

UDC 159.923.4:616.89-008.441.1

DOI: 10.52534/msu-pp1.2023.87

Liana Spytska*

Doctor of Psychological Sciences, PhD in Law, Professor

Volodymyr Dahl East Ukrainian National University

01042, 17 John Paul II Str., Kyiv, Ukraine

<https://orcid.org/0000-0002-9004-727X>

Differences in the psychological portrait of a sociopath, sociophobe and introvert

Article's History:

Received: 23.11.22

Revised: 28.02.23

Accepted: 31.03.23

Suggested Citation:

Spytska, L. (2023). Differences in the psychological portrait of a sociopath, sociophobe and introvert. *Scientific Bulletin of Mukachevo State University. Series "Pedagogy and Psychology"*, 9(1), 87-93. doi: 10.52534/msu-pp1.2023.87.

Abstract. The relevance of the problem is the need to highlight specific differences in the psychological portraits of a sociopath, sociophobe and introvert to distinguish clearly between seemingly similar concepts. The purpose of the research is to detail the specific features of human mental states, to establish the differential characteristics of a sociopath, sociophobe and introvert, and to distinguish each of these states as a separate independent component of the human psyche. Statistical and analytical methods were used to obtain the necessary results. The main markers of sociophobic behaviour are considered, and it is noted that they can manifest themselves with varying intensity depending on the severity of the symptoms of sociophobia. The author presents a psychological portrait of a sociopath and defines the typology of sociopathy. The main features of an introverted personality are identified, the advantages that introverts have in comparison with extroverts and the main forms of their maladjustment are considered. The specific framework of each concept examined is highlighted, and the differences between them are indicated. It is substantiated that introversion appears in humans from birth and is associated with the specific structure of the brain, while sociopathy and sociophobia are acquired throughout life as a result of psychological and physiological trauma. It is identified that a sociophobe and a sociopath differ in psychological characteristics, as a sociophobe is afraid of people, and a sociopath hates people. It is proved that, unlike sociophobia and sociopathy, introversion is not a mental disorder, but an element of a healthy psyche. The practical significance of the research is that the results will help to distinguish the psychological states of a person, to understand and differentiate the analysed concepts more clearly, to preliminarily determine one's psychological state, to establish a specific framework for a simplified psychologist's conclusion, and to identify important details and features of the manifestations of a sociopath, sociophobe and introvert

Keywords: society; mental health; psyche; personality; psychological trait; mental disorder; phobia

*Corresponding author

INTRODUCTION

The presence of sociopathic, sociophobic, and introverted tendencies in humans in the modern world is quite common due to the prevalence of mental trauma, traumatic upbringing style, special perception of the world, and other factors that could lead to the emergence and development of such traits in humans (Shirayev & Levy, 2020). However, most people cannot say for sure which trait is inherent in the person (for example, possible introversion, sociophobia, sociopathy, certain psychological character-

istics of the person), which can result in a false statement that will lead to disappointing consequences. If a person incorrectly identifies an inherent trait, it can result in erroneous conclusions by the psychologist when working with them, which may affect the further effectiveness of sessions with a specialist.

In addition, people with these traits may have different perceptions of the world, their own lives, and society, but the characteristics of the traits themselves are very similar.



Thus, it is necessary to explore the differences in the portraits of a sociopath, a sociophobe and an introvert in more detail.

The authors' source base includes the following researchers who examined the subject from different angles: V.V. Moskovchenko (2016) explored the features of social anxiety and sociophobia in adolescents, and analysed the behaviour of students with sociophobia through surveys; Yu. Chystovska *et al.* (2019) analysed the features under which anxiety disorders and sociophobia occur, and indicated possible options for improving the mental state of a person with anxiety traits; S.U. Ibragimov (2022) explored sociophobia as a medical condition and correlated anxiety disorder with suicidal thoughts in people; M. Loppies *et al.* (2020) analysed the impact of students' introversion on the learning process; M. Johnson (2021) examined the features of sociopathy and separated it from the concepts of psychopathy and autism; L.E. Christie (2020) analysed murderers with mental disorders in her work and identified possible causes of sociopathy and psychopathy in people; D. Petric (2022) distinguished between the concepts of introversion, extraversion and ambivalence, and identified their main features.

