

causes schizoid personality disorder?*

Cognitive behavioral therapy (CBT): This is a structured, goal-oriented type of therapy. For someone with schizoid personality disorder, a therapist may explore distorted expectations and perceptions about the importance and usefulness of relationships with others. So far, they suspect that the following may contribute to developing schizoid personality disorder:

* **Genetic factors:** Some researchers think there may be a genetic connection between schizophrenia and schizoid personality disorder. In addition, some of the features of autism spectrum disorder resemble schizoid personality disorder, so researchers think a genetic relationship between the two might exist.*

Environmental factors: Some studies suggest that people with schizoid personality disorder often come from environments that lack emotional nurturing. Psychotherapy (talk therapy) is generally the treatment of choice for personality disorders, but this may be difficult for people with schizoid personality disorder because they tend to intellectualize and distance themselves from emotional experiences.