

Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* **MH** *clinical question-answering service*

Question

For patients with Narcissistic Personality Disorder, which type of psychotherapy achieves the best outcomes in terms of mood and quality of interpersonal relationships?

Clarification of question using PICO structure

Patients: patients with Narcissistic Personality Disorder (NPD)

Intervention: psychotherapy

Comparator: any other psychotherapy

Outcome: positive outcomes in terms of mood and quality of interpersonal relationships.

Clinical and research implications

As no evidence was identified, no clinical implications could be made. The authors of a systematic review suggested that future research should evaluate treatments for NPD using clinical trials. They also suggested that it may be worth investigating different approaches to the diagnosis of NPD, and to evaluate the implications of these approaches for efficacious treatment. They also noted, however, that the low prevalence of this disorder may make such studies difficult.

What does the evidence say?

Number of included studies/reviews (number of participants):

We identified one systematic review that was relevant to the above question. No randomised or controlled studies that evaluated treatment for NPD were identified by the systematic review. The authors stated that most evidence in the literature was limited to anecdotal reports and case series. This systematic review largely focused on presenting the prevalence of NPD.

Main Findings: n/a

Authors Conclusions: n/a

Reliability of conclusions/Strength of evidence: n/a

What do guidelines say?

No relevant UK guidelines were found that directly addressed this question.

Date question received: 05/12/2011
Date searches conducted: 10/01/2012
Date answer completed: 17/01/2012

References

Systematic Reviews

1. Dhawan N, Kunik M, Oldham J, Coverdale J. Prevalence and treatment of narcissistic Personality Disorder in the Community: A Systematic Review. *Comprehensive Psychiatry* 51 (2010) 333–339

Results

| Author (year) | Search Date | Inclusion criteria | Number of included studies | Summary of results | Conclusions | Risk of bias |
|---------------|-----------------------------|--|--|---|---------------------------------|--|
| Dhawan (2010) | January 1980 to August 2008 | <p><i>Participants</i> – A diagnosis of narcissistic personality disorder with or without comorbidities</p> <p><i>Intervention</i> – Not defined</p> <p><i>Comparator</i> – Not defined</p> <p><i>Outcome</i> – Not defined</p> <p><i>Study design</i> – randomised or controlled trials</p> | 0 studies were found that evaluated a treatment; 7 studies were included that assessed prevalence of narcissistic personality disorder (NPD) | No studies of treatment of NPD met the inclusion criteria. Two pharmacologic studies were considered, and then excluded because of a low sample size and outcomes that measured a comorbid disorder instead of narcissism. The authors noted that evidence on treatment was limited to anecdotal reports and case series. | No conclusions on NPD were made | Unclear (the authors did not report detailed methods for identifying <i>treatment</i> studies; the review methods focused on prevalence studies) |

Search Details

| Source | Search Strategy | Number of hits | Relevant evidence identified |
|----------------------------------|--|----------------|------------------------------|
| <i>SRs and Guidelines</i> | | | |
| NICE | Narciss* adj2 personal* | 10 | 0 |
| DARE | Personal* AND disorder* | 228 | 1 |
| <i>Primary studies</i> | | | |
| CENTRAL | #1 "narcissistic personality disorder":ti,ab,kw 1 #2 (narcissism):ti,ab,kw 15 #3 MeSH descriptor Narcissism 8 #4 (#1 OR #2 OR #3) 14 | 14 | 0 |
| PsycINFO | 1. PsycINFO; NARCISSISTIC PERSONALITY DISORDER/; 1322 results. 2. PsycINFO; "Narcissistic Personality Disorder".ti,ab; 511 results. 3. PsycINFO; 1 OR 2; 1476 results. 4. PsycINFO; CLINICAL TRIALS/; 5682 results. 5. PsycINFO; random*.ti,ab; 104961 results. 6. PsycINFO; groups*.ti,ab; 316200 results. 7. PsycINFO; (doubl* adj3 blind*).ti,ab; 15802 results. 8. PsycINFO; (singl* adj3 blind*).ti,ab; 1289 results. 9. PsycINFO; EXPERIMENTAL DESIGN/; 8107 results. 10. PsycINFO; controlled.ti,ab; 65673 results. 11. PsycINFO; (clinical adj3 study).ti,ab; 6562 results. 12. PsycINFO; trial.ti,ab; 55237 results. 13. PsycINFO; "treatment outcome clinical trial".md; 20786 results. 14. PsycINFO; 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13; 484187 results. | 52 | 0 |

