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Crazy in Love

Concepts of Morbid Love in Western Medicine from 1951 to the Present.

A Masters Thesis Presented in Partial Fulfilment of the Requirement for
the Master of Arts in History at Massey University

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Introduction

Jacques Ferrand's seventeenth-century work, *A Treatise on Lovesickness*, begins with two questions: 'Is love a state of sickness? And if so, must it then be cured?'¹

Medicine, and its subspecialty, psychiatry, have pathologised certain manifestations of emotions, transforming them into diseases. The obvious modern example is the characterisation of extreme sadness as depression, but elation (as mania), fear (as the various anxiety disorders), and anger (as intermittent explosive disorder) are also pathologised. A form of morbid love, under a variety of names, most commonly lovesickness,² was also commonly viewed in Western medicine as a disease from the fourth century AD until the nineteenth century. But lovesickness' status as a disease, appeared to decline in that century, and disappear as a diagnosis in the twentieth century. Morbid love does not appear to feature in modern psychiatric classification systems such as DSM-IVR and ICD-10.

This thesis will examine the questions:

1. Were there disease concepts for morbid love in the second half of the twentieth century? And if so, are these the remnants of lovesickness which can be linked historically to the original disease concept, does the same concept re-emerge under a new diagnostic name, or are these novel reformulations of the concept of morbid love?

The methodology used to address this question was shaped by the background history: the scientific history of love, a more general history of love, the history of disease, and the history of lovesickness. In particular, the methodological weaknesses of the general history of love led to an attempt to introduce into this study a greater degree of empiricism. This led to a second question:

2. In researching question one; can we improve on routine historical methodology with greater emphasis on empirical, quantitative data?

To do this the thesis used analytical techniques from evidence-based medicine, and borrows its structure of presentation with sections of Introduction, Methodology, Results, and Discussion.

¹Ferrand answers both these questions in the affirmative. Donald A. Beecher and Massimo Ciavolella, 'Introduction,' in *A Treatise on Love Sickness*, by Jaques Ferrand, translated and edited by Donald A. Beecher and Massimo Ciavolella, New York: Syracuse University Press, 1990, pp. 3–13.

²In this study lovesickness will be used to refer to the historical concept of pathological love which had its origins in the ancient world and can be traced historically, if by different names, as it gradually changed and evolved over time. Morbid love will be used as a broader term to refer to any conceptualisation of love as a disease. This distinction is useful even though increasingly blurred from the Renaissance on.

Background

THE HISTORY OF SCIENTIFIC THOUGHT ON EMOTIONS AND LOVE

The scientific community has struggled with the question: What is love? In contemporary scientific thought, love is most commonly viewed as an emotion,³ so the history of scientific thought on love takes place in the context of the history of scientific thought on emotions.

Scientific History of Emotions

Western traditions of thought about emotions began with the ancient Greeks and in particular, Aristotle (384-322BC). His major insight was that emotions were connected with action, and that they derive from what we believe; ideas that were taken up by the Stoics. Then in seventeenth century Netherlands, René Descartes had the idea that emotions are generated in the brain in response to events in order to elicit behaviours.⁴

The emotions became the subject of more intense scientific interest in the late nineteenth century and early twentieth century. There are four major traditions of scientific thought on emotions, each of which is closely associated with a major scientific thinker: Charles Darwin, William James, Walter Cannon, and Sigmund Freud.⁵

Charles Darwin and the Evolutionary Tradition

Darwin is most famous for his book, *On the Origin of Species* published in 1859, which explained anatomical structures in terms of evolutionary adaptation to the environment: but it is his *The Expression of the Emotions in Man and Animals* published in 1872 that was the landmark in the scientific study of emotions. In this book he refined Descartes' model by proposing that emotions were originally evolutionary adaptations. Darwin did not concentrate on subjective feelings, but rather behaviour and facial expressions in animals, and in humans from different cultures. He noted the continuity between animals and humans -- for example, the snarl of an animal and the sneer of a human. But Darwin felt that human expressions were often vestigial, that is that they had lost their evolutionary purpose.

Darwin's ideas about the biological basis of emotions and his methods of researching them have proved highly influential.⁶ His emphasis on studying behaviour was taken up by the behaviourists who dominated psychological research in the early part of the twentieth century up to the nineteen sixties.⁷

William James and the Importance of the Body

Then, in 1884 the psychologist William James published an article looking at emotions in a different way. In this he attacked the common sense idea of the

³Though this is far from universal. See for example: O.H Green, 'Is Love an Emotion?' in *Love Analyzed*, Roger E. Lamb(ed.), Boulder: Westview Press, 1997, pp. 209-24. Even amongst those who see it primarily as an emotion, there is usually an acceptance that there are associated cognitions, and courtship behaviours.

⁴Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 11-15, 134.

⁵Interestingly, the latter three were physicians, and Charles Darwin also had some medical training.

⁶Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 2-5. Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, pp. 24-29.

⁷Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 92.

sequence of events leading to an emotion -- the perception of a situation leads to an emotional response, which in turn lead to a bodily response (for example, a man sees a thunder storm approaching, experiences the emotion anxiety, and his heart starts to beat faster). Instead he postulated that the perception leads to bodily changes, which we interpret as an emotional state (the man sees the storm, his heart beat faster, and he interprets this as anxiety). This theory he applied to the 'coarser' emotions including grief, fear, rage, and love. A Danish psychologist, Carl Lange, proposed a similar theory around the same time, and therefore this is often known as the James-Lange theory of emotion. James' theory, and the debate over its validity dominated the thinking about emotions in the United States in the early part of the twentieth century,⁸ and interest in the link between bodily sensations and emotions remained strong in the scientific community throughout the twentieth century.

Walter B. Cannon and the Neuroscience Tradition

Walter B. Cannon in his book *Bodily Changes in Pain, Hunger, Fear and Rage*, published in 1915, and a revised edition published in 1929, offered evidence against James' theory. As an alternative he postulated that perception led to changes in a largely unconscious brain structure – the thalamus – that in turn led to both conscious emotional changes in the cortex and visceral body changes. Cannon was also the originator of the influential 'fight or flight' hypothesis -- that the visceral changes in the body associated with emotional excitement were homeostatic adjustments in preparation for action in most cases fighting or fleeing.⁹ Extending this work, in 1949 Walter Hess received a Nobel prize for demonstrating that emotions could be generated in cats via electrodes placed into the hypothalamus.¹⁰

The idea that a structure in the brain was central to emotions was further developed in 1937 when J.W. Papez published an influential, if speculative paper in which he hypothesised that certain neural pathways, chiefly in the temporal lobe, mediated emotional experience.¹¹

Sigmund Freud and the Psychological Approach

In 1895 Sigmund Freud, along with his colleague Josef Breuer published *Studies on Hysteria*, laying out a new theory of the origins of mental illness and the foundation for a theory of emotion (Freud never developed a theory of emotion as such).

Freud's ideas about emotions (or affects as he routinely referred to them) were based on his theory of drives. Freud postulated internal biological drives which had an external aim (discharge or pleasure) and object (either a person or thing); and that these drives were experienced as emotion. He was particularly interested in depression and anxiety (the latter viewed at various times as either the cause or result of the unconscious psychological defence mechanism of repression). Freud's thinking raised questions about the degree to which emotions or the causes of emotions could be unconscious, and whether emotions could be conceptualised in non-biological ways. Like the ideas of James before him, as much effort went into refuting Freud's

⁸Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, p. 5.

⁹Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, pp. 31-35.

¹⁰Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 23-26, 136-137.

¹¹Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, p. 137. Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 271.

ideas as expanding on them -- the behavioural models of emotion in particular can be seen as a scientific reaction against Freud.¹²

From the Nineteen Sixties onwards

Research into emotion increased rapidly from the nineteen sixties on. Robert Plutchik revived interest in emotion as an evolutionary concept; pure behavioural models of emotion were challenged by the rise of cognitive psychology, and in particular the concept of 'appraisal' (the idea that any emotion is based on evaluating the event); while Sylvan S. Tomkins and Carroll E. Izard worked on autonomic physiology, facial expressions and brain processes.¹³ Improving technology in the latter part of the twentieth century allowed good structural imaging of the brain and even dynamic real-time imaging of brain functioning, leading to research linking brain structure to emotions with attention particularly on the amygdala's central importance.¹⁴ In parallel to this was an increasing interest in the importance of neurochemicals.¹⁵ Psychoanalysts continued to think about emotion, with significant contributions coming from Charles Spezzano who published *Affect in Psychoanalysis* in 1993, and Joseph Jones who published *Affects as Process* in 1995.¹⁶

Sociologists began to undertake the systematic study of emotions in the nineteen seventies;¹⁷ particularly influential work being done by Erving Goffman¹⁸ and Arlie Hochschild.¹⁹ The major change in viewpoint brought by sociologists was the idea that emotions were not primarily an internal matter to an individual, but rather part of and shaped by social interaction. Or to put it another way; the non-specific emotional arousal was biologically programmed, but the understanding and experiencing of the emotion was socially and culturally programmed.²⁰ This sociological approach to emotions is obviously much more interesting to historians than a purely biological or psychological one, as it allows the possibility of change over time, which probably explains in part the prominence of sociologists in the study of emotional history.

Similarly, anthropological interest in emotions is relatively new. C.A. Lutz was possibly the first anthropologist to enter into the field specifically to study emotions.²¹ One of the basic debates in emotional anthropology is between the universalists who believe that fundamental emotions occur in all humans, and the relativists who believe emotions are specific to the cultures in which they occur. While this debate is not

¹²Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 92.

¹³Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 93.

¹⁴Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, p. 151-52.

¹⁵Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, pp. 288-89.

¹⁶Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, pp. 100-102.

¹⁷Jonathan H. Turner and Jan E. Stets, *The Sociology of Emotions*, New York: Cambridge University Press, 2005, p. 1.

¹⁸Jonathan H. Turner and Jan E. Stets, *The Sociology of Emotions*, New York: Cambridge University Press, 2005, pp. 27-30.

¹⁹Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 31-33. Arlie Russell Hochschild, *The Managed Heart: Commercialisation of Managed Feelings*, Berkeley: University of California Press, 2003.

²⁰Susan Hendrick and Clyde Hendrick, *Romantic Love*, Newbury Park: Sage Publications, 1992, p. 15.

