

Avoidance Disorder in the Neuroticism Framework

Name:

Institution:

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Avoidance as a personality disorder

Personality disorders refer to a range of personality behaviours and traits used to describe individuals who find it challenging to function socially. An avoidant personality disorder is one of the most common personality disorders, and anxiety and fear characterize it. Additionally, avoidance personality disorder is marked with fear, where victims fear rejection and criticism from others (Clarkin et al., 2015).

Social representation

Individuals with this disorder are only able to socialize with others if they are sure they will be accepted or liked. Over the years, psychologists and experts from related fields have developed models to help understand the causes and prognoses of avoidant personality disorder. The neuroticism model of personality applies to the explanation of avoidant personality disorder, as it clarifies the social challenges an individual may face and may clarify the prognosis of the disorder.

Personality model approach to avoidance

The neuroticism model of personality explains personality disorders by determining individuals who score high in neuroticism. According to the model, people with a high score for neuroticism tend to experience anxiety, fear, frustration, and loneliness, which are common in avoidant personality disorder.

Prognosis of the disorder

The prognosis of avoidant personality disorder has its roots in pervasive patterns of inhibited behaviour, which occur as a response to undesirable social situations (Miller et al., 2015). According to the model, negative evaluations cause anxiety and fear, resulting in the victim avoiding interactions with other people who he or she may not be familiar with (Sauer-Zavala et al., 2017). Over the years, different techniques have been developed to address the disorder. However, the neuroticism model of personality claims that treating the disorder may be cost-effective and efficient when the trait is targeted during the treatment instead of some of its specific manifestations, such as fear, anxiety, and worry, among others (Miller et al., 2015).

References

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