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|---------|--|----|---|
| | <p>15. PsycINFO; 3 AND 14; 110 results.</p> <p>16. PsycINFO; psychotherapy.ti,ab; 64842 results.</p> <p>17. PsycINFO; exp PSYCHOTHERAPY/; 156433 results.</p> <p>18. PsycINFO; exp COGNITIVE TECHNIQUES/; 13073 results.</p> <p>19. PsycINFO; exp TREATMENT/; 504627 results.</p> <p>20. PsycINFO; (psycholog* OR therap*).ti,ab; 609520 results.</p> <p>21. PsycINFO; 16 OR 17 OR 18 OR 19 OR 20; 914338 results.</p> <p>22. PsycINFO; 15 AND 21; 52 results.</p> | | |
| MEDLINE | <p>23. MEDLINE; "Narcissistic Personality Disorder".ti,ab; 168 results.</p> <p>24. MEDLINE; "Narcissistic Personality".ti,ab; 390 results.</p> <p>25. MEDLINE; (Narcissistic AND Personality AND disorder).ti,ab; 400 results.</p> <p>26. MEDLINE; "randomized controlled trial".pt; 317275 results.</p> <p>27. MEDLINE; "controlled clinical trial".pt; 83313 results.</p> <p>28. MEDLINE; randomi?ed.ab; 278217 results.</p> <p>29. MEDLINE; placebo.ab; 131734 results.</p> <p>30. MEDLINE; "drug therapy".fs; 1490080 results.</p> <p>31. MEDLINE; randomly.ab; 171514 results.</p> <p>32. MEDLINE; trial.ab; 240465 results.</p> <p>33. MEDLINE; groups.ab; 1126355 results.</p> <p>34. MEDLINE; 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32 OR 33; 2851294 results.</p> <p>35. MEDLINE; 25 AND 34; 71 results.</p> <p>36. MEDLINE; (psychotherapy OR psycholog* OR therapy).ti,ab; 1188647 results.</p> <p>37. MEDLINE; exp PSYCHOTHERAPY/; 135456 results.</p> | 24 | 0 |

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| | 38. MEDLINE; 36 OR 37; 1276266 results. 39. MEDLINE; 35 AND 38; 24 results. | | |
| EMBASE | 40. EMBASE; "Narcissistic Personality Disorder".ti,ab; 208 results. 41. EMBASE; NARCISSISM/; 4046 results. 42. EMBASE; 40 OR 41; 4075 results. 43. EMBASE; random*.tw; 675252 results. 44. EMBASE; factorial*.tw; 17661 results. 45. EMBASE; placebo*.tw; 163626 results. 46. EMBASE; (crossover* OR cross-over*).tw; 57674 results. 47. EMBASE; (doubl* adj3 blind*).tw; 120624 results. 48. EMBASE; (singl* adj3 blind*).tw; 13144 results. 49. EMBASE; assign*.tw; 189022 results. 50. EMBASE; allocat*.tw; 63598 results. 51. EMBASE; volunteer*.tw; 147730 results. 52. EMBASE; CROSSOVER PROCEDURE/; 31558 results. 53. EMBASE; DOUBLE-BLIND PROCEDURE/; 101701 results. 54. EMBASE; SINGLE-BLIND PROCEDURE/; 14442 results. 55. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 292701 results. 56. EMBASE; 43 OR 44 OR 45 OR 46 OR 47 OR 48 OR 49 OR 50 OR 51 OR 52 OR 53 OR 54 OR 55; 1106525 results. 57. EMBASE; 42 AND 56; 92 results. 58. EMBASE; (psychotherapy OR psychol* OR therapy).ti,ab; 1481425 results. 59. EMBASE; exp PSYCHOTHERAPY/; 159668 results. | 38 | 0 |

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|----------------|--|-----------|--|
| | 60. EMBASE; 58 OR 59; 1572335 results. 61. EMBASE; 57 AND 60; 38 results. | | |
| Summary | NA | NA | |

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