

Recent Developments in Alexithymia Theory and Research

Graeme J Taylor, MD¹

Objectives: To review recent developments in alexithymia theory and research that are relevant to the field of psychosomatic medicine.

Methods: Articles were selected from the alexithymia literature published over the past decade that describe advances in the theoretical understanding of alexithymia or report empirical investigations of the relationships of the construct with emotion regulation and with somatic illness and disease. Empirical investigations of the neural correlates of alexithymia were reviewed also, as were studies that explore therapeutic attempts to modify alexithymic characteristics.

Results: The nature features of the alexithymia construct are now thought to reflect deficits in the cognitive processing and regulation of emotions. This is supported by studies showing that alexithymia is associated with maladaptive styles of emotion regulation, low emotional intelligence, a bidirectional interhemispheric transfer deficit, and reduced rapid eye movement (REM) density (number of eye movements divided by number of REM periods). Although empirical evidence demonstrates that alexithymia is associated with several somatic disorders, more prospective studies are required to establish the direction of causality. Preliminary data suggest that psychotherapies involving specific techniques to enhance emotional awareness and integrate symbolic and subymbolic elements of emotion schemas may be effective in reducing alexithymic characteristics.

Conclusions: Alexithymia is proving to be a theoretically useful construct for exploring the role of personality and emotions in the pathogenesis of certain somatic illnesses and diseases.

(Can J Psychiatry 2006;45:134-142)

Key Words: alexithymia, emotion regulation, psychosomatic medicine

Alexithymia is a multifaceted personality construct that has been associated with various medical and psychiatric disorders. The construct was introduced by Nemiah and Sifneos during the early 1970s (1,2) and has gradually captured the attention of many psychiatrists and psychologists throughout the world. In particular, during the past 10 to 15 years, a substantial body of theory and research has emerged on the topic. While about 120 articles were published on alexithymia by the mid-1980s, a recent search of the PsycInfo database revealed well over 700 journal articles on alexithymia.

Many of the early studies on alexithymia are of questionable validity and generalizability, since they were conducted with rather hastily constructed measures that subsequently were shown to lack reliability and validity (3). Moreover, these early studies were initiated before the validity of the

alexithymia construct itself was established. Over the past decade, however, measurement-based and experimental studies have yielded considerable empirical support for the validity of the alexithymia construct (3-5). In addition, the development of the Toronto Alexithymia Scale (TAS) and the revised Twenty-Item Toronto Alexithymia Scale (TAS-20) provided reliable and valid methods for measuring the construct (6-8); these self-report scales have been cross-validated in diverse cultures and are now the most widely used measures of alexithymia (3,9-13).

The validation and measurement of the alexithymia construct have been described in detail in several previous contributions (3,4,14,15); this review focuses on research and theoretical developments over the past decade that are relevant to psychosomatic medicine. With a few exceptions (which will be noted), I will include only studies that used the TAS or TAS-20 to measure alexithymia.

What Is Alexithymia?

The alexithymia construct encompasses a cluster of cognitive and affective characteristics that were observed initially

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¹Professor of Psychiatry, University of Toronto, Staff Psychiatrist, Mount Sinai Hospital, Toronto, Ontario.

Address for correspondence: Dr GJ Taylor, Department of Psychiatry, Mount Sinai Hospital, 600 University Avenue, Toronto, ON M5G 1X5; email: graeme.taylor@utoronto.ca

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









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