



Narcissistic Personality Disorder

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Abstract:

Over the past century, narcissistic personality disorder, also known as NPD, has received substantial research but is still difficult to identify and treat. Significant physical, mental, and social comorbidities are present in people with NPD. Among participants who had been diagnosed with NPD, Stinson and colleagues discovered significant 12-month prevalence rates of substance addiction (40.6 percent), mood (28.6 percent), and anxiety (40 percent) problems. The definition and understanding of pathological narcissism and narcissistic personality functioning are currently being advanced through studies within a variety of theoretical and empirical approaches, including psychoanalytic, attachment-focused, metacognitive, personality psychological, and neuroscientific (Ronningstam. E, 2016).

Keywords: Behavioural health, clinical health psychology, personality disorders, narcissism.

Introduction:

An extreme and pathological self-absorption is a defining feature of narcissistic personality disorder (NPD). They are preoccupied with success dreams and feel that the people they interact with must also be exceptional and unique. These people have an exaggerated feeling of their own importance or uniqueness. They have unbridled ambition, frequently broke the law, and took advantage of others to further their own interests. Although less so than the antisocial patient, they lack empathy for others and can become angry and frustrated when another person's needs conflict with their own. The frail person hiding behind the façade of self-sufficiency and arrogance is so hypersensitive to concerns of self-esteem that the slightest criticism triggers strong anger and rage (Theodore A. S, 2016).

Meaning:

a grandiosity, need for adulation, and lack of empathy pattern that appears by early adulthood and significantly impairs or causes suffering in several functional domains (Fred F.F, 2022).

What causes NPD:

The cause of narcissistic personality disorder is unknown. The root cause of narcissistic personality disorder is probably multifaceted, just personality development and other mental health diseases. Possible connections between narcissistic personality disorder and mismatches in parent-child relationships with excessive praise or criticism that is unresponsive to the child's experience are examples of the environment. Inherited traits based on genetics and the study of neurobiology explore how the brain influences behaviour and thought.

What symptoms look like:

an overinflated sense of entitlement and self-importance, being prepared to be considered superior, concerned with illusions about wealth, dominance, genius, beauty, or the ideal partner, monopolizing the dialogue, expecting personalized treatment and complete adherence to their demands, taking advantage of others to further one's own interests, unable or unwilling to understand the needs and emotions of others, be jealous of others and think others are jealous of them, act haughtily or arrogantly, coming out as pompous, boastful, or pretentious.

Treatment:

Talk therapy is used to treat narcissistic personality disorder (psychotherapy). If also have other mental health issues, a treatment plan can also include medication (Antidepressants and anti-anxiety pharmaceuticals may be beneficial for treating symptoms of depression, anxiety, or other illnesses).

Lifestyle:

It may be tempting to discontinue treatment if you have NPD. Here are some pointers for completing it: Keep an open mind, concentrate on your objectives and the benefits of therapy, attend all your appointments, listen to your doctor's instructions, and seek help for any addictions or other mental health issues.

Here is some advice for taking care of yourself if you live with or are in a close relationship with someone who has NPD: Set boundaries; don't get caught up in how they see you; be ready for the relationship to change; don't take it personally; let go of any desire for their approval. Look for alternative sources of fulfilment and meaning in your life.

What if not controlled or treated:

This can lead to Relationship problems, issues in the office or school, both anxiety and depression can be seen, obstacles to physical wellness, abuse of drugs or alcohol, and suicidal ideas or actions.

Reference:

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