

Kleptomania Disorder

Sr. Kulandai Therese

Clinical Instructor, T. John College of Nursing

ABSTRACT

Kleptomania, characterized by an irresistible urge to steal without need or financial gain, is a rare but serious impulse control complaint affecting 0.3% to 0.6% of individualities. Alongside its bracket as an obsessive robbery complaint, kleptomania shares features with other impulse control diseases like pyromania, intermittent explosive complaint, pathological gambling, and trichotillomania. Its etiology involves a complex interplay of factors including brain structure, chemistry, and co-occurring internal health conditions. Opinion generally relies on DSM- 5 criteria and technical assessments like the Kleptomania Symptoms Assessment Scale. Treatment modalities encompass pharmacotherapy, cognitive behavioural remedy, and tone- help groups, although standard protocols remain fugitive. Managing strategies emphasize understanding triggers, clinging to treatment plans, and seeking support from loved bones. Left unaddressed, kleptomania can lead to severe particular, legal, and fiscal impacts. Beforehand recognition and intervention by healthcare professionals are pivotal in mollifying the significant societal costs associated with kleptomania. Further exploration is demanded to explore effective treatment approaches, particularly in comparison to being specifics and psychotherapies.

Keywords: Kleptomania, Behaviour disorder, Compulsive stealing

INTRODUCTION:

Kleptomania is a mental health disorders that involves an urge to steal and an inability to control that urge. Further, the person has no use for what is stolen. Instead, the act of stealing is driven by a feeling of tension or discomfort before stealing, and a feeling of pleasure or relief after stealing.

This IS a rare disorder, affecting only 0.3% to 0.6 % of people. It is a serious condition linked to other risks, such as attempted suicide rate that is nearly 25%. Kleptomania is also sometimes referred to as compulsive stealing

TYPES OF KLEPTOMANIA:

Impulse control disorders can be identified through these 5 Types of conditions Kleptomania, Pyromania, Intermittent Explosive Disorders, Pathological Gambling, and trichotillomania. An impulsive control disorders refers to a condition were individuals or behaviours. This can also be a key feature in other medical illnesses like substance abuse, Bulimia, etc.

- 1. Kleptomania:** Is described as the inability to control an urge or impulse to steal. Individuals who have kleptomania steal items that are unneeded or meaningless and not a necessary like food.
- 2. Pyromania:** Refers to the inability to control the desire to set fires. Individuals with pyromania feel an intense urge to set fires that may relieve their impulses. This urge may present as anxiety or emotional blockage where relief from these feelings may be reason as to why individuals set fires.

- 3. Intermittent Explosive Disorders:** It occurs when individuals have difficulty to control their ability to respond in rage towards minor triggers.
- 4. Pathological Gambling:** Was once considered an impulse control disorder but has now been categorized as a process addiction. It is also known as compulsive gambling since the individuals is not able to resist the impulse to gamble.
- 5. Trichotillomania:** Is when an individual experiences impulsive urges to pull out hair from their scalp or other areas of the body. Individuals may or may not feel pain free when doing so, but the intensive urge may override concerns for pain. This disorder I also recategorized and is now considered an obsessive-compulsive disorder.

CAUSES OF KLEPTOMANIA:

- 1. Differences in Brain Structure:** People with Kleptomania are more likely to have certain difference are more likely to have certain differences in the structure of their brains, especially in areas that manage impulse control and inhibitions. These differences might indicate weaker or fewer connections in their brain areas that control inhibition.
- 2. Differences in Brain Chemistry:** Your brain uses specialized chemicals known as neurotransmitters to communicate and manage certain processes. There are cases where people developed kleptomania after they began taking medications that affect neurotransmitter their brains neurotransmitters known as Serotonin, It has been suggested that the symptoms of Kleptomania may be due to Low serotonin levels in the brain.
- 3. Stealing May cause the release of Dopamine (another neurotransmitter) Dopamine causes pleasurable feelings and some people seek this rewarding feeling again and again.**
- 4. As a symptom of other mental Health conditions:** Some experts classify Kleptomania as a symptom, not a condition. It's extremely common for people with Kleptomania to have other mental health issues, especially anxiety, depression, eating disorders, dictions and substance use disorders, addictions and substances use disorders. They also have a higher risk of self-harm and suicide.
- 5. Genetics:** Experts don't know if a person can inherit kleptomania or if a family history raises your risk of having it. While people with kleptomania often have a family history of another mental health conditions-especially anxiety, mood and substance a use disorders- there's no firm evidence that it's genetic.

