



Functioning Styles of Personality Disorder and Emotional States in Anxiety and Major Depressive Disorders

Kate Hoy*

Department of Psychiatry, Soochow University, Gusu, Suzhou, Jiangsu, China

ABOUT THE STUDY

Parental bonding style refers to the parents' apparent attitudes toward their children. It establishes an emotional environment in which parents' behaviours may be seen and is crucial for the child's psychological development as an adult. Numerous studies have demonstrated a link between behavioural and emotional issues in childhood or later adulthood, including anxiety and depression, and lower maternal care and higher father overprotection, rejection, or controls. Others have also shown a link between trait anxiety and depersonalization and perceived parental pressure in high school students [1]. Adolescents who view their parents as warm are also more likely to experience no post-stressful sadness. Anxiety disorders including separation anxiety and generalised anxiety disorder have been linked to parental rejection and overprotection.

Regarding personality, strong maternal overprotection and authoritarianism were linked to an increased likelihood of antisocial personality disorder, while low maternal care and high paternal overprotection were linked to obsessive-compulsive personality disorder. Adolescent substance abuse, as well as adult violence and psychopathy, were all linked to childhood abuse and neglect in general. Patients with personality disorders reported higher degrees of disordered personality traits or personality disorder functioning styles and perceived less parental care, more freedom control, and more autonomy denial than adolescents in healthy conditions.

The major depressive disorder and Generalized Anxiety Disorder (GAD) are two examples of affective illnesses that frequently co-occur with aberrant personality qualities like excessive neuroticism and low extraversion (MD). Additionally, there was a roughly 50% overlap between anxiety and depression, which may be explained by the fact that both conditions have qualities like high harm avoidance and self-directedness and poor conscientiousness and sociability [2]. However, depression and anxiety may have different personality features. For instance, whereas social anxiety had relatively high relationships with both

low sociability and lack of positive affectivity, sadness had a significant association with lack of positive affectivity.

The paranoid, narcissistic, and avoidant styles were linked to paternal freedom release. In fact, earlier findings indicated that individuals with personality disorders experienced more father freedom control and more paternal autonomy denial than healthy participants, which may suggest that the equilibrium between paternal freedom release and dominance is crucial to mental health. Additionally, borderline personality disorder patients reported being more sensitive to anxiety, which was consistent with the borderline style's ability to predict anxiety scores in controls [3]. In contrast to the result that maternal inappropriate punishment was the most important predictor of anxiety, Paternal Abuse and Maternal Abuse(-) predicted anxiety in controls were consistent with the finding that parental physical violence was strongly connected with a person's anxiety.

When compared to controls, GAD participants had higher levels of paternal abuse and dominance and lower levels of maternal freedom release and dominance [4]. These findings were consistent with earlier research showing a link between anxiety in children and adolescents and parental over-control, rejection, and inconsistent warmth and support from parents. The results were also confirmed by research showing that parental emotional warmth and acceptance of children's negative emotions, as opposed to condemning or downplaying their sentiments, enhanced the children's capacity for emotional regulation and decreased their susceptibility to worry [5]. Additionally, Maternal Encouragement was linked to the Paranoid and Schizotypal GAD types, which were partially, corroborated by studies that maternal overprotection exacerbated children's social anxiety.

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Correspondence to: Kate Hoy, Department of Psychiatry, Soochow University, Gusu, Suzhou, Jiangsu, China, E-mail: hoykate@shw.edu.cn

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