The main purpose of the research is to identify the distinctive features in the portraits of a sociopath, sociophobe and introvert, to establish their common points and individual characteristics of the manifestation of each of the features in a person separately, and to identify the psychological features of their manifestation in everyday life and society in general. The originality of the research is to explore the differences between psychological portraits of a person, to establish the characteristics and features of sociopathy, sociophobia and introversion inherent in each of the human character traits, and to analyse the concepts, to clearly distinguish them from each other for a more visual distinction between the concepts, to highlight their differences for further use of the terms in the correct variations, which will help to draw clear conclusions regarding the portrait of psychological traits of a person.

MATERIALS AND METHODS

In the course of writing this research, the author has examined thoroughly the characteristic features of psychological portraits of a sociopath, sociophobe and introvert, analysed their characteristics, statistical indicators of their presence in people's lives, statistical data on individual manifestations of these psychological portraits, and highlighted the main details that distinguish these concepts from each other, establishing a clear framework between them to determine the differences between the psychological components of a person. In addition, statistical and analytical research methods were used. Based on the statistical method, the research collects statistical data on the number of sociopaths, sociophobes and introverts to determine the percentage of psychological traits of a person, and interprets the indicators with the main manifestations of psychological characters. The analytical method has become the foundation for examining the manifestations of psychological factors in people of the modern world. The author analyses the opinions

and statements of scientists, and statistical indicators for additional collection and use of information in the study, which helped to identify the percentage of human psychological traits in society. The combination of all research methods allows for a comprehensive study of the subject of establishing differences between the portraits of a sociopath, sociophobe and introvert by exploring the components separately from each other as integral parts of the human psyche, which helped to identify the characteristic features of psychological elements in human behaviour and well-being.

To establish a clear framework for the research and a more structured study of the subject, the research was divided into three main stages, namely: establishing the main characteristics and specific features of sociopathic behaviour, determining the percentage of people who have this psychological trait, and identifying the characteristic features that can distinguish this component from other similar mental traits of a person; identifying the characteristics of the psychological portrait of a sociophobe, analysing its statistical indicators, and highlighting specific features inherent in the trait to establish a clear framework and distinguish it from sociopaths and introverts; identifying the psychological characteristics of an introvert, which are the main manifestations of the human psyche indicator, reviewing the statistical features of the manifestation of the psychological trait among people, and identifying specific features that only introverts have.

RESULTS

Main characteristics and features of sociophobic behaviour

Social phobia, or social anxiety disorder, is one of the most common types of human anxiety disorder. With sociophobia, a person may experience anxiety and fear, discomfort and anxiety when they hear judgement, evaluation and scrutiny of the person, which can occur in public speaking, interviews, in a group of people, etc (Kim *et al.*, 2022). The everyday activities that a person faces every day in the presence of other people can cause feelings of anxiety and possible anxiety about being judged or humiliated.

When faced with uncomfortable situations in society, sociophobes can experience such intense anxiety that it seems that the person is no longer able to control themselves. Such levels of fear and anxiety can prevent a person from engaging in normal social activities, going to work or other places where other people are present. Other people who do not have psychological problems may be able to perform these activities but will feel very afraid or anxious when they do (National Institute of Mental Health, 2022). In general, there are several degrees of severity of the symptoms of social phobia that a person experiences during the manifestations of the disorder, as presented in Fig. 1. If a sociophobe participates in social situations and events, the person may feel anxious several weeks beforehand, and they avoid places that symbolise and evoke adverse emotions and fear. Notably, a person with a social anxiety disorder may not experience anxiety at all when interacting with society but only when it is necessary to become a leader in a group, speak, compete, or make a speech.