²¹C.A. Lutz, *Unnatural emotions: Everyday Sentiments on a Micronesian Atoll and Their Challenge to Western Theory*. Chicago: University of Chicago Press, 1988.

resolved, there is a consensus that different societies emphasise different emotions.²²

Scientific History of Love

Not surprisingly, given its scientific categorisation as an emotion, the scientific history of love parallels to a large extent that of the emotions. Once again, scientific thinking about love dates back to the ancient Greeks. Indeed, one of their greatest philosophers, Plato, developed a theory of love. He believed lovers were incomplete halves of a single puzzle, searching for each other to become whole. He was saying in effect, that each person had an ideal love waiting somewhere to be found.²³

While romantic love was an ongoing object of philosophical speculation,²⁴ it seems to have been the focus of scientific interest only intermittently until the twentieth century. In 1822 the writer Marie Henri Beyle Stendhal published *De l'Amour*, which named seven stages of love and emphasised the perceptual distortion involved.²⁵ Darwin noted that courtship behaviour of animals mirrored that of humans in love. In 1886, Dr Richard von Krafft-Ebing identified five different types of love: true love, sentimental love, platonic love, friendship, and sensual love.²⁶

Sigmund Freud had less interest in love than in sex. 'I do not think,' Freud once wrote to Eric Jung, 'that our psychoanalytic flag ought to be raised over the territory of normal love.'²⁷ But Freud did have things to say about love. His was the first grand unitary theory of love²⁸ since Plato.²⁹ He created this unity in part by greatly expanding the conception of sex until it absorbed the concept of love.³⁰ Freud's sex-love is shaped by individuals' relationships in very early life with their caregivers and other family members. Love becomes the conscious mental manifestation of unconscious sex drives directed towards a 'love object'.^{31,32} Romantic love was viewed by Freud (and later psychoanalytical theorists) as primarily reflecting a reawakening of early narcissistic fantasies.³³

²²Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 49, 44.

²³Diane Ackerman, *A Natural History of Love*, New York: Random House, 1994, pp. 93, 97.

²⁴Donald A. Beecher, 'Quattrocento Views on the Eroticization of the Imagination', in *Eros and Anteros: the Medical Traditions of Love in the Renaissance*, Donald A. Beecher, Massimo Ciavolella (eds), Ottawa: Dovehouse Editions, 1992, pp. 49-65.

²⁵Frank Tallis, *Love sick: Love As a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 144.

²⁶Richard von Krafft-Ebing, *Psychopathia Sexualis*, 1886, quoted in Pamela C. Regan, *The Mating Game: a Primer on Love, Sex, and Marriage*, Thousand Oaks: Sage Publications, 2003, p. 3.

²⁷Quoted in: Diane Ackerman, *A Natural History of Love*, New York: Random House, 1994, p. 124.

²⁸Attempting to explain companionate love, romantic love and other types of love as one concept.

²⁹Garismos Santas, *Plato and Freud: Two Theories of Love*, New York: Basil Blackwell, 1988.

³⁰Reuben Fine, 'Love and psychoanalytic technique', *Current Issues in Psychoanalytic Practice*, 4:3-4, (1987), pp. 3-34.

³¹There is no readily available definition of love object, even though this is a frequently used term in psychodynamic literature. In essence it is 'the object' which an unconscious sex drive (sex here being the expanded Freudian concept which includes love) is directed at. In the context of this thesis this means a person, though in psychodynamic theory this is by no means always the case.

³²Garismos Santas, *Plato and Freud: Two Theories of Love*, New York: Basil Blackwell, 1988, p. 108. Victor C. de Munck (ed.), *Romantic Love and Sexual Behaviour: Perspectives from the Social Sciences*, Westport: Praeger, 1988, p. 8.

Robert J. Sternberg, *Cupid's Arrow – the Course of Love through Time*, Cambridge: Cambridge University Press, 1998, p. 125.

³³Sigmund Freud, 'On Narcissism: An Introduction', in J. Strachey (ed. and translator), *The Standard Edition of the Complete Psychological Works of Sigmund Freud Vol. 14*, London: Hogarth Press, 1963, pp. 67-102. (Original work published 1914)

Love continued to be the poor second cousin to sex in the writing of the psychoanalytical and psychodynamic thinkers who followed Freud,³⁴ but certain theorists such as Theodore Reik,³⁵ Eric Fromm,³⁶ Abraham Maslow,³⁷ Melanie Klein,³⁸ Karl Meninger,³⁹ Erik Erikson,⁴⁰ and P. Solomon,⁴¹ continued to generate theories of love.

Although scientific research into love was conducted during the nineteen forties (for example by L. Gross in 1944),⁴² these initial efforts were followed by nearly a 20 year period in which there was virtually nothing published. Kirsten in 1973 found that love was not mentioned in the 23 volumes of the *Annual Review of Psychology* that he surveyed.⁴³ A politically charged debate in the United States over the funding a love research probably increased interest in the area⁴⁴ and by the mid-nineteen seventies the general scientific community began to take an interest in love, and in particular romantic love.⁴⁵

An evolutionary model of love became particularly popular, with the idea that romantic love is a useful adaptation for raising young.⁴⁶ Behaviourist⁴⁷ and cognitive approaches⁴⁸ were put forward. In 1986 Robert J. Sternberg, in an approach loosely based on cognitive psychology, proposed that different forms of love involved

O.F. Kernberg, *Love Relations: Normality and Pathology*, New Haven, CT: Yale University Press, 1995.

E.S. Person, *Dreams of Love and Fateful Encounters*, New York: Penguin, 1988.

³⁴David Mann, 'The Desire for Love and Hate', in *Love and Hate: Psychoanalytic Perspectives*, Hove: Brunner-Routledge, 2002, pp. 1-27.

³⁵Theodor Reik, *Of Love and Lust: On the Psychoanalysis of Romantic and Sexual Emotions*, New Brunswick: Transaction Publishers, 2002.

³⁶E. Fromm, *The Art of Loving*, New York: Bantam, 1956.

³⁷A. Maslow, *Toward a Psychology of Being*, Princeton, New Jersey: Van Nostrand, 1962.

³⁸M. Klein and J. Riviere, *Love, Hate, and Reparation*, London: Hogarth, 1953.

³⁹Karl Meninger, *Love Against Hate*, New York: Harcourt and Brace, 1942.

⁴⁰Dorian Newton and Peter Newton, 'Erik H. Erikson', in *Comprehensive Textbook of Psychiatry*, Seventh Edition, Benjamin Sadock and Virginia Sadock, eds. Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 607-15.

⁴¹P. Solomon, 'Love: A Clinical Definition', *New England Journal of Medicine*, 252 (1955), pp. 345-51.

⁴²L. Gross, 'A Belief Pattern Scale for Measuring Attitude Towards Romanticism', *American Sociological Review*, 9 (1944), 963-72.

⁴³M.E. Curtin, *Symposium on Love*, New York: Behavioural Publications, 1973.

⁴⁴No authorship indicated, 'Awards for Distinguished Scientific Contributions: Ellen S. Berscheid', *American Psychologist*, 53:4 (April 1988), pp. 366-68.

⁴⁵Oliver C.S. Tzeng, *Measurement of Love and Intimate Relations*, Westport: Praeger, 1993, p. 78. Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 295. Jeff Levin, 'A Prolegomenon to an Epidemiology of Love: Theory, Measurement, and Health Outcomes', *Journal of Social Empirical Psychology*, 19:1 (2000), pp. 117-37.

⁴⁶Helen Fisher, 'The Nature and Evolution of Romantic Love', in *Romantic Passion: a Universal Experience?* William Jankowiak (ed.), New York: Columbia University Press, 1995, pp. 23-41.

⁴⁷E. Aronson, *The Social Animal*, 2nd ed. San Francisco: W.H. Freeman, 1965.

D. Byrne, 'Authoritarianism and Response to Attitude Similarity-Dissimilarity', *Journal of Social Psychology*, 66 (1965), pp. 251-56.

H.L. Miller and P.S. Siegel, *Loving: A Psychological Approach*, New York: Wiley, 1972.

D. Byrne and S.K. Murnen, 'Maintaining Love Relationships', in *The Psychology of Love*, R.J. Sternberg and M.L. Barnes (eds), New Haven: Yale University Press, 1988.

⁴⁸F. Heider, *The Psychology of Interpersonal Relationships*, New York: Wiley, 1958.

B.I. Murstein, 'A Theory of Marital Choice and Its Applicability to Marriage Adjustment', in *Theories of Attraction and Love*, B.I. Murstein (ed.), New York: Springer, 1971.

different combinations of three components: intimacy, passion, and commitment. Some of these combinations, 'fatuous love' for example, while not portrayed as pathological, seem at the very least unpleasant and dysfunctional.⁴⁹ From these ideas Sternberg developed a typology. The publication of the volume, *The Psychology of Love* marked the maturation of the psychological study of love into a recognized field.⁵⁰ Another influential classification system was developed by the sociologist John A. Lee.⁵¹ In the tradition of William James there have also been physiological explanations of love,⁵² and investigations of the neurochemical and neuroanatomical basis for romantic love.⁵³

A slightly different approach to a theory of love has been developed from Bowlby's attachment theory.⁵⁴ According to this theory, infants develop emotional bonds towards their caregiver as evolutionary adaptations that provide security in the face of temporary separations. In 1987 C. Hazan and P. Shaver⁵⁵ proposed that in the interests of biological efficiency,⁵⁶ romantic love is modelled on this infant attachment and love towards the parent.^{57,58}

Perspectives from Sociology and Anthropology

Sociologists have long taken a theoretical interest in romantic love, or at least in how it relates to marriage and the family. They have traditionally viewed the emphasis on romantic love as an adaptation of Western culture to the industrial revolution.⁵⁹

Others have theorised that romantic love is a relatively new phenomenon relating to

⁴⁹Robert J. Sternberg, 'A Triangular Theory of Love', *Psychological Review*, 93 (1986), 119-135.

⁵⁰R.J. Sternberg and M.L. Barnes, (eds), *The Psychology of Love*, New Haven: Yale University Press, 1988.

⁵¹J.A. Lee, 'A Typology of Styles of Loving', *Personality and Social Psychology Bulletin*, 3 (1977), 173-82.

J.A. Lee, *Colours of Love: An Exploration of the Ways of Loving*, Toronto: New Press, 1973.

⁵²E. Berscheid, 'Emotion,' in *Close Relationships*, H.H. Kelly et al. (eds), New York: Freeman, 1983.

R.L. Solomon, J.D. Corbit, 'An Opponent-Process Theory of Motivation', *Psychological Review*, 81:2 (1974), 119-45.

E. Hatfield, 'Passionate and Companionate Love', in *The Psychology of Love*, R.J. Sternberg and M.L. Barnes (eds), New Haven: Yale University Press, 1988.

⁵³For example: Helen Fisher *Why We Love: the Nature and Chemistry of Romantic Love*, New York: Henry Holt, 2004, pp. 51-76.

A. Bartels, S.Zecki, 'The Neural Basis of Romantic Love', *NeuroReport*, 2:17 (2000), 12-15.

D. Marazziti, H.S. Akiskal, A. Rossi, and G.B. Cassano, 'Alteration of the Platelet Serotonin Transporter in Romantic Love,' *Psychological Medicine*, 29 (1999), 741 – 45.

