

## Medicare risk adjustment coding focus: personality disorders

### Overview

A personality disorder is a type of mental disorder defined by unhealthy patterns of thinking, functioning and behaving.<sup>1</sup> An individual with a personality disorder displays behaviors that deviate from the perceived norm, causing long-term difficulties in personal relationships as well as functioning in society.

According to a study conducted by the National Institutes of Mental Health (NIMH), the prevalence of personality disorders amongst adults 18 years and older in the United States is approximately 9.1%. The study did not find sex or race to be associated with the prevalence of the disorder.<sup>2</sup>

### Cause

The exact cause of personality disorders is unknown; however, there are contributing factors that may result in personality disorders such as biological and environmental factors.<sup>3</sup> Because one's personality forms during childhood, an individual's thoughts, emotions, and behaviors are a direct reflection of their genetic makeup and life experiences, sometimes referred to as nature and nurture. Nature and nurture each play a critical role in the formation of a personality disorder, however, more research is needed to better identify how these forces affect personality development.

### Signs and symptom

Personality disorder types are grouped into three clusters based on similar symptoms and characteristics:

1. Cluster A — characterized as having odd, eccentric thoughts or behaviors (includes paranoid, schizoid, and schizotypal personality disorder)
2. Cluster B — characterized by dramatic or overly emotional behaviors (includes antisocial, borderline, histrionic, and narcissistic personality disorder)
3. Cluster C — characterized by experiences of anxious or fearful behaviors (includes avoidant, dependent, and obsessive-compulsive personality disorder)

It is common for an individual to have more than one personality disorder<sup>1</sup>.

### Treatment

Treatment for personality disorders depends greatly on an established diagnosis by a mental health clinician. The clinician will observe, analyze and interpret the functioning patterns and symptoms of the patient's behavior for a prognosis and treatment. Treatment options are geared towards the specific type of personality disorder, its severity, and the patient's life situations.

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<sup>1</sup> Mayo Clinic. (n.d.) Personality Disorders. Accessed May 14, 2019 from [mayoclinic.org](http://mayoclinic.org)

<sup>2</sup> National Institutes of Mental Health. (n.d.) Personality Disorders. Accessed May 14, 2019 from [nimh.nih.gov](http://nimh.nih.gov)

<sup>3</sup> American Psychiatric Association. (n.d.) What are Personality Disorders? Accessed May 14, 2019 from [psychiatry.org](http://psychiatry.org)

Psychotherapy is the main source for treating personality disorders. Although there are no current medications to treat these disorders directly, there are psychiatric medications that may help with the symptoms.

### **Coding guidance**

Chapter 5 of the ICD-10-CM codebook contains diagnoses codes related to specific personality disorders (category F60).<sup>4</sup> To accurately code from this category, documentation must explicitly state the type of personality disorder(s). Documentation of such detail is key as coders cannot make assumptions.

### **F60 Personality Disorders (HCC 60)**

- F60.0 — Paranoid
- F60.1 — Schizoid
- F60.2 — Antisocial
- F60.3 — Borderline
- F60.4 — Histrionic
- F60.5 — Obsessive-compulsive
- F60.6 — Avoidant
- F60.7 — Dependent
- F60.81 — Narcissistic
- F60.89 — Other specific
- F60.9 — Unspecified

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<sup>4</sup> Schmidt, A. & Patterson, L. (2019). ICD-10-CM Expert for Physicians. Optum Insight Inc.