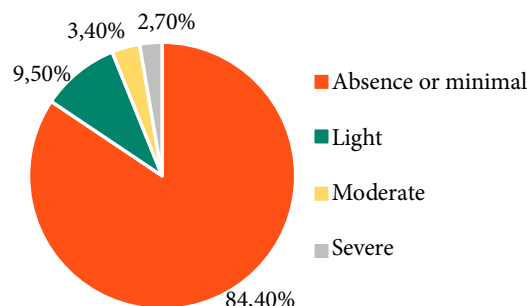


Figure 1. Severity of symptoms of social phobia

Source: Terlizzi and Villarroel (2020)

Social anxiety disorder can appear in late childhood (14-18 years old) and look like normal teenage shyness, fear of interaction with society, etc. Notably, women are more likely to develop social phobia than men, which can be seen at a young age. In the absence of certain treatment and work with a psychologist, social phobia can accompany a person throughout their life, and the symptoms and specific features of the psychological condition can become stronger and more unpleasant with age for the person (Starcevic, 2009).

In addition, people living with their families are at risk of social phobia. According to G. Kastrati *et al.* (2022), some parts of the brain are responsible for fear and anxiety, and genetics can affect the functioning of these parts of the brain. The amygdala is responsible for the expression of fear and aggression, and for species-specific defensive behaviour, and plays a role in the development and retrieval of emotional and fear-related memories. Through additional studies of the body and brain in sociophobes, scientists and psychologists can identify new features of the treatment of mental disorders.

Psychological portrait of a sociopath

A sociopath is a term used to describe a person with a severe form of antisocial personality disorder. Sociopaths do not have a fully functional conscience and tend to manipulate, exploit, or even abuse other people. Other sociopathic traits include charm, impulsivity, poor emotional

control, and a tendency to behave illegally, immorally, or violently (Johnson, 2019).

Sociopaths are people with mental disorders and severe antisocial personality disorder (called ASPD). It is estimated that about 30% of people with ASPD are sociopathic (Johnson, 2019), and these are individuals who have a history of behavioural problems, criminal convictions, aggression or violence towards others, and difficult relationships that manifest in misunderstandings, defensiveness, and conviction of their own opinions. In addition, some sociopaths have narcissistic traits, which makes them particularly dangerous and manipulative. In addition, many people with this trait have drug or alcohol problems and have a pattern of irresponsible or impulsive decision-making that has caused problems in their work, life, and relationships.

Notably, there are 3-5% of sociophobes among the population. In addition, it is noted that about three out of 100 men and one out of 100 women are sociopaths. 70 per cent of all sociopaths are fatherless children, and the rest do not have a father or mother due to divorce. Between 15% and 25% of prisoners demonstrate signs of sociopathy (notably, this data does not go beyond global statistics) (Johnson, 2019).

The signs of a sociopath are not always obvious, especially as some sociopaths have become very adept at deceiving, charming and manipulating others to get what they want (Table 1). Due to this, it can be very difficult to spot a sociopath in your life, especially if they are someone you don't know very well or don't interact with regularly.

Table 1. Sociopathy typology

Types of sociopaths	Additional disorders	Features
Nomadic	Schizoid and avoidant features	Quick to adapt in difficult situations, insightful, impulsive, adventurous
Vicious	Sadistic and paranoid features	Dangerous people, including serial killers, who have malicious, sadistic and cruel intentions and can suspect treason
Greedy	Passive-aggressive features	They can express themselves adversely towards other people; their reaction to the phrases and actions of society is greedy, stingy, and self-serving
Risky	Hysterical features	They can take great risks, pursue dangerous activities, and are characterised by gambling, courage, recklessness
Protector of reputation	Narcissistic features	Reacts vividly to adversity and adverse comments from others, with a desire to be restless and threatening

Source: Allen *et al.* (1971)

Children who do not receive caring attention from their caregivers tend to grow up learning that they must take care of themselves as no one else will. Some children who experience abuse, violence and manipulation from an early age may model this behaviour in their conflict resolution (Frazier *et al.*, 2019).

