Factors Influencing the Formation of Antisocial Personality Disorder and Intervention Measures

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Abstract. With the improvement of people's material living standards, people's attention to health has expanded from the original physical level to the psychological level. Since entering the 21st century, people have more and more problems on the psychological level. Normally, people with mental illnesses such as depression and anxiety only harm themselves, but for people with antisocial personality disorder, they affect not only themselves, but the whole society. In order to alleviate the social problems caused by antisocial personality disorder, it is necessary to understand the causes of the formation of antisocial personality disorder and formulate corresponding countermeasures according to these reasons. At present, there are many researches on ASPD, and the research content of this paper is to comprehensively elaborate the literature content on ASPD, and then get a general understanding of the formation and solution of ASPD. Based on the analysis of previous literatures on ASPD, and combined with the current social reality, this paper discusses the causes and countermeasures of ASPD. This study finds that the main causes of ASPD in adolescents are childhood trauma, physical problems, and the overall social environment. As for the solution, there are mainly empathy training and psychological nursing intervention. Based on this study, the final conclusion is that people should pay attention to the growth process of adolescents, create a more favorable growth environment for adolescents, and provide training and nursing treatment support for adolescents who have ASPD.

1 Introduction

Humans live in groups and benefit from it. When researchers talk about human beings, they are actually talking about individuals in society. Human beings depend on society to survive, and society also develops because of the aggregation of human beings. Therefore, the development of society almost determines the fate of human beings, and human beings also affect the direction of society. However, in recent years, there have been more and more terrorists in our society. And the study found that these terrorists have different degrees of antisocial personality disorder symptoms. In addition, children will also have signs of antisocial personality disorder as they grow up. Solving the ASPD problem can be conducive to social harmony and stability, and then promote the overall development of society [1]. Therefore, based on this social background, this paper studies the formation factors and solutions of ASPD.

In 2023, a number of riots broke out across the globe. On June 28, 2023, violence broke out in France against city halls, police stations, and schools. On August 4, 2023, a large crowd gathered in New York's Union Square, and there were also violent incidents at the scene [2]. In August 2023, a number of South Korean media received an email warning of an attack from terrorists. In the email, the terrorists said they would randomly kill people in densely populated areas and would bomb the Seoul City Government building on Singles Day [3]. All these problems are related to ASPD. The research of this paper will be able to reveal the deep-seated reasons of the criminal psychology of these terrorists, and put forward targeted solutions based on these reasons. It is hoped that through the research of this paper, the essential reasons for ASPD can be dug out, and the strategies with practical significance can be put forward, so as to provide theoretical reference for the construction of a harmonious society.

2 Introduction to ASPD concepts and basic features

2.1 Introduction to ASPD concepts

ASPD is a kind of mental illness, and people with such personality traits are often characterized by a mean personality and lack of emotion. Individuals with ASPD traits tend to behave in ways that are not in line with social standards[4]. In addition, they tend to take an indifferent attitude toward social events, and they will harm the interests of others for their own personal gain or to alleviate their own feelings of insecurity. Most individuals with

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ASPD traits are thought to be naturally heartless, lacking in conscience, and cold-blooded. The reason why they are given this evaluation is that ordinary people generally feel guilty and regret after committing a crime, and they feel at peace [4].

2.2 Basic features of ASPD

Usually, determining whether a person has ASPD doesn't happen until the person is 15 years old. In terms of diagnostic criteria, the content described in the American Diagnostic Manual of Mental Disorders is commonly used [5]. According to the United States Authority, a person can be preliminarily diagnosed with ASPD when three or more of the following seven conditions are met.

The following are the main characteristics of ASPD:

• Has difficulty complying with the general rules of society, and has committed illegal acts, or even been detained or committed a crime;

• Love to lie as a pleasure, and good at impersonating personal identity, and even by some reason to deceive others property;

• Do things impulsively, without thinking, will be anxious for the result;

• Have a more violent temper, and even have a violent tendency;

• Often because of doing things too rash, resulting in their own personal safety and others are threatened;

• Can not persevere to do one thing, do not have a basic sense of responsibility, and it is difficult to face their own work with an unswerving attitude;

• Does not engage in self-reflection or even justifies bad behavior after making a mistake.

