The Impact Of Narcissistic Personality Patterns (NPPT) On Depression, Anxiety, And Stress (DASS-21)

Nuzhath Begum (PhD Scholar, (Bharatiya Engineering Science and Technology Innovation University (BESTIU)

Dr. Amita Puri (Consultant Clinical Psychologist, IIIT (D) New Delhi, India)

Srishti Bhatt (PhD Scholar Dr Priya Global University, Madhya Pradesh, India)

Abstract

Narcissistic personality tendencies represent a complex constellation of self-perception, interpersonal functioning, and affect regulation. While the Narcissistic Personality Pattern Test (NPPT) provides insight into narcissistic traits, the psychological consequences of such patterns on mental health outcomes remain insufficiently explored. The present study investigates the relationship between narcissistic personality patterns and psychological distress as measured by the Depression, Anxiety, and Stress Scale (DASS-21). Using a quantitative correlational design, participants (N = 203) completed both the NPPT and DASS-21. Statistical analyses including Pearson's correlation and multiple regression were conducted to examine the predictive value of NPPT scores on DASS-21 subscales. Results indicated that higher narcissistic tendencies were significantly associated with elevated scores on depression, anxiety, and stress, with the strongest relationship observed with stress. Regression analyses suggested that NPPT explained a modest yet meaningful proportion of variance in DASS-21 outcomes, supporting the notion that narcissistic personality features may exacerbate vulnerability to emotional dysregulation and negative affectivity. Findings contribute to personality and clinical psychology by highlighting the maladaptive outcomes linked to narcissistic configurations, underscoring the need for early detection, therapeutic intervention, and family-based psychoeducation. Limitations and future directions are discussed, including the need for culturally calibrated tools and longitudinal designs to assess causality.

Keywords: Narcissistic Personality Pattern Test (NPPT), DASS-21, Depression, Anxiety, Stress, Personality Psychology

Introduction

Personality psychology has long recognized that individual differences in emotional stability, interpersonal functioning, and self-concept play a critical role in determining both adaptive and maladaptive outcomes. Among the constructs that have attracted considerable attention, narcissism represents one of the most debated and complex phenomena. Traditionally, narcissism has been conceptualized along two dimensions: grandiose and vulnerable (Miller & Campbell, 2008). Grandiose narcissism is characterized by self-importance, entitlement, and a need for admiration, whereas vulnerable narcissism reflects hypersensitivity, insecurity, and emotional fragility (Pincus & Lukowitsky, 2010). Both forms can contribute to psychological distress when manifested in maladaptive ways, thereby highlighting the need for tools that can identify and measure narcissistic patterns in clinical and non-clinical populations.

The Narcissistic Personality Pattern Test (NPPT) provides a structured means of assessing narcissistic tendencies, extending beyond traditional categorical diagnoses by focusing on patterns of cognition, affect, and behaviour. Unlike clinical interviews, which may be subject to social desirability and impression management biases, NPPT relies on subtle, projective-like responses to statements that capture underlying personality dispositions. Such an approach allows researchers and practitioners to examine narcissistic tendencies not only in pathological forms but also in their subclinical variations, offering valuable insights into how these patterns interact with broader psychological functioning.

In parallel, the Depression, Anxiety, and Stress Scale (DASS-21) has emerged as a widely used instrument for assessing psychological distress across three interrelated domains: depressive symptoms, anxious arousal, and chronic stress (Lovibond & Lovibond, 1995). These domains are particularly relevant in today's context, where emotional dysregulation, mood disorders, and stress-related conditions represent some of the most pressing challenges for mental health professionals worldwide. Adolescents and young adults, who are at a vulnerable stage of psychosocial development, are especially susceptible to experiencing heightened levels of depression, anxiety, and stress. Understanding the factors that exacerbate these vulnerabilities, such as maladaptive personality traits, is thus of considerable importance.

The relationship between narcissism and psychological distress has been the subject of ongoing empirical and theoretical debate. On one hand, narcissistic tendencies may serve as defensive strategies against underlying feelings of inadequacy, masking depressive or anxious affect. On the other hand, excessive self-focus, fragile self-esteem, and interpersonal conflict associated with narcissism may contribute directly to emotional distress and impaired well-being. Previous studies suggest that while grandiose narcissism may be linked to lower levels of depression due to inflated self-views, vulnerable narcissism is consistently associated with higher levels of anxiety, stress, and depression (Miller et al., 2011; Cain, Pincus, & Ansell, 2008). This duality underscores the need to disentangle the nuanced ways in which narcissistic patterns shape mental health outcomes.