In addition, research has demonstrated that it is possible to develop sociopathy through trauma or damage to the frontal lobes of the brain, which can occur as a result of head trauma or advanced conditions such as dementia and lead to certain antisocial behaviours (Mendez *et al.*, 2011). People who demonstrate signs of sociopathy do not choose to be “evil”, as in many cases they live with ASPD, a condition that develops as a result of a combination of genetic and environmental factors, including childhood abuse and neglect.

Psychological characteristics of an introvert

Introversion as a psychological preference, or personality trait, is a special characteristic of a person who gets more energy and pleasure when doing any work alone. Introverts usually find common ground with themselves or have a few close friends with a similar worldview, and they can sometimes spend time in small groups of people. Introversion as a concept of personality trait appeared in the works of C. Jung more than 100 years ago. At that time, the psychologist explored the characteristics of introverts as people who use their energy only for themselves and extroverts, on the contrary, as people who give their energy to others (Geyer, 2012).

Introversion is the opposite of extraversion, as extraversion occurs in people whose thoughts are completely opposite to the worldview of introverts. Extroverts can be energised and energised by talking to and interacting with people, thus, they are considered social people, and they can spend time alone with themselves but need it less than introverts. In addition, extroverts can act more quickly and

efficiently in any situation, while people with introversion first think through each step in advance. Therefore, it can be stated that introversion and extraversion are quite different concepts of personality, as there are people who can be completely introverted or extroverted or in between, but it is impossible to belong to both groups simultaneously. Therefore, people can usually identify themselves as either more introverted or more extroverted (Taylor, 2020). As for the specific characteristics that may be inherent in a person with introversion, the following should be mentioned.

Introversion as a positive human characteristic. People can think about introverts adversely and indicate that they may feel uncomfortable in society, feel insecure and awkward around other people, but this opinion is not always true. People with introversion can be happy and have an interesting life, as they are not dependent on others and their opinions, and do not need additional energy from them due to the ability to regulate their emotions and energy independently.

Introversion is difficult to change. Introverts are frequently encouraged to change to be more like other people. However, notably, introversion is practically the main character trait of a person, thus, an introvert will do nothing to conform to the standards of society and will most likely remain themselves.

Introverts are sociable and outgoing. Some introverts can be full-fledged leaders, responsible for setting the mood and establishing warm relationships between people in the group. Thus, contrary to extroverts, introverts cannot be in the spotlight for a long time, but they know the extent and limits of this.

The cause of introversion and other personality characteristics has no clear answer. Jung believed that a person did not choose their personality, but instead there was an interaction of biological and unconscious factors (Geyer, 2012). Table 2 presents the characteristics of a person with introverted traits.

Table 2. Characteristic features of introversion in humans

Main features	Positive qualities	Forms of maladjustment
Difficulty in socialising Emotional coldness Communicating with older people Low physical and intellectual activity	Cold mind A knack for thinking outside the box Passion Ability to work independently Analytical skills	Antisocial behaviour Fighting for justice Designing fantasies

Source: Tuovinen *et al.* (2020)

The thinking of a modern person may indicate a difference in the brains of introverts and extroverts, namely, primarily through blood flow and neurotransmitters in particular places. Such theory arose from a study that demonstrated that extroverts can rest at a lower level of arousal, which indicates the need to receive energy from others, as this would make extroverts feel better. Therewith, introverts have a higher level of arousal, which indicates the possibility of overload when relaxing in a group of people (Geyer, 2012; Dong *et al.*, 2022).

Brain scans may indicate that the amygdala and the adjacent nucleus accumbens play a role in introversion. These parts of the brain are responsible for emotions and reinforcing a stable level of behaviour through the action of a chemical in the brain, namely dopamine. Extroverts can experience a large influx of dopamine when meeting new people, which is not the case with introverts. It could indicate that being introverted or extroverted is a birth trait (Miller *et al.*, 2020), rather than being conditioned by childhood trauma, family problems, or other individual factors.

