

# Play Smart with Smartphone

## *Neurosis Revisited*

Damian B. Kim, M.D. (김 병석)

SNUCMAAUSA

June 2016

## Damian B. Kim, M.D.

- Psychoanalytic Fellow of American Academy for Psychoanalysis and Dynamic Psychiatry
- Associate Clinical Professor of St. George University School of Medicine.
- Assistant Clinical Professor, State University of New York at Downstate Medical School.
- Director, Outpatient Division of Psychiatry at Coney Island Hospital.

# DISCLOSURE

- No conflict of interest to disclose.

- Is there NARCISSISM (자기도취증) Epidemic?

# Do you see modern day youth like this?

- High self-admiration. (자기칭찬에 바쁘다)
- Egocentric. (자기중심적이다)
- Entitled. (무엇이던 거저먹으려한다)
- Outspoken
- Disrespectful.
- Arrogant.
- Undisciplined.
- Irritable.
- Un-empathetic.
- Materialistic.
- Unethical.
- Belittles conventional values.

# Introduction.

- Sure, the answer is yes. Many agree it is happening. But none has clear answer as to what really is happening and why it is happening and so there is no answer what to do about it. Here are my theories.
- Those are the symptoms of Narcissism.
- Narcissism is one symptom of Character Neurosis. (성격노이로제)
- But narcissism alone can not be developed without accompanying neurotic symptoms.
- So, It is important to understand neurosis.

# What is Neurosis? A Definition.

- A mental disorder, created by intrapsychic dynamic processes.
- Exhibit psychological and functional impairment.
- Interpersonal relationship is strained.
- No delusion or hallucination as in psychosis.
- No disturbance in the capacity to grasp reality.
- No denial of reality but distortion of reality.
- Serious symptoms but are within *socially acceptable tolerable* range.

# The Existence of Neurosis

- 'Neurosis' has been an official name of a mental disease.
- The use of this terminology has been declined in modern days among mental health professionals and in the society.
- The reason for this decline is due to the removal of this terminology from Diagnostic Statistical Manual-III in 1980.
- The reason for this removal is due to the reorientation of psychiatrists' viewing mental disorders from etiology oriented approach to symptom oriented approach.
- The reason for this reorientation is to have more psychiatrists agree with same diagnosis.



# The Existence of Neurosis-Continued

- As the result, the symptoms listed under neuroses are scattered around as anxiety disorders, depressive disorders, etc.
- In International Classification of Disease (ICD-10), the term neurosis still exists.
- This action by American psychiatrists to change DSM-III, is a big mistake.
- Because this change paved the royal road to **psychopharmacology** and **behavior therapy** domination and **increase of neuroses**.

# The Existence of Neurosis-Continued

- Has neuroses disappeared because of this change in DSM?
- To the contrary, Neuroses not only continued to exist but thriving and the number of people afflicted with neurosis are increasing drastically!
- The problem is the afflicted people are not aware of the problem until they develop some tangible symptoms.
- What happened was the modern mental health workers became ignorant to identify these patients, failed to provide proper and efficient treatment and perpetuating their suffering.

# The Existence of Neurosis-Continued

- Mental disease can be divided into two major categories based on the *precipitating factors*.

First; *biologically* precipitated mental diseases as schizophrenia, bipolar disorder, autism, etc. genetical in origin and endocrine, metabolic, organ pathological in origin.

The primary treatment for these diseases are biological treatments such as pharmacotherapy, ECT, etc.

# The Existence of Neurosis-Continued

- Second; *psychologically* precipitated mental disorders as all anxiety disorders, depressive disorders except bipolar depression, etc.

The primary treatment for these diseases should be psychological treatments such as psychotherapy esp. dynamic psychotherapy and psychoanalysis.

# The Existence of Neurosis-Continued

- Neurosis is a psychologically precipitated disease.
- Therefore, psychotherapy should be the primary treatment and medication and behavior therapy should be an adjunct to psychotherapy.
- Medication will not change human emotions and thinkings.

# The Existence of Neurosis-Continued

- From 1950 to 1980, psychoanalytic psychotherapy dominated psychiatric treatment.
- From 1980 to present, psychopharmacology dominated.
- Mental health workers realized that one type of treatment is not 'fit for all' for all mental disease.
- It's time to pick the appropriate primary treatment modality depending on what triggered the problem.