Frank Tallis, *Love sick: Love As a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 220-21.

⁵⁴J. Bowlby, *Attachment and Loss: Vol. 1. Attachment*, New York: Basic Books, 1969.

J. Bowlby, *Attachment and Loss: Vol. 2. Separation: Anxiety and anger*, New York: Basic Books, 1973.

J. Bowlby, *Attachment and Loss: Vol. 3. Loss*, New York: Basic Books, 1980.

⁵⁵Also influenced in part by the ideas of Darwin and Freud.

⁵⁶An idea we will see again in comparing romantic love with obsessive-compulsive disorder.

⁵⁷C. Hazan, and P. Shaver, 'Romantic Love Conceptualized As an Attachment Process', *Journal of Personality and Social Psychology*, 52 (1987), 511-24.

⁵⁸And so are viewing a love more as a relationship or bond, rather than an emotion.

⁵⁹Friedrich Engels, *The Origin of the Family, Private Property and the State*, Lawrence and Wishart, 1972, quoted in Jacqueline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, p. 6.

For a summary see: Charles Lindholm, 'The Future of Love', in *Romantic Love and Sexual Behaviour: Perspectives from the Social Sciences*, Victor C. de Munck (eds), Westport: Praeger, 1988, pp. 17-32.

the development of the concept of self, which emerged over the last two hundred years,⁶⁰ while the sociologist Theodore D. Kemper postulated love was the product of changes in power and status between individuals.⁶¹

Sociologists have also moved from theory to research. Particularly prominent in this field was Jacqueline Sarsby. In one study she showed that the working class women in the United Kingdom may use romantic ideas as a form of psychological defence mechanism in their difficult married lives.⁶² In another piece of research, carried out in England in the nineteen seventies, she analysed what the fiction in women's magazines was saying about the nature of love, and compared this to the readers' actual attitudes to love. This study appeared to show that adolescents' views about love could be predicted by class and gender, but not by the type of romantic stories they were reading.⁶³

Much of the more interesting research has come from anthropologists, often exploring the universalists versus relativists debate. Some of this research is merely intriguing, suggesting that love can disappear in extreme circumstances.⁶⁴ One study, taking a Freudian theoretical perspective, examined studies by other anthropologists to show in a sexually open society, passionate love is not part of the culture.⁶⁵ Others have argued that a better interpretation of the data is that it shows that societies open about sexuality are more secretive about romantic love.⁶⁶ More recent research⁶⁷ makes a strong case for the universality of romantic love, even if different cultures evaluate it differently.⁶⁸

Methodological Considerations

Much of this scientific thought has only been developed as hypotheses rather than formal scientific research. Moreover, the empirical research that has been done is

⁶⁰Susan Hendrick and Clyde Hendrick, *Romantic Love*, Newbury Park: Sage Publications, 1992, p. 25.

⁶¹Theodore D. Kemper, 'Love and Like and Love and Love' in *The Sociology of Emotions: Original Essays and Research Papers*, D. D. Franks and E. D. McCarthy (eds), Greenwich: CT: JAI Press, 1989, pp. 249-68.

⁶²Jacqueline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, pp. 99-112.

⁶³Jacqueline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, pp. 113-37.

⁶⁴Colin Turnbull, *The Mountain People*, London: Pan Books, 1974.

⁶⁵Robert Endlemen, *Love and Sex in Twelve Cultures*, New York: Psychic Press, 1989.

For a universalist critique, see: William Jankowiak (ed.), *Romantic Passion: a Universal Experience?* New York: Columbia University Press, 1995, pp. 7-8.

For other relativists see also: D. de Rougemont, *Love in the Western World*, New York: Princeton University Press, 1983.

V. Grant, *Falling in Love*, New York: Springer, 1976.

L. Stone, 'Passionate Attachments in the West in Historical Perspective.' in *Passionate Attachments*, W. Gaylin and E. Person (eds), New York: The Free Press, 1988, pp. 15-26.

⁶⁶Helen Harris, 'Rethinking Heterosexual Relationships in Polynesia: A Case Study of Mangaia, Cook Island', in *Romantic Passion: a Universal Experience?* William Jankowiak (ed.), New York: Columbia University Press, 1995, pp. 95-127.

⁶⁷William Jankowiak (ed.), *Romantic Passion: a Universal Experience?* New York: Columbia University Press, 1995.

⁶⁸Victor C. de Munck (ed.), *Romantic Love and Sexual Behaviour: Perspectives from the Social Sciences*, Westport: Praeger, 1988.

Robert L. Moore, 'Love and Limerence with Chinese Characteristics: Student Romance in the PRC', in *Romantic Love and Sexual Behaviour: Perspectives from the Social Sciences*, Victor C. de Munck (ed.), Westport: Praeger, 1988, pp. 251-83.

hard to integrate because it comes from a variety of theoretical perspectives. We await a clear scientific answer to the question: What is love?⁶⁹

However, most scientists would view romantic love as an emotion and therefore a biological-social-cultural construct. There is a certain amount of support for this view in the evidence coming from anthropological and psychological cross-cultural studies (which plausibly tie in with evolutionary and biological-cultural theories) suggesting a universality of the romantic love experience, even if cultures differ on how they interpret and value this experience.

But if love is primarily an internal emotion, this presents difficulties when gathering data to study it, particularly from a historical perspective. With the possible exception of modern neuroimaging techniques, we have no way of directly observing love. Psychologists have relied chiefly on the self-reports of their subjects: Historians only have access to some letters and diaries about inner thoughts. If, on the other hand, as some scientists believe, romantic love is an evolutionary adaptation then accordingly it must be associated with adaptive behaviour.⁷⁰ In which case psychologists and historians could study the behaviours associated with romantic love -- sometimes known as courtship behaviour. Finally, if the sociologists are right and the main focus of love is within society and culture, then marriage patterns and the media become a useful source of data. However, Sarsby's research, which convincingly showed that gender and social class more strongly predicted attitudes to love than the choice of stories women read, cast doubt on whether strong inferences can be drawn from studying men's and women's magazines (a favourite data source for historical researchers).⁷¹

⁶⁹Susan Hendrick and Clyde Hendrick, *Romantic Love*, Newbury Park: Sage Publications, 1992, p. 61.

⁷⁰D.M. Buss, 'Love Acts: The Evolutionary Biology of Love', in *The Psychology of Love*, R.J. Sternberg and M.L. Barnes (eds), New Haven, CT: Yale University Press, 1988, pp. 100-117.

⁷¹Jacquiline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, pp. 113-33.

THE HISTORY OF THE CONSTRUCT OF LOVE

Introduction

The scientific history of love is a fairly straightforward problem of historical research, at least as far as constructing a meaningful narrative from the source material. Scientists are usually attempting to express their thoughts on love as clearly as possible, and often make some effort at definition of terms and precision of thought, which means that one can trace ideas relatively easily through academic journals and books.⁷² This is not the case when trying to trace historical change in the conception of love in a wider population. Those writing about love are not necessarily trying to get their ideas on love across, they do not routinely define their terms, sources are not so neatly laid out, and it is by no means clear what the most appropriate source material is.⁷³ Moreover, it is in fiction that references to love are most frequently found,⁷⁴ but their fictional form makes them amenable to a wide variety of interpretations.

Faced with these undoubted difficulties, many historians abandon empiricism and retreat into a highly theoretical approach, writing for example a 'psychoanalytically informed' history,⁷⁵ or one based on phenomenology.⁷⁶ These make for turgid reading and are of little use as secondary sources. Moreover, historians themselves routinely shy away from defining their terms, and do not seem to make a distinction between romantic and other kinds of love. Neither is it always clear if historians are studying changing cultural attitudes towards emotions and ways of expressing them or changes in emotions themselves.⁷⁷ Finally, it is routine for the methodology of this historical research to be either not mentioned at all, or described in such vague terms as to make replication impossible.

When even an enthusiast of emotional histories such as Peter Stearns acknowledges that historians overstate their case at times,⁷⁸ it is with some scepticism that one reads the firm conclusions that characterise the majority of historical writing on the subject of love.

General History of the Concept of Love⁷⁹

The history of emotions has not been a popular topic with historians, despite

⁷²The secondary sources on the history of disease concepts and lovesickness are similar in these respects.

⁷³Stephen Kern, *The Culture of Love: Victorians to Moderns*, Cambridge, Massachusetts: Harvard University Press, 1992, pp. 2-4.

⁷⁴David Shumway, *Modern Love: Romance, Intimacy and the Marriage Crisis*, New York: New York University Press, 2003, p. 2.

⁷⁵Peter Gay, *The Tender Passion The Bourgeois Experience: Victoria to Freud*, New York: Norton Press, 1999.

⁷⁶Stephen Kern, *The Culture of Love: Victorians to Moderns*, Cambridge, Massachusetts: Harvard University Press, 1992, pp. 2-4.

⁷⁷Peter N. Stearns, 'Historical Analysis in the Study of Emotion', *Motivation and Emotion*, 10 (1986), 185-93.

⁷⁸Peter N. Stearns, 'Historical Analysis in the Study of Emotion', *Motivation and Emotion*, 10 (1986), 185-93.

⁷⁹This history concentrates, as do most historians, on what might be called the social history of love, rather than a philosophical, theological, or political history. It concerns itself more with courtship behaviour, and how people in the population thought about love, rather than how intellectuals viewed love, though these ideas intrude intermittently.

numerous calls for their study, beginning at least as far back as 1941 with a famous article by Lucien Febvre,⁸⁰ and continued with enthusiasm by Peter Stearns.⁸¹ What applies to the broader topic also applies to the study of love. There has been little historical scholarship on love in the western world, and most of what there is has been written over the last twenty years. There is, however, what could be called a traditional history of love,⁸² which is worth outlining before suggesting modifications.

Traditional View of the History of Love

According to this traditional history, love was known to the ancient Greeks. It was similar in emotional content to modern concepts, but considered merely an amusing pastime, or an affliction sent by the Gods. Expressions of love were usually directed towards courtesans or homosexual partners.⁸³

In the Old Testament the word love had a variety of meanings, including the passionate feelings between men and women. In the Song of Songs, love designates sexual desire for a woman or man.⁸⁴

In the early period of the Roman Empire, marriages were controlled by the parents. Love was often seen as an exuberant, lustful, and adulterous game.⁸⁵ During the latter period of the Roman Empire, societal or familial controls of man-woman love and marriage relationships declined under the influence of urbanisation and increased social wealth. Heterosexual relations and romantic love were formally recognized as normal social functions for marriage purposes.⁸⁶ The Christianisation of the Roman Empire led to greater emphasis on the importance of marriage, and the disassociation of love and sex. Love was an emotion regarded as most appropriately directed to God, a form of love often called agape.⁸⁷

The key period in the emergence of the Western concept of romantic love, according to traditional historians, began in the eleventh century in Provence, France, with the development of Courtly love.⁸⁸ The idea was that a nobleman would fall in love with a lady, devoting himself to her every wish, however trivial or hazardous. Though at first glance there were marked differences with the modern concept -- the relationship

⁸⁰Lucien Febvre, 'Sensibility and History: How to Reconstitute the Emotional Life of the Past', in *A New Kind of History: From the Writings of Febvre*, Peter Burke, (ed.), London: Rutledge and Kegan Paul, 1973, pp. 12-26. Originally in: Lucien Febvre, 'La Sensibilité Et L'Histoire: Comment Reconstituer La Vie Affective D'Autrefois?', *Annales D'Histoire Sociale*, 3 (January-June 1941): pp. 5-20.