RISK FACTORS:

This disorder usually begins in adolescence and is rarely seen in children.

Studies have shown that kleptomania is more common in women than men. Women in their late 30 s with psychiatric disorders are more likely to develop this tendency.

- 1. Family History:** Having a first -degree blood relative, such as parent or sibling, with kleptomania or absessive -compulsive disorder may increase your risk of kleptomania.
- 2. Being Female:** Approximately two -thirds of people with known kleptomania are women.
- 3. Having another Mental Illness:** People with kleptomania often have another mental illness, such as bipolar disorders, anxiety disorder, eating disorders, substance abuse or personality disorder.
- 4. Head trauma or Brain Injuries:** People who have experienced a head trauma may develop kleptomania.

SIGNS AND SYMPTOMS OF KLEPTOMANIA:

1. Returning, stowing away, or donating stolen items
2. Never using stolen items
3. Lack of value associated with stolen items
4. Unplanned episodes of Kleptomania
5. Strong urges to steal unnecessary items
6. Feeling guilt or shame about the behaviour.
7. Inability to resist powerful urges to steal items that you don't need
8. Feeling increased tension, anxiety or arousal just before theft
9. Feel pleasure, relief or gratification while committing the theft
10. Feeling guilt, self-loathing, shame or fear of arrest after the theft
11. The theft is not due to anger, seeking vengeance, antisocial personality, or other mental disorders.

DSM-5 CRITERIA FOR KLEPTOMANIA:

- A. Recurrent failure to resist impulses to steal objects that are not needed for personal use or for their monetary value.
- B. Increasing sense of tension immediately before committing the theft
- C. Pleasure, gratification, or relief at the time of committing the theft
- D. The stealing is not committed to express anger or vengeance and is not in response to a delusion or a hallucination
- E. The stealing is not explained by conduct disorder, a manic episode, or antisocial personality disorder.

DIAGNOSIS:

1. Kleptomania can be diagnosed by a psychologist, Psychiatrist other mental health professional.
2. While it is sometimes present along with other mental health disorders such as anxiety and depression, it is a separate diagnosis.
3. Kleptomania is an impulse -control disorder, since stealing is the result of not being able to stay in control in responses to feelings and urges, the health professional will ask questions to determine what is happening before, during, and after a theft.
4. They will also confirm that the stealing behaviour is not caused by anger, delusions, Hallucinations, or another mental Health disorders.

The Kleptomania Symptoms Assessment Scale:

During the Past Week....

1. If you had urges to steal, on average, how strong were your urges?
2. How many times did you experience urges to steal?
3. How many hours where you preoccupied with your urges to steal?
4. How much were you able to control your urges?
5. How often did thoughts about stealing come up?
6. Approximately how many hours did you spend thinking about stealing?
7. How much were you able to control your thoughts of stealing?
8. On average, how much tension or excitement did you have shortly before you committed a theft?

9. How much emotional distress (mental pain or anguish, shame, guilt, embarrassment) has your stealing caused you?
10. How many times did you steal?

TREATMENT:

Treatment for Kleptomania typically involves medicines and psychotherapy or both, sometimes along with self-help groups. However, there is no standard kleptomania treatment, and researchers are still trying to understand what may work best.

Medicines:

There is little scientific research about using psychiatric medicines to treat kleptomania. And there is no FDA -approval medicines may help, depending on your situation and whether you have other mental health disorders, such as depression or substances misuse.