It is important to note that ASPD is often confused with adolescent rebellion, so a definitive diagnosis cannot be made until an individual reaches the age of 18. Of course, there are also adolescents who meet the diagnostic criteria under the age of 15, and although these individuals cannot be considered ASPD, they have developed moral and behavioral deviations, so they are considered to be predisposed to developing ASPD. In addition, people with schizophrenia and manic depression are also likely to be considered to have antisocial tendencies [6].

3 Influencing factors of ASPD formation

3.1 Research on childhood trauma and the formation of ASPD

Tang Songya et al. mentioned that childhood trauma will become a risk factor for the development of ASPD. The main method of this research paper is literature research. The authors summarized recent articles on the influencing factors of ASPD, and then found that the most important influencing factor of ASPD was the trauma suffered by individuals in childhood [7]. According to the literature, when individuals suffer from childhood abuse, they will instinctively separate their feelings from what happened to them, and the individual will gradually lose their feelings. Later, the individual becomes callous and heartless, which gradually develops into ASPD.

Zhang Jianren et al. mentioned that childhood abuse experience has a significant relationship with the formation of ASPD in college students. Among them, the absence of paternal love and maternal love, the mother's angry behavior, as well as mental and physical torture and other experiences play a major role in the transmission [8]. The main method adopted in this research paper is a questionnaire survey. The authors conducted a questionnaire survey among 1900 college students from 7 universities, and conducted a significance analysis after processing the survey data, and finally reached the above discussed results.

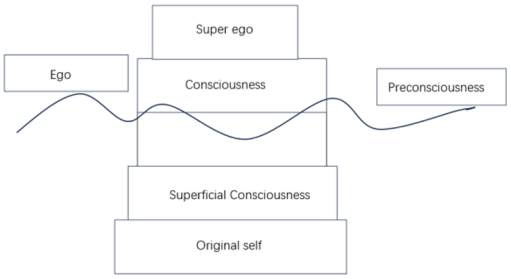

Fig. 1. Iceberg theory (Photo/Picture credit: Original)

According to the iceberg theory, people with ASPD traits often carry a lot of bad factors deep in their consciousness, and these factors are precisely formed during childhood and growing up (See Figure 1).

The main method used in the first paper is the literature research method, which has the advantage of more efficient research. However, this research method can only be a qualitative analysis, and the conclusion lacks scientific data support. The main analysis method used in the second paper is a questionnaire survey, and the main research object of the second paper is college students, and the significance analysis is adopted, so it is more scientific. However, the sample of the second paper is too small, and the conclusion may have a large deviation.

3.2 Studies on physiological factors and the formation of ASPD

Liu Yuping et al. mentioned that the formation of ASPD is influenced by genetic and environmental factors, and is manifested by disorders of neurotransmitter and hormone systems, as well as abnormalities in autonomic nervous system activity and brain structure and function . These neurobiological factors may lead to executive control disorder, emotional dysfunction, disregard for punishment information, and reward preference in patients with ASPD. As shown in Figure 2, The expression levels of oxytocin and oxytocin receptor protein in patients with ASPD were lower than those in healthy controls. This means that the amygdala activation level is abnormally elevated, and the prefrontal cortex is difficult to play a regulatory role, which

makes patients prone to emotional disorders, high sensitivity and other behaviors [9].

