patient's progress towards mental health recovery. Overall, the analysis of the research results underscores the necessity of promoting awareness, particularly for people at risk. Such an approach would help them understand their emotions and pay attention to the deterioration of their mental state while fostering a positive view of psychotherapy as a means of restoring mental health.

Global practice highlights the risks of complications in mental disorders that may lead to pathological and irreversible processes in mental health disturbances. Hence, it is essential to create a comprehensive diagnostic and therapeutic toolkit that can be modernised, transformed, and integrated into social organisational structures to assist the population in dealing with the consequences of mental disorders, including paranoid personality disorder. Establishing such conditions will facilitate the prompt determination of the best psychotherapeutic concept for each individual case, according to their needs and requirements.

CONCLUSIONS

The problem of personality disorders has a profound impact on various aspects of people's life, including social, legal, psychological, educational, medical, and economic spheres. Due to this, an important mission arises to educate the population about the potential risks and consequences of mental disorders. It is also important to improve diagnostic methods for identifying personality disorders and develop effective models for restoring mental health in individuals with paranoid personality traits.

The study indicated that the causes of paranoid diseases can be genetic factors, childhood psychological trauma, and physical brain injuries. People who have experienced life-threatening crisis situations are at risk as well. The instability of mental processes may lead to a tendency towards paranoid syndromes, resulting in difficulties in maintaining social relationships and controlling emotional and behavioural reactions. Such individuals often strive to present their interpersonal relationships as constructive, but their formed negative attitudes and personality traits often lead to conflict situations. The constant need to protect their importance is rooted in sensitivity to failures, leading to the active defence of their interests. Psychotherapeutic treatment methods for paranoid personality disorder aim to improve the emotional, cognitive, and behavioural aspects of individuals, helping them to better adapt to the social environment.

The initial hypothesis formed at the beginning of the empirical research was partially confirmed during the experimental stage. Notably, the indicators for evaluating mental states were significantly better among respondents who already received psychological assistance, and their psychological barriers to emotional closeness with others were lower compared to other groups. These indicators may reflect the effectiveness of the psychological support provided to them. The results obtained can be utilised by psychological and social workers, and individuals involved in the development and testing of a complex of psychological support methods for individuals with a propensity for personality disorders. A promising area for further studies on the issue of social interactions among people with paranoid disorders is the analysis of psychotherapeutic methods when providing psychological support to individuals who have experienced traumatic events in life.

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CONFLICT OF INTEREST

None.

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Ліана Вікторівна Спицька

Доктор психологічних наук, кандидат юридичних наук, професор
Східноукраїнський національний університет імені Володимира Даля
01042, вул. Іоанна Павла II, 17, м. Київ, Україна
https://orcid.org/0000-0002-9004-727X

Параноїдальний тип особистості: стосунки з оточенням

Анотація. Актуальність дослідження зумовлено тим, що швидкоплинність змін у соціальному середовищі вимагає від людини динамічності та конкурентоспроможності, що змушує особистість активно трансформувати емоційну регуляцію поведінки, зокрема у спілкуванні та взаємостосунках. Однак адаптаційні можливості особистості, для якої характерні підвищена чутливість до фрустрації та стійка недовіра до оточення, можуть бути значно обмеженими, а тому нагальним питанням постала підтримка психічного здоров'я людей із групи ризику. Мета науково-дослідної роботи – з'ясувати, на якому підґрунті формуються аномалії характеру, та розкрити причинно-наслідкові зв'язки в проблемі розвитку психічних розладів, а також визначити можливі шляхи подолання ускладнень у стосунках з оточенням, що спричинені розладом діяльності психіки. В основі теоретико-методологічного підходу – поєднання методів структурно-функціонального аналізу проблеми формування параноїдального типу особистості та аналітичне дослідження методів психологічної підтримки нервово-психічних порушень, які впливають на поведінкову саморегуляцію людини. Емпірична база дослідження – анкетування та діагностика психічних станів людей, схильних до розладу особистості. У статті з'ясовано причини та особливості розвитку параноїдальних аномалій психіки, а також можливості профілактики та корекції таких ментальних порушень. Представлені результати в науково-дослідній роботі відображають проблему адаптаційних можливостей людей із вродженими або набутими патологічними станами психіки. У статті розкрито питання взаємодії з параноїдальним типом особистості в соціальній сфері. Розглянуто найпопулярніші концепції надання психологічної допомоги. Перевірено коректність припущення про те, що людям з параноїдальним типом особистості значно важче справлятися з фрустрацією та адаптуватися в соціумі. Отримані результати мають практичну цінність для робітників соціальної сфери, які займаються виявленням порушень психічного здоров'я людей з групи ризику та прогнозуванням девіантних поведінкових реакцій, а також для практичних психологів, що підтримують людей з параноїдальним типом особистості, зокрема за допомогою психотерапії

Ключові слова: психопатія; саморегуляція; соціальне середовище; адаптація; патологічні стани; нервово-психічні порушення