1. An addiction treatment medicine called Naltrexone, which may reduce the urges and pleasure associated with stealing.
2. An Antidepressant -specifically a selective serotonin reuptake inhibitor (SSRI)
3. Other medicines or a combination of medicines

Psychotherapy:

A form of psychotherapy called cognitive behavioural therapy helps you identify unhealthy, negative beliefs and behaviours and replace them with healthy ones that can be used in different situations when needed. Cognitive behavioural therapy may include these skill-building techniques to help you control Kleptomania urges:

1. **Systematic Desensitization and Counter conditioning:** In which you practice relaxation techniques and other strategies while in triggering situations to learn how to reduce your urges in a healthy way.
2. **Covert Sensitization:** which you picture yourself stealing and then facing negative consequences, such as being caught.
3. **Aversion Therapy:** In which you practice mildly painful techniques, such as holding your breath until you become uncomfortable, when you get an urge to steal.

Coping and Support:

1. **Follow your treatment Plan:** Take medicines as directed and attend scheduled therapy sessions. Remember, it's hard work and you may have occasional setbacks.
2. **Educate Yourself:** Learn about kleptomania so that you can better understand risk factors, treatments and triggering events.
3. **Identify Your Triggers:** Identify situations, thoughts and feelings that may trigger urges to steal so you can take steps to manage them.
4. **Get Treatment for substances misuse or other mental health Problems:** Your substance use, depression, anxiety and stress can lead to a cycle of emotional pain and unhealthy behaviour.
5. **Find healthy Outlets:** Explore healthy ways to re-channel your urges to steal or shoplift through exercise and recreational activities.
6. **Learn Relaxation and stress management:** Try stress-reduction techniques such as medication, Yoga, or Taichi.

7. **Stay focused on your Goal:** Recovery from Kleptomania can take time. Stay motivated by keeping your recovery goals in mind remind yourself that you can work to repair damages relationship and financial and legal problems.
8. **Be Honest with loved Ones:** You might initially need help with controlling your urges when in higher-risk situations, such as shopping. Let your loved ones know about your struggles and consider using the “buddy system” for a period of time while you are learning more ways to manage urges.

Support from Loved Ones:

- If your close friend or family member is being treated for Kleptomania, make sure you understand the details of the treatment plan and activity support its success.
- It may be helpful to attend one or more therapy sessions with your friend or relative to learn the factors that seem to trigger the urge to steal and the most effective ways to cope.
- You also may benefit from talking with a therapist yourself.
- Recovering from an impulse control disorder is ac challenging, long term undertaking-both for the person with the disorder and close friends and the family.
- Make sure you are taking care of your own needs with the stress-reduction outlets that work best for you, such as exercise, meditation, or time with friends.

Self Help Groups:

- People with kleptomania may benefit from participating in self-help groups based on 12 step programs and those designed for addiction problems.
- Even if you can’t find a group specifically for Kleptomania, you may benefit from attending Alcoholics Anonymous or other addiction meetings. such groups don’t suit everyone’s tastes, so ask your mental health provider about alternatives

Complications of Kleptomania:

1. If left untreated, Kleptomania can lead to major emotional, familial, Professional, legal, and financial issues. For instance, you may know that stealing is wrong, yet still feel powerless to resist the temptation.
2. As a result, you could feel guilty, ashamed, self-conscious, and humiliated.
3. You may also be imprisoned for theft.
4. If not for your obsessive stealing, you might lead a law-abiding life and find it confusing and upsetting.

The following disorders and problems may also be linked to Kleptomania:

- Other problems of impulse control, such as compulsive buying or gambling.
- Abuse of other drugs or alcohol
- Psychological problems
- Disorder of eating
- Depression
- Bipolar illness
- Anxiety disorders
- Suicide thoughts and behaviour

Prevention:**7 Way to Manage Living with Kleptomania:**

1. Have an open discussion about kleptomania
2. Plan and prepare for urges
3. Focus on your physical health
4. Stay committed to treatment
5. Lean on loved ones for support
6. Identify your triggers for stealing
7. Learn new and adaptive coping skills.

Outlook/Prognosis:

Kleptomania is not dangerous, but it can still severely affect person's life. People with this condition often face legal consequences if caught.

Conclusion:

Kleptomania has a number of victims: the patient, the family, the person or institution stolen from, and society at large, which acquires a burdened legal system and an inflated price of goods.

