

Marks

1-0 Pattern

PROFILE CHARACTERISTICS

Marks cited clinical studies indicating introvert tendencies tend to be able over long periods. People who were shy and socially uncomfortable as children often remain so as adults. Some elements may have been determined genetically, but this type of profile also reflects a childhood characterized by an absence of outward human warmth and physical contact.

The socially extroverted adolescent, who has trouble studying because of frequent socializing and social drifting, often becomes the adult who is constantly trying to be in the middle of social events. This suggests a person who strives for an increased need for social stimulation, which relates to a significant degree of insecurity rather than a need for more intense social experiences.

Therapy for these patients should concentrate on helping them find ways to accept and enjoy their shyness rather than trying to change through desensitization and possibly expose themselves to what they may feel as degrading experiences.

For those patients who are more socially mobile, therapeutic interventions should concentrate on helping them accept, reinforce, and enhance their self-confidence and to structure their socializing so that it does not interfere with their responsibilities.

These patients long for personal care and to have someone meet their needs for reassurance, acceptance, and continuous support with massive attention to their physical requirements. They may chronically perpetuate a fear of bodily harm, physical illness, pain, and death.

An early illness in the patient or patient's family, or an early experience of physical abuse, conditioned various overprotective behaviors that shielded the client from physical injury by reducing both the rate and incidence of motor activity. Their awareness focuses on maintaining physical integrity and the availability of medical help (Marks, P.A., 1987).

Marks, PA. (1987). *The Marks MMPI Adolescent Report and Manual*. Wakefield, RI: Applied Innovations.