Schizoid Personality Disorder

Essential Features

“Pervasive pattern of a detachment from social relationships and a restricted range of expression of emotions in interpersonal settings.”

- Lack desire for intimacy
- Little or no satisfaction from being part of a family or group
- Prefer to be alone
- Prefer mechanical or abstract tasks
- Little interest in sexual experiences
- Pleasure in few, if any, activities
- Reduced pleasure from sensory, bodily or interpersonal experiences
- Seem indifferent to approval or criticism
- Oblivious to normal subtleties of social interaction
- Inappropriate or no response to social cues
- Claim to rarely experience strong emotions
- Constricted affect – others see them as cold and aloof

Associated Features

1. Difficulty expressing anger
2. Directionless lives
3. Passive reaction to adverse circumstances
4. Few friendships
5. Impaired occupational functioning when interpersonal involvement is required
6. Brief psychotic episodes in response to stress
7. May be a premorbid antecedent of Delusional Disorder or Schizophrenia.

Culture, Age, and Gender

At times people from different cultures exhibit defensive behaviors and interpersonal styles that are erroneously labeled as Schizoid. Childhood antecedents may include solitariness, poor peer relationships, underachievement in school, and being subject to teasing.

Differential Diagnosis
Delusional Disorder

Schizophrenia

Mood Disorder with Psychotic Features

All are characterized by a period of persistent psychotic symptoms

Autistic Disorder

Asperger’s Disorder

These disorders evidence more severely impaired social interactions and stereotyped behaviors and interests

Schizotypal Personality Disorder – Lack of cognitive and perceptual distortions

Paranoid Personality Disorder – Lack of suspiciousness and paranoid ideations

Avoidant Personality Disorder – Schizoids have more pervasive detachment and little desire for intimacy