# Evidence of neurosis increasing

- There is no research or statistical report of this fact that neurosis has increased because the term 'neurosis' is not in clinical use anymore.
- There are clinical evidence of neurotic symptoms increasing.
- There are abundant reports that there is 'Narcissism' epidemic in USA and worldwide.
- Narcissism is one of the symptoms of ***character neurosis***.

# Evidence of neurosis increasing- cont.

- Two different types of Narcissism are to be considered.
- 1. Pathological Narcissistic Personality Disorder.
  - This is a rare condition, probably genetic in origin.
- 2. Narcissistic element in normal general individual.
  - This is the focus of concern by professionals as well as by the public and this presentation.



# Evidence of neurosis increasing-cont.

A). Symptoms of neurosis are increasing.

1. The number of Anxiety Disorders is increasing; Panic disorder, Generalized anxiety disorder, Phobias, OCD, etc. in clinical practice.

2. The number of Depressive Disorder is increasing; Dysthymia (Persistent depressive disorder), Major depressive disorder, etc. in clinical practice.

3. The addition of “***Disruptive mood dysregulation disorder***” in DSM-5 under Depressive Disorder. A noteworthy happening. This is one of the symptoms of Character Neurosis.

4. Narcissism is increasing among normal individuals. (It is not pathological narcissistic personality disorder but a character neurosis symptom.)

# Evidence of neurosis increasing-cont.

## B) Indirect evidences of neurosis increasing.

1. The hoax of “Selfitis”. A proof of increased addiction to computer, SNS (Social Network System) and other digital systems.
2. The suicide rate among youth and middle aged is steadily increasing.
3. The number of drug and alcohol abuse is increasing.
4. The number of automobile accident and death from it among youth is increasing. (by distraction and narcissism).
5. Disregarding conventional value is increasing among youths. (Instead of respecting traditional values, rather worship modern digital culture.)
6. Marked increase of Cosmetic Surgeries.
7. Explosion of unique names.

# Causes of Neurosis Increasing

- There are six factors considered.
  1. Education issues. Too self-enhancing and permissive education without accompanying moral/ethical/manner education and disciplining.
  2. Parenting: Relinquishing their authority, spoiling them as 'you are the best', overprotective of them, too much 'freedom' and 'equality' without accompanying responsibility. Encourage children to use digital system.
  3. Media culture of enhancing narcissistic elements, such as shallow, blown up highlighted celebrity programs.
  4. Injudicious excess spending due to easy credit. (too much debts).
  5. Digital internet culture, especially Social Network System.
  6. Decreasing awareness of mind, especially unconscious mind.

# Causes of neurosis increasing-cont.

- In this presentation, only two last factors will be discussed.
  1. Digital internet culture, especially Social Network System.
  2. Decreasing awareness of mind, especially unconscious mind.

# Causes of neurosis increasing.

## Social Network System

- Modern Digital civilization made human life drastically convenient and comfortable. The positive contribution may outweigh the negatives, but the negative aspects are out of control to ignore.
- It instigates narcissistic elements enhancement and deprives people of time to look at their own mind.
- People are too busy to look at the face of smartphone, computer screen, i-pad, reading Facebook, Linked-IN, Twitter, Kakao Talk, texting each other, etc. and boasting themselves directly and indirectly.

# Modern Family Life

- 
- 
- 
- 
- 
- 



agree

# Causes of neurosis increasing.

## Social Network System-cont.

- The contents of Facebook, Twitter, Linked-in, Kakao are mainly something to brag about oneself, and seeking approval of others about his thinking and or his actions, trying to satisfy the need for popularity.
- Some examples are the website called “Invisible boyfriend”, “Second Life”. Recently, ‘Virtual Reality’ gadget. (Good movie to watch; “Hur”).
- This indicates the posting person is struggling with or to establish his **identity** (개체성) or boost his self-esteem.
- SNS provides the person with the space to act out all his neurotic needs.