⁸¹For a summary and critique of the historiography of emotions see: Barbara H. Rosenwein, 'Worrying about Emotions in History', *The American Historical Review*, June 2002. <<http://www.historycooperative.org/journals/ahr/107.3/ah0302000821.html>> (7 Nov. 2008).

⁸²Most of what follows is from M.M. Hunt who gives the most straightforward account available in English: M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959. But see also Denis De Rougemont, *Passion and Society*, 2nd ed., London: Faber & Faber, 1956.

⁸³M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, p. 17.

⁸⁴Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, pp. 293-94.

⁸⁵M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, p. 49.

⁸⁶S.A. Queen and R.W. Habenstein, *The Family in Various Cultures*, New York: J.B. Lippincott, 1967. W.M. Kephart, *The Family, Society and the Individual*, Boston: Houghton Mifflin, 1977.

⁸⁷M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, pp. 82-108.

Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 294.

⁸⁸This theory originated in the nineteenth century according to: Ferdinand Mount, *The Subversive Family: an Alternative History of Love and Marriage*, London: Jonathon Cape, 1982, p. 93.

was usually adulterous, and apparently sexless -- there were important similarities, and in particular the idealisation of love (to an extent that Courtly love almost became a religious experience, like the Christian concept of agape).⁸⁹

These ideas did not initially spread to the wider population, and from the early eighteenth century the intellectual climate of the enlightenment dampened enthusiasm for romantic love.⁹⁰ In the late eighteenth century, however, this changed with the coming of Romanticism.⁹¹ Romantic love emerged as a popular idea among the expanding middle-classes, but transformed from Courtly love by Christian and Renaissance ideas and the beginnings of the Industrial Revolution⁹² into a recognizably modern form -- passionate and idealised -- but without the sexual connotations.⁹³

In the twentieth century an idealised love dominated Western society; it was the most desired emotion, the basis for relationships, and the source of constant interest in the media.⁹⁴

We lack a comprehensive modern history of love updating the traditional view, and while there is a certain a body of research (produced as much by sociologists as historians⁹⁵) which modifies this traditional picture -- particularly of the nineteenth and twentieth century⁹⁶ -- this gives a fragmentary picture which is hard to draw together into a coherent whole.

Pre-Nineteenth Century

The idea that eleventh century Courtly love was the birthplace of modern love has been strongly challenged, and is no longer considered the standard interpretation.⁹⁷ Medieval love literature appears to show a much wider range of attitudes to love, even among the aristocracy than that suggested by Courtly love.⁹⁸ And, although some authors still see the industrial revolution as the birthplace of romantic love,⁹⁹ evidence has accumulated for romantic love pre-dating this. For example, the English parish registers from the sixteenth century indicate that marriages for love rather than at parental behest were the norm, at least among the non-aristocratic classes, and the

⁸⁹Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 55-58. Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 294.

⁹⁰M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, p. 219.

⁹¹Keith Oatley and Jennifer Jenkins, *Understanding Emotions*, Cambridge: Blackwell, 1996, pp. 38-40.

⁹²An idea that remains popular among sociologists. David Shumway, *Modern Love: Romance, Intimacy and the Marriage Crisis*, New York: New York University Press, 2003.

Jacquiline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, pp. 1-15.

⁹³M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, pp. 257-59.

⁹⁴M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, pp. 295-97.

⁹⁵Peter Stearns, 'Social History Update: Sociology of Emotion', *Journal of Social History*, 22:3 (1989), pp. 592-99.

⁹⁶For a good summary of more recent work on the nineteenth and twentieth century see: Peter N. Stearns and Mark Knapp, 'Men and Romantic Love: Pinpointing a 20th-Century Change', *Journal of Social History*, Summer (1993) 769-95.

⁹⁷Ferdinand Mount, *The Subversive Family: an Alternative History of Love and Marriage*, London: Jonathon Cape, 1982, pp. 93-96.

⁹⁸Jacquiline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, pp. 17-33.

⁹⁹Edward Shorter, *The Making of the Modern Family*, London: Collins, 1976.

Church Court records suggest that the practice pre-dated this.¹⁰⁰

Nineteenth Century Onwards

Much of the historical interest in the nineteenth century revolved around the relationship between love and sex. In the early nineteenth century, sexual instinct was deemed such a powerful force that it had to be properly channelled: that is to say in a loving marriage.¹⁰¹ Love, in contrast, was seen as spiritual rather than romantic or erotic.¹⁰² While these ideas persisted to the latter part of the century¹⁰³ sex was thought increasingly part of love.¹⁰⁴ The perceived importance of romantic love within the context of courtship and marriage continued to increase, though the evidence is confused as to whether this change affected men as much as women.¹⁰⁵

It is probably no coincidence that the most studied century, the twentieth, is the hardest to construct a coherent narrative about. It appears to have been characterised by the complex intertwining of sometimes contradictory trends with regard to the concepts of love and romantic love. Possibly this in part it is an accurate reflection of what happened, but may also reflect widely different methodologies.

One strand of research investigates the idealisation of romantic love. Some historical research suggests that at the turn of the century Americans continued to have a highly idealised view of love. Women felt that they should be drawn to their 'true loves' as if by a magnet and that this passion should be an intense and meaningful experience; while men were on the lookout for their ideal woman.¹⁰⁶ It was believed that men felt love more intensely than women.¹⁰⁷ Peter Stearns¹⁰⁸ has argued for a de-coupling of the men's and women's views of love in the nineteen twenties and thirties with men taking a less idealised view.¹⁰⁹ But, past the mid-point of the century, as we move from historical to contemporary research, the evidence suggests that love continued to be idealised. Freedman's 1978 survey of 100,000 Americans revealed that they thought the strongest association with happiness was love within marriage.¹¹⁰ In another study from the nineteen eighties, the vast majority of college-age men and

¹⁰⁰Ferdinand Mount, *The Subversive Family: an Alternative History of Love and Marriage*, London: Jonathon Cape, 1982, pp. 65-69, 75- 80.

¹⁰¹Steven Seidman, *Romantic Longings, Love in America 1830 – 1980*, New York: Routledge, 1991, p. 22.

¹⁰²Steven Seidman, *Romantic Longings, Love in America 1830 – 1980*, New York: Routledge, 1991.

¹⁰³Ellen Rothman, *Hand and Hearts: A History of Courtship in America*, New York: Basic Books, 1984, pp. 179-89.

¹⁰⁴Steven Seidman, *Romantic Longings, Love in America 1830 – 1980*, New York: Routledge, 1991.

¹⁰⁵Peter N. Stearns and Mark Knapp, 'Men and Romantic Love: Pinpointing a 20th-Century Change', *Journal of Social History*, Summer (1993), 769-95.

¹⁰⁶Ellen Rothman, *Hand and Hearts: A History of Courtship in America*, New York: Basic Books, 1984, pp. 195-202.

¹⁰⁷Ellen Rothman, *Hand and Hearts: A History of Courtship in America*, New York: Basic Books, 1984, p. 200.

¹⁰⁸Peter N. Stearns, 'Girls, Boys and Emotions: Redefinitions and Historical Change', *Journal of American History*, 80 (1993), 36-74.

Peter N. Stearns and Mark Knapp, 'Men and Romantic Love: Pinpointing a 20th-Century Change', *Journal of Social History*, Summer (1993), 769-95.

¹⁰⁹Stearn's contrast between feminine romanticised love compared to a more 'realistic' male love, appears remarkably similar to the division of love into romantic and companionate currently popular in the scientific world.

¹¹⁰J.L. Freedman, *Happy People: What Happiness Is, Who Has It, and Why*, New York: Harcourt Brace Jovanovich, 1978.

women viewed romantic love as desirable for the establishment of marriage, a result not found as strongly in the mid sixties, suggesting idealisation of love was actually increasing.¹¹¹

Another strand was the loss of the perceived spiritual quality of romantic love, possibly as a result of greater gender contact,¹¹² while at the same time it became increasingly sexualised. The early twentieth century saw the continued sexualisation of romantic love,¹¹³ but then there appears to have been a de-coupling once again of sex and romantic love: In the nineteen twenties it was still generally considered that love was necessary for sex,¹¹⁴ but by the nineteen sixties this attitude was changing, particularly among men.¹¹⁵ However, the eighties and beyond there were counter-trends with a movement to bring sex back exclusively into marriage and re-spiritualize it.¹¹⁶

The twentieth century also saw a feminisation of the concept of love,¹¹⁷ with an increasing emphasis on intimacy.¹¹⁸

A further trend was suggested by a sample of articles on marriage from women's and general magazines from 1900 to 1979. This suggested that the major change in women's attitude to love occurred during 1960s and 1970s. Love changed from love as self-sacrifice (suppressing one's interests and feelings and attending to the needs of the husband and the marriage) to love as self-assertion (openly expressing ones thoughts and feelings).¹¹⁹

Methodological Considerations

One piece of research in this revision of the traditional history is worth looking at in more detail, as it suggests a way forward in improving historical methodology.

In 1988 Francesca Cancian and Steven Gordon, published a piece of research on emotional norms for love and anger in women living in the United States during the twentieth century.¹²⁰ What was of particular interest was their novel methodology. After doing a fairly standard qualitative analysis of women's magazines in the United States for their period, for a comparison they performed some quantitative analysis.

¹¹¹J.A. Simpson, B. Campbell and E. Berscheid, 'The Association between Romantic Love and Marriage: Kephart (1967) Twice Revisited', *Personality and Social Psychology Bulletin*, 12 (1986), 363-72.

¹¹²Peter N. Stearns and Mark Knapp, 'Men and Romantic Love: Pinpointing a 20th-Century Change', *Journal of Social History*, Summer (1993), 769-95.

¹¹³Steven Seidman, *Romantic Longings, Love in America 1830 – 1980*, New York: Routledge, 1991.

¹¹⁴Ellen Rothman, *Hand and Hearts: A History of Courtship in America*, New York: Basic Books, 1984, p. 297.

¹¹⁵Ellen Rothman, *Hand and Hearts: A History of Courtship in America*, New York: Basic Books, 1984, p. 306.

