

# Schizoid Personality Disorder: Cause & Treatment

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## Introduction

People with personality disorders have long-standing thinking and acting habits that are different from what society considers normal. Their personality's rigidity can cause tremendous distress and interfere with many aspects of life, including social and occupational functioning. Personality disorders are associated with poor coping abilities and the inability to develop healthy relationships.

Persons with personality disorders are typically unaware that they have a problem and do not believe they have anything to control, unlike people with anxiety or depressive disorders, who are conscious of their condition but unable to control it. People with personality disorders frequently do not seek treatment because they do not believe they have a problem.

Stilted speech, a lack of enjoyment from most activities, a sense of being a "observer" rather than a participant in life, an inability to tolerate others' emotional expectations, apparent indifference when praised or criticised, a degree of asexuality, and idiosyncratic moral or political beliefs are all associated features. Late childhood or adolescence are the most common times for symptoms to appear.

Although the exact origin of SPD is unknown, there is some indication of shared genetic risk between SPD, other cluster A personality disorders (such as schizotypal personality disorder), and schizophrenia. SPD is thus classified as a "schizophrenia-like personality disorder." It is diagnosed by clinical observation, and distinguishing SPD from other mental illnesses can be challenging.

## What do you know about Schizoid Personality Disorder?

Schizoid personality disorder is a rare illness in which persons shun social activities and avoid interacting with others on a regular basis. They can also only convey a restricted variety of emotions. You may be perceived as a loner or dismissive of others if you have schizoid personality disorder, and you may lack the desire or ability to build intimate personal relationships. You may look as if you don't care about others or what's going on around you since you don't display emotion. Schizoid personality disorder has no recognised aetiology. Talk therapy and, in certain situations, medication may be beneficial.

## Symptoms

It's probable that if you have schizoid personality disorder, you'll

- Prefer to be alone and prefer to accomplish things alone
- Close connections aren't something you seek or enjoy

- Feel a lack of desire for sexual connections, if any at all
- Feel as though you won't be able to enjoy yourself?
- Have difficulties expressing feelings and reacting to circumstances properly
- Others may perceive you as humourless, uninterested, or emotionally frigid
- It's possible that you're lacking in drive and ambitions
- Don't respond to compliments or criticism from others
- Even with family members, they do not seek or appreciate intimate connections
- They like solitary professions and pursuits
- They like a limited number of activities, including sex
- Except for first-degree relatives, they have no close pals
- They have a hard time connecting with people
- They don't care if you applaud or criticise them
- They are emotionless and apathetic
- They may fantasise or conjure up elaborate imaginations about their complicated inner lives

Schizoid personality disorder generally manifests itself in early adulthood, however certain symptoms may appear as early as childhood. These characteristics may make it difficult for you to perform properly at school, at work, socially, or in other aspects of your life. However, if you work alone most of the time, you may be able to do quite well in your career.

## What Causes Schizoid Personality Disorder?

The aetiology of schizoid personality disorder is unknown, however genetics and environment are thought to have a role. Some mental health practitioners believe that a gloomy childhood devoid of love and emotion contributes to the disorder's development. The fact that schizophrenics have a greater chance of developing schizoid personality disorder shows that the disease may be hereditary.

Personality refers to the unique blend of ideas, feelings, and behaviours that characterises you. It's how you perceive the world, comprehend it, and react to it, as well as how you see yourself. The interplay of inherent traits and environmental variables shapes one's personality during childhood.

Children learn to detect social cues properly and behave appropriately throughout time as part of their natural development. Although a mix of genetic and environmental variables, particularly in early life, may play a role in the development of schizoid personality disorder, it is unknown what causes it.

## What are Schizoid Personality Disorder's Consequences?

The fundamental issue of schizoid personality disorder is a lack of social connection. Because they prefer not to connect with people, persons with this personality disorder are rarely aggressive. Mood disorders, anxiety disorders, and other personality disorders may be more frequent than in the general population.

Because their ideas and conduct do not bother them, people with this personality disorder seldom seek therapy. Psychotherapy, which is a type of counselling, is the most commonly employed form of treatment when people seek help. The focus of treatment will most likely be on developing general coping abilities, as well as social interaction, communication, and self-esteem. Treatment can be difficult for the therapist since persons with schizoid personality disorder have difficulties building relationships with others, and trust is a crucial component of therapy. Social skills training can also be a significant part of the therapeutic process.

In general, medication is not used to treat schizoid personality disorder. Medications, on the other hand, may be administered if the person also has a psychological condition, such as depression.