

The role of narcissism in driving Ariel Castor’s notorious Cleveland kidnappings, and the effect his actions had on his second victim, Amanda Berry.



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Abstract

Narcissistic personality disorder, one of several types of personality disorders, is a mental condition in which people have an exaggerated sense of their own importance, an intense need for attention and admiration, troubled relationships, and a lack of empathy for others. What some people don’t know, however, is that narcissists can be very dangerous. Especially when ego-threatened, narcissists display extreme acts of violence such as abuse, torture, rape, and even murder. There are numerous cases of dangerous narcissists. One of the worst cases is the Cleveland kidnappings carried out by Ariel Castro from 2001 to 2013. Ariel Castro kidnapped three women and held them captive for a span of 10 years. During which they experienced multiple acts of torture and abuse, such as beatings and starvation. Castro was diagnosed with a narcissistic personality disorder with antisocial features. The following journal displays the role played by his narcissism in his violent actions while also covering the effects it might have had on his victims.

I. Introduction

After 10 years of torture, these were Amanda Berry’s first words after she escaped the living hell that was Ariel Castro’s house.

“Help me I’m Amanda Berry.”

“I need police.”

“I’ve been kidnapped and missing for 10 years.”

“I’m here, I’m free now.”

On April 21, 2003, 16-year-old Amanda Berry was returning home from work when Ariel Castro, a school bus driver and the father of one of Amanda’s friends, offered to drive her home. However, that night, she never returned home. Amanda Berry was Castro’s second kidnapped victim, preceded by 21-year-old Michelle Knight, followed by 14-year-old



Figure 1: a poster announced the disappearance of Amanda Berry.

Gina DeJesus. The three women were held captive in Castro's house for 10 years, being subjected to starvation, physical abuse, and continuous rape. Moreover, Castro impregnated Amanda with Jocelyn, her daughter that was born and raised in captivity.

II. The difference between narcissists, psychopaths, and sociopaths.

Arial Castro, was he a psychopath, sociopath, or narcissist? People get confused between these three psychological terms, although they have the same characteristics, they are three distinctive disorders. Narcissism means self-love which in itself is not pathological, but narcissistic personality disorder (NDP) has different core characteristics from normal self-esteem. They have great fantasies; thus, their brains are often filled with complex illusions about success, power, intelligence, beauty, or the ideal mate. Because of these fantasies, individuals believe they deserve the finest of everything. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) describes narcissistic personality disorder as a pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts.

The key difference between a narcissist and a sociopath is that the sociopath cannot feel guilt and may be aggressive. The sociopath, on the other hand, possesses all of the narcissistic features, as do psychopaths. Psychopaths likely have genetic or biological abnormalities present at birth. Sociopaths are nearly similar to psychopaths. One major difference is that sociopaths are thought to be born with relatively normal brain development. However, some researchers have found that children in environments in which harsh and inconsistent parenting occurs and youths who have demonstrated effective defects related to psychopathy are impacted by their environment.

In all cases, psychopaths take advantage of others but may do so without violence, but Ariel Castro had a violent personality, and he loved to be in control, which explains what he did to Amanda Berry.

III. Ariel Castro's history of violence

The Cleveland kidnappings were not the first-time publicly displayed acts of violence. Castro had a long history of violence, specifically towards his wife, Grimilda Figueroa. 13 years before the kidnappings, in 1989, Castro's wife called the police to their home, claiming that he had beaten her. He "slapped the victim several times in the face, slammed her several times against the wall and several times against the washing machine," according to a police report from the time [8]. She, nevertheless, declined to press charges. A similar incident occurred four years later, in 1993, only a month after Castro's wife had undergone brain surgery [9]. She told the police that Castro had thrown her on the ground, hitting and kicking her in the head. Their 12-year-old son ran out of the house to get help when he saw his mother getting abused. Castro was arrested, but Figueroa declined to press charges again. [8]

Castro and his wife divorced in 1996. However, his acts of violence toward her didn't stop. Later that year, Figueroa's boyfriend called the police to say that Castro threatened him and tried to run him over in what was "an ongoing problem" [8]. A former neighbor also complained to police that Castro swore at her and threatened her after finding her at her new home. In 2005, one year after he kidnapped Gina DeJesus, Castro threatened to beat his wife in front of their children unless their daughters returned to Cleveland to testify against another man, their former stepfather, who was accused of molesting the girls. Following this incident, Figueroa filed a restraining order against Castro. [9]