DISCUSSION

Based on the study, it may seem that the concepts of socio-phobia, sociopathy and introversion have similarities, as they relate to a person's individuality and a particular altered image and sense of society. However, it is not. Yu.Yu. Chystovska *et al.* (2019) indicated that due to anxiety, a person's mental state changes and can develop from ordinary stress to a potential problem or disease, such as social phobia, addiction, depression, the pathogenesis of somatic disorders, etc. In addition, it is emphasised that social phobia can occur in different degrees of severity and manifest itself in different ways, and the only reliable way to cure social phobia or improve a person's psychological state is to work with the family and establish harmonious relationships between its members. Notably, social phobia can have different characteristics and severity depending on the person's personality and character, but in general, the symptoms of social anxiety disorder are the same for all people, otherwise, there is a possibility that the person has a different mental feature. The family can indeed be a good treatment for a sociophobe, but to completely solve the problem and identify the causes of its occurrence, it is necessary to conduct therapy with a psychologist who can help a person on a professional level.

Moskovchenko (2016) noted that anxiety can be perceived by a person to varying degrees, depending on their worldview, self-esteem, and relationships with others and parents. According to the research, delinquent adolescents tended to tolerate possible doubts, fear and anxiety more easily, while the normative group was more vulnerable, which once again demonstrates the possibility of different feelings of anxiety and manifestations of sociophobia. It is true, as most people with social phobia experience it in a mild form, while some can experience it moderately, and others have severe social phobia, which is influenced by external factors and the person's general well-being. In addition, the subject of socio-phobia was considered by S.U. Ibragimov (2022), noted that people with severe social phobia may have suicidal tendencies and thoughts, which indicates the need for psychological assistance to a person. Notably, it is possible, but suicidal tendencies may not always occur only in people with severe social phobia, as this factor may depend on the influence of the environment, self-esteem and self-respect.

Regarding sociopathy, L.E. Christie (2020), analysing the character of murderers, wrote that most of them had developed a feature of sociopathy, namely maliciousness when a person can harm others, can be cruel and react sharply to adverse actions against them. However, this process is curable and can be stopped, and with psychiatric treatment at an early stage of sociopathy, further development of sadistic tendencies should not occur. In addition, M. Johnson (2021) examined sociopathy, namely, she separated this concept from psychopathy and autism, as these features of the human mental state were previously identified and confused. However, the identification of

the difference between the concepts allowed for providing a clear description of sociopathy and indicating that, unlike psychopathy and autism, sociopathy is a less problematic psychological illness that can be worked on together with a psychologist without additional medication. The author's opinion can be agreed with, as sociopathy is not such a serious diagnosis compared to other psychological disorders, but it can develop into a more complex form or even more serious psychological problems. With the timely intervention of a psychologist, sociopathy can take on mild forms, and with intensive therapy, this psychological state will cease to occupy a significant part of the human mind.

The subject of introversion was considered by M. Loppies *et al.* (2020), who noted that introversion can affect a person's learning process, complicating it due to problems in work and contact with society. Thus, problems in the educational process may arise, but introverts may not fully affect the development of a person, since, as indicated in the study, introverts are distinguished by the qualities of non-standard thinking, high productivity when working independently, and a cold mind that can set a person up for results, despite the possible opinions of others. D. Petric (2022) indicated in her study that an introvert, contrary to their position, can lead a group, establish companies, actively participate in social projects, and speak in public, which is typical of an extrovert. It is indeed possible when an introverted person is ready to expand their capabilities and leave their comfort zone, but not every introvert may be capable of such steps. If a person wants to do this, but cannot overcome themselves and their will, then it is worth working with a psychologist who will help to correct the situation and help them achieve their purpose.

