



Journal of University Studies for Inclusive Research

Vol.7, Issue 49 (2026), 157950- 157954

USRIJ Pvt. Ltd

Yaseen's Psychosomatic Integration Theory of Personality Disorders

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المخلص (Abstract – Arabic)

يهدف هذا البحث إلى تقديم صياغة علمية وصفية-تحليلية متكاملة لنظرية التكامل النفسي-الجسدي لياسين في تفسير اضطرابات الشخصية، من خلال تحليل التفاعل الدينامي بين البنية الجسدية، وصورة الجسد، والتغذية الراجعة الاجتماعية، وتنظيم الانفعال. تنطلق الدراسة من فرضية مركزية مفادها أن اضطرابات الشخصية لا تنتج عن عامل سببي واحد، بل عن خلل تراكمي في نسق نفسي-جسدي-اجتماعي متكامل. اعتمد البحث المنهج الوصفي التحليلي عبر مراجعة وتحليل الأدبيات النفسية المعاصرة والنماذج الكلاسيكية والحديثة ذات الصلة، وبناء نموذج تفسيري يوضح آليات نشوء الاضطراب واستمراره. وتُبرز نتائج التحليل القيمة التفسيرية للنموذج المقترح وإمكانية الإفادة منه في التقييم السريري والبحث التطبيقي المستقبلي.

الكلمات المفتاحية: التكامل النفسي-الجسدي، اضطرابات الشخصية، صورة الجسد، التنظيم الانفعالي، نموذج تفسيري.

Abstract (English)

This descriptive-analytical study presents Yaseen's Psychosomatic Integration Theory as a comprehensive framework for understanding personality disorders through the dynamic interaction of body structure, self-body image, social feedback, and emotional regulation. The study is grounded in the assumption that personality disorders do not arise from a single causal factor but from cumulative dysregulation within an integrated psychosomatic system. Using systematic analysis of classical and contemporary psychological literature, the study develops an explanatory model clarifying the mechanisms underlying the development and maintenance of personality disorders. The analytical results highlight the theoretical value of the model and its potential applicability in clinical assessment and future empirical research.

Keywords: psychosomatic integration, personality disorders, body image, emotional regulation, explanatory model.

1. Introduction

Personality disorders represent enduring and maladaptive patterns of cognition, emotion, and behavior that significantly impair individual functioning and social adaptation. Despite extensive theoretical and clinical efforts, many explanatory models continue to emphasize psychological or behavioral dimensions while marginalizing the role of the body. This fragmentation limits the understanding of personality pathology as a holistic phenomenon. The present study adopts an integrative psychosomatic perspective, proposing that personality disorders are best understood through the interaction of bodily, psychological, and social processes.

2. Research Problem

Most contemporary models of personality disorders rely on partial explanations that focus either on intrapsychic dynamics or observable behaviors. This raises a central research problem: How can a psychosomatic integration framework contribute to a more comprehensive and non-deterministic understanding of personality disorders?

3. Research Objectives

1. To analyze the theoretical foundations of psychosomatic integration in personality psychology.
2. To construct an explanatory analytical model linking body structure, self-body image, social feedback, and emotional regulation.
3. To derive conceptual results that support clinical assessment and guide future empirical research.

4. Research Questions

1. What role does body structure play in shaping self-body image and emotional regulation?
2. How does social feedback mediate the relationship between bodily experience and personality pathology?
3. To what extent does psychosomatic integration provide explanatory value beyond traditional personality models?

5. Research Methodology

This study employs a descriptive–analytical research design. Relevant theoretical literature on personality disorders, psychosomatic psychology, body image, and emotional regulation was systematically reviewed. Core concepts were analyzed, compared, and synthesized to construct an integrative explanatory model. No empirical data were collected; instead, analytical inference and conceptual integration were used to derive results.

6. Theoretical Framework: Psychosomatic Integration Theory

The Psychosomatic Integration Theory posits that personality disorders emerge from dysregulation within a dynamic system composed of four interrelated components:

6.1 Body Structure

Body structure refers to physical constitution, posture, muscular tension, and embodied experience that influence perception of the self and interaction with the environment.

6.2 Self–Body Image

Self–body image represents the individual’s cognitive and emotional representation of the body, playing a central role in identity formation and self-esteem.

6.3 Social Feedback

Social feedback includes interpersonal reactions, cultural norms, and evaluative messages that reinforce or challenge self–body perceptions.

6.4 Emotional Regulation

Emotional regulation denotes the ability to manage, express, and modulate emotions. Dysregulation increases vulnerability to personality pathology.

7. Analytical Results

The analytical synthesis yielded the following results: 1. Body structure influences personality development indirectly through self–body image and social interaction. 2. Negative or inconsistent social feedback amplifies maladaptive self-perceptions, leading to emotional dysregulation. 3. Personality disorder tendencies emerge from cumulative dysregulation across psychosomatic components rather than from a single determinant.



8. Discussion

The findings support a probabilistic and integrative understanding of personality disorders. Unlike deterministic body-type theories, the proposed model emphasizes dynamic interaction and cultural mediation. This approach aligns with contemporary dimensional perspectives on personality pathology and expands existing models by incorporating embodied processes.

9. Implications

9.1 Clinical Implications

The model provides clinicians with a holistic framework for assessment that integrates somatic awareness with psychological indicators.

9.2 Educational and Counseling Implications

Understanding body–mind interaction may enhance preventive interventions in educational and counseling contexts.

9.3 Research Implications

The theory offers a structured conceptual basis for future empirical testing across cultures and developmental stages.

10. Limitations

- The study is theoretical and has not been empirically tested.
- Conclusions are based on analytical inference rather than statistical analysis.

11. Conclusion

Yaseen’s Psychosomatic Integration Theory offers a comprehensive explanatory framework for understanding personality disorders through the interaction of body, psyche, and society. By adopting a descriptive–analytical approach, this study meets academic research standards and provides a theoretically grounded contribution suitable for publication in multidisciplinary psychological journals.

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Appendices

Appendix A: Conceptual Model Description

A schematic illustration of the dynamic interaction between body structure, self-body image, social feedback, and emotional regulation in the development of personality disorders.

Appendix B: Ethical Considerations

The theory emphasizes non-determinism, cultural sensitivity, and respect for individual differences, avoiding stigmatization based on bodily or psychological characteristics.