Given the secrecy and humiliation that surround it, kleptomania often goes undiagnosed. General medical practitioners have a unique opportunity to diagnose for this illness, thus helping to prevent what is commonly a lifetime of symptoms. While collecting the social history, inserting a neutral question about any present or past legal problems may be sufficient to present clues to the diagnosis and prompt a psychiatric referral. Additional questions could look into "frequent, disturbing urges to take things that don't belong to you." Empathy, careful diagnosis, and primary intervention are crucial if we are to diminish the considerable personal, legal, and economic costs of kleptomania.

Research comparing many psychotherapies and medication approaches to treating this disorder is clearly needed. Double-blind, placebo-controlled trials should be conducted to test the relative effectiveness of various medications; particularly serotonergic ally potent drugs that have been shown to be effective in other disorders of impulse control.

Drug names: buspirone (BuSpar and others), escitalopram (Lexapro), fluoxetine (Prozac and others), lithium (Lithobid, Eskalith, and others), naltrexone (Revia and others), sertraline (Zoloft), topiramate (Topamax), trazodone (Desyrel and others), valproic acid (Depakene and others).

References:

1. Ronald AF, Girish NP. Kleptomania: A brief intellectual history. Association for Historical Research in Marketing. 2003:201–209. [Google Scholar]
2. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition: DSM-IV-TR. American Psychiatric Pub. 2000 [Google Scholar]
3. Goldman MJ. Far Hills, NJ: New Horizon Press; 1998. Kleptomania: The Compulsion to Steal - What Can Be Done. [Google Scholar]
4. McElroy SL, Hudson JI, Pope HG, Keck PE. Kleptomania: clinical characteristics and associated psychopathology. *Psyche Med.* 1991; 21:93–108. [PubMed] [Google Scholar]
5. Grant JE, Kim SW. Clinical characteristics and associated psychopathology of 22 patients with kleptomania. *Compr Psychiatry.* 2002; 43:378–84. [PubMed] [Google Scholar]

6. Grant JE, Kim SW. Temperament and early environmental influences in kleptomania. *Compr Psychiatry*. 2002; 43:223–8. [PubMed] [Google Scholar]
7. Sarasalo E, Bergman B, Toth J. Personality traits and psychiatric and somatic morbidity among kleptomaniacs. *Acta Psychiatrica Scand*. 1996; 94:358–64. [PubMed] [Google Scholar]
8. Baylé FJ, Caci H, Millet B, Richa S, Olié JP. Psychopathology and comorbidity of psychiatric disorders in patients with kleptomania. *Am J Psychiatry*. 2003; 160:1509–13. [PubMed] [Google Scholar]
9. Grant JE. Family history and psychiatric comorbidity in persons with kleptomania. *Compr Psychiatry*. 2003; 44:437–41. [PubMed] [Google Scholar]
10. Presta S, Marazziti D, Dell’Osso L, et al. Kleptomania: clinical features and comorbidity in an Italian sample. *Compr Psychiatry*. 2002; 43:7–12. [PubMed] [Google Scholar]
11. Grant JE. Co-occurrence of personality disorders in persons with kleptomania: a preliminary investigation. *J Am Acad Psychiatry Law*. 2004; 32:395–8. [PubMed] [Google Scholar]
12. Aboujaoude E, Gamel N, Koran LM. Overview of Kleptomania and Phenomenological Description of 40 Patients. *Prim Care Companion J Clin Psychiatry*. 2004; 6:244–7. [PMC free article] [PubMed] [Google Scholar]
13. Sarasalo E, Bergman B, Toth J. Theft behaviour and its consequences among kleptomaniacs and shoplifters--a comparative study. *Forensic Sci Int*. 1997; 86:193–205. [PubMed] [Google Scholar]
14. Grant JE, Potenza MN. Gender-related differences in individuals seeking treatment for kleptomania. *CNS Spectr*. 2008; 13:235–45. [PMC free article] [PubMed] [Google Scholar]
15. Hoertel N, Dubertret C, Schuster JP, Le Strat Y. Sex differences in shoplifting: results from a national sample. *J Nerv Ment Dis*. 2012; 200:728–33. [PubMed] [Google Scholar]