¹¹⁶Steven Seidman, *Romantic Longings, Love in America 1830 – 1980*, New York: Routledge, 1991.

¹¹⁷Francesca Cancian, *Love in America: Gender and Self-Development*, Cambridge: Cambridge University Press, 1987, p. 5.

¹¹⁸David Shumway, *Modern Love: Romance, Intimacy and the Marriage Crisis*, New York: New York University Press, 2003.

¹¹⁹Francesca Cancian, Steven L. Gordon, 'Changing Emotion Norms in Marriage: Love and Anger in U.S Women's Magazines since 1900', *Gender and Society*, 2 (1988), 308-42.

¹²⁰Francesca Cancian, Steven L. Gordon, 'Changing Emotion Norms in Marriage: Love and Anger in U.S Women's Magazines since 1900', *Gender and Society*, 2 (1988), 308-42.

The qualitative arm of the research came to the conclusion, at least with regard to love norms, that from 1900-1979: 'norms about love changed from emphasising self-sacrifice to advising self-fulfilment.'¹²¹ The quantitative analysis of this self-sacrifice/self-fulfilment dyad, however, provided little convincing evidence to back up this conclusion, showing instead wild fluctuations, and finishing in the seventies with still more than twice as many articles advocating self-sacrifice as self-fulfilment. This contrast between the qualitative and quantitative data was hardly commented on by the authors but raises some interesting questions. While the quantitative data may be flawed in a number of ways (too small a sample was the most obvious problem), it seems just as plausible that the qualitative research was the more inaccurate, which makes one wonder about the plethora of similar qualitative analysis which haven't tested their conclusions against quantitative data.

¹²¹Francesca Cancian, Steven L. Gordon, 'Changing Emotion Norms in Marriage: Love and Anger in U.S Women's Magazines since 1900', *Gender and Society*, 2 (1988), 308-42.

THE HISTORY OF THE DISEASE CONCEPT

General: What is a Disease?

Despite hundreds of years of trying, philosophers, doctors and other interested people have struggled to come up with a definition for disease that is universally acceptable.

Language can give clues to the meaning behind the word. In some Indo-European languages there are many synonyms for disease, but they can be grouped into four categories of related meaning: (1) weakness, loss of capacity to perform work; (2) deformity, unsightliness; (3) discomfort, feeling of unease, malaise; (4) suffering, pain.¹²²

However, in this thesis the word disease will be used in a narrower sense. Historians, following the lead of philosophers, generally make a distinction between 'illness' - the patient's experience of symptoms and suffering - and 'disease' a construct developed by the treating professional in order to understand the illness.¹²³ Disease is seen as a construct because it is more than simply biology -- various social and culture values mould the concept of disease.¹²⁴

What makes up this disease-construct? Certain elements have been consistent over time and can be seen in the earliest civilisations.¹²⁵ There is a description of the disease: Diseases are given characteristics (symptoms), names (diagnoses), life expectancies (course), anticipated outcomes (prognoses), recommended treatments, and causes (aetiology). Theories of disease causation can be divided into two broad models: ontological and physiological. Ontological theories posit that diseases are discrete entities, existing quite separately from the patient, and which invade the patient from the outside: demonic possession and Pasteur's germ theory are both examples of this. In contrast, physiological theories hypothesise that diseases arise within the patient and are not separable from the patient. Epilepsy, as conceptualised both by Hippocrates and modern medicine is an example of the latter model.¹²⁶

Diseases are commonly categorised using either their symptoms -- a practice known as nosology -- or their identified cause.

¹²²Mirko D. Grmek, 'The Concept of Disease,' in *Western Medical Thought from Antiquity to the Middle Ages*, Mirko D. Grmek (ed.), Cambridge, Massachusetts: Harvard University Press, 1998, p. 241.

¹²³Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, p. 66.

¹²⁴Charles E. Rosenberg, 'Introduction. Framing Disease: Illness, Society, and History', in *Framing Disease: Studies in Cultural History*, Charles E. Rosenberg and Janet Golden (eds), New Brunswick, New Jersey: Rutgers University Press, 1992, pp xiii-xxvi.

For a dissenting opinion see: Christopher Boorse, 'On the Distinction between Disease and Illness', in *Meaning and Medicine: A Reader in the Philosophy of Health Care*, James Lindemann Nelson and Hilde Lindemann Nelson (eds), New York: Routledge, 1999, pp. 16-27.

¹²⁵Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 44-50.

¹²⁶Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, pp. 66-68.

Roy Porter, *Blood and Guts: A Short History of Medicine*, London: Alan Lane, 2002, p. 78.

Owsei Temkin, *The Double Face of Janus and other Essays in the History of Medicine*, Baltimore: John Hopkins University Press, 1977, pp. 441-55.

Underlying this description of disease, one theory dominates medical practice -- the organismic, or individual theory of disease, which holds that diseases are bad, discontinuous, and affect individuals.¹²⁷ This contrasts with, for example, a public health view, which sees diseases existing in a population and therefore not discontinuous.¹²⁸

The structure of the organismic disease concept appears to change little over time or indeed between cultures,¹²⁹ but the content and emphasis on the different elements of the description do. For example, to understand disease causation, doctors focus on abnormalities of structure and function, which are the objects of the complementary disciplines of anatomy and physiology. The relative importance of these, particularly anatomy, has varied with time. Medical cultures that emphasised the study of anatomy peaked centuries ago in Alexandria, then declined, peaked again during the Renaissance, then declined, and peaked again in the nineteenth century.¹³⁰

History of the Disease Concept in Western Medicine¹³¹

Ancient (800BC – 500 AD)

Western Medicine's origins can be found in Ancient Greece and in particular the period 420-350 BC when the Hippocratic Corpus was written. A novelty of the Hippocratic Corpus was its rejection of traditional medical causation models, which embraced both the natural and supernatural in favour of a solely natural model. This natural causation was conceptualized chiefly as imbalances in humours (originally three, later four) -- a physiological theory. Other distinctive features of Ancient Greek medicine were its emphasis on observation and its strong links to philosophy, particularly the ideas of Aristotle.¹³² It was these elements -- the natural causation model, learning from observation, and links with philosophy -- that later allowed Western medicine to closely associate itself with the Scientific Revolution, which greatly shaped its modern character.

After some initial resistance, Greek medical ideas about disease spread to Rome and the Roman Empire. The most important physician during this period was Galen, a Greek physician based in Rome in the second century, who fused Hippocratic ideas of humours with Aristotelian philosophy.¹³³

¹²⁷Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, pp. 135-62.

¹²⁸Discontinuous meaning that either the disease is present or absent; rather than the public health view which is interested in the degree to which a disease is present in the population.

¹²⁹Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, p. 33.

¹³⁰Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, pp. 11-12.

¹³¹Derived largely from:

Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997.

Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999.

¹³²Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 33, 62-66.

¹³³Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 73-77.

Medieval (500-1500)

During the medieval period Galen's ideas about disease dominated the Christian world. They were largely compatible with Church teachings; doctors had few alternative sources of medical thought, and did not have the resources, encouragement or inclination to strike out on new paths. There was, however, renewed emphasis on supernatural causation, or more specifically disease caused by God. Within the Islamic Empire, on the other hand, more effort was made to preserve and systematize knowledge passed on from Greek medicine, but even here, there was little that was novel in the conception of disease.¹³⁴ Towards the end of the medieval period, medical writing from the Arab world became increasingly known in the West, building up the intellectual environment for more dramatic change during the Renaissance.

Renaissance (1500-1700)

The Renaissance and the Scientific Revolution had a major and continuing effect on Western medical conceptions of disease.

Initially efforts concentrated on recovering accurate translations of the medical treatise of the ancients, and a revived and purified form of Galenism. However, advances in anatomy¹³⁵ and physiology (especially William Harvey's dramatic demonstration of blood circulation in 1628)¹³⁶ paved the way for radical new conceptions of the body. The philosopher René Descartes was particularly influential in this regard, dividing humans into the mind, which was unknowable, and the body, which was like a machine, and therefore open to investigation.¹³⁷

Enlightenment (1700-1800)

In the Enlightenment period, medicine continued to be highly influenced by the scientific revolution and was characterised by quantification, taxonomic classification of disease,¹³⁸ and the localisation of disease, firstly to organs and then tissues.¹³⁹ In treatment there was a gradual shift from the more holistic treatments favoured by Galen to pharmacotherapy.¹⁴⁰

Modern (1800 on)

The modern period continued the trends of the Enlightenment, and in particular the increasingly biological and scientific view of disease.

¹³⁴Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 88-92, 83-88, 92-103.

¹³⁵Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 168-74, 176-86.

¹³⁶Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, pp. 46-47.

¹³⁷Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 217-19.

¹³⁸Though strictly speaking most medicine follows a typology – the clustering of disease cases around a prototype – rather than the strict boundaries of a classification system. See: Michael P. Bogenschutz and H. George Nurnberg, 'Psychoanalysis', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock and Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000.

¹³⁹Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 263-65.

¹⁴⁰Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, p. 268.

The French Revolution heralded the start of the nineteenth century and with it anatomico-pathological medicine. Building on the ideas of the Enlightenment, disease was to be localised anatomically (particularly using the new techniques of auscultation and percussion) and preferably to a tissue, with autopsy being the ultimate arbiter of what disease a patient suffered from.¹⁴¹ This century also saw the rise of the laboratory with its increasingly sophisticated technology (and especially the microscope), principally in Germany, where laboratories became integral to new, well-funded universities. Laboratory-based science led to the focus of disease moving from tissue to cell level. Then, under the influence of Louis Pasteur (1822-96) and Robert Koch (1843-1910) germ theory became a dominant model of causation in disease. Koch's postulates encouraged the idea of a specific cause for a specific disease.¹⁴²

The twentieth century brought further scientific advances to medicine, and further changes to the concept of disease with cell theory, immunology, and genetics all increasingly influential.¹⁴³ Moreover, during this period it was not just disease causation which became more scientific and technological, so did treatment, with striking successes in surgery and immunisation in the nineteenth century, and a revolution in drug treatments in the twentieth century.

History of the Mental Disease Concept in Western Medicine

What about disease conceptions of emotions? In modern thought emotional disorders would come to be characterised as mental or psychiatric diseases in contrast to physical disorders, though it is doubtful this kind of distinction was clearly made before the Renaissance.

The concept of mental disease conforms to the ideas of physical disease discussed above. Mental diseases share the organismic viewpoint, identical descriptive characteristics (symptoms, diagnosis, course, prognosis), and use ontological and physiological models of causation. The specifics of causation were thought to be similar: the product of unseen but physical causes, such as diet, poisonings, occult infections, or structural changes.¹⁴⁴ While these causes may have been hard to find in practice, prior to the Renaissance this was the same situation faced by physical medicine.