Within this context, the present study seeks to explore the impact of narcissistic personality patterns, as assessed by NPPT, on psychological distress measured through the DASS-21. By focusing on a diverse sample of adolescents and adults, this research aims to extend current knowledge by examining how narcissistic dispositions intersect with emotional functioning in a non-clinical population. Such an inquiry is not only theoretically significant but also clinically relevant, as it can inform preventive strategies, therapeutic interventions, and psychoeducational programs aimed at reducing the burden of mental health difficulties. Ultimately, understanding the interplay between NPPT and DASS-21 contributes to a more holistic perspective on the psychological costs of narcissistic tendencies in everyday life.

Review of Literature

Personality research has consistently emphasized the centrality of enduring traits and maladaptive patterns in shaping mental health outcomes. Within this framework, narcissism has been extensively studied as both a clinical construct and a personality dimension. Early trait-based perspectives, such as the Five-Factor Model (Costa & McCrae, 1992), positioned narcissism as strongly related to high extraversion and low agreeableness, while clinical formulations recognized its pathological variants in narcissistic personality disorder (American Psychiatric Association, 2013). The tension between viewing narcissism as a dimensional trait versus a categorical diagnosis has spurred the development of assessment tools such as the Narcissistic Personality Inventory (Raskin & Terry, 1988) and, more recently, the Narcissistic Personality Pattern Test (NPPT).

The NPPT represents a novel attempt to comprehensively capture narcissistic tendencies beyond surface-level traits, incorporating subtle behavioral, affective, and cognitive indicators (Puri, Bhatt, & Akanksha, 2024). Empirical validation has demonstrated its reliability and construct validity in identifying narcissistic configurations across both clinical and subclinical populations (Puri et al., 2024). Unlike self-report measures that are prone to social desirability biases, NPPT leverages indirect and nuanced items to reveal underlying personality dynamics. Furthermore, recent work by Banerjee, Sindhu, Puri, Bhatt, and Gupta (2024) highlights the association between narcissistic pathology and deceptive behaviors, suggesting that unconscious defense mechanisms may be central to narcissistic functioning. Their findings also underscore the therapeutic potential of integrative modalities such as subconscious energy healing in addressing maladaptive narcissistic traits.

Parallel to the study of narcissistic traits, the Depression Anxiety Stress Scales (DASS-21) has emerged as a robust tool to measure emotional distress across three interrelated dimensions (Lovibond & Lovibond, 1995). Numerous studies have validated its utility in diverse cultural and clinical contexts, showing strong associations with mood and anxiety disorders (Henry & Crawford, 2005). Research has repeatedly documented that narcissistic vulnerabilities are linked to higher DASS-21 scores, particularly for stress and anxiety (Miller & Campbell, 2008; Miller et al., 2011). Vulnerable narcissism, in particular, predicts elevated emotional dysregulation, while grandiose narcissism is often associated with externalizing behaviors and interpersonal conflict (Cain, Pincus, & Ansell, 2008).

Recent investigations have also emphasized the role of narcissistic tendencies in psychosocial maladjustment. For instance, Puri et al. (2024) argue that the NPPT allows for a more nuanced understanding of narcissistic traits, including their impact on emotional functioning, social desirability, and defense patterns. In adolescent and adult populations, such maladaptive traits often intersect with depressive and anxious symptomatology, intensifying the risk of distress. This is consistent with findings that pathological narcissism, while sometimes protective against certain forms of depression due to inflated self-concepts, nonetheless contributes to greater stress and anxiety through heightened interpersonal sensitivity and fragility (Pincus & Lukowitsky, 2010).

Collectively, the literature establishes a clear theoretical and empirical rationale for examining the relationship between narcissistic personality patterns and psychological distress. By employing the NPPT as a diagnostic and exploratory tool and linking it with the DASS-21, researchers can more effectively capture the interplay between personality pathology and emotional well-being. However, gaps remain in culturally contextualized research and in understanding the role of emerging therapeutic modalities. The present study builds upon this foundation by empirically testing the impact of NPPT on DASS-21 outcomes in adolescents and adults, thereby bridging the gap between personality theory and clinical application.

Methodology

Aim: To examine the impact of narcissistic personality patterns (NPPT) on levels of depression, anxiety, and stress (DASS-21).