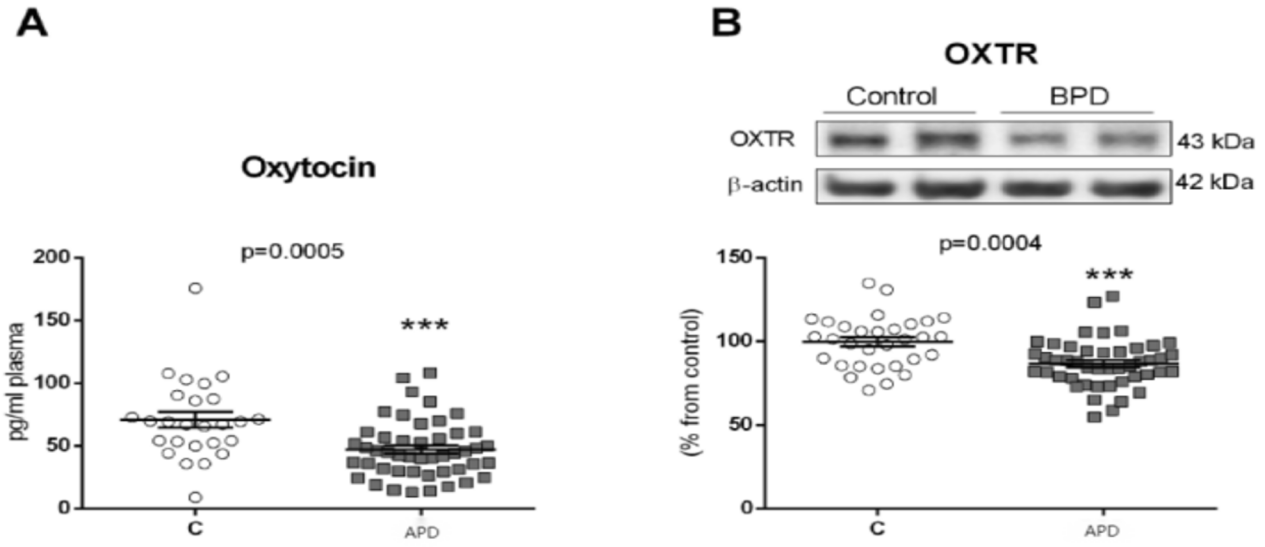

Fig. 2. APD and Oxytocin Receptor [9]

Hu Xia et al. mentioned that adolescent antisocial personality disorder has biological genetic characteristics and is closely related to environmental factors, so it is of great significance to study antisocial personality disorder from the aspects of biogenetics and environment to reduce juvenile delinquency and social harm. Specifically, the formation of ASPD in individuals is usually related to the expression of SLC6A4 genes, TPH genes, and MAOA genes. In addition, the formation of ASPD in individuals is also related to genetic variation caused by acquired environmental changes [10].

The methods used in the above two literatures are literature research. It is important to note that the first literature combines neurology and law, which opens up new possibilities for the application of neurology. The second paper combines ASPD with biomedicine, which makes the formation of ASPD have medical support. However, in the process of research, the two literatures are not explained in combination with specific cases, and the scope of the research is large. Therefore, if the research is to have more practical value, it needs to be further analyzed in combination with specific cases.

3.3 Other influencing factors

In addition to the above two categories of influencing factors, the formation of ASPD is also related to the overall social environment [11]. When there is a lack of social stability and when the market appears chaotic, individuals tend to form ASPD. Of course, sometimes individuals engage in antisocial activities because of the herd mentality [12]. At this point, although the individual does not have ASPD, the individual still has ASPD representations. In fact, there is also a major correlation between ASPD and social employment rate. When the employment rate of the whole society is high, the whole society is relatively stable, and the incidence rate of ASPD is greatly reduced [13].

4. Research on intervention methods of ASPD

4.1 Methods based on empathy training

Zhao Chunxiao et al. systematically sorted out the characteristics of emotion regulation in groups with antisocial personality disorder from the perspectives of empathy and alexitymia, and analyzed the formation path of ASPD from three aspects: physiological, psychological and social factors. Studies have found that when individuals suffer psychological trauma, brain areas such as the amygdala, orbitofrontal lobe and prefrontal lobe will be damaged to varying degrees, which will affect the formation and development of empathy ability. The lack of empathy is often the most intuitive reason for individuals to gradually develop into ASPD [14]. Therefore, empathy training should be used to regulate the emotions of patients with ASPD, so as to gradually achieve effective intervention for ASPD.