Hippocrates promoted a theory that mental and physical illnesses were due to an imbalance of humours. Galen extended Hippocrates theory to personality types, naming these types sanguine, phlegmatic, choleric, and melancholic. In the Middle Ages, however, mental disorders were often thought to be the work of demonic forces. Clergymen, not physicians, were seen as the healers. The most significant attempt at psychiatric classification was made by Gilbertus Anglicus. His

¹⁴¹Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 306-7.

Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, p. 77.

¹⁴²Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 320-22, 330-33, 431-45.

¹⁴³Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, pp. 574-80, 586-95.

¹⁴⁴Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, p. 277.

Compendium Medicinæ (1230) offered descriptions of mania, melancholia, lethargy, epilepsy, and demonic possession.

From the Renaissance on there was an increasing knowledge of the physiological and anatomical basis of physical but not mental disease. It was this group of mental diseases, poorly understood anatomically and physiologically, that the new medical subspecialty of psychiatry inherited in the nineteenth century. And if there were occasional scientific breakthroughs into the anatomy of physiology of these diseases - - examples include epilepsy, tertiary syphilis, mental retardation, cretinism, and deafness -- these in turn were usually reclassified as non-psychiatric disease. One area psychiatry could keep up was in nosology – the increasing populations of mental asylums gave physicians the opportunity to observe patterns of mental disease and so categorisation (usually using symptom clusters) became the cutting edge of psychiatric research.¹⁴⁵

Emil Kraepelin (1856-1926), while in many ways a traditional symptom nosologist and a believer in ultimately discovering the underlying biological pathology of mental illness, attempted to clarify the definition of psychiatric disease by emphasising the course and prognosis, most famously separating dementia praecox (later renamed schizophrenia) and manic-depression (later renamed bipolar affective disorder) on this basis.¹⁴⁶ Kraepelin's classification remains the framework for much modern psychiatry -- indeed his textbooks can be seen as the forerunner of today's diagnostic systems.¹⁴⁷

Sigmund Freud (1856-1939) in his psychoanalytic disease model posited an interesting solution to this lack of physiological or anatomical underpinning of psychiatric disorders. Instead of a biological model of causation he developed a social-psychological one. While not denying that there was an underlying biological cause for mental illness, he believed that this would only be identifiable at some unspecified time in the future. In the mean time he suggested that mental illness was best viewed as originating in unconscious psychological processes, developed in turn by certain crucial happenings during the patient's early development.¹⁴⁸ Up to a point this fitted in very well with an ontological, organismic disease model. However, it was a radical departure from nosological psychiatry, as symptoms were rejected as the key to making a diagnosis, which was rather based on identifying unconscious processes. Moreover, while aspiring to be based on scientific observation, and therefore part of the medical-scientific revolution, psychoanalysis never developed a satisfactory method of observing unconscious processes. The techniques commonly used -- observing slips of the tongue (Freudian slips), listening to patients saying whatever thoughts came into their minds (free-association), doctors self-monitoring emotions while treating the patient (countertransference); and analysing dreams¹⁴⁹ --

¹⁴⁵Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, pp. 284, 277, 282.

¹⁴⁶Edward Shorter, *A History of Psychiatry*, New York: Wiley and Sons, 1997, pp. 99-100.

¹⁴⁷Roy Porter, *The Greatest Benefit to Mankind: A Medical History of Humanity*, New York-London: W.W. Norton, 1997, p. 512.

¹⁴⁸It is, however, almost impossible to find a text willing to express psychoanalysis this simply. See, for one example among many: Glen O. Gabbard, 'Psychoanalysis', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock and Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 563-607.

¹⁴⁹Glen O. Gabbard, 'Psychoanalysis', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock and Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 563-607.

did not appear impressive when set next to the microscope and X-ray machine. Despite this, Sigmund Freud was very influential, particularly in the first half of the twentieth century.

Psychiatric classification of disease has remained reliant on a nosology of symptoms and behaviours rather than physiology or anatomy.¹⁵⁰ This is potentially problematic for two reasons. Firstly, because 'normal' behaviour is socially and culturally determined; therefore any behaviour which deviates from socio-cultural norms can potentially be labelled 'abnormal', 'mad', or 'insane'. Secondly, without underlying anatomical-pathological abnormalities to act as the ultimate arbiter, consistent identification of disease was highly unreliable. In an attempt to address this problem two connected classification systems were developed -- the DSM and ICD.

The Development of the DSM and ICD

The Diagnostic and Statistical Manual of Mental Disorders (DSM) was developed in the United States of America and focuses on psychiatric disease, while the International Classification of Diseases (ICD) is an international venture, with a focus on all medical disease. Despite these differences, the development of both systems has been linked together.

The ICD classification system developed out of an international collaboration to get accurate mortality statistics. The first edition appeared in 1900 and it has subsequently undergone a revision approximately every 10 years.¹⁵¹ Similarly, the need for a classification system in the United States was driven initially by a statistical need -- gathering accurate information for the census.¹⁵² There was, however, no unitary system, and by the end of the Second World War a number of rival classification systems were in use in the United States, including a Veterans' Administration nomenclature.

This Veteran's nomenclature had a heavy influence on the sixth edition of ICD (1948).¹⁵³ ICD-6 was the first edition published by the World Health Organization (WHO), which issued all subsequent editions. ICD-6 was notable for other reasons: the introduction of categories for morbidity as well as mortality, and, for the first time, the inclusion of psychiatric disease.¹⁵⁴ Despite this, it was of limited use except at a public health level, being in essence a list of disease names only, and a number of countries, most notably the USA, published companion clinical modifications from ICD-6 on. One example of this practice of modification was DSM-I (1952) published

¹⁵⁰Jacalyn Duffin, *History of Medicine: A Scandalously Short Introduction*, Toronto: University of Toronto Press, 1999, p. 276-77.

¹⁵¹Juan E. Mezzich, Angel A Otero-Ojeda, Sing Lee, 'International Psychiatric Diagnosis', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock and Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000, pp 839-53.

¹⁵²American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994.

¹⁵³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994.

¹⁵⁴Juan E. Mezzich, Angel A Otero-Ojeda, Sing Lee, 'International Psychiatric Diagnosis', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock and Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000, pp 839-53.

by the American Psychiatric Association (APA).¹⁵⁵

However, the psychiatric categories in ICD-6, DSM-I, and ICD-7 (1957) were not widely accepted, in part because they were based on unsubstantiated (particularly psychoanalytical) causal theories, so the WHO sponsored a review by the British psychiatrist Erwin Stengel, which recommended the adoption of what are known as operationalised diagnostic criteria based on symptoms. This system not only listed the symptoms characteristic of the disease entity, but also how many symptoms needed to be present to make a diagnosis, and the exclusion criteria. However, these recommendations were ignored for ICD-8 (1968) and the similar DSM-II (1968),¹⁵⁶ leading to challenges to their reliability and validity.¹⁵⁷ For example, in 1974, Robert Spitzer and J.L. Fleiss wrote a statistical reanalysis of DSM-II, which indicated that there were indeed major problems with reliability.¹⁵⁸

In an attempt to address this problem, Feighner et al. 1972¹⁵⁹ developed explicit operationalised criteria for fifteen categories of mental disorder along with a considerable amount of evidence for their validity. These categories proved immensely popular, as did an expanded version produced by Spitzer and his colleagues -- the Research Diagnostic Criteria (RDC).¹⁶⁰ Because of the impact of his work on the RDC, Spitzer became the named head of the DSM-III Task Force.

DSM-III (1980) was ground-breaking in several ways. It purported to be a-theoretical. What this meant in practice was a rejection of Freud's model of causation and a return to symptom based nosology (while still retaining the hope of discovering the biological causation in the future). It included a multi-axial system for assessment of the patient as an individual as well as a family and community member. Unlike its predecessors, DSM-III was based on scientific evidence. Its reliability was improved with the addition of explicit operationalised diagnostic criteria. Partially in response to the debate over whether homosexuality was or was not a disease (see below), Spitzer also attempted to give some broad guidelines about what was and what was not a mental disease (mental disorder):

In DSM-III each of the mental disorders is conceptualised as a clinically significant behavioural or psychological syndrome or pattern that occurs in an individual and that is typically associated with either a painful symptom (distress) or impairment in one or more important areas of functioning (disability). In addition, there is an inference that there is a behavioural, psychological or biological dysfunction, and that the

¹⁵⁵American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994.

¹⁵⁶American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994.

Eve C. Johnstone, 'Diagnosis and Classification', in *Companion to Psychiatric Studies*: 6th ed., Eve. C. Johnstone, C.P.L. Freeman, A.K. Zealley (eds), Edinburgh: Churchill Livingstone, 1998, pp. 265-80.

¹⁵⁷Roger K. Blashfield, 'Diagnostic Models and Systems', in *Comprehensive Clinical Psychology: Volume 4 - Assessment*, Alan S. Bellack, Michael Herson (eds), Oxford: Elsevier Science, 1998, pp. 57-79.

¹⁵⁸Robert Spitzer, JL Fleiss, 'A Re-Analysis of the Reliability of Psychiatric Diagnosis', *British Journal of Psychiatry*, October 125:0 (1974), 341-47.

¹⁵⁹J.P. Feighner et al., 'Diagnostic Criteria for Use in Psychiatric Research', *Archives of General Psychiatry*, January 26:1 (1972), 57-63.

¹⁶⁰Robert Spitzer, J. Endicott, and E. Robbins, 'Research Diagnostic Criteria', *Archives of General Psychiatry*, 35 (1975), 773-82.

disturbance is not only in the relationship between the individual and society. (When the disturbance is limited to a conflict between and individual and society, this may represent social deviance, which may or may not be commendable, but is not by itself a mental disorder.)¹⁶¹

An interesting feature of this definition is the attempt to draw a line between someone with a disease and someone society views as a deviant.

Due to new research, field trials, and the problem of coding, APA published DSM-III-R in 1987. DSM-III-R was intended to be a short update to the 3rd edition manual; however, there were significant differences between III and III-R with categories renamed, reorganized, and significant changes in criteria.¹⁶²

ICD-9 (1977), which was co-ordinated to some degree with DSM-III, did not copy its innovations, and simply gave thumbnail descriptions of the psychiatric disease entities.¹⁶³ With, however, ICD-10 (1992), the WHO seemed to have largely accepted the DSM III system of operationalised nosological psychiatric disease definition.¹⁶⁴ Some attempt was made to harmonize ICD-10 and the upcoming DSM IV.¹⁶⁵ To reflect research conducted since DSM-III-R, DSM-IV was published in 1994, and DSM-IV-R in turn in 2000.¹⁶⁶

The Rise and Fall of the Psychiatric Disease of Homosexuality

The case of homosexuality as a disease concept is interesting for a number of reasons: it illustrates the difficulties of the organismic disease model when applied to psychiatric disease, especially around the notion of deviance; it gives a clear example of a disease-concept which was largely (some would argue wholly) a socio-cultural construct; and finally it shows how a disease can be created and then destroyed.