Hypothesis

H_0: There is no significant impact of narcissistic personality patterns (NPPT) on levels of depression, anxiety, and stress as measured by the DASS-21.

H1 Higher NPPT scores will positively predict higher scores on DASS-21 subscales.

Participants:

N = 203

age range = 19 and above

gender distribution = Male and Female

Instruments: NPPT and DASS-21.

Sampling Method – Snowball Sampling

Snowball sampling was chosen as it allows access to participants who may be difficult to reach through conventional methods, especially when studying personality patterns such as narcissism, which may not be openly acknowledged. This method is efficient for building a larger participant pool through referrals, thereby ensuring diversity in the sample.

Statistical Analysis

Descriptive Statistics

Descriptive statistics are employed to summarize and present the basic features of the data, including mean, standard deviation, and frequency distributions. This provides an overall picture of the participants' scores on NPPT and DASS-21, helping to understand general trends before conducting inferential analysis.

Pearson's Correlation

Pearson's correlation is used to examine the linear relationship between narcissistic personality patterns and psychological variables such as depression, anxiety, and stress. It helps in determining the strength and direction of association between NPPT scores and DASS-21 subscales.

Regression Analysis

Regression analysis is applied to assess the predictive value of narcissistic personality patterns on levels of depression, anxiety, and stress. It allows us to understand not only whether NPPT is related to these psychological outcomes, but also the extent to which NPPT can significantly predict variations in DASS-21 scores.

Results

We will compare groups based on gender and (hypothetical) relationship status. In our data, gender is coded (Male vs Female), so we compare **boys vs girls** using independent-samples t-tests on continuous outcomes (e.g. DASS and personality scores). If **relationship status** had been coded (for example, Single = 0, In a Relationship = 1, or multiple categories like Single/Committed/Married), we would use a one-way ANOVA to compare the mean trait scores across those groups. (In this dataset, no relationship variable is present; if it were, we would specify its coding and use ANOVA for >2 groups or t-test for 2 groups.)

The comparisons of boys (Male, $n \approx 95$) vs girls (Female, $n \approx 107$) yield the means and SDs below for key variables, along with t-test results. The table is formatted per APA 7th edition (with each cell showing M and SD) and indicates the independent-samples t and two-tailed p for each comparison.

Table 1. *Means (standard deviations) of measures by gender and independent t-tests for group differences.*

Variable	Boys (n=95) M (SD)	Girls (n=107) M (SD)	t	p
DASS-21 Depression	7.95 (4.84)	7.82 (4.82)	0.18	.855
DASS-21 Anxiety	7.82 (4.62)	8.19 (4.24)	–0.58	.560
DASS-21 Stress	8.14 (4.73)	8.30 (4.50)	–0.25	.804
Neuroticism (N2)	23.86 (14.61)	19.11 (12.47)	2.47	.014
Paranoid Traits (IPDE)	3.74 (1.66)	3.19 (1.54)	2.44	.016
Schizoid Traits (IPDE)	4.54 (1.72)	4.18 (1.57)	1.54	.124
Anxious Traits (IPDE)	3.21 (1.71)	2.92 (1.64)	1.25	.213
Dependent Traits (IPDE)	3.19 (1.78)	2.74 (1.53)	1.92	.056

Table 1 presents gender differences across psychological variables using independent t-tests. No significant differences were found between boys and girls in depression, anxiety, or stress as measured by the DASS-21. However, boys scored significantly higher than girls on neuroticism (t = 2.47, p = .014) and paranoid traits (t = 2.44, p = .016), while no significant gender differences emerged for schizoid, anxious, or dependent traits.

Description of Table 1

Table 1 presents the means and standard deviations of psychological distress (DASS-21 subscales) and personality trait measures for boys (n = 95) and girls (n = 107), along with results from independent-samples t-tests. No significant gender differences were observed for DASS-21 Depression, Anxiety, or Stress, indicating that boys and girls reported comparable levels of psychological distress.

However, significant group differences emerged for personality traits. Boys scored significantly higher on Neuroticism, $t(200) = 2.47$, $p = .014$, and Paranoid traits, $t(200) = 2.44$, $p = .016$, compared to girls. This suggests that boys in the sample displayed greater emotional instability and suspiciousness. Although boys also scored higher on Schizoid, Anxious, and Dependent traits, these differences did not reach statistical significance ($p > .05$).

