

# Narcissistic

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# Prevalence and Risk factors

- Prevalence estimates for narcissistic personality disorder, based on DSM-IV definitions, range from 0%-6.2% in community samples (American Psychiatric Association, 2013)
- Although the cause of narcissistic personality disorder is not known these are some thought risk factors:
  - Environment – mismatches in parent-child relationships with either excessive adoration or excessive criticism that is poorly attuned to the child's experience (Mayo Clinic Staff, 2017)
  - Genetics – inherited characteristics(Mayo Clinic Staff, 2017)
  - Neurobiology — the connection between the brain and behavior and thinking(Mayo Clinic Staff, 2017)

# Diagnosis

1. Has a grandiose sense of self-importance
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
4. Requires excessive admiration

Reference: (American Psychiatric Association, 2013)



# Diagnosis continued

1. Has a sense of entitlement
2. Is interpersonally exploitative
3. Lacks empathy
4. Is often envious of others or believes that others are envious of him or her
5. Shows arrogant, haughty behaviors or attitudes

Reference: (American Psychiatric Association, 2013)



# Kernberg's Theory on Narcissism

- Otto Kernberg's description of the pathological narcissistic individual centers around a set of paradoxes: self-inflation existing alongside a limitless need for praise, a charming and engaging surface covering a ruthless interior, and a persona of self-sufficiency defending against underlying feelings of intense envy (Scott, 2015).



# Labs

- Labs
  - There are no labs and diagnostic test to diagnose narcissism
  - Nurses will notice the signs and ask questions regarding what they are experiencing
- Test
  - Personality test will be used to help diagnose
  - Those test are
    - Personality diagnostic questionnaire- 4 (PDQ-4)
    - Millon clinical multiaxial inventory III (MCMI-III)
    - International personality disorder examination (IPDE)



# Medications

- Medications
  - Antidepressants
    - Most common: Selective serotonin reuptake inhibitors
  - Mood stabilizers
    - Lithium
  - Antipsychotics
    - Aripiprazole
    - Risperidone
- Willingness to change is vital through the treatment process



# Group Therapy

- Group therapy is a form of psychotherapy that has one or more therapists working with several people at the same time, it can be integrated into a comprehensive treatment plan.
- There are many different types of group therapy individuals can join, some including
  - Cognitive behavioral groups: identifying unhealthy thinking patterns, behaviors, and emotions.
  - Interpersonal groups: focuses on the relationships and social interactions in their life, and how it affects their mental health.
  - Psychoeducational groups: educates the individual on their disorder, similar to CBT.
  - These individuals should continue going to therapy for years to come to make a real change. Other coexisting disorders such as anxiety, depression, and bi-polar disorder should be treated at this time as well.

Reference: (Cherry, 2021).

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# Question #1

What is a narcissist?

- A. Your Ex-Boyfriend
- B. A person that has a pattern of grandiosity, need for admiration, and lack of empathy
- C. A reaction to stressful, dangerous, or unfamiliar situations
- D. No seriously, your ex boyfriend

# Answer

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## Question #2

What medication types are used in the treatment for narcissism? (Select all that apply)

- A. Antihypertensive
- B. Antidepressant
- C. NSAIDS
- D. Antipsychotics
- E. Mood Stabilizer
- F. Beta-Adrenergic Blocking Agents

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# References

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