

M.K Oshadee K. De Silva¹, Harshini Rajapakse²

Department of Clinical Sciences, Faculty of Medicine, General Sir John Kotelawala Defence University, Sri Lanka

Department of Psychiatry, Faculty of Medicine, University of Ruhuna, Sri Lanka

Email: okdt42@mst.edu, harshini.rajapakse@gmail.com

Topic: Literature review investigating historical evolution, psychodynamic psychological mechanisms involved and personality, attachment and socio-demographical correlates of delusional jealousy

Background: Jealousy for one's spouse or partner is an old yet recurring theme in human relationships. Jealousy being the foremost reason for marital disharmony, marital breakdown, spousal violence, suicides and homicides is well documented. Delusional jealousy is rather an irrational, disproportionate and excessive response towards the unfaithfulness.

Objectives: This literature review aimed to review research studies that have investigated historical evolution, psychological mechanisms, personality and attachment factors and socio-demographical correlates involved in the expression of delusional jealousy.

Method: Research journals from 1950 to date were searched from PubMed, ScienceDirect, Scopus and Google Scholar search engines. Journal articles were selected and studied to find consistent and contrasting views. Their themes were identified by the author.

Findings: Literature revealed that jealousy sets at a very young age. An irrational, disproportionate and excessive jealous response towards unfaithfulness is considered pathological. Delusion of infidelity of the spouse or the partner is the central denominating feature of delusional jealousy. In the present nosological systems (DSM-V, ICD-10), delusional jealousy does not stand as a separate nosological entity. Dependent, borderline, narcissistic, histrionic, passive-aggression and avoidant tendencies of personality and possessiveness have been linked to jealousy. Attachment have also been found to mediate in expression of jealousy. Sigmund Freud suggest a role of paranoia and projection in the emergence of jealousy. Differences exist in the manifestation of jealousy across two genders. Differential reproductive challenges faced by men and women account for the sex differences in jealousy. While socioeconomic status displayed a relationship with jealousy, age displayed no such relationship.