Homosexuality, if it was thought much of at all before the nineteenth century, was defined as a moral problem. It was thought that people chose whether or not to engage in homosexual acts, much as they chose whether or not to visit prostitutes -- it was a matter of free will. With increasing urbanisation, came a growing awareness of homosexuality, and the concept gradually transformed from a sinful behaviour, to a category of people -- homosexuals.¹⁶⁷ In the last third of the nineteenth century

¹⁶¹American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 6.

¹⁶²Roger K. Blashfield, 'Diagnostic Models and Systems', in *Comprehensive Clinical Psychology: Volume 4 - Assessment*, Alan S. Bellack, Michael Hersen (eds), Oxford: Elsevier Science, 1998, pp. 57-79.

¹⁶³Eve C. Johnstone, 'Diagnosis and Classification', in *Companion to Psychiatric Studies*, 6th ed., Eve C. Johnstone, C.P.L. Freeman and A.K. Zealley (eds), Edinburgh: Churchill Livingstone, 1998, pp. 265-80.

¹⁶⁴Eve C. Johnstone, 'Diagnosis and Classification', in *Companion to Psychiatric Studies*, 6th ed., Eve C. Johnstone, C.P.L. Freeman and A.K. Zealley (eds), Edinburgh: Churchill Livingstone, 1998, pp. 265-80.

¹⁶⁵Michael P. Bogenschutz and H. George Nurnberg, 'Classification of Mental Disorders', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock and Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000, pp 824-39.

¹⁶⁶American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000.

¹⁶⁷A similar process was happening with drinking, which during the nineteenth century led to the disease concept of alcoholism.

homosexuals began to present to doctors' offices to be diagnosed with homosexuality or 'sexual inversion', which was viewed as a newly discovered illness. Most of these patients appear to have attended voluntarily, eager to try and understand why they were different, and attracted to the notion that their 'sin' was simply a medical condition.¹⁶⁸

During the twentieth century, particularly in the United States, the situation markedly changed. Under the influence of psychoanalysis, psychiatrists in the first half of the twentieth century had generally been happy to accept that homosexuality was a mental disease,¹⁶⁹ and a potentially treatable one.¹⁷⁰ Homosexuality appeared without major disputation in DSM-I and DSM-II. There was, however, a growing body of scientific literature that challenged this viewpoint.¹⁷¹ Parallel to this was the gradual development of the gay liberation movement, which by the late sixties had become a vocal advocate for homosexual rights. Within this movement it was no longer enough that homosexuality was considered a medical rather than a moral problem: homosexuality, in their view, was a variant of normal, and therefore labelling it a psychiatric disease was a form of discrimination. The movement launched a series of protests against the APA. It was in this charged political atmosphere that the APA's nomenclature commission in 1973 heard the scientific arguments in favour of removing homosexuality as a disease from the DSM. The combination of political pressure and scientific reason proved a potent one, certainly for committee member Robert Spitzer. He developed a compromise position, which deleted homosexuality from DSM-II as a specific disease entity, while allowing psychoanalysts to carry on treating the non-specific 'sexual orientation disturbance'. By the end of the year the APA's decision making bodies had confirmed this change. Not everyone was happy with this. Dissenting psychiatrists, largely from the American Psychoanalytic Association, charged the leadership of the APA with an unseemly capitulation to political pressure and forced the board to submit its decision to a referendum of the full APA membership, a vote the APA leadership won in April 1974.¹⁷²

On the surface this story seems to undermine the idea of a psychiatric disease model.

¹⁶⁸Bert Hansen, 'American Physicians' "Discovery" of Homosexuals, 1880-1900: A New Diagnosis in a Changing Society', in *Framing Disease: Studies in Cultural History*, Charles E. Rosenberg and Janet Golden (eds), New Brunswick, New Jersey: Rutgers University Press, 1992, pp 104-133.

¹⁶⁹Ronald Bayer, 'Politics, Science, and the Problem of Psychiatric Nomenclature: a Case Study of the American Psychiatric Association Referendum on Homosexuality' in *Scientific Controversies: Case Studies in the Resolution and Closure of Disputes in Science and Technology*, H. Tristram Engelhardt and Arthur L. Caplan (eds), Cambridge: Cambridge University Press, 1987, pp. 381-400.

¹⁷⁰Though not with any great success. As Robert Spitzer somewhat cynically asks; would there have been such a movement against the disease-construct homosexuality if there was an effective treatment? See: Robert L. Spitzer, 'The Diagnostic Status of Homosexuality in DSM-III: a Reformulation of the Issues', in *Scientific Controversies: Case Studies in the Resolution and Closure of Disputes in Science and Technology*, H. Tristram Engelhardt and Arthur L. Caplan (eds), Cambridge: Cambridge University Press, 1987, pp. 401-15.

¹⁷¹For example, the two Kinsey reports: Alfred C. Kinsey, Wardell Pomeroy and Clyde E. Martin, 'Sexual Behavior in the Human Male', Philadelphia: W.B. Saunders Company, 1948. Alfred C. Kinsey, et al., 'Sexual Behavior in the Human Female', Philadelphia: W.B. Saunders Company, 1953.

¹⁷²Ronald Bayer, 'Politics, Science, and the Problem of Psychiatric Nomenclature: a Case Study of the American Psychiatric Association Referendum on Homosexuality' in *Scientific Controversies: Case Studies in the Resolution and Closure of Disputes in Science and Technology*, H. Tristram Engelhardt and Arthur L. Caplan (eds), Cambridge: Cambridge University Press, 1987, pp. 381-400.

How can something be a disease in 1972 and then be voted out of existence two years later?¹⁷³ Part of the answer was the inherent difficulties in clearly defining the boundaries of psychiatric disease and social deviance. It is also more readily understandable if one views disease as a biological-socio-cultural construct. The concept of homosexuality came into existence at a time when society as a whole was being dazzled by biological disease constructs, and willingly accepted the reframing of moral problems as disease entities. Patients willingly presented themselves to doctors and doctors happily diagnosed them. The deletion of homosexuality as a disease was partially political in nature, though this in turn was a reflection of changing culture, both in wider American Society and within the liberal psychiatric profession. At the same time, it is doubtful if this change would have been accepted without the accompanying scientific argument.¹⁷⁴

Methodological Considerations

Therefore if romantic love was to fit the organismic theory of disease, it would have to be evaluated as bad (at least in certain circumstances), discontinuous, and affect individuals. Romantic love would generally be thought to meet the latter two criteria, it is the former that is the more interesting. In a modern context, are there circumstances that romantic love would be seen to be a bad thing? If viewed as a psychiatric illness, the latter would include behaviour which deviated from socio-cultural norms.

Other characteristics associated with viewing love from a disease perspective would include a search for symptoms, diagnoses, course, prognoses, and recommended treatments. There would also be a search for causation. In the twentieth century one would expect in addition the construction of a taxonomy of love, attempts to measure love, laboratory tests for love, attempts at anatomical localisation of love, and physiological explanations for love.

¹⁷³Though it is worth remembering that DSM-I diagnoses as a body had been voted in by APA members.

¹⁷⁴Or more precisely, the reformers were able to show the lack of science on the opposing side. It is hard to scientifically 'prove' something is not a disease.

THE HISTORY OF LOVESICKNESS

Introduction

Romantic love conceptualised as a disease has been known by many names through history -- lovesickness, erotic melancholy, *amor hereos* -- each of which contained a slightly different mix of similar ideas.

History

Ancient (800BC – 500 AD)

Imagery relating disease and love is found in a wide variety of cultures¹⁷⁵ and goes far back into history. Love-disease imagery can be found in the writings of ancient Egypt, in the poetry of Sappho from ancient Greece, and Ovid from ancient Rome.¹⁷⁶ Indeed traces of morbid love appear in poetry before medical texts, and some historians therefore see the concept as originating in poetry and then transferring to medicine.¹⁷⁷

Moving from the realm of metaphor, morbid love is mentioned in the Bible in both the Song of Songs and the story of Amnon and Tamar, while within Plato's thinking was a pathological category of love -- a divine madness. People in the Ancient world did not feel the need to leave the treatment of these maladies of love to doctors, therapies being mentioned by both Sappho and Ovid.¹⁷⁸

Ideas about morbid love appear to have bounced backwards and forwards between these non-medical sources and medicine. The best-known example is the story of Antiochus who fell in love with his step-mother Stratonice. This story was attributed to the physician Erasistratus in the fourth century BC, was popularised in a book of anecdotes for orators by Valerius Maximus, and the moral tales of Plutarch in the first century BC; the latter caught the attention of the physician Galen.¹⁷⁹ This exchange of ideas continued until at least the Renaissance.

Ancient medicine, however, offered little systematic discussion of love, and what there was came relatively late. The writings from the Hippocratic Corpus did not deal explicitly with morbid love, mentioning love rather to differentiate it from 'true disease' such as melancholia.¹⁸⁰ Galen's attitude to love was not clear. He wrote little about love, and his primary concern appeared still to be with distinguishing love from melancholia. What he did write suggests that he did not see morbid love as a Platonic divine madness, nor as an affliction of the body, but rather the soul. Nor did Galen

¹⁷⁵Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 53.

¹⁷⁶Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 1-30.

¹⁷⁷Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 43.

¹⁷⁸Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 18-24, 9, 14-19.

¹⁷⁹Donald A. Beecher, Massimo Ciavolella, 'Love Melancholy as a Medical Idea in the Ancient World', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 39-58.

¹⁸⁰Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 268.

Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 48-49.

explicitly categorize it using the humeral system (though it was a possible path to the humeral disease of melancholia), or give it a separate diagnosis. However, his approach to love otherwise seemed to resemble that of a physician treating a malady,¹⁸¹ in this case using various distractions -- baths, drinking wine, riding and other pleasurable pursuits -- to help the patient.¹⁸²

Doctors continued to see love more as a cause of disease or something to be differentiated from diseases such as mania, melancholy, phrenesis (frenzy), until the fourth century AD when lovesickness more clearly emerged as a separate diagnostic entity¹⁸³ in the works of the Byzantine physicians Oribasius of Pergamum and Paul of Aegina¹⁸⁴ which formed templates for views of lovesickness up until the Renaissance.¹⁸⁵

Oribasius, like Galen, did not attend much to the aetiology of lovesickness,¹⁸⁶ but gave a classic description of the disease; with symptoms of hollow eyes deprived of tears, continuous motion of the eyelids, and the weakening of the whole body.¹⁸⁷ He went on to say:

Those who are sick with love are sad, cannot sleep or eat, and therefore waste away. When the physician realises that love is the cause of this patient's disease he must immediately try to remove the lover's fixation upon the object of his desire, compel him to drink in the company of friends, to take baths, to hear stories. Because it is difficult to distract the lover's attention, the physician should make use of subterfuge: he must strike fear into the lover's heart, and with severe reproaches he must convince him to abandon his fixation.¹⁸⁸

¹⁸¹Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 8-9.

