



“A Study to Assess the Knowledge and Attitude Regarding Paranoid Personality Disorder and Its Management Among Family Members of Clients with Paranoid Personality Disorder at a Selected Hospital, Indore, Madhya Pradesh.”

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Abstract

Background:

Paranoid Personality Disorder (PPD) is a chronic psychiatric condition characterized by pervasive distrust and suspicion of others. Family members play a critical role in managing and supporting individuals with PPD, yet inadequate knowledge and poor attitudes may hinder effective care.

Objectives:

1. To assess the level of knowledge regarding PPD and its management among family members.
2. To assess the attitude of family members toward clients with PPD.
3. To determine the correlation between knowledge and attitude scores.
4. To find the association between knowledge and attitude scores with selected demographic variables.

Methodology:

A **descriptive cross-sectional study** was conducted among **100 family members** of clients diagnosed with Paranoid Personality Disorder at a selected psychiatric hospital in Indore, Madhya Pradesh. Data were collected using a structured questionnaire and a 5-point Likert attitude scale. Descriptive and inferential statistics were used for data analysis.

Results:

The mean knowledge score was 14.26 ± 3.58 , indicating a moderate level of knowledge, while the mean attitude score was 62.47 ± 7.45 , suggesting a generally favorable attitude. A positive correlation ($r = 0.68$, $p < 0.01$) was found between knowledge and attitude scores, indicating that better knowledge is associated with more positive attitudes. A significant association was found between knowledge scores and educational status ($p = 0.03$) and between attitude and duration of caregiving ($p = 0.02$).

Conclusion:

The findings suggest that while most family members have moderate knowledge and favorable attitudes, there remains a gap in understanding the management aspects of PPD. Structured psychoeducation programs for families are essential to promote better care and reduce relapse rates in clients with PPD.

Keywords: Paranoid Personality Disorder, Knowledge, Attitude, Family Members, Mental Health Nursing

Introduction

Personality disorders are enduring patterns of maladaptive behavior, cognition, and inner experience that deviate markedly from cultural expectations. Among them, *Paranoid Personality Disorder (PPD)* is one of the most challenging for both patients and families due to its pervasive mistrust, hostility, and hypersensitivity to perceived threats. According to the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5, 2013)*, PPD is characterized by suspicion and interpretation of others' motives as malevolent.

The burden of managing PPD often falls on family members, who may face emotional distress, social stigma, and lack of understanding about the illness. Inadequate knowledge about the nature, causes, and management of PPD can lead to ineffective coping strategies and strained relationships. A positive and informed attitude among family members can improve treatment adherence and reduce relapses.

Therefore, assessing the knowledge and attitude of family members is essential to identify gaps and plan effective psychoeducational interventions that promote better family functioning and patient recovery.

Need for the Study

In India, the prevalence of personality disorders is approximately **6–9%**, with PPD accounting for about **1–2%** (Grover et al., 2019). Despite the significant burden, awareness among families remains limited. Family caregivers often misinterpret symptoms as behavioral problems rather than psychiatric conditions, leading to stigma and neglect (Nadkarni et al., 2018).

Studies have shown that psychoeducation can reduce caregiver burden, improve treatment adherence, and enhance patient outcomes. However, little research has been conducted in the Indian context, particularly in Madhya Pradesh, to assess family members' knowledge and attitude toward PPD. Hence, this study was undertaken.

Objectives

1. To assess the knowledge regarding Paranoid Personality Disorder and its management among family members.
2. To assess the attitude of family members toward clients with Paranoid Personality Disorder.
3. To correlate knowledge and attitude scores.
4. To find the association between knowledge and attitude with selected demographic variables.

Hypotheses

- **H₁:** There will be a significant relationship between knowledge and attitude scores of family members.
- **H₂:** There will be a significant association between knowledge and selected demographic variables.
- **H₃:** There will be a significant association between attitude and selected demographic variables.

Methodology

Research Approach: Quantitative descriptive approach

Research Design: Descriptive cross-sectional design

Setting: Selected psychiatric hospital, Indore, Madhya Pradesh

Population: Family members of clients diagnosed with Paranoid Personality Disorder

Sample Size: 100 family members

Sampling Technique: Non-probability purposive sampling

Tools Used:

1. **Structured Knowledge Questionnaire** – 25 multiple-choice questions assessing understanding of definition, causes, symptoms, and management of PPD.
2. **Attitude Scale** – 15 statements rated on a 5-point Likert scale (Strongly Agree to Strongly Disagree).

Data Collection Procedure:

After obtaining ethical clearance and informed consent, data were collected through face-to-face interviews. Average time per participant: 25–30 minutes.