Aside from the acts of violence toward his wife, Castro was responsible for multiple incidents of violence. In 1994, police were called after the landlord of a nearby house complained that Castro tried to hit him with a shovel after the landlord inquired about a missing fence. Castro, who was a bus driver before getting fired, was also responsible for some incidents involving students. According to records, Castro was questioned by police in January 2004 after he allegedly left a disabled child on his school bus, telling the child to "lay down" while he went to get some food. [9]

IV. The role of Narcissism in violence and aggression

Narcissism offers an explanation for the violent acts of Castro. Violence has been linked to threatened egotism in many situations. If threatened egotism is the primary cause of violence, then vulnerability to ego threats should be the trait of self-esteem most relevant to aggression. In particular, inflated, grandiose, or unjustified favorable views of oneself should be the most prone to causing aggression, because they will face the most threats and will be chronically most intolerant of them. These ideas about excessive self-love are relevant to narcissism, a term coined by Freud in honor of the mythical Greek character Narcissus, who fell in love with his own reflection in the water. Anderson and Bushman (1997) have reviewed the evidence that laboratory findings generalize well to non-laboratory situations. Two separate studies were conducted to display the relationship between aggression and violence.

i. Study (1)

The first study was a direct test of the main hypothesis, which was that threatened egotism would result in maximal aggression. Participants were measured for narcissism and self-esteem, then exposed to an evaluation that was either an ego threat or an ego boost, and aggression toward the person who delivered the evaluation was measured.

ii. Methods of measurement

Rosenberg's (1965) standard scale, a widely used instrument with good psychometric properties, was used to assess self-esteem. Items such as "I believe I have a number of good qualities," "I have a positive attitude toward myself," and "I am able to do things as well as most people" are examples. Each item is scored on a 7-point scale, and the results are added together to produce a global self-esteem score, with higher scores indicating higher self-esteem. The Narcissistic Personality Inventory (Raskin & Terry, 1988) was used to assess narcissism. It has excellent psychometric properties. The scale has 40 items that are answered using a simple true-false format. "If I ruled the world, it would be a much better place," "I am going to be a great person," and "I am more capable than other people" are some examples from the scale. [3]

iii. Procedures

In exchange for their voluntary participation, 266 undergraduate psychology students (132 men and 134 women) received extra course credit. Participants were chosen at random from a large group of students who had completed the self-esteem scale as part of a battery of questionnaires administered during mass testing sessions. Six participants' data were discarded due to suspicion or failure to follow instructions. The final sample size was 260 people (130 men and 130 women). A separate sample of 10 men and 10 women also participated in a manipulation validation study. In the laboratory, each experimental participant was tested individually, but each was led to believe that he or she would be interacting with another person of the same sex. [3]

The researchers informed the participants that they were studying how people react to positive and negative feedback. After the participant was informed that the experiment would involve writing essays and then competing on a reaction time task with stressful, noisy stimuli as a possible outcome, informed consent was obtained. After obtaining

informed consent, the participant completed the narcissism scale. The participant was informed that the scale was being used to determine whether different types of people react differently to feedback. Each participant was asked to write a one-paragraph pro-choice or pro-life essay on abortion (whichever the participant preferred). [3]

Following completion, the participant's essay was taken away to be evaluated by the other participant. Meanwhile, the participant was allowed to evaluate the partner's essay, which was assigned at random as either pro-choice or pro-life. There was one of each type of essay, and each participant saw one or the other. We also used male and female versions of the standard essays to control for handwriting. Whichever essay the participant saw had no effect on subsequent aggressive behavior, ruling out any explanation that aggression was mediated by perceptions of partner attitude or similarity). [3]

iv. Results

A pilot study was conducted to test the effectiveness of ego threat manipulation. As previously stated, ten men and ten women participated. They went through the same process of writing the essay and receiving either a positive or negative evaluation. Rather than proceeding to the aggression measure, participants completed a questionnaire assessing how they felt about receiving the evaluation and how they perceived it. [3]

All of the effects were significant and large. In comparison to the positive evaluation, the negative evaluation of the participant's essay was rated as more threatening and malicious. Furthermore, participants who received the negative evaluation (compared to those who received the positive evaluation) reported that it lowered their self-esteem and made them angry. These findings confirm that the flawed evaluation procedure did indeed inflict an ego threat.

