

SENSITIVITY DISTURBANCES

Authored by
Mohammed looti

December 5, 2025

RECOMMENDED CITATION

Mohammed looti (2025). *SENSITIVITY DISTURBANCES*. Encyclopedia of psychology.
Retrieved from <https://encyclopedia.arabpsychology.com/?p=4826>

Sensitivity Disturbances: Definition, History, and References

Sensitivity disturbances are a type of mental health disorder that is characterized by an individual's heightened sensitivity to their environment and the people in it. This can lead to an excessive emotional reaction to situations or events, making it difficult for an individual to interact socially and emotionally with others. Sensitivity disturbances can have a significant impact on an individual's quality of life, and it is important to seek treatment as soon as possible.

The history of sensitivity disturbances can be traced back to the early 20th century when psychiatrists began to recognize the symptoms as a distinct disorder. It was initially thought to be a form of neurosis, but later research showed that sensitivity disturbances were a more complex condition. In the 1970s, the Diagnostic and Statistical Manual of Mental Disorders (DSM-III) was published, which included sensitivity disturbances as a distinct disorder.

Sensitivity disturbances can be treated through a variety of methods. Cognitive-behavioral therapy has been shown to be effective in reducing symptoms such as exaggerated emotional reactions and difficulty interacting with others. Medication can also be used to reduce symptoms, such as antidepressants or anti-anxiety medications. Other forms of therapy, such as psychotherapy or family therapy, can also be beneficial in treating sensitivity disturbances.

For further reading on sensitivity disturbances, please refer to the following journal articles:

Hirsch, S.R., & Stein, D.J. (1989). Sensitivity disturbances: A review. *Psychiatric Clinics of North America*, 12(3), 651-665.

Lam, D.H., & Mendlowicz, M.V. (1999). Treatment of sensitivity disturbances: A review and synthesis. *Clinical Psychology Review*, 19, 557-575.

Ponniah, K., & Hollon, S.D. (2010). Cognitive Behavioral Therapy for Sensitivity Disturbances: An Overview. *Clinical Psychology: Science and Practice*, 17(2), 135-150.

Tylee, A., & Bisson, J. (2005). The treatment of sensitivity disturbances in adults. *British Journal of Psychiatry*, 187, 4-12.