Scoring:

- Knowledge: Poor (0–8), Moderate (9–16), Good (17–25)
- Attitude: Unfavorable (15–45), Favorable (46–75)

Data Analysis:

Data were analyzed using SPSS software.

- Descriptive statistics: Mean, SD, percentage.
- Inferential statistics: Pearson's correlation, Chi-square test.

Results

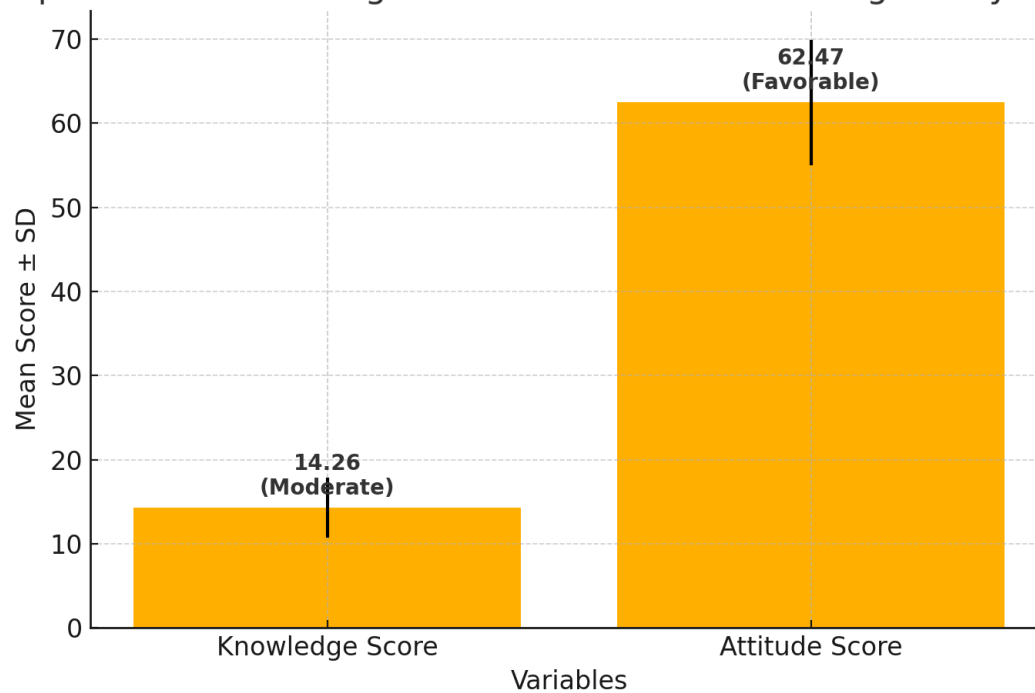
Table 1: Mean and SD of Knowledge and Attitude Scores (n = 100)

Variable	Mean ± SD	Level	Correlation (r)	p-value
Knowledge Score	14.26 ± 3.58	Moderate	r = 0.68	< 0.01
Attitude Score	62.47 ± 7.45	Favorable		

Interpretation:

Most family members had moderate knowledge and favorable attitudes. A significant positive correlation ($r = 0.68$, $p < 0.01$) indicates that higher knowledge is associated with more positive attitudes.

Comparison of Knowledge and Attitude Scores Among Family Members



Association Findings:

- Education was significantly associated with knowledge ($\chi^2 = 8.72$, $p = 0.03$).
- Duration of caregiving was significantly associated with attitude ($\chi^2 = 9.54$, $p = 0.02$).
- Other variables such as age, gender, and relationship with client were not significant.

Discussion

The results of the present study revealed that the majority of family members had moderate knowledge about PPD, consistent with the findings of Ali et al. (2020), who reported limited awareness among caregivers of psychiatric patients. The positive correlation between knowledge and attitude suggests that improving awareness can foster empathy and support.

A similar study by Johnson & Thomas (2021) showed that psychoeducation significantly improved caregivers' attitudes and reduced perceived stigma. The present findings support the need for continuous family education programs as part of psychiatric rehabilitation services.

Conclusion

The study concluded that while family members demonstrated moderate knowledge and favorable attitudes toward clients with Paranoid Personality Disorder, there remains a need to enhance understanding regarding symptom management and coping strategies. Structured psychoeducation and counseling can empower families to manage clients effectively and improve overall outcomes.

Recommendations

1. Conduct regular family education sessions on personality disorders.
2. Include family members in treatment planning and rehabilitation.
3. Develop information booklets on management strategies.
4. Replicate the study in larger and diverse populations.

Limitations

- Conducted in a single hospital, limiting generalizability.
- Self-reported responses may be subject to bias.
- No post-intervention follow-up conducted.

Acknowledgment

The investigator expresses gratitude to the hospital administration, staff, and participants for their cooperation and support throughout the study.

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