The intensity and duration of noise were both measures of the same construct: aggressive behavior. Both measures produced the same pattern of results,

and they were significantly correlated ($r = .32$). To create a more reliable measure, the noise intensity and duration data were standardized and added together to form a total measure of aggressive behavior. [3]

The first study found that ego threats in the form of insults and negative evaluations increased aggressive responses in all types of people. More importantly, these aggressive responses were strongest in people with high levels of narcissism. Thus, the most aggressive people are those who have an emotional and motivational investment in extremely favorable, grandiose self-images. These findings support the theory that threatened egotism is a specific cause of aggression and violence. It is also worth noting that narcissism results in increased aggression regardless of ego threat. In other words, narcissists were aggressive even toward those who liked them. The purpose of Study 2 was to see if narcissists would become more aggressive toward a third person who had not evaluated them at all. [3]

i. Study (2)

The second experiment served several functions. To begin, it appeared desirable to replicate the effects of narcissism and ego threat discovered in Study 1. Second, a different measure of self-esteem was tested to see if it could produce more significant effects than the scale used in Study 1. Third, it seemed worthwhile to look into aggression directed at someone other than the evaluator. According to Study 1, narcissists were more aggressive toward someone who criticized them. They were also more aggressive toward someone who had praised them, though by a smaller margin. Thus, regardless of the valence of the evaluation, narcissism appears to foster aggressive responses to it. One possible explanation is that narcissists are simply more aggressive toward everyone else, so aggression toward a third person is greater than aggression toward non-narcissists. Alternatively, submitting to evaluation may be inherently threatening to narcissists due to their overwhelming sense of

superiority, and thus they aggress only toward those who evaluate them. [3]

ii. Methods

A new version of the Janis and Field (1959) scale was used to assess self-esteem. This scale is commonly used to assess self-esteem. A recent version, produced by Fleming and Courtney (1984), has been influential. We administered only the first three subscales, which measure global self-esteem, academic-task esteem, and social self-esteem, in accordance with Baumeister's standard procedure (e.g., Baumeister, Heatherton, & Tice, 1993). This version of the scale has 26 items that are answered on a 7-point scale. "How often do you dislike yourself?" is one example of a scale item. "How confident do you feel about your abilities in general?" and "How confident do you feel that the people you know will look up to and respect you someday?" Unlike the Rosenberg (1965) scale used in Study 1, this self-esteem scale yielded a significant correlation with narcissism. [3]

iii. Procedures

In exchange for their voluntary participation, 281 undergraduate psychology students (141 men and 140 women) received extra course credit. One participant's data was discarded because he expressed reservations about the procedure. The final sample size was 280 people (140 men and 140 women). [3]

With four exceptions, the procedure for Study 2 was the same as the procedure for Study 1. In the laboratory, participants first completed the self-esteem and narcissism scales. Second, the ostensible partner's essay was edited so that it always agreed with the participant's attitudinal position. To put it another way, if the participant wrote a pro-choice essay, he or she evaluated a pro-choice essay; if the participant wrote a pro-life essay, he or she evaluated a pro-life essay. The possibility that aggression was mediated by perceptions of partner attitude or similarity between participant and partner was ruled out thanks to this procedural modification. Third, the

participant rated the essay evaluation's threat level. As fillers, several other grades were included. Ratings were given on a 10-point Likert scale ranging from 1 (strongly disagree) to 10 (strongly agree) (strongly agree). The threat was used to see if it mediated the relationship between narcissism and aggression. Fourth, a coin flip determined whether the partner on the reaction time task was the same person who evaluated the participant's essay (direct aggression) or a different person (displaced aggression). [3]

iv. Results

The noise intensity and duration data were standardized and summed, as in Study 1, to form a more reliable measure of aggressive behavior.

