

Twin study finds genetics role in personality disorders

A Norwegian study of twins expands the role of genetics in the development of a personality disorder, yet cautions that expression of a disorder depends on a combination of genetic and environmental factors. In the study, experts posited that avoidant and dependent personality disorders are characterized by anxious or fearful traits.

People with avoidant personality disorder are often anxious in the company of others and prefer to be alone. On the other hand, people with dependent personality disorder feel more secure in the company of others and tend to need other people for decision-making and excessive support. Prior studies have suggested that genetic factors explain about one-third of the individual differences in these personality disorder traits, while the remaining variation is best explained by environmental influences.

View the original article here: [Twin Study Finds Heavy Hand of Genetics in Personality Disorders ...](#)