Summarising the study and researchers' opinions on the differences between the psychological portraits of a sociophobe, sociopath and introvert, it can be stated that, in general, scientists consider the difference between the concepts, focusing on the main characteristics of each psychological feature. The research has demonstrated that the differences between sociophobia, sociopathy and introversion are quite significant, which excludes the possibility of combining the concepts into a single unit since the areas of features are quite different and individual. The subject can be further explored by analysing the manifestation of psychological traits at different ages, exploring possible ways in which psychological features such as sociophobia and sociopathy can arise in a person, and how introversion is born in a person, which can help to further discover new ways to solve psychological problems. In addition, it is possible to establish the specific features of the influence of psychological traits on a person's mental health and general well-being to improve the manifestations of sociophobia, sociopathy and introversion and to analyse which features of society influence the emergence of anxiety, fear, discomfort and other human conditions on the emergence of these factors and their manifestations.

CONCLUSIONS

Based on the results of the research, it can be concluded that the concepts of sociophobe, sociopath and introvert do have common features, including a person's "immersion" in themselves, distorted perception of the world and society around them, adverse feelings in society, etc. However, they have differences that distinguish them and make the concept of human features different. These differences include the following statements.

1. Sociophobes most frequently do not like to appear in public, be a leader, or spend time in a large company. In crowded places, a sociophobe may experience fear, panic, and anxiety, which puts them in an uncomfortable position. In addition, sociophobia is an acquired character trait that occurs with human development.

2. Sociopaths generally do not like strangers, considering them alien, mean, and evil. In society, a sociopath may experience panic, anger, and aggression towards others. In addition, sociopathy appears with the development of a person, mainly due to traumas associated with the influence of society on a person.

3. Introverts feel uncomfortable with other people, especially with a large group of people, avoid public speaking and do not like to draw attention to themselves. Introverts may experience panic and fear in society or when talking to people. Introversion is an innate character trait that a person receives at birth.

In addition, it can be stated that the people who have these portraits can be radically different, and the work of these people with a psychologist can have different nature and other features in the way they conduct conversations, solve problems, overcome complexes, etc. The main results of the research are to identify the features inherent in the

psychological portrait of a sociopath, sociophobe and introvert, namely: sociopathy and sociophobia differ from introversion in that they are not components of a healthy human psyche; sociopaths are characterised by a complete disregard for the country's legislative provisions, moral and social standards; sociophobes have a characteristically pronounced behaviour in society, through which they can demonstrate certain emotions and feelings; introverts are characterised by behaviour associated with the inner world of a person, namely, a person relies only on themselves, without regard to the opinions of society.

Further development of the subject of establishing the differences between the psychological portraits of a sociophobe, sociopath and introvert can be continued by conducting a study that can demonstrate the characteristics of a person with the traits of sociophobia, sociopathy and introvert separately from each other to provide more specific explanations for the behaviour of people with these psychological traits. In addition, it is possible to track how these traits manifest themselves and affect a person's life in society at different ages, namely: children, adolescents, adults aged 18-25, adults aged 25-45, and people over 45. It is possible to analyse the specific features of the emergence of these traits, what influences their rooting in the psychology of each person and how to avoid a strong influence of traits on the behaviour, state and social life of people with sociophobia, sociopathy and introverts.

ACKNOWLEDGEMENTS

None.

CONFLICT OF INTEREST

None.