Study 2 yielded several significant results. The key findings of Study 1 were replicated, namely that high narcissism increased overall aggression and resulted in especially high aggression in direct response to the negative, threatening evaluation. Thus, the previously observed links between narcissism and aggressive behavior were confirmed. However, study 2 didn't confirm all the findings of study 1. In response to a positive evaluation, narcissism had no effect on aggression. In other words, narcissists were aggressive even toward those who praised them in Study 1, but this effect was not replicated in Study 2. [3]

The second study was not limited to replication. An aggressive target manipulation that allowed us to compare direct and displaced aggression was used. Narcissism had no relationship with aggression toward a third party (who had not delivered an evaluation). This finding, combined with the failure to replicate greater aggression by narcissists toward the positive evaluator, suggests that narcissists' aggression is fairly selective and specific. The apparent implication of Study 1 that narcissism increases aggression toward everyone should probably be rejected. [3]

i. Study (3)

More recently, in 2021, researchers Sophie L. Kjaervik and Brad J. Bushman reported in *Psychological Bulletin* a comprehensive review of the relationship between narcissism and aggression and violence. In their analysis of over 437 studies involving over 123,000 participants, Kjaervik and Bushman discovered that narcissism is associated with a 21% increase in aggression and an 18% increase in violence. They were surprised to discover that the link between narcissism and violence (i.e., the intent to cause extreme physical harm, such as injury or death) was nearly as strong as the link between narcissism and less serious forms of aggression. However, the findings are consistent with previous research suggesting that narcissism may be a risk factor for violent acts such as mass shootings, abuse, and murder. [4]

The key link between narcissism and aggression was provocation. When threatened or provoked in some way, such as being ignored or insulted, people with high narcissism become especially aggressive. However, findings revealed a link even in the absence of provocation. [4]

Participants with high levels of narcissism demonstrated higher levels of physical, verbal, and indirect aggression (e.g., spreading gossip); bullying (both online and offline); and even displaced aggression against innocent bystanders. Both impulsive, hot-headed aggression and deliberate, cold-blooded aggression have been linked to narcissism. Moreover, the findings revealed a link between narcissism and aggression in individualistic countries such as the United States (the site of the Cleveland kidnappings), where people value personal rights. However, even in collectivist societies, narcissism and aggression are linked. The link between higher levels of narcissism and aggression was similar for males and females of all ages, and it held true for college students and the general population. [4]

ii. Discussion

In summary, the study found that feelings of superiority and entitlement can lead narcissistic people to attack others aggressively, even violently. Narcissists believe they are unique and deserving of special treatment. Their thin skins and fragile egos cause them to lash out when they do not receive the special treatment to which they believe they are entitled.

When provoked, insulted, humiliated, shamed, criticized, or threatened by others, people with high narcissism are more likely to act aggressively. They do not need to be provoked to attack. This offers a satisfying explanation for the acts of Castro. He might have experienced an incident, most probably his wife's and kid's departure, that threatened his ego. He kidnapped the three girls, abused, tortured, and raped them to regain his feeling of power, which he lost when his wife and kids left him.

V. Motives of a kidnapper

Being a psychopath and a narcissist can lead to committing crimes in extreme cases, but kidnapping is different from other crimes such as abuse or murder. The motives behind a kidnapper's actions are classified into two categories: expressive and instrumental.

Expressive kidnappings are an effort to voice a frustrating emotion or a grievance through kidnapping someone and leaving a negative impact on them or their loved ones.

Instrumental kidnappings are done with the aim of obtaining a particular outcome such as money from a ransom, or leverage on the victim's loved ones, leading the kidnapper to be able to manipulate the victim's loved ones. This kind of kidnapping is usually common when political and allegedly religious motives are present.

From psychoanalyzing Castro's personality and actions, and the fact that he did not ask for any ransom for any of the victims, the Cleveland kidnappings are determined to be done with

expressive motives. Because Castro killed himself before he could be properly diagnosed, there are only speculations about what he wanted to express with such crimes. But from analyzing his crimes and the victims' testimonies of what happened during their years in his house, it was possible to reach a close speculation at his motive. It is speculated that Castro was attempting to voice his anger at the hardships in his relationships with the people around him, such as his wife leaving him and his children leaving with her.