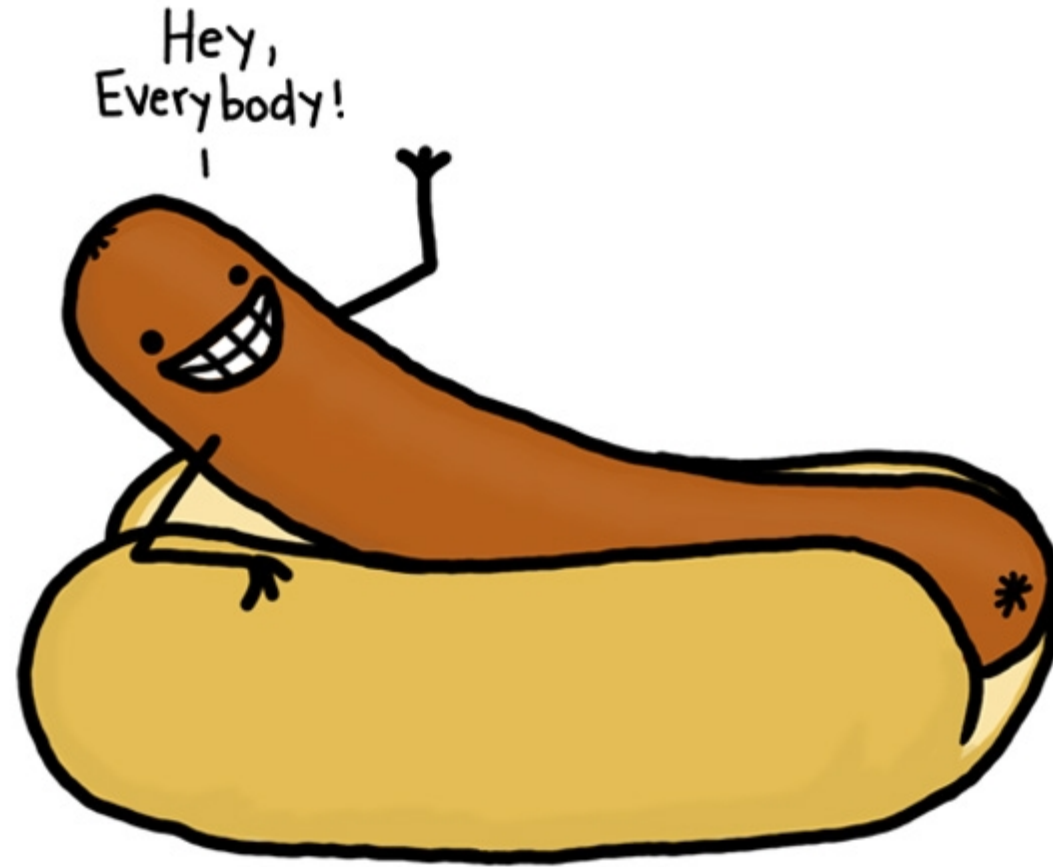
This is my  
message to  
everyone!

**I**



**ME**





**I AM AWESOME**

Natalie Dee.com

# Causes of neurosis increasing. Social Network System-cont.

- This may create Character Neurosis, Expansive type. (Similar to Narcissistic personality.) Or,
- Enforce or Elevate his own existing Narcissistic element. Or,
- Mobilize his dormant Narcissistic element.

# Causes of neurosis increasing.

## Social Network System-cont.

- On the other hand, SNS will increase Inferiority feeling for many other people, who compare self with others and feel 'why don't I have anything to brag about', 'why can't I afford that?', etc.
- If his posting is rejected or criticized, he may develop low self-esteem or self-hate.
- If he becomes a cyber-bullying target, he will become devastated.
- These will lead the person to neurotic symptoms of Depression, Anxiety, Jealousy, etc. and **increases** SNS use to addictive level to restore his lowered self-esteem through SNS and becomes more neurotic.

# Causes of neurosis increasing.

## Computer Game

- Computer Game is another digital culture rapidly spreading.
- It provides the opportunity to **satisfy his unfilled needs** in *imagination* in the virtual world.
- This will contribute to boosting his **neurotic pride** and **Narcissistic elements**.
- In DSM-5 Section III, there now is a new diagnostic entity to be considered and researched, “**Internet Game Disorder**”.

# Causes of neurosis increasing.

## Inattention to mind

- According to Freud's Three Fundamental Psychoanalytic Theories, mind determines all human thinking, feeling, and behavior (Psychic determinism. 壹體唯心造).
- The Unconscious motivation determines most of conscious thinking, feeling and behaviors.
- The unconscious motivations driving us are emotional forces.
- The reality of mind we are conscious is like the tip of iceberg.
- Little time to look at own mind, or communicate with real person to grasp and correct his thinking, feeling, and behavior because of Social Network System and Computer Games.
- This deprives him of the opportunity to prevent the development of Neurosis.