Donald A. Beecher, Massimo Ciavolella, 'Love Melancholy as a Medical Idea in the Ancient World', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 39-58.

¹⁸²Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 8.

¹⁸³Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 8.

¹⁸⁴Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 49-50.

Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

¹⁸⁵Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

¹⁸⁶Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 10.

¹⁸⁷Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

¹⁸⁸Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

He also recommended therapeutic coitus.¹⁸⁹

Paul of Aegina, a Byzantine surgeon writing in the seventh century, continued the idea that lovesickness was a disease of the spirit (rather than the body) that was caused by violent emotion and the derangement of reason,¹⁹⁰ but otherwise did not discuss causation in depth.¹⁹¹ As well as the signs mentioned by Oribasius, Paul emphasised the diagnostic significance of the pulse. The treatment regime Paul recommended was similar to Oribasius.¹⁹² Both physicians appeared to differentiate lovesickness from melancholia, which had similar symptoms but was caused by an excess of black bile and therefore needed different treatments.¹⁹³

Medieval (500-1500)

Like other aspects of classical culture and medicine, the concept of lovesickness passed into the Middle Ages in Europe by two different paths -- directly and via the Arab world.

By the direct path, classical sources such as Ovid and Biblical ideas were influential on the educated layman, while traces of the idea of lovesickness can also be found in popular culture. But early medical thinking moved little beyond the work of Galen and lovesickness was an unimportant medical concept before the eleventh century in medieval Europe. What writing there was (translations of Byzantine authors) appear to be practical with little theoretical underpinning. Much of the healing of those suffering from lovesickness probably passed to the clergy.¹⁹⁴

The Arabic View

Things were more dynamic in the Arabic world. With the demise of the Roman Empire ideas about lovesickness passed to the Arabic world via Byzantine medicine. Arabic physicians, either influenced by writers such as Oribasius or from their own thinking, formulated lovesickness as a separate diagnostic entity. Secondary sources differ over whether this was as a linked, but separate disease to melancholy or simply one form of melancholia.¹⁹⁵ The Arabic physicians usually saw lovesickness as a

¹⁸⁹Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

¹⁹⁰Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

¹⁹¹Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 14.

¹⁹²Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

¹⁹³Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

Donald A. Beecher, Massimo Ciavolella, 'The Cures for Erotic Mania and Erotic Melancholy', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990.

¹⁹⁴Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 14-24, 27-30, xiii.

¹⁹⁵Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 10-11, 35.

form of insanity arising from an inordinate desire to enjoy an object of beauty; a passion that disturbed the humeral balance and could lead easily to melancholy or depression.¹⁹⁶ Arabic lovesickness, in contrast to later European interpretations, could also be directed towards objects as well as people.¹⁹⁷

According to Rhazes¹⁹⁸ (850-923) lovesickness was also strongly associated with lycanthropy, with patients suffering from skin lesions that resembled dog bites, and wandering through cemeteries howling like wolves.¹⁹⁹ Similarly, Haly Abbas²⁰⁰ in the tenth century lumped lovesickness together with lycanthropy and melancholy.²⁰¹

It is in the work of Avicenna²⁰² (980-1037) that there was the most complete discussion of lovesickness in the Arabic literature. He defined lovesickness as a melancholy anguish similar to melancholy that was self-induced by thinking obsessively about a beautiful object. Love was not inherently a disease but became morbid when not fulfilled: then the obsessive thinking led to physical and mental problems. Avicenna outlined similar symptoms to those described by the ancients,²⁰³ as well as the key diagnostic test of feeling the pulse.²⁰⁴ Treatment was by union with the beloved where possible. When this was impossible, Avicenna first recommended psychological treatment -- distraction and denigration of the beloved -- and traditional distractions,²⁰⁵ but if that failed, then standard treatments for melancholia and mania (bleeding and purging) should be used.²⁰⁶

Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82, 123-38.

¹⁹⁶Donald A. Beecher, Massimo Ciavolella, 'Introduction', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3-13.

¹⁹⁷Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 38.

¹⁹⁸This was the westernised form of his name. Abu Bakr Muhammad ibn zakariya al-Rasi was his Arabic name.

¹⁹⁹Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

²⁰⁰Ali al-Abbas al-Majusi was his Arabic name.

²⁰¹Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

²⁰²Abu Ali Husayn Abdullah ibn Sina was his Arabic name.

²⁰³Poor grooming, sunken and dry eyes, repetitive blinking, excessive laughing, intermittent crying, rapid breathing, perspiration, and an irregular pulse. Inappropriate expression and sleep impairment were also common.

²⁰⁴He recommended speaking different names while monitoring the patient's pulse. A change in the pulse rate and the quality upon saying the appropriate name indicators the name of the beloved. The test could be repeated for different titles, jobs, places, and cities together with the identified name to further locate the suspected person.

²⁰⁵The patient could be kept busy by means of artificial conflicts, and outdoor activities, such as hunting and gaming.

²⁰⁶Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

Mohammadali M. Shoja and R. Shane Tubbs, 'The Disorder of Love in the Canon of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164: 2 (February 2007), pp. 228-29.

Arabic ideas and learning began to arrive in Europe in significant amounts in the eleventh century, and medical interest in love appears to have been fairly constant in Europe from the eleventh century onwards.²⁰⁷ Of particular significance was the arrival of a North African named Constantine the African, who brought a cargo of Arabic medical texts to southern Italy and began translating them into Latin. It was his translation of the *Viaticum*, by Ibn Eddjezzar²⁰⁸ (who died around 1004),²⁰⁹ with its chapter on lovesickness, which reintroduced the disease as an important part of Western medical culture, and established a disease-construct for lovesickness that lasted four hundred years.²¹⁰

In Constantine's *Viaticum* lovesickness was classified as separate to melancholy, though the former could lead to the latter. Confusingly another work by Constantine saw lovesickness as a sub-type of melancholy.²¹¹ The *Viaticum* was not strong on causation. It attributed lovesickness both to the perception of a beautiful form and excess humour.²¹² Oddly from a modern perspective, this disease was thought to be confined to nobles and specifically men.²¹³ The common symptoms included sunken eyes, jaundice colour, insomnia, anorexia, and depressed thoughts. The recommended treatments were familiar ones -- sex, wine, baths, conversation, and music; though they were reformulated as being good for humeral balance rather than simple distractions.²¹⁴

In the centuries following, the *Viaticum* retained its influence on the concept of lovesickness both directly, and in a series of commentaries written on it which offered variations on the *Viaticum*, usually drawn from other Arabic or ancient sources.²¹⁵

Models of causation, however, were subtly altered. Medical writing on lovesickness which in the twelfth and thirteenth centuries stayed close to the Hippocratic-Galenic tradition, had by the fourteenth century been infiltrated by debates on whether charms worked, while reserving for the Devil the power to induce insane love.²¹⁶

²⁰⁷Donald A. Beecher, Massimo Ciavolella, 'Introduction', in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3-13.

²⁰⁸Abu Jafar Ahmed Ibn Ibrahim Ibn was his Arabic name.

²⁰⁹Donald A. Beecher, Massimo Ciavolella, 'Erotic Melancholy and Medieval Medicine', in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 59-82.

²¹⁰Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. xiii.

²¹¹Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 40.

²¹²Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 39-40.

²¹³Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. xi.

Mary E. Fissell, 'Gender, Sex, and Lovesickness', *Women's Health in Primary Care*, 2:1(1999), 66.

²¹⁴Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 38-47.

²¹⁵Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, pp. 52-145.

²¹⁶Donald A. Beecher, Massimo Ciavolella, 'Eros and the Occult,' in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 83-97.

Renaissance (1500-1700)

Physicians writing on lovesickness in the early sixteenth century usually placed it in short chapters alongside ones on melancholy, mania, hysteria and lycanthropy. For treatment they usually followed the views of Avicenna.²¹⁷ As the century wore on, the rebirth of Galenic influences led to more emphasis on lovesickness as a disease primarily of the body rather than the soul, and therefore amenable to medical treatments such as bleeding and purging, while enthusiasm for therapeutic coitus waned.²¹⁸ Similarly, there was increasing interest in the idea, originating from Plato, that the disease entered the body through the eyes.²¹⁹ Renaissance physicians tended to divide lovesickness from the normal manifestation of the emotion by using the distinction of chaste from unchaste love -- the former was moderate, sanctioned by custom and religion and led to marriage and children; the latter to untamed desire and deafness to reason.²²⁰ Lovesickness was increasingly viewed as a disease that could affect both men and women.²²¹

Jaques Ferrand

There were several notable authors who published works on lovesickness in the sixteenth and early seventeenth century, including Francois Valleriola, André Du Laurens, Jean Aubrey, Jean de Veyries and the clergyman Robert Burton.²²²

Arguably the most important publication was Jaques Ferrand's *A Treatise on Lovesickness*. It is an encyclopaedic work; inconsistent in style and theory, but giving a summation of the Renaissance conceptions of the disease.

Taking a broad view, Ferrand includes much that is sexual within his discussion of lovesickness (and may have been the first to coin the term 'erotomania');²²³ though a lot of the sexual content was removed in the second edition possibly under pressure

Mary Wack, 'From Mental Faculties to Magical Philters: The Entry of Magic into Academic Medical Writings on Lovesickness, 13th-17th Centuries', in *Eros and Anteros: the Medical Traditions of Love in the Renaissance*, Donald A. Beecher, Massimo Ciavolella (eds), Ottawa: Dovehouse Editions, 1992, pp. 9-31.

²¹⁷Donald A. Beecher, Massimo Ciavolella, 'Introduction,' in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3-13.

²¹⁸Donald A. Beecher, Massimo Ciavolella, 'The Cures for Erotic Mania and Erotic Melancholy,' in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 23-138.

Donald A. Beecher, Massimo Ciavolella, 'Introduction', in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3-13.

²¹⁹Donald A. Beecher, Massimo Ciavolella, 'Introduction', in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3-13.

²²⁰Donald A. Beecher, Massimo Ciavolella, 'Introduction', in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3-13.

²²¹Mary E. Fissell, 'Gender, Sex, and Lovesickness', *Women's Health in Primary Care*, 2:1(1999), 66.

²²²Donald A. Beecher, Massimo Ciavolella, 'Ferrand's Sources and Analogues,' in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 98-112.

²²³Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 55.

by the Church.²²⁴ Ferrand saw the aetiology of lovesickness as a combination of internal and external factors including among others: the stars, hot spicy food, the condition of the blood, the anatomy of the brain, the senses, the attraction to objects of beauty, the atoms entering and exiting by the eyes, idleness, seasons and climates, the constitution of the humours, and hereditary tendencies. These factors in turