

### **CHECKLIST: PARANOID PERSONALITY DISORDER**

Below is a complete list to best identify and diagnose Paranoid Personality Disorder. DSM-5 (APA, 2013) criteria are first, followed by discernible components, and lastly, associated features.

- A pervasive distrust and suspiciousness of others such that their motives are interpreted as malevolent, beginning by early adulthood and present in a variety of contexts\*
- Suspects, without sufficient basis, that others are exploiting, harming, or deceiving him or her\*
- Is preoccupied with unjustified doubts about the loyalty or trustworthiness of friends or associates\*
- Is reluctant to confide in others because of unwarranted fear that the information will be used maliciously against him or her\*
- Reads hidden demeaning or threatening meanings into benign remarks or events\*
- Persistently bears grudges, (i.e., is unforgiving of insults, injuries, or slights)\*
- Perceives attacks on his or her character or reputation that are not apparent to others and is quick to react angrily or to counterattack\*
- Has recurrent suspicions, without justification, regarding fidelity of spouse or sexual partner\*
- No psychosis is evident (if present, brief psychotic reaction lasting minutes to hours)
- Absence of a bipolar disorder with psychotic features
- Absence of a depressive disorder with psychotic features
- No identifiable physiological effects of another medical condition
- Poor interpersonal skills rooted in paranoia
- Significant relationship difficulties centered on mistrust and infidelity
- Suspiciousness/hostility expressed in overt argumentativeness
- Hypervigilant to potential threats
- Tendency to display labile range of affect, with hostility, stubbornness, and sarcasm predominating
- Elicits hostile responses in others due to combativeness and suspiciousness
- Excessive need to be self-sufficient
- High degree of control in his or her environment
- Rigid and critical of others and unable to collaborate
- Difficulty accepting criticism
- Tendency to blame others for his or her shortcomings
- Frequent legal disputes related to counterattacking in response to real or perceived threats
- Seeks to confirm preconceived adverse notions related to people or situations
- Often attuned to issues of power and rank

\*distinguishing characteristics