REFERENCES

- [1] Allen, H., Lindner, L., Goldman, H., & Dinitz, S. (1971). [Hostile and simple sociopaths: An empirical typology](#). *Criminology*, 9(1), 27-47.
- [2] Christie, L.E. (2020). Psychopaths, sociopaths and the psychotic mind. In C. Bloom (Ed.), *The Palgrave handbook of contemporary Gothic* (pp. 467-484). Cham: Palgrave Macmillan. [doi: 10.1007/978-3-030-33136-8_28](#).
- [3] Chystovska, Yu.Yu., Kharchenko, T.H., & Zhurakhivskiy, I.O. (2019). Features of the onset and course of anxiety disorders and their psychotherapy. *Theory and Practice of Modern Psychology*, 6 (Vol. 1), 117-120. [doi: 10.32840/2663-6026.2019.6-1.24](#).
- [4] Dong, J., Xiao, T., Xu, Q., Liang, F., Gu, S., Wang, F., & Huang, J. (2022). Anxious personality traits: Perspectives from basic emotions and neurotransmitters. *Brain Sciences*, 12(9), article number 1141. [doi: 10.3390/brainsci12091141](#).
- [5] Frazier, A., Ferreira, P.A., & Gonzales, J.E. (2019). Born this way? A review of neurobiological and environmental evidence for the etiology of psychopathy. *Personality Neuroscience*, 2, article number e8. [doi: 10.1017/pen.2019.7](#).
- [6] Geyer, P. (2012). Extraversion – introversion: What C.G. Jung meant and how contemporaries responded. In *AusAPT Biennial Conference*. Melbourne. Retrived from https://www.researchgate.net/publication/264782791_Extraversion_-_Introversion_what_CG_Jung_meant_and_how_contemporaries_responded.
- [7] Ibragimov, S.U. (2022). Sociophobia as a common problem of modern society. [Sectoral research XXI: Characteristics and features: Collection of scientific papers "SCIENTIA" with proceedings of the III International scientific and theoretical conference](#) (Vol. 3; pp. 70-72). Chicago: European Scientific Platform.
- [8] Johnson, M. (2021). Psychopath, sociopath, or autistic: Labeling and framing the brilliance of Sherlock Holmes. In M. Johnson, & C. Olson (Eds.), *Normalizing mental illness and neurodiversity in entertainment media: Quieting the madness* (pp. 83-95). London: Routledge. [doi: 10.4324/9781003011668](#).
- [9] Johnson, S.A. (2019). Understanding the violent personality: Antisocial personality disorder, psychopathy, & sociopathy explored. *Forensic Research & Criminology International Journal*, 7(2), 76-88. [doi: 10.15406/frcij.2019.07.00267](#).
- [10] Kastrati, G., Rosen, J., Fredkinsin, M., Chem, X., Kuja-Halkola, R., Larsson, H., Jensen, K., & Ahs, F. (2022). Correction: Genetic influences on central and peripheral nervous system activity during fear conditioning. *Translational Psychiatry*, 12, article number 95. [doi: 10.1038/s41398-022-01964-4](#).

- [11] Kim, S.S.Y., Liu, M., Qiao, A., & Miller, L.C. (2022). "I want to be alone, but I don't want to be lonely": Uncertainty management regarding social situations among college students with social anxiety disorder. *Health Communication*, 37(13), 1650-1660. doi: [10.1080/10410236.2021.1912890](https://doi.org/10.1080/10410236.2021.1912890).
- [12] Loppies, M., Badrujaman, A., & Sarkadi. (2020). Profile of extrovert and introvert personality and the implications in problem based history learning. *Social, Humanities, and Educational Studies (SHEs): Conference Series*, 3(2), 221-232. doi: [10.20961/shes.v3i2.46243](https://doi.org/10.20961/shes.v3i2.46243).
- [13] Mendez, M.F., Shapira, J.S., & Saul, R.E. (2011). The spectrum of sociopathy in dementia. *The Journal of Neuropsychiatry and Clinical Neurosciences*, 23(2), 132-140. doi: [10.1176/jnp.23.2.jnp132](https://doi.org/10.1176/jnp.23.2.jnp132).
- [14] Miller, J.R., Cheung, A., Novilla, L.K., & Crandall, A. (2020). Childhood experiences and adult health: The moderating effects of temperament. *Heliyon*, 6(5), article number e03927. doi: [10.1016/j.heliyon.2020.e03927](https://doi.org/10.1016/j.heliyon.2020.e03927).
- [15] Moskovchenko, V.V. (2016). [Features of social anxiety and social phobia within delinquent adolescents](#). *Law and Safety*, 2, 129-134.
- [16] National Institute of Mental Health. (2022). *Social anxiety disorder: More than just shyness*. Retrieved from <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/social-anxiety-disorder-more-than-just-shyness/social-anxiety-disorder-more-than-just-shyness.pdf>.
- [17] Petric, D. (2022). The introvert-ambivert-extrovert spectrum. *Open Journal of Medical Psychology*, 11, 103-111. doi: [10.4236/ojmp.2022.113008](https://doi.org/10.4236/ojmp.2022.113008).
- [18] Shiraev, E.B., & Levy, D.A. (2020). *Cross-cultural psychology: Critical thinking and contemporary applications* (7th ed.). Abingdon: Routledge. doi: [10.4324/9780429244261](https://doi.org/10.4324/9780429244261).
- [19] Starcevic, V. (2009). Social anxiety disorder (social phobia). In *Anxiety disorders in adults: A clinical guide* (2nd ed.; pp. 150-200). Oxford: Oxford University Press. doi: [10.1093/oso/9780195369250.003.0008](https://doi.org/10.1093/oso/9780195369250.003.0008).
- [20] Taylor, M. (2020). Personality styles: Why they matter in the workplace. *Economic Alternatives*, 1, 148-163. doi: [10.37075/EA.2020.1.08](https://doi.org/10.37075/EA.2020.1.08).
- [21] Terlizzi, E.P., & Villarroel, M.A. (2020). Symptoms of generalized anxiety disorder among adults: United States, 2019. *NCHS Data Brief*, 378. Retrieved from <https://www.cdc.gov/nchs/data/databriefs/db378-H.pdf>.
- [22] Tuovinen, S., Tang, X., & Salmela-Aro, K. (2020). Introversion and social engagement: Scale validation, their interaction, and positive association with self-esteem. *Frontiers in Psychology*, 11, article number 590748. doi: [10.3389/fpsyg.2020.590748](https://doi.org/10.3389/fpsyg.2020.590748).