VI. The role of the family environment & parenting

Family environment factors appear to be significantly related to the onset of antisocial behavior (e.g., APD), but not so much to the development of psychopathy. [10] [11] Adults, on the other hand, have shown that negative childhood experiences (e.g., poor parenting, physical abuse) are connected with higher levels of psychopathy as well as early behavioral issues, the beginning of a systemic criminal lifestyle, and many criminal arrests and convictions. [12] [14] Harsh environmental issues appear to be linked with psychopathic traits in teenagers especially. [13] [15]

VII. The physiological change related to psychopathy

Frontal lobe damage and related executive dysfunction occur. [18] Significant damage in the orbital frontal cortex. This area is engaged in cognitive processes like decision-making. Symptoms of injury to this area include hyperactivity, decreased behavioral inhibition, loss of guilt and shame, risky sexual behaviors, and antisocial tendencies. [19] The frontal lobe is also in charge of abstract reasoning, attentional control, working memory, integration across space and time, prediction, and planning. [20] The amygdala stimulates fundamental responses (such as hunger, sex, violence, and other intense emotions), while the orbital cortex controls these activities. Neurophysiological studies have shown a tendency for dysfunctions in the amygdala and prefrontal cortex [16] [21], as well as other brain dysfunctions such as limbic system and septal

structural [22] development, and serotonin imbalance. [23] Reduced amygdala size and function results in poor fear learning and emotional processing. [24] Psychopaths have left-hemisphere hyperactivity and right-hemisphere hypoactivity. The right hemisphere regulates pro-social tendencies (e.g., fear, guilt), while the left hemisphere regulates impulsivity, aggression, sensation-seeking, and risk-taking behaviors that become uncontrollable when the right hemisphere defects. Furthermore, the corpus callosum has been shown to be slower in psychopaths in terms of communication and interaction between the left and right hemispheres. [16] In brief, the left hemisphere is responsible for impulsivity, while the right hemisphere regulates desires and impulse behaviors. Approach behaviors are carried out by the left hemisphere while avoiding behaviors are carried out by the right hemisphere. [25] Fear is related to high cortisol levels, which trigger the fight-or-flight response. Testosterone has been linked to psychopathy and antisocial behavior, as well as risk-taking, violence, and impulsiveness. [16] High testosterone levels are associated with hostility and fighting behavior. [26] There is also evidence that, even if young psychopaths cannot be cured, the environment in which they grow up has a strong correlation with whether they will become criminal psychopaths or the type of psychopaths who avoid crime and function among us (also known as functional psychopaths, who are less violent). [17]

VIII. A victim of Ariel Castro

Ariel Castro's persistent crimes had plenty of negative impacts on his victims that have lasted and will last for the rest of their lives.

Amanda Berry, Castro's second abduction victim, not only was a victim of sexual, physical, and psychological abuse, but she also birthed Castro's daughter, Jocelyn, in captivity. From the first day of her abduction, Amanda was constantly chained up, beaten up, and starved to psychologically terrorize and demoralize her. Not only did Castro imprison her and abuse her, but he also tortured her and the other victims by allowing them to watch local TV channels where their families made constant appearances in the hopes of finding their daughters.

i. Coping strategies

During the years of captivity, Berry subconsciously developed coping mechanisms to help her not give into insanity. And that made her Ariel Castro's most resilient victim. Throughout the years she spent in Ariel's house, she saw her mother and sister on TV as they were talking about her kidnapping and pleading for information about her whereabouts. In order to cope with the abuse, she was exposed to, Amanda constantly reminded herself of her family, and silently promised them and herself that she would come out of captivity and see them again. Amanda's hopes collapsed when a psychic on a TV show told her mother that Amanda was not alive, and Amanda saw her mother crying over her through the TV screen. She cried and lost hope for a short period of time, especially when she heard the news of her mother's death in March of 2006. But after the birth of her daughter, Jocelyn, in December of 2006, Amanda found a purpose to come out of captivity that is worth fighting for.

Amanda also kept a diary where she documented every instance of sexual abuse from her captor, promising herself that she would show the aforementioned diary to the authorities and get Castro in jail for the crimes he committed against her.

The previous strategies that Berry used during her years of captivity are coping strategies. Coping strategies are a method that the brain of an abuse victim uses to protect itself from some, if not all, of the negative impacts of stress. They are also a method to regulate the psychological, physical, and emotional functioning of the brain. [28] There are multiple kinds of coping strategies and mechanisms for multiple kinds of mental disorders, but this section will mostly discuss the coping strategies in a general definition.