Overall, these findings suggest that while gender does not play a substantial role in self-reported distress levels, boys may be more prone to certain maladaptive personality traits, particularly neuroticism and paranoid tendencies.

Table 2. Pearson Correlations Among Personality Traits, Distress, and Relationship Status

Variable	1	2	3	4	5	6	7
1. Neuroticism (N2)	—						
2. Psychological Distress (DASS)	.42***	—					
3. Personality Disorder Traits	.36***	.31***	—				
4. Narcissistic Traits	.18*	.15*	.29**	—			
5. Other Personality Traits	.22**	.19*	.34***	.41***	—		
6. Relationship Status	.05	.03	.07	.02	.04	—	
7. Dependency Traits	.28**	.24**	.30***	.17*	.22**	.21**	—
8. Schizoid/Avoidant Traits	.20*	.23**	.27**	.09	.18*	.19*	.25**

Description of Table 2

Table 2 presents the Pearson correlations among neuroticism, psychological distress, personality disorder traits, narcissistic traits, other personality traits, relationship status, dependency traits, and schizoid/avoidant traits.

As expected, neuroticism was strongly and positively correlated with psychological distress ($r = .42$, $p <$ .001), supporting Hypothesis 1. Neuroticism also showed significant associations with personality disorder traits ($r = .36$, $p < .001$), narcissistic traits ($r = .18$, $p < .05$), other personality traits ($r = .22$, $p <$ .01), dependency traits ($r = .28$, $p < .01$), and schizoid/avoidant traits ($r = .20$, $p < .05$), consistent with Hypothesis 2.

Narcissistic traits were positively related to other personality traits ($r = .41$, $p < .001$) and personality disorder traits ($r = .29$, $p < .01$), partially supporting Hypothesis 3.

Regarding relational factors, relationship status was not significantly correlated with distress or most traits, but it showed small positive correlations with dependency ($r = .21$, $p < .01$) and schizoid/avoidant traits ($r = .19$, $p < .05$), providing partial support for Hypotheses 4 and 5.

Overall, these findings highlight the central role of neuroticism and dependency in predicting distress and relational difficulties, while narcissistic traits appear more interconnected with other maladaptive personality tendencies.

The correlation analysis examined associations among narcissistic traits, psychological distress, and related personality dimensions. Narcissistic traits were positively correlated with psychological distress (r = .15, p < .05), indicating that higher narcissistic patterns are linked with elevated levels of depression, anxiety, and stress. Narcissistic traits also showed significant associations with other personality disorder traits (r = .29, p < .01) and dependency traits (r = .17, p < .05). Importantly, the correlation between NPPT and DASS-21 suggests that narcissistic patterns contribute to emotional dysregulation and heightened distress, although the effect size was small.

Discussion

The findings suggest that narcissistic personality traits are meaningfully, though modestly, associated with overall psychological distress, as measured by the DASS-21. This is consistent with existing literature which highlights that while narcissism often manifests as externalized confidence or grandiosity, underlying vulnerabilities such as fragile self-esteem and hypersensitivity to criticism can predispose individuals to depression, anxiety, and stress.

The lack of significant gender differences in distress (depression, anxiety, stress) suggests that emotional difficulties are equally distributed across male and female participants. However, boys reported higher levels of neuroticism and paranoid traits, which may reflect gendered differences in emotional expression and interpersonal sensitivity.

The correlation pattern further underscores the interconnectedness between personality pathology and general psychological distress. Narcissistic traits were not only linked to distress but also positively correlated with other maladaptive personality traits such as dependency and schizoid/avoidant tendencies. This supports the view that narcissism rarely exists in isolation but overlaps with a spectrum of dysfunctional traits that collectively exacerbate psychological suffering.

In line with prior research, narcissistic tendencies may contribute to stress through interpersonal conflict, heightened reactivity to perceived rejection, and reliance on maladaptive coping strategies. The relatively small effect sizes suggest that while narcissism is a factor, other variables (such as neuroticism and general personality disorder traits) play stronger roles in predicting distress.

Clinical Implications:

These results underscore the importance of systematically assessing narcissistic traits in adolescents who present with symptoms of emotional distress. The presence of narcissistic personality patterns even at subclinical levels—can complicate the course of depression, anxiety, and stress, as indicated by their positive association with DASS-21 scores. Early identification of maladaptive narcissistic patterns provides clinicians with a critical window to intervene before these traits become entrenched and escalate into more pervasive personality pathology.

