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If you think you or someone you care about may be suffering from a narcissistic personality disorder or any other mental health condition, PsyCom.net strongly recommend that you seek help from a mental health professional in order to get proper diagnosis and support. For those who are in crisis, we have compiled a list of resources (some even offer free or cheap support), where you can find additional help at: [http://www.psycom.net](#). This test is also available in the following languages: Narcissism is one of the oldest and most written features of psychology. This test, Narcissistic Personality Inventory (NPI), is one of the most classic and widely used tests in psychology. The test is designed to assess subclinical narcissism in the general population. This means that the test cannot be used to diagnose narcissistic personality disorder (NPD) and someone who gets the highest possible result in this test does not necessarily have an NPD. For each of the following questions, select the statement that suits you best. Narcissistic Personality Inventory (NPI) is the property of Robert Raskin, Howard Terry and Calvin S. Hall. It is used under a research license from IDR Labs International. While the aim is to assess the features of subclinical narcissistic traits, NPI should not be used to diagnose narcissistic personality disorder (NPD) or be confused with a pattern of five factors or the dark triad system of personality. Narcissistic Personality Inventory (NPI) is the property of Robert Raskin, Howard Terry and Calvin S. Hall. It is used under a research license from IDR Labs International. Illustrations and non-item text are the property of IDR Labs International. The limit of American adult narcissism was taken from Drew Pinsky and Mark Young: Mirror Effect: How Celebrity Narcissism Is Seducing America (Harper Collins 2009). The boundary of American presidents was taken from Watts, Lilienfeld, Smith, Miller, Campbell, Waldman, Rubenzer and Faschingbauer: A double-edged sword of grandiose narcissism: consequences of successful and unsuccessful leadership among the US Presidents (Psychological Science Journal 2013 Dec;24(12):2379-89) and R.J. Deluga: Relations between the American President's charismatic leadership, narcissism, and rated performance (The Leadership Quarterly Journal Volume 8, Issue 1, 1997, Pages 49-65). The threshold for reality TV stars was taken from W.K. Campbell, professor of psychology at the University of Georgia and author of The Narcissism Epidemic: Life in the Right Age (Atria Books (2010)). The authors of this online personality test are certified using multiple personality tests and have professionally worked with typology and personality testing. Our online Narcissistic Personality Inventory (NPI) personality test results are presented as is, and should not be interpreted as providing professional or certified advice of any kind. For more information about our consult our terms of service. Narcissistic personality disorder is a mental state where a person has an insatiable need for admiration and an increased sense of self-importance. Narcissists consider themselves superior and are entitled to preferential treatment. They take little account of other people's feelings and often use others to achieve their goals. Individuals with this condition constantly overestimate their abilities and exaggerate their achievements. They are often perceived as demanding and praised. In addition, they are convinced that others value them and are often surprised when people do not recognize their efforts and achievements. But behind this mask of high confidence lies a fragile image, vulnerable to the slightest form of criticism. Narcissistic personality disorder occurs more often in men and affects almost 1% of the population. As with any other personality disorder, the symptoms of narcissism usually decrease over time. Because narcissism is characterized by dramatic, emotional behavior, most experts include it in the same category with antisocial, histrionic and borderline personality disorder. To manage this condition, mental health professionals recommend individual and group treatment. Narcissistic personality disorder is characterized by a series of emotional and behavioral symptoms such as: Grandiosity Increased sense of self-esteem and self-esteem Tendency to exaggerate talents and achievements The constant need for attention and admiration for selfish goals and ideals Inability to tolerate criticism and constructive feedback Constant acidity of beauty, power, success and glory Envy other people's achievements Inability to forgive and forget other people's transgressions Feelings of inner emptiness and emotional numbness Tendency to create superficial friendship Worries sexual performance Because people with narcissistic personality disorder display a ubiquitous pattern of arrogance Right, and greatness, there is a chance that some of them may develop manic episodes. In addition, their fragile image and inability to tolerate criticism makes them vulnerable to problems such as depression, social anxiety and addiction. Like any other pathological personality, narcissistic personality disorder requires long-term therapeutic intervention. Medications While experts recommend psychotherapy for people with narcissistic personality disorder, there are situations where medications may also be needed. There is no specific treatment for this condition, but if a person exhibits symptoms of anxiety, depression, or other conditions, medications may be helpful. Psychotherapy Since personality traits are quite difficult to change, therapy can take several years. This may sound like a long time, but getting rid of dysfunctional thinking patterns and problematic behavior doesn't happen overnight. Short-term - often focused around cognitive behavioral therapy (CBT) - for narcissistic personality disorder usually focus on commonly occurring conditions like alcohol/drug addiction, low self-confidence, depression, and shame. Long-term goals gravitate around reshaping the client's personality so that their inflated self-image will turn into something more reasonable. Psychotherapy can help narcissists communicate better with others and cultivate meaningful relationships. It can also be a source of valuable insights as customers learn to identify painful emotions, avoid unhealthy overcoming strategies and resist their vulnerability. Mental health problems are real, common and curable. According to the National Mental Illness Alliance (NAMI), 1 in 5 adults suffer from mental illness and 20% of them are considered serious. 17% of 6-17 year olds experience mental health problems. So the first thing to remember is this: You are not alone. If you feel you are suffering from mental illness, and especially if these issues prevent you from living a lifetime or feeling yourself, you may want to consider professional help that can make a huge difference. And to be clear, you don't need to be going through a crisis to justify getting help. In fact, it can be useful from a treatment perspective to identify and solve problems early and before they have a significant impact on your life. In any case, you should feel encouraged and able to seek help, but you feel it. Mental health professionals, for example, a licensed therapist can help in a variety of ways, including: Help you determine where, when, and how to deal with problems Develop coping strategies for specific symptoms and problems Promote resilience and self-control Identify and change negative behaviors Identify and promote positive behaviors Cure pain from past trauma Find out where, and knee points Create self-confidence treatment mental health issues, and psychotherapy (sometimes known as talk) therapy especially helps people feel better, manage, and even get rid of their symptoms. For example, did you know that more than 80% of people treated for depression have a substantial improvement? Or that panic disorder treatment has a 90% success rate? Other treatment options include medications, which, in some cases, can be very effective when taken in combination with psychotherapy. So what is psychotherapy? This means that we are talking about your problems and concerns about a mental health professional. These can take many forms, including individual, group, couples and family sessions. Often people see their therapists once a week for 50 minutes to start and then reduce the frequency as time goes on and the issues fade. Treatment can be as short as a few weeks or until after a few years, depending on your specific situation and response. Never think that getting help is a sign of weakness. That's not the case. To say, this can be a sign of strength and maturity in order to take again become you and get your life back on. Are you in distress? If yes, or think you may be injured or attempt suicide, call 911 or the local emergency number immediately. Also consider the following options if you have suicidal thoughts: Call your mental health professional. Call the Suicide Hotline number - in the US call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255). Contact your primary doctor or other healthcare provider for help. Contact a close friend or loved one. Contact the minister, spiritual leader, or someone else in your faith community. If a loved one or friend is in danger of attempting suicide or trying: Make sure someone stays with that person. Call 911 or the local emergency number immediately. Or, if you can do it safely, take the person to the nearest emergency department of the hospital. Room.

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