Ліана Вікторівна Спицька

Доктор психологічних наук, кандидат юридичних наук, професор
 Східноукраїнський національний університет імені Володимира Даля
 01042, вул. Іоанна Павла II, 17, м. Київ, Україна
<https://orcid.org/0000-0002-9004-727X>

Відмінності в психологічному портреті соціопата, соціофоба та інтроверта

Анотація. Актуальність досліджуваної проблеми полягає у необхідності виділити конкретні відмінності в психологічних портретах соціопата, соціофоба та інтроверта для чіткого розрізнення схожих на перший погляд понять. Мета наукової статті – деталізувати особливості психічних станів людини, встановити диференційні характеристики соціопата, соціофоба та інтроверта, а також виокремити кожен із цих станів як окрему незалежну складову частину людської психіки. Для отримання необхідних результатів використано статистичний та аналітичний методи. Розглянуто основні маркери поведінки соціофоба та наголошено на тому, що вони можуть проявлятися з різною інтенсивністю залежно від тяжкості симптомів соціофобії. Представлено психологічний портрет соціопата та визначено типологію соціопатії. З'ясовано основні особливості інтроверсивної особистості, розглянуто переваги, якими володіють інтроверти, якщо порівнювати їх з екстравертами, та основні форми їхньої дезадаптації. Виділено конкретні рамки кожного досліджуваного поняття та вказано відмінності між ними. Обґрунтовано, що інтроверсія з'являється в людини від народження та пов'язана з особливостями будови головного мозку, а соціопатія та соціофобія набуваються впродовж життя внаслідок психологічних та фізіологічних травм. Виявлено, що соціофоб та соціопат відрізняються психологічними характеристиками, адже соціофоб побоюється людей, а соціопат ненавидить людей. Доведено, що, на відміну від соціофобії та соціопатії, інтроверсія – це не психічний розлад, а елемент саме здорової психіки. Практичне значення дослідження полягає у тому, що його результати допоможуть виокремити психологічні стани людини, чіткіше зрозуміти та диференціювати аналізовані поняття, попередньо визначити власний психологічний стан, встановити конкретні рамки для спрощеного висновку психолога, а також визначити важливі деталі та особливості проявів соціопата, соціофоба та інтроверта

Ключові слова: соціум; ментальне здоров'я; психіка; особистість; психологічна особливість; психічний розлад; фобія