

Narcissistic Personality Disorder

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Narcissistic Personality Disorder (DSM-5, 301.81):

A pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. Has a grandiose sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements).
2. Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
3. Believes that he or she is "special" and unique and can only be understood by, or should associate with, other special or high-status people (or institutions).
4. Requires excessive admiration.
5. Has a sense of entitlement (i.e., unreasonable expectations of especially favorable treatment or automatic compliance with his or her expectations).
6. Is interpersonally exploitative (i.e., takes advantage of others to achieve his or her own ends).
7. Lacks empathy: is unwilling to recognize or identify with the feelings and needs of others.
8. Is often envious of others or believes that others are envious of him or her.
9. Shows arrogant, haughty behaviors or attitudes.

Number of Symptoms: The more narcissistic traits an individual exhibits, the more severe the disorder may be considered.

Impact on Functioning: The degree to which narcissistic traits negatively affect an individual's social, occupational, and personal functioning can indicate the severity of the disorder.

Insight and Awareness: Individuals with NPD who have little to no insight into their behavior and its impact on others may be considered to have a more severe expression of the disorder.

Interpersonal Relationships: The severity of NPD can also be assessed based on the extent of impairment in interpersonal relationships, including the ability to maintain healthy and stable relationships.

Co-occurring Disorders: The presence of other mental health disorders, such as anxiety, depression, or substance use disorders, can complicate NPD and contribute to its severity.

For a diagnosis of Narcissistic Personality Disorder (NPD) according to the DSM-5, an individual must meet five (or more) of the nine criteria listed. These criteria should reflect a pervasive pattern of grandiosity, need for admiration, and lack of empathy, and they should be present in a variety of contexts. It's also important that these traits cause significant impairment or distress in personal, social, or occupational functioning and are not better explained by another mental disorder or due to the physiological effects of a substance or another medical condition.

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