

Rorschach Coping Deficit Syndrome

----- Original Message ----- From: James h. waters PhD

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Subject: Re: [PED-NPSY] Non-Verbal Learning Disorder

I hate to bring this up (again) but there is actually a fairly well defined syndrome identified on the Rorschach called Coping Deficit Syndrome, which indicates inadequate resources for solving problems in living, tolerating stress, handling everyday demands of living, and managing relationships comfortably and effectively. It was based upon patients who scored positive for depression but did not seem to respond to antidepressants or quite fit the usual diagnostic criteria, especially in the neuro-vegetative or “endogenous” realm.

Such people are quite prone to depressive-like experiences just from not getting enough rewards in living - because they are “inadequate.” Some people refer to it as the “Sad Sack” syndrome after a comic strip character who was glum and inept.

The Coping Deficit Syndrome does identify people who just seem to be socially inept. They can't solve problems involving emotional or interpersonal conflict because they don't think things through and have trouble expressing their feelings.

There isn't anything positively wrong with them, except they are “inadequate.” They are not necessarily unattached nor are they schizoid. Personality Disorder, NOS (301.9), with inadequate features is a diagnosis given when the symptoms appear in the context of having to rule out most Axis I disorders or brain-related problems.

Putatively, they might respond to specific interventions designed to improve personal problem solving, social skill, and stress tolerance.

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