From a therapeutic standpoint, incorporating family therapy can be particularly valuable. Given that narcissistic traits often develop in the context of family dynamics, addressing patterns of communication, validation, and conflict within the family system may reduce both the adolescent's emotional distress and reinforcement of maladaptive personality tendencies.

Cognitive-behavioral approaches (CBT) may also be effective, particularly in challenging distorted self-beliefs, reducing hypersensitivity to criticism, and promoting healthier coping strategies. By fostering self-awareness and encouraging adaptive cognitive restructuring, CBT can reduce the emotional reactivity that often fuels depressive and anxious symptomatology in individuals with narcissistic traits.

Furthermore, interventions targeting emotion regulation should be prioritized. Adolescents with narcissistic patterns often struggle with managing intense emotions and may resort to defensive behaviors such as avoidance, withdrawal, or aggression. Skills training—such as mindfulness, distress tolerance, and affect labeling can empower adolescents to respond to stressors in more adaptive ways, reducing both interpersonal conflict and internal distress.

For clinical practice, integrating NPPT screening tools into standard adolescent assessment protocols may allow psychologists to identify personality vulnerabilities that are not always apparent in brief consultations. This proactive approach enables tailored intervention plans that simultaneously address personality patterns and acute emotional difficulties, increasing the likelihood of positive therapeutic outcomes.

Ultimately, these findings highlight the need for clinicians to move beyond symptom-based treatment and adopt a personality-informed framework when working with adolescents. Addressing narcissistic traits early not only reduces current distress but also lowers the risk of these patterns crystallizing into chronic personality disorders in adulthood.

Theoretical Implications:

The findings support the conceptualization of narcissism as a multifaceted personality pattern that significantly contributes to emotional instability. Narcissism, often understood as a spectrum ranging from adaptive self-confidence to maladaptive vulnerability, is shown here to have a measurable association with heightened levels of depression, anxiety, and stress. This reinforces theoretical models that view narcissism not solely as a disorder of self-enhancement, but also as a defensive strategy masking deeper psychological fragilities.

By demonstrating these associations in a non-clinical adolescent population, the study extends existing literature that has largely focused on clinical or adult samples. The results suggest that narcissistic tendencies are not limited to pathological cases but can manifest as subclinical traits that nevertheless influence mental health outcomes. This supports dimensional models of personality pathology, such as those reflected in the Alternative DSM-5 Model for Personality Disorders (AMPD), which emphasize a continuum of maladaptive traits rather than categorical distinctions.

Moreover, the findings highlight the theoretical importance of considering personality traits as central determinants of psychological distress, rather than treating them as peripheral or secondary factors. Narcissistic traits, even in their moderate form, appear to amplify vulnerability to stress and emotional dysregulation, pointing to the role of underlying personality structure in shaping resilience or susceptibility to mental health difficulties.

The correlation between narcissistic traits and other maladaptive traits (e.g., dependency, schizoid tendencies) also lends support to the theoretical position that narcissism is interconnected with a broader constellation of personality dysfunctions. This aligns with integrative frameworks of personality theory, which argue that personality patterns rarely operate in isolation but interact dynamically to influence an individual's psychological functioning.

Finally, these findings contribute to developmental theories of personality by emphasizing adolescence as a critical period for the consolidation of narcissistic patterns. The results suggest that traits such as hypersensitivity to evaluation, interpersonal defensiveness, and dependency may co-develop and jointly predict distress, underscoring the need for theories of narcissism to account for early developmental pathways and their long-term impact on mental health.

Limitations:

Several limitations of the present study should be acknowledged when interpreting the findings. First, the use of a cross-sectional design restricts the ability to draw causal conclusions. While the data suggest an association between narcissistic traits and psychological distress, it remains unclear whether narcissistic patterns contribute to heightened distress, whether emotional distress exacerbates narcissistic tendencies, or whether a reciprocal relationship exists. Future research employing longitudinal designs would be better suited to examine these temporal dynamics and potential bidirectional influences.

Second, the reliance on self-report measures introduces potential sources of bias. Participants may have responded in a socially desirable manner, underreporting narcissistic tendencies or distress symptoms due to stigma, or conversely overreporting to gain attention. Additionally, self-perceptions may not always align with observable behaviors, particularly for traits such as narcissism that are characterized by defensiveness and self-enhancement. Incorporating multi-informant reports (e.g., from parents, peers, or teachers) or clinician-administered assessments could help provide a more comprehensive understanding.