# Classification of Neuroses.

- Neurosis is largely Divided into two:
  - Symptom Neurosis. (증상노이로제)
  - Character Neurosis. (성격노이로제)

# Symptom Neuroses

- I. Anxiety Disorders:
  - Generalized Anxiety disorder.
  - Panic Disorder.
  - Phobias.
  - Post Traumatic Stress Disorder.
  - Obsessive Compulsive Disorder.

# Symptom Neuroses-cont.

## II. Depressive Disorders:

- Major Depressive Disorders.

- Dysthymia. (Persistent Depressive Disorder)

- Disruptive Mood Dysregulation Disorder. (New addition to DSM-V)

III ***Behind these neurotic symptoms, there always are Character Neuroses.***



# Character Neurosis.

- A psychiatric disorder that does not exhibit any symptoms but exhibits character traits (성격특성) as if those are his specific personality make-up (성격구조) and therefore is not perceived as a disease and is ***socially tolerated and accepted***.
- Examples are; being perfectionistic, aggressive, irritable, compliant, ingratiating, indifferent, self-sufficient, etc.

# Character Neurosis-cont.

- Character neurosis is different from personality disorder.
- Personality disorder is a fixed style of reaction to the environment and interpersonal relationship, and there is no ***intrapsychic psycho-dynamic process*** in its generation. Probably genetic in origin.
- Character neurosis is the creation and manifestation of ***intrapsychic psycho-dynamic process***.

# Character Neurosis-cont.

- The term 'Character Neurosis' is presented by Franz Alexander to designate neurosis without symptoms.
- **Karen Horney** adopted this term to differentiate her neurosis type from symptom neurosis, that is '***character neurosis***'.
- **Karen Horney** emphasizes that the presence or absence of symptom should not be the criteria to differentiate neuroses.

# Character Neurosis-cont.

- **Karen Horney** discovered that 'character neurosis' seriously obstruct human psychic growth and induce functional disturbance.
- Presented her theory of '***character neurosis***', its development and ways to overcome 'character neurosis'.

# Characteristics of character neurosis.

- The reaction to everyday life matter is deviated from generally known norm.
- Compulsive.
- Self-centered.
- The achievement is usually lower than his potential.
- The resolution of psychological conflict is unsatisfactory in comparison to non-neurotic person and the process is very stressful.

# The development of character neuroses-cont.

- Karen Horney divided “self” into three.
- First: Real Self.
- Second: Actual Self.
- Third: Idealized Self.

# The development of character neuroses-cont.

- **Actual self:** The all-inclusive self as one is, at a point of time, healthy or neurotic.
- **Idealized self:** The self created by one's own irrational imagination and by inflated (or neurotic) pride that dictates how one should be. (This is what goes on in Narcissism)

# The development of character neuroses

- In order to understand the development of Karen Horney's theory of character neurosis, it is essential to understand the concept of '**Real Self**'.



# The development of character neuroses-cont.

## Real Self.

- The beginning and the center of Karen Horney's theory is Real-Self.
- Definition of Real-Self: Everyone is born with it, but unique to the individual, and the original force of growth and fulfillment and constructive creativity.
- This is the part when we say 'Self-discovery'.
- The 'real self' is possible to attain but 'idealized self' is impossible to attain.

# The development of character neuroses-cont.

## Alienating Factors from Real self

- **Basic Anxiety.**

It is the feeling of profound insecurity and vague apprehension caused by the feeling of being isolated and helpless in the world perceived as potentially hostile.

- This feeling is caused by the way his parents who themselves are neurotic raise him.

# The development of character neuroses-cont.

## Alienating Factors from Real self

- The needs for the feeling of **self-confidence** and **safety**, urgently calls for the need to establish
  - **Self-identity** that tells you who you are and make yourself meaningful to yourself, gives you a feeling of power and significance.
  - The need to **lift himself above others**.

# The development of character neuroses-cont.

## Alienating Factors from Real self

- In order to fulfill all these needs, the person will use his best tool, that is, his **imagination** to create in his mind an *idealized image* of himself.
- This process is called **self-idealization**.
  - Satisfy feeling of safety.
  - Provide with Self-confidence.
  - Provide with Feeling of superiority.

This same process happens in Narcissism build up.

