

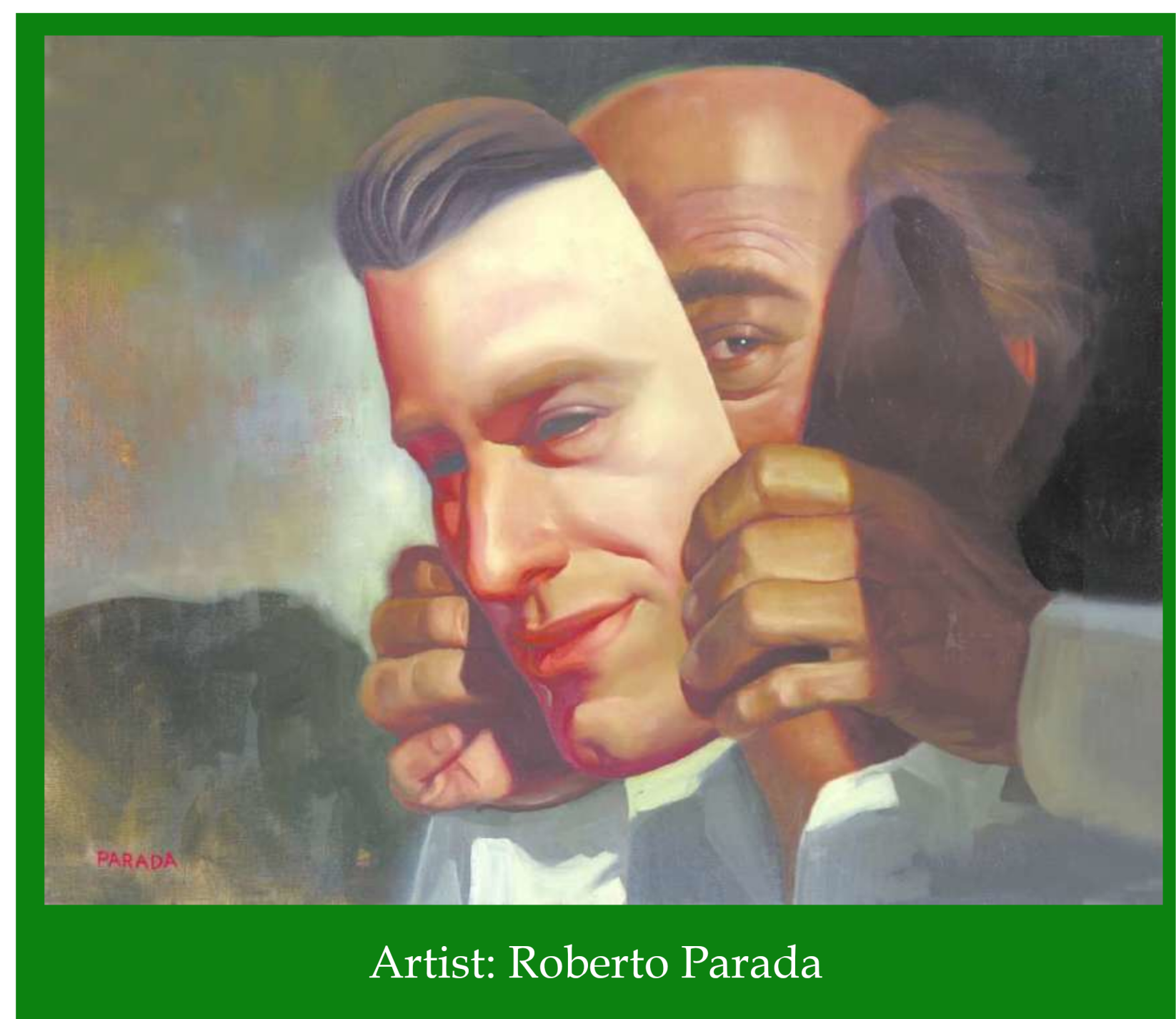
THE FUTILITY OF TREATING NARCISSISTIC PERSONALITY DISORDER

ABSTRACT

Research in the successful treatment modalities for narcissistic personality disorder (NPD) is quite scant. This paper examines the reasons as to why NPD is not treatable in practice.

All literature and evidence for this paper is found through peer reviewed secondary sources. Several studies were reviewed, and the general consensus of all studies reviewed indicates the need for more extensive research to find effective treatment options for NPD. To date, most of the treatment options available or studied by researchers are designed to treat effectively comorbid issues along with NPD this makes it difficult to find a clear-cut answer for the success of these treatment options solely for NPD. Focus should also turn towards those individuals who suffer immense psychological setbacks through their interaction with NPD individuals Therefore the emphasis of the treatment should not only be limited only to those suffering from this disorder as success rates of treatments for this disorder is minimal.

- 6.2% lifetime incidence rate in general population (Stinson et al., 2008)
- 7.7% comprise male population (Stinson et al., 2008)
- 4.8% amongst female population (Stinson et al., 2008)
- 69% prevalence of anxiety and 82% prevalence of depression for people in close contact (Day et al., 2019)
- high rates of prevalence for comorbidity



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The emphasis of treatment should shift towards those who have been caused psychological setbacks through their interaction with NPD sufferers.