**Schizotypal Personality Disorder Overview**

**Links**

[Schizotypal personality disorder - Symptoms and causes - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/schizotypal-personality-disorder/symptoms-causes/syc-20353919)

[Schizotypal Personality Disorder | Psychology Today](https://www.psychologytoday.com/us/conditions/schizotypal-personality-disorder?msockid=3f42dcf32fbe62b430fac9d22ee8631c)

[What Is Schizotypal Personality Disorder?](https://www.verywellmind.com/schizotypal-personality-disorder-4689994)

[Schizotypal Personality Disorder: Symptoms & Treatment](https://my.clevelandclinic.org/health/diseases/23061-schizotypal-personality-disorder)

[Schizotypal Personality Disorder - StatPearls - NCBI Bookshelf](https://www.ncbi.nlm.nih.gov/books/NBK603720/)

**Criteria:**

**5 of the following criteria needs to be met for diagnosis (DSM-5-TR):**

* Ideas of reference (excluding delusions of reference).
* Odd beliefs or magical thinking that influence behavior and are inconsistent with subcultural norms, such as superstitious, belief in clairvoyance, telepathy, or sixth sense; in children and adolescents, bizarre fantasies or preoccupations.
* Unusual perceptual experiences, including bodily illusions.
* Odd thinking and speech, such as vague, circumstantial, metaphorical, overelaborate, or stereotyped.
* Suspiciousness or paranoid ideation.
* Inappropriate or constricted affect.
* Behavior or appearance that is odd, eccentric, or peculiar.
* Lack of close friends or confidants other than first-degree relatives.
* Excessive social anxiety does not diminish with familiarity and tends to be associated with paranoid fears rather than negative judgments about self.

**Notes:**

\*Typical Marriage parings for - Schizotypal, Obsessive-Compulsive

\*Treatment:

\*Bring clarity to vague cognitions; reduce odd, magical thinking and feelings of depersonalization.

\*Enhance experience of pleasure in activities; relationships

\*Improve interpersonal skills (conversations, empathy, social isolation)

\*Increase emotionality (experience and express emotions)

\*Reduce fears regarding rejection/humiliation/suspiciousness of others

\*Differential Diagnosis–

Schizoaffective:

[**Schizoaffective disorder is primarily characterized by a combination of psychotic symptoms (hallucinations, delusions) and mood symptoms (depression, mania)1**](https://www.bing.com/ck/a?!&&p=bd8f366b96fcfa6011288ecd096926eb06b398fa8cbdb9686b3b5c1534b5b323JmltdHM9MTczNzQxNzYwMA&ptn=3&ver=2&hsh=4&fclid=3f42dcf3-2fbe-62b4-30fa-c9d22ee8631c&psq=schizoaffective+vs+schizotypal&u=a1aHR0cHM6Ly9wYnBzeWNoaWF0cmljc2VydmljZXMuY29tL3NjaGl6b2FmZmVjdGl2ZS1kaXNvcmRlci12cy1zY2hpem90eXBhbC8&ntb=1)**.**[**Schizotypal personality disorder, on the other hand, is characterized by eccentric behavior, peculiar thought patterns, and social anxiety**](https://www.bing.com/ck/a?!&&p=bd8f366b96fcfa6011288ecd096926eb06b398fa8cbdb9686b3b5c1534b5b323JmltdHM9MTczNzQxNzYwMA&ptn=3&ver=2&hsh=4&fclid=3f42dcf3-2fbe-62b4-30fa-c9d22ee8631c&psq=schizoaffective+vs+schizotypal&u=a1aHR0cHM6Ly9wYnBzeWNoaWF0cmljc2VydmljZXMuY29tL3NjaGl6b2FmZmVjdGl2ZS1kaXNvcmRlci12cy1zY2hpem90eXBhbC8&ntb=1)

Asperger’s: Awareness of difference

Schizotypal: “I’ve always been this way”

Aspergers – Compulsions, obsessions

Schizoid: [Schizoid vs. Schizotypal Personality Disorder: What’s the Difference?](https://www.verywellmind.com/schizoid-vs-schizotypal-personality-disorder-8630973)

Magical thinking in Schizotypal

Flat affect in Schizoid

Constricted or inappropriate in Schizotypal

**Key Reminders**

\*Cluster A – Odd or eccentric disorders (Paranoid, Schizoid, Schizotypal)

As a whole, you want to maintain a professional stance, clarity and consistency

**Resources**

\*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2nd Ed.

\*Michael Nash – Personality Disorders training.

\*3-Day Personality Disorders Course Advanced Diagnosis, Treatment & Management Gregory W. Lester, Ph.D.

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\*Cluster A – Autonomous – (Teacher-Student) Not good with empathy

\*Cluster B – Poorly Formed – Increase safety for them to admit

\*Cluster C – Inadequate or incompetent – Journaling – attend to the world outside of themselves and facts about the world