# The development of character neuroses-cont.

- By this self idealization, his shortcomings and flaws are dimmed or glorified.
- Through the process of identification, idealized image becomes **idealized-self**.
- He feels the **idealized-self** more real than his **real-self** because it fulfills all his needs.

# The development of character neuroses-cont.

- How a neurotic person would handle a situation he is faced with and he has to make a decision, would depend on how life is reflected on him.
- This view will determine the type of character neurosis.
- There are three reflected view of life in neurosis.
  - Is life anything to **conquer**?
  - Is life anything to fill with **love**?
  - Is life anything to seek for **freedom**?

# Types of character neurosis

1. EXPANSIVE TYPE.

2. SELF-EFFACING TYPE.

3. RESIGNED TYPE.

# Types of character neurosis-cont.

- Everyone carries all these three elements of neurotic character.
- The type of character neurosis is determined by which movement is exaggerated and compulsive.
- **Healthy person will use all these three elements flexibly depending on the situation. Neurotic person compulsively.**



# Expansive type

- This is the type selected by the person who view life as something to conquer.
- Identifies with his inner Shoulds.
- Believes he can do anything well.
- Makes efforts depending on the degree of his imagination.
- Contains many similar elements of Narcissistic Personality Disorder.

# Self-effacing type

- This is the type selected by the person who view life as something to fill with love.
- Emphasizes his inner shoulds never become an issue.
- Trying to hide his own existence.
- Always behave for others' sake and trying to become a loving person.
- Always critical of himself and laments he has not reached his expectation.

# Resigned type

- This is the type selected by the person who views life as something to secure freedom.
- Rebels vehemently against his own inner dictates or shoulds.
- Exhibits extreme reaction against anyone perceived as trying to interfere with his opinion, feeling, and behavior; that is his freedom.

# Summary.

- There is no doubt that narcissism is increasing.
- *It is not just narcissism but it is Character Neurosis that is increasing.*
- It is affecting individuals and entire society.
- Digital culture and decreased introspection are big contributing factors.

# DISCUSSION

1. There are many articles about the use of Social Network System and mental health issues.
2. Most of them are trying to understand what drives people to do it.
  - Reasons behind these use are ***Seeking for gratification.***
    - Self-presentation.
    - Relationship building.
    - Relationship maintenance.
    - Gain a sense of community.
    - Information seeking.
    - Diversion; eg. Entertainment, pleasure.

# DISCUSSION-cont.

3. The driving force behind are,

- Need for *popularity*.
- Building up *self-esteem*.
- Need to *belong*.
- *Entitlement*.
- *Narcissism*.

# DISCUSSION-cont.

## Psychodynamic Understanding

- Most of Social Network System behaviors can be viewed as **SELF-IDENTITY (자아의식) issues;**
  - identity formation,
  - identity confirmation,
  - identity buildup,
  - identity maintenance,
  - identity modification.

# DISCUSSION-cont.

- Function of self-identity is a double-edged sword.
- **positive** function.
  - Tells you who you are.
  - Make yourself meaningful to yourself.
  - Gives you a feeling of power and significance.



# DISCUSSION-cont.

## – **Negative** function of self-identity.

- Trying to maintain established identity by all means.
- Creates conflicts.
- Cases of Artificial Intelligence. The doomsday is coming.
- Buddha's essential teaching is, 'extinct self' (연기법).

# DISCUSSION-cont.

- How can Artificial Intelligence bring on doomsday?
- Stephen Hawking just said if full human intelligence is given.
- But, the answer is by giving it the ability to develop 'Self awareness and self-identity'.
- The opposing view states, unless human consciousness, feeling and emotions can be built in, doomsday is not possible.
- I would like to add here, 'unconscious mind'.
- If unethical neurotic person build the AI, doomsday is possible. (That is, 'Human Intelligence' or HI can induce doomsday)



ARTIFICIAL INTELLIGENCE

# DISCUSSION-cont.

## Impact on human character

- Most of all, Social Network System taps on the expansive element that has narcissistic elements.
- As the result, SNS elevates the expansive or narcissistic elements in the person.
- May help develop expansive type of personality or activate expansive elements more to the surface.
- May contribute to develop Self-effacing and Resigned type as well.

# DISCUSSION-cont.

## Impact on human character

- There are three elements in Expansive Type of character neurosis;
- those are same elements in Narcissism.
  - narcissistic,
  - perfectionistic,
  - arrogant-vindictive elements.

