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Dissociated and Unstable Self-Concept as a Common Factor in Social Phobia and Narcissism

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The possible link between narcissism and social phobia has traditionally been discussed among clinical psychologists and psychiatrists in Japan. To examine the possibility, we hypothesized that dissociated and unstable self-concept was at the basis of both narcissistic personality and social phobia. A questionnaire was administered to 341 undergraduates, which included scales of positivity, dissociation, and instability of self- concept, as well as narcissistic and social phobic tendencies. Evaluative discrepancy between images of perceived self in positive and negative hypothetical situations was used as an index of the dissociation. Results suggested that positivity of self-concept had a negative correlation with social phobic tendency and a positive one with narcissistic tendency. In contrast, dissociation and instability of self-concept had a positive correlation with some subscales of the two tendencies. The role of dissociated and unstable self-concept in constructing and maintaining processes of the self in social phobia and narcissism was discussed.

Keywords: social phobia, narcissism, dissociation of self-concept, instability of selfconcept

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