A psychological analysis of Donald Trump (pp. 227-249)

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The election of Donald Trump as president of the United States has elicited numerous opinions from mental health professionals, both in the media and in specialized magazines. Many of these observers assert that Trump clearly exhibits a Narcissistic Personality Disorder (NPD). This article attempts to draw links between each of the DSM-5 NPD diagnostic criteria and Donald Trump's typical behavioral patterns. However, this is not an attempt to offer a clinical diagnosis of the current occupant of the White House. That would require a personal clinical interview and other procedures. This discussion has a dual purpose: it can serve to develop a better understanding of the statements/tweets, actions, and policies of a man who is often characterized as erratic and unpredictable. Secondly, for professionals interested in the field of NPD, it takes a close look at Trump's behavioral patterns that are illustrative of the DSM-5 criteria for the NPD. Finally, it is argued that some other typical Trump's behaviors could be added to a new prototypical description of the NPD.