There are mainly two approaches to categorize and classify the type of coping strategy used by an individual in a certain situation, and they are identifying the methods of coping, and identifying the focuses of coping. [28]

When it comes to the methods of coping, there are three methods: cognitive, behavioral, and avoidance. Cognitive (intrapsychic) coping includes attempts to assess the stresses one faces in a subjective way to try and understand one's feelings and the impacts of the stress on them. Behavioral coping refers to behavioral attempts to act on the situation that causes stress and to try to change it or change something in it to reduce its negative impacts. Avoidance coping refers to actively attempting to avoid or delay confronting the stressful situation, or the emotions caused by it. Avoidance coping can also occur by attempting to indirectly reduce the negative emotions by distracting oneself or "taking the emotions out" through violence (e.g., abusing someone or punching something), or through actions such as eating, drinking alcohol, or smoking. [31]

The focuses of coping, however, were divided into two types. One of them is problem-focused coping, and the other is emotion-focused coping. Studies show that problem focused coping is present in situations where a person's job or professional life is causing them stress. It is a kind of coping that is focused on modifying the situation or attempting to eliminate the stress through modifying one's behavior. Emotion-focused coping, on the other hand, includes behavioral or cognitive responses whose primary function is to regulate emotional equilibrium and "deal with" the negative impacts of stress. Statistically speaking, men tend to use the problem-focused coping strategies when they are faced with hardships. Women tend to lean toward emotion-focused coping strategies. [29] [30]

From psychoanalyzing Amanda's case and her actions described in the memoir and the limited data from news outlets, it is speculated that Amanda used various types of coping strategies throughout her years in captivity. One of the coping strategies she used was avoidance, where she described that she would "try to put her mind somewhere else" during the times he sexually abused her, and whenever she viewed playing with her daughter as a distraction. Another coping strategy that she commonly used was

emotion-focused coping that is demonstrated in the times she promised her family through the screen that she would keep fighting and would see them again someday. She also used behavioral coping when she kept a diary of all the instances of rape and sexual abuse casted on her by Castro.

ii. The escape

On the afternoon of May 6th, 2013, Jocelyn was playing around the house and told her mother that Ariel, her father, was nowhere to be found. Amanda noticed that one of the bedroom doors and one of the front doors were left open by Castro. So, Amanda took her chance and, with the help of one of the neighbors, created a hole in the storm door and crawled out with her daughter, Jocelyn. Amanda then ran to the closest telephone station and alerted the authorities, ending her nightmare under Ariel Castro's captivity.

After escaping the house of Ariel Castro along with the aggression, assault, and traumatizing events that he inflicted on her and the other victims, Amanda returned to her family's house with her daughter. Amanda began a long, mentally exhausting journey of therapy to overcome the disorders that haunted her.

From psychoanalyzing Amanda's actions and the traumatizing events that she faced during those ten years; it was concluded that she likely developed Post-Traumatic Stress Disorder (PTSD).

iii. Post-Traumatic Stress Disorder (PTSD)

PTSD is a mental disorder that may develop in a person that has been exposed to intensely horrifying events that have been central to their lives at some point. Resilience and recovery from exposure to trauma are common in patients who face one or more traumatic events under otherwise regular conditions like violence or captivity. The development of PTSD in patients has no certain pattern, as shown in the figure, making the prediction of a potential PTSD patient challenging for professionals.

PTSD affects approximately 3% of the adult population at any given time, and this figure rises to more than 50% among rape survivors. Captive victims are 35% more likely to develop PTSD than traumatized victims who are not held captive. [3] [8] Not only have the young victims of Ariel Castro been raped, traumatized with abuse, and imprisoned, but they have also been exposed to the aggression for a long period of time, which is around 10 years. Psychiatrists specializing in captive trauma have concluded that the three women suffered from Complex Post-Traumatic Disorder (C-PTSD), which is a type of PTSD that can be caused by prolonged exposure to trauma over months or years. People with C-PTSD suffer extreme detachment, feeling that they are observers of their own mind and body, and derealization, where the outside world seems unreal, dreamlike, and distorted.

