

# Aetiology

## Use of AI

This page is to declare that I have used no format of Artificial Intelligence (AI) to conduct any research, writing, or academic work of any kind.

# A

**History &  
Origin**



# B

**Intro to the  
DSM-5**



# C

**Factors of  
Development**



1910 – 1911

## “Shut in” Fantasy

Originally stemmed from Eugene Bleuler’s (1911) Dementia Praecox of the group of Schizophrenias as an insight of individuals who may have schizophrenic tendencies.  
(Moskowitz & Heim., 2011)

Personal characteristics began to be categorised for individuals who may be estranged from the abnormal and coined as ‘Living in a world of fantasy’ (Sanislow et al., 2012).

1925

## Schizoid Aesthetic

Erst Kretschmer (1925) categorised “schizoid men” with similar characteristics into two sub categories.  
Anaesthetic = Insensitive & Dull  
Hyperanaesthetic = Excitable, yet anxious & distrustful.  
(Sanislow et al., 2012).



# 1945

## Detached Personality

Detached personality conducted by Horney (1950) highlighted the avoidance of socialising and promote emotional distancing from others to avoid feelings of being dominated by others (Aydin et al., 2014).

Inadequate personality has also been linked to detached personality. Sands & Chamberlain (1952) studied juveniles as described as intellectually dull, timid, lacking confidence that has been categorised as chronic schizophrenic (Sands & Chamberlain, 1952).



# 1969

## Schizoid into AVPD

Millon (1969) detached the term avoidant personality away from schizoid personalities to become its own entity (Millon, 1991). This change was made due to rapid increase in studies across psychology and psychopathy as well as the understanding the specialise in specific personality types (Simonsen et al., 1989).

AVPD was then branched into an active detachment style who actively avoided relationships (Sanislow et al., 2012).

# 2013

## DSM - 5

The DSM was updated from version IV to 5 to accommodate a criteria to investigate underlying symptoms within individuals (American Psychiatric Association, 2013). The change stemmed from further understandings into characteristic traits at a varied degree that criteria's were set in place to constitute these traits (Watters et al., 2019).

AVPD is highlighted in the DSM-5 with personality traits as key indicators for association to this PD (Hummelen et al., 2022).

Sellbom et al. (2017) linked these personality traits as facets to the Five-Factor Model of personality.



# DSM-5 criteria (Sainslow et al., 2012)

**01**

Avoidance of activities involving interpersonal contact. Fear of criticism, disapproval, rejection.

Would prefer to work alone and avoid promotions in work.

**02**

Unwillingness for involvement due to feelings of inadequacy.

Feelings of guaranteed friendship required to feel accepted.

**03**

Restraint in intimate relationships due to fear of shaming or ridiculing.

Fear of feeling revealed to promote teasing from others.

**04**

Pre-occupied with the thought of being criticised or rejection in social situations.

Criticism can fall under any category of their person. (appearance, beliefs, intellect, intuitions).

# DSM-5 criteria (Sainslow et al., 2012)

## 05

Inadequate feelings to interpersonal situations.

Feelings of not being good enough and would be reluctant to make new friends because of their discomfort.`

## 06

Views of unappealing and inferiority.

Feelings of insecurity and awkwardness with depressive feelings because of this.

## 07

Reluctance in risks and engagement. Risk can be in fear of embarrassment for trying something new

Reservations in expressing feelings unless prompted by others to share similar feelings

For diagnosis of AvPD, 4/7 matches to the criteria must be met.

(Marian et al., 2022)



# Development Factors linked to AvPD

01



## Physiological

**Dysregulation of cardiovascular responses linked with AVPD due to traits of low gregariousness and lack of social ability.**

**With limited reactions to motivational engagement on difficult tasks, cardiovascular responses are stunted (Hu et al., 2023).**

02



## Biological

**Limited studies have suggested that relatives with SAD are significantly more likely to be diagnosed with AVPD.**

**Due to levels of neuroticism that are inherited (Isomura et al., 2015)**

**Relationship has been greatly explored to suggest high/ low levels of certain traits can be inherited leading to behavioural issues (Robson et al., 2023).**

03



## Social

**An understanding that lack of skill development in communication and “reading inner states” of others (Diamggio et al., 2006).**

**Theorised that behaviours may occur from lack of positive adult relationships to develop emotional understanding (Wichstrøm et al., 2025).**