# DISCUSSION-cont.

## Impact on human character

- DSM-5 description of Narcissistic personality disorder.
  - Has a grandiose sense of self-importance.
  - Is preoccupied with fantasies of unlimited success, power, brilliance, beauty.
  - Believes that he is special and unique.
  - Requires excessive admiration.
  - Has a sense of entitlement.
  - Is interpersonally exploitative.
  - Lacks empathy.
  - Is often envious of others or believes others are envious of him.
  - Shows arrogant, haughty behaviors or attitudes.

# DISCUSSION-cont.

## Impact on human character

- The characteristics of '**Modern digital generation**'. Similar to Karen Horney's Expansive type and Narcissistic Personality Disorder.
  - Egotistic. (narcissistic). Self-admiration, self-respect.
  - Egocentric.
  - Entitled.
  - Outspoken
  - Disrespectful.
  - Arrogant.
  - Undisciplined.
  - Irritable.
  - Un-empathetic.
  - Materialistic.
  - Unethical.
  - Belittles conventional values.

# DISCUSSION

- Remedies for the other factors(education by school and parents, media, easy credit) are beyond mental health workers; we need a leader who has *insight* into these social issues and has *vision* about how to remedy these destructive issues. Allocating big funds for digital engineering education shows the failure of grasping the reality of this problem and sense of priority.



# DISCUSSION-cont.

## Proposed remedial approach.

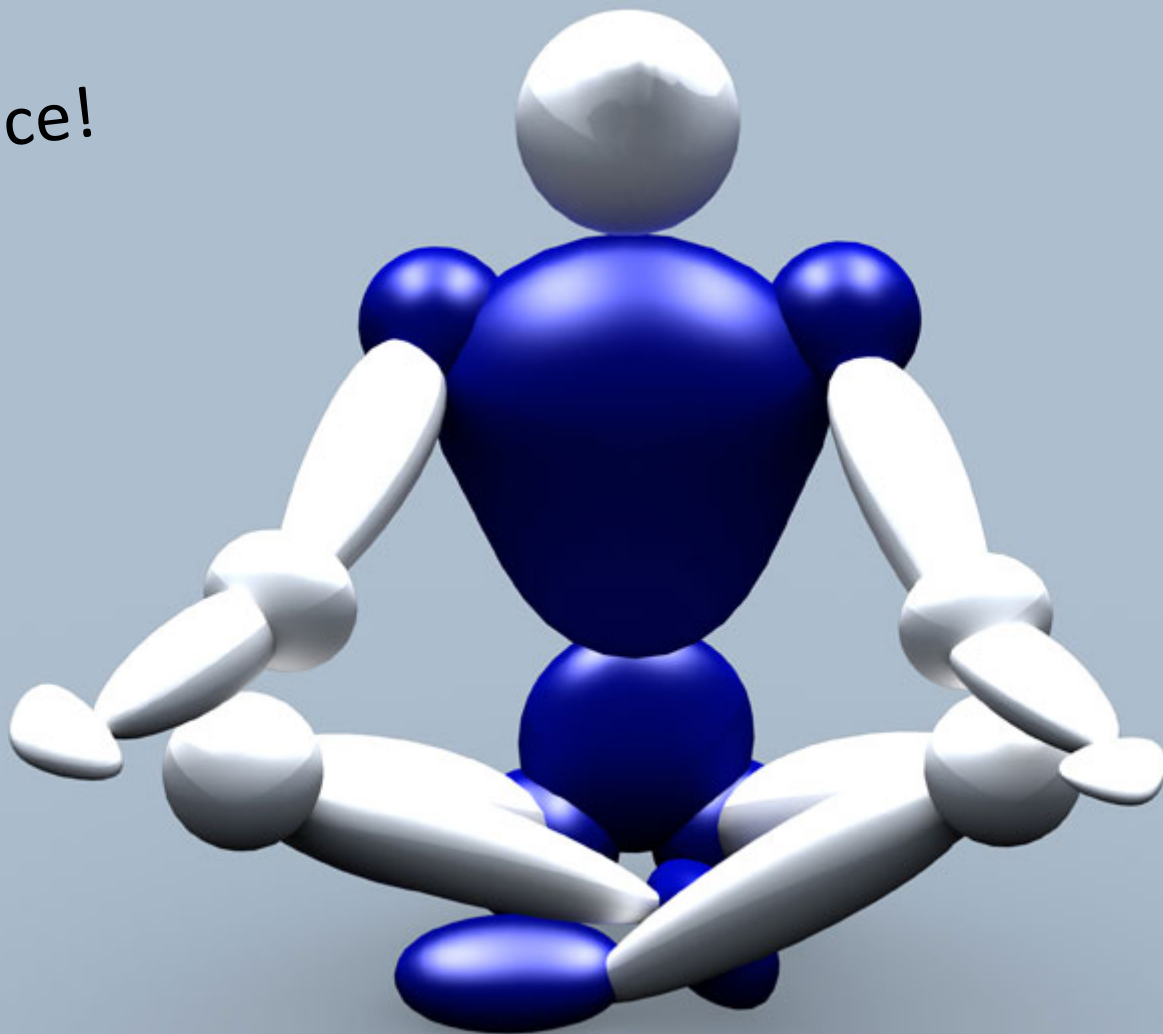
- As a physician, keep in mind that there are abundant but neglected mental disorder named ***neurosis, esp. character neurosis.***
- Whenever treating patients who presents symptoms of neurosis, such as anxiety disorder and depression (except bipolar depression), look for the triggers, such as injured Narcissistic pride.
- Ask about the use of Social Network System.
- Explain the impact of overuse of SNS and taming the overuse whenever possible.
- Keep in mind that the ***difficulty in dealing with Character Neurosis is the fact that the symptoms are in socially acceptable and tolerable range*** and so difficult to make diagnosis and the patient does not feel the need for help.