iv. Symptoms and diagnosis of PTSD

PTSD can present itself in patients with multiple symptoms that may occur together or separately. The most commonly recurring symptoms, however, are persistent intrusive recollections, memories, and thoughts; avoidance of stimuli related to the trauma; hyperarousal; and negative alterations in the mood of the patient. The aforementioned symptoms can impair the ability of an individual to normally function for a period of time that cannot be less than one month according to the DSM-5 criteria. Delayed presentation of symptoms is common, especially in cases of severe effects of trauma. ([4] [9])

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) criteria, the symptoms required for the diagnosis of PTSD are presented in table (1).

DSM-5 criteria	
Intrusion symptoms	Negative alterations in cognitions and mood
Recurrent, involuntary and intrusive distressing memories Recurrent distressing dreams (content and/or affect related)	Inability to remember an important aspect (typically due to dissociative amnesia)
Dissociative reaction (acting or feeling as if event is recurring)	Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world (for example, "I am bad," "No one can be trusted," "The world is completely dangerous")
Intense or prolonged psychological distress to cues	Persistent, distorted cognitions about the cause or consequences that lead to self blame or the blame of others
Noticeable physiological reactions to cues	Persistent negative emotional state (for example, fear, horror, anger, guilt, shame)
Avoidance	Noticeably diminished interest or participation in important activities
Avoidance or efforts to avoid distressing thoughts or feelings about or closely associated with the trauma	Feelings of detachment or estrangement from others Persistent inability to experience positive emotions (for example, happiness, satisfaction, love)
Avoidance or efforts to avoid external reminders (people, places, conversations, activities, objects, situations)	Alterations in arousal and reactivity
Additional criteria for complex PTSD	Irritable behaviour and angry outbursts (with little or no provocation)
Not applicable	Reckless or self destructive behaviour
	Hypervigilance
	Exaggerated startle response
	Problems with concentration
	Sleep disturbance

Table 1: symptoms required for the diagnosis of PTSD

v. Treatment of PTSD

PTSD is a treatable disorder that requires patience and consistency from the patient. The treatment of choice for PTSD is Cognitive Behavioral Therapy (CBT), which is designed to give patients control over their emotions by aiding them in controlling their thoughts. In cases of C-PTSD, CBT may need to be supplemented with activities that give the individual a stronger sense of control over their own lives, such as transcendental meditation and self-hypnosis. As a sufferer of C-PTSD, Amanda Berry was what people would call a "broken person," and she needed to achieve emotional distance from the trauma before beginning to rebuild her sense of self that was slowly and constantly damaged by her captor. [4]

vi. Other types of treatment Exposure therapy

Exposure therapy, Therapists help patients confront their traumatic memories through written or verbal narrative, detailed recounting of the traumatic experience, and repeated exposure to trauma-related situations that were avoided or evoked fear but are now safe (for example, driving a car where the road traffic incident occurred or walking in the busy park where an assault occurred).

Cognitive therapy focuses on identifying and modifying misinterpretations that lead patients to overestimate the current threat (for example, patients who think assault is almost inevitable if they leave the house). focuses on modifying beliefs and how patients interpret their behavior during trauma, including problems with guilt and shame *EMDR is a standardized, trauma-focused procedure. involves the use of bilateral physical stimulation (eye movements, taps, or tones), hypothesized to stimulate the patient's information processing to help integrate the targeted event as an adaptive contextualized memory.*

IX. Conclusion

In summary, after reviewing narcissism and the relationship between narcissism and violence, it is clear that males with pathological narcissism are more likely to commit crimes and aggression against individuals in their communities. A new United States-based study has found that almost 20 percent of college-aged males have committed some kind of sexual assault, and 4 percent have committed rape, researchers from the University of Georgia said. It is clear that it was the primary reason for Castro's actions. Moreover, Amanda Berry faced PTSD, and it was specified as a potential effect of Ariel Castro's crimes against her. However, PTSD has multiple. treatment methods. After two years of treatment and pursuing the ordinary life that she was deprived of, in 2015, Amanda Berry collaborated with Georgia DeJesus and two journalists to write their memoir book to document and share their tragic experience and named the book "Hope: A Memoir of Survival in Cleveland".

X. References

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