

# A Comparative Analysis of Histrionic and Narcissistic Personality Traits: Utilizing the Deenz Histrionic and Narcissistic Personality Scales

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## Abstract

This study conducts a comparative analysis of Histrionic Personality (HP) and Narcissistic Personality (NP) traits using the Deenz Histrionic Personality Scale (DHPS) and the Deenz Narcissistic Personality Scale (DNPS), developed by Deen (2024). Both HP and NP are characterized by a strong desire for attention and admiration, yet they manifest differently. Individuals with HP exhibit excessive emotional expressiveness and attention-seeking through dramatic or manipulative behaviors, while those with NP display an inflated self-image and seek admiration through a sense of superiority. Despite overlapping traits, such as attention-seeking, the motivations behind these behaviors differ significantly. The study involved 64 participants who completed computerized versions of the DHPS and DNPS, assessing facets such as grandiosity, fantasy, entitlement, emotional reactivity, impulsivity, and empathy. Results revealed that HP traits are more emotionally reactive and driven by a need for validation through dramatic emotional displays, whereas NP traits are rooted in a rigid belief in superiority and entitlement. These findings have important implications for clinical diagnosis and intervention strategies, enhancing our understanding of these personality types and informing tailored therapeutic approaches.

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## Introduction

Histrionic Personality (HP) and Narcissistic Personality (NP) are distinct yet overlapping personality types characterized by patterns of emotional expression, social interactions, and attention-seeking behaviors. Both are classified as personality disorders in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5; American Psychiatric Association, 2013). While both HP and NP involve excessive attention-seeking, their underlying motivations and behavioral manifestations differ significantly.

Histrionic Personality Disorder (HPD) is marked by pervasive emotionality and attention-seeking. Individuals with HPD are often dramatic, theatrical, and emotionally exaggerated, seeking validation through their emotional expressions (French & Shrestha,

2024). They are impulsive, sensitive to criticism, and struggle with stable relationships, often becoming distressed when not the center of attention (Mitra & Fluyau, 2023).

In contrast, Narcissistic Personality Disorder (NPD) is defined by an inflated sense of self-importance, a need for admiration, and a lack of empathy. Narcissistic individuals believe they are unique and deserving of special treatment, often exploiting others to maintain their self-image (American Psychiatric Association, 2013). While both HP and NP involve attention-seeking, NP is driven by a need to preserve an idealized self-image rather than a desire for emotional connection (Mitra & Fluyau, 2023).

Understanding the similarities and differences between HP and NP is crucial for diagnosing and treating these personality types, as both can lead to interpersonal difficulties, emotional distress, and challenges in personal and professional contexts.

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## Methodology

This study utilized the Deenz Histrionic Personality Scale (DHPS) and Deenz Narcissistic Personality Scale (DNPS) (Deen, 2024) to assess HP and NP traits. A total of 64 adult participants completed computerized versions of the scales, which evaluate key behaviors and emotional tendencies associated with these personality types. The data were analyzed to determine mean scores and standard deviations for each trait, providing insights into the similarities and differences between HP and NP.

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## Findings

The analysis revealed distinct differences between HP and NP traits, with clear patterns emerging in emotional responses, behaviors, and interpersonal dynamics.

### 3.1 Histrionic Personality Facets

- Attention-Seeking: HP individuals are highly extroverted and engage in dramatic behaviors to gain admiration (Mitra & Fluyau, 2023).
- Excessive Emotionality: Emotional expressions are exaggerated and theatrical, often disproportionate to the situation (French & Shrestha, 2024).
- Hypersensitivity: HP individuals are highly sensitive to criticism or being overlooked, leading to emotional distress.
- Impulsivity: They act on sudden urges without considering consequences, often resulting in risky decisions.
- Seductive Behavior: Flirtatious or provocative actions are common methods to capture attention.

Facet	Mean (M)	Standard Deviation (SD)
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Attention-Seeking	8.2	1.4
Excessive Emotionality	7.9	1.7
Hypersensitivity	7.5	1.8
Impulsivity	7.8	1.6
Seductive Behavior	7.4	1.9

### 3.2 Narcissistic Personality Facets

- Grandiosity: NP individuals have an exaggerated sense of self-importance and expect special treatment (American Psychiatric Association, 2013).
- Fantasy: They engage in grandiose fantasies about success and power to compensate for feelings of inadequacy.
- Specialness: They believe they are unique and deserving of admiration.
- Entitlement: They feel deserving of privileges without earning them.
- Exploitation: They manipulate others for personal gain.
- Lack of Empathy: They show little concern for others' emotions or needs.
- Envy: They may feel envious of others' success and attempt to undermine them.
- Arrogance: They display dismissive attitudes, believing they are superior.

Facet	Mean (M)	Standard Deviation (SD)
Grandiosity	8.6	1.5
Fantasy	8.1	1.6
Specialness	8.4	1.4
Entitlement	8.5	1.3
Exploitation	7.9	1.8
Lack of Empathy	7.3	1.9
Envy	7.7	1.5
Arrogance	8.2	1.6

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## Discussion

The findings highlight key differences between HP and NP. HP individuals are emotionally reactive, seeking validation through dramatic displays, while NP individuals are motivated by a desire for status and control, driven by a belief in their superiority. These distinctions are critical for clinical diagnosis and treatment, as they inform tailored therapeutic interventions.

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## Conclusion

This study provides a detailed comparison of HP and NP traits using the DHPS and DNPS. By identifying the unique and overlapping characteristics of these personality types, the research contributes to improved diagnostic tools and therapeutic strategies, ultimately helping individuals with these traits develop healthier behaviors and relationships.

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Development and Validation of Deenz [Narcissistic Personality Scale](#) (Computerized version)  
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