

CASE STUDY OF SCHIZOID PERSONALITY DISORDER

The case of "James" illustrates the characteristics of an individual with schizoid personality disorder. James is a 55-year-old unemployed printer who lives alone in a rented flat and was referred to a clinical psychologist for treatment of depressed mood and suicidal thoughts. He was born in England and brought up in an orphanage after "being dumped" by his mother at the age of about 3 months. He has had no subsequent family contact. He has never married nor had a long-term relationship, has a very limited social network, and has no confidantes. He readily describes himself as a loner, adding that he does not need much from others. He claims that his work and his interest in cars are his major sources of satisfaction in life. He describes himself as hard-working and good at his job, and as feeling devastated when he was retrenched six months ago. He states that he is "not at all interested in talk" and instead only wants medication for his depression. Consistent with his difficulty in relating to others, he discontinues therapy after three months, stating that he is happy to continue getting scripts for antidepressants from his general practitioner.