4.2 Methods based on psychological nursing intervention

Gao Li through the method of comparative clinical trials, to explore the nursing intervention methods of ASPD. The authors selected 50 individuals with ASPD, 27 of whom were male and 23 of whom were female, and divided them into experimental and control groups. For the control group, the authors used routine care. For the experimental group, however, the authors used specific psychological care interventions, including the use of cognitive behavioral therapy, health advocacy, and positive emotional feedback. The results showed that the

experimental group was significantly better than the control group in terms of anger value and stimulation threshold. In addition, nursing satisfaction was nearly 50 percent higher in the experimental group than in the control group [15]. It can be seen that appropriate psychological nursing interventions can effectively regulate the ASPD status of patients.

5 Discussion and suggestion

5.1 Discussion

ASPD has increasingly become the main issue concerned by the international academic community, and the impact of this issue on the society is also increasing. This paper takes ASPD as the research object, focusing on the formation mechanism and countermeasures of ASPD. In the study of the associated factors of ASPD, it is widely believed that the development of this psychopathy is influenced by childhood trauma and physiological factors. Under normal circumstances, to study this kind of problem, the literature research method and the investigation method are generally adopted. However, neither of these two research methods has strong practical guiding significance. Because, when solving the social problems of ASPD, it is necessary to start from specific cases, and then carry out in-depth analysis according to specific situations, and then propose solutions that are more suitable for individuals. Of course, ASPD is a social problem, and to solve this problem fundamentally, people need to establish a unique social culture.

5.2 Suggestion

5.2.1 Creating a happy childhood for children

At this stage, more and more teenagers have ASPD problems, and when researchers trace the cause, they will find that it is actually closely related to their childhood. In children's childhood, the biggest influence on the child is the parents. However, many parents do not realize their responsibilities and obligations. In the opinion of most parents, letting their children perform better than other children is love for their children. Even, some parents do not fulfill their responsibilities and obligations as parents. They not only abandon their children, but also transfer the pressure of survival given by society to their children, which leads to their children's psychological trauma in childhood. Therefore, parents should give their children a happier childhood.

5.2.2 Establishing a harmonious environment

In the school, there are all kinds of students. Some students will study consciously and will actively participate in various activities, while others will face it negatively. Schools often respond by praising positive students and criticizing poor ones. The result of this is that the students who are criticized are distorted in their hearts and then engage in some anti-social behaviors. The school needs to find a way for everyone in the school to find what they want to do, and let them show their unique side, rather than making every student strive in one direction.

5.2.3 Using psychological nursing intervention to intervene

As a kind of mental illness, ASPD can be solved by means of psychological nursing intervention. Although families and schools can play a role in preventing the development of ASPD. However, in the face of existing ASPD, a specific medical approach is required. At present, there have been successful clinical experience to prove that psychological intervention is feasible. Therefore, for individuals with ASPD, behavioral cognitive therapy, health advocacy, and positive emotional feedback can be used to adjust.

6 Conclusion

To sum up, ASPD is a social problem that needs to be solved urgently, and in the current stage, more and more researchers are working on this aspect of research. This paper analyzes the factors related to the formation of ASPD and the countermeasures through literature research. In addition, this paper concludes that the main formative factors of ASPD are childhood trauma and physiological problems. In terms of childhood trauma, the absence of paternal and maternal love, incorrect parenting styles of parents, maternal anger, and other injuries have been associated with ASPD. In terms of physiology, gene expression, cerebral cortex damage, and environmental pollution can all lead to anti-social tendencies of individuals, which leads to the production of ASPD. In the research process of this paper, more of the literatures selected adopted qualitative research methods, while fewer adopted quantitative research, which makes the research of this paper lack of scientific. In the next stage, the direction of further research in this paper will be to launch a deeper discussion on ASPD issues from specific cases of specific groups of people.

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