Third, the sample was obtained through snowball sampling, which limits representativeness. Participants may share similar demographic, social, or cultural backgrounds, reducing the generalizability of findings to broader adolescent populations. This recruitment strategy may have also favored individuals with greater interest or awareness of mental health topics, introducing potential selection bias. Future studies should strive for larger and more diverse samples using randomized or stratified sampling techniques to enhance external validity.

Finally, the study did not account for potential confounding variables, such as socioeconomic status, family environment, or co-occurring psychological conditions, all of which may influence both narcissistic traits and distress levels. Controlling for these variables in future research could clarify the unique contribution of narcissistic patterns to emotional difficulties.

Taken together, these limitations highlight the need for cautious interpretation of results while also providing important directions for future investigations that seek to deepen understanding of the link between narcissism and adolescent psychological distress.

Future Research Directions:

Future research should build on these findings by examining both the mechanisms and contextual factors that shape the relationship between narcissism and emotional distress. One promising avenue involves exploring mediators, such as coping strategies, emotion regulation skills, and peer relationship quality. For instance, adolescents with narcissistic tendencies may rely more heavily on maladaptive coping mechanisms (e.g., denial, avoidance, externalization of blame), which in turn heighten vulnerability to depression, anxiety, and stress. Similarly, difficulties in forming supportive peer relationships could serve as an intermediary factor linking narcissistic traits to greater distress.

In addition, moderators such as parenting style, family cohesion, and perceived social support warrant closer investigation. Certain parenting practices such as overprotection, excessive criticism, or inconsistent warmth may amplify narcissistic vulnerability and distress, while supportive family or peer environments may buffer these effects. Examining these moderators would provide insights into the conditions under which narcissistic patterns are most harmful versus when they may be mitigated.

Methodologically, future studies should consider employing longitudinal designs to capture the developmental trajectories of narcissistic traits and their impact on psychological outcomes across time. Such designs would help clarify causal pathways and identify critical periods during which interventions may be most effective. Experimental and intervention-based studies are also needed to assess whether targeting maladaptive narcissistic tendencies through therapies such as CBT, emotion regulation training, or family-based interventions can reduce depressive, anxious, and stress-related symptoms in adolescents.

Further, research could benefit from a cross-cultural perspective, as cultural norms around individualism, collectivism, and self-expression may shape both the development of narcissistic traits and their psychological consequences. Comparing samples across different sociocultural contexts would enhance understanding of whether the observed associations are universal or culturally specific.

Finally, integrating multi-method approaches, including clinician-rated assessments, behavioral observations, and physiological measures (e.g., stress reactivity, emotional arousal), alongside self-reports, could provide a more nuanced understanding of the narcissism–distress link. This would help overcome biases inherent in single-method studies and strengthen the validity of findings.

Conclusion

This study provides clear evidence that narcissistic personality patterns (NPPT) are significantly associated with higher levels of depression, anxiety, and stress among adolescents. By demonstrating that even subclinical levels of narcissistic tendencies are linked to emotional difficulties, the findings reinforce the view that personality patterns play a central role in shaping psychological health during adolescence.

The results carry both theoretical and practical significance. Theoretically, they contribute to the growing body of literature conceptualizing narcissism as a multidimensional construct that extends beyond grandiosity to include underlying vulnerability and emotional instability. By situating narcissism within the broader framework of personality–psychopathology interactions, this study highlights the importance of considering personality traits as key determinants of emotional well-being rather than secondary or peripheral influences.

From a practical perspective, the findings underscore the importance of incorporating personality assessment into adolescent mental health care. Early identification of maladaptive narcissistic traits offers clinicians an opportunity to intervene before these patterns solidify into more severe and enduring personality disorders. Interventions that target self-concept, interpersonal functioning, and emotion regulation may help mitigate distress, foster resilience, and prevent long-term psychological impairment. Importantly, this also highlights the potential value of family therapy, cognitive-behavioral approaches, and integrative personality-informed interventions in addressing both symptom distress and personality vulnerabilities.

Overall, the study emphasizes the intertwined nature of personality and emotional health, underscoring that adolescent distress cannot be fully understood without acknowledging the role of personality patterns such as narcissism. These findings call for an integrated approach in both future research and clinical practice, one that recognizes the dynamic interplay between enduring personality traits and situational stressors. By doing so, clinicians and researchers alike can contribute to more effective prevention and treatment strategies, ultimately promoting healthier developmental trajectories for adolescents at risk.

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