# DISCUSSION-cont.

## Proposed remedial approach.

- Help patients build a habit of looking at their inner mind.
- At an opportune time, deal with self-identity issues if applicable.
- Provide psychodynamic psychotherapy for these population in addition to medication and/or behavior therapy. Or, refer to a psychoanalyst/psychiatrist.
- Recommend Mindfulness Meditation.

For peaceful  
coexistence with  
Artificial Intelligence!



# Future Outlook

- Character Neurosis and narcissistic elements will continue to grow.
  - Because little attention is paid for this phenomena.
  - Because Neurotic parents will create neurotic children and there already are plenty of neurotic parents and those to be.
- Will see increasing number of people who are anxious, irritable, depressed, abuse drugs, commit suicide, and so on.
- Many social problems will grow, such as drugs, crimes, violence, bankruptsy, etc.
- Mental Health Clinic will be booming. (NYC mayor started to pay unprecedented attention to mental health issues)

# A Proposal

- Restore the Diagnostic entity of “Neurosis” in DSM.
- This will help provide treatment according to the etiology of the mental problem and that is more appropriate and effective treatment approach.
- Otherwise, treatment will be just symptom oriented like drugs and behavior therapy regardless what caused the symptom.

# References

- It is all about being popular: The Effects of Need for Popularity and Social Network Site Use. Sonja Utz, Ph.D. et als. Cyberpsychology, Behavior, and Social Networking. Volume 15, number 1, 2012
- Problematic use of Social Network Sites: The Interactive Relationship Between Gratifications Sought and Privacy Concerns. Hsuan-Ting Chen, PhD, Yongwhan Kim, PhD. Cyberpsychology, Behaviors and Social Networking, Vol 16, Number 11, 2013.
- Online Social Networking and Mental Health. By Igor Pantic, M.D. Cyberpsychology, Behavior, and Social Networking. Vol. 17, number 10, 2014

# References-cont.

- Compulsive Use of Social Networking Sites in Belgium: Prevalence, Profile, and the Role of Attitude Toward Work and School. Rozane De Cock, PhD and et al. Cyber psychology, Behavior and Social Networking, volume 17 number 3, 2014.
- Online Social Networking Sites and Mental Health Research. Frontiers in Psychiatry. March 12,2015.
- Online Social Networking and Addiction-A Review of the Psychological Literature. Daria J. Kuss and Mark D. Griffiths. Int. Journal of Environment 2011.

# References-cont.

- “Online Social Networking and Addiction”, by Daria J. Kuss and Mark D. Griffiths.
- “The Narcissistic Epidemic” by Jean M. Twenge, PH.D. and W. Keith Cambell, PH.D. published by Atria, March 2013.
- “Neurosis and Human Growth” by Karen Horney, 1950 published by Norton Books.
- “카렌호나이의 분석정신” 김 병석 저 2015년 4월  
하나의학사 출판



- Any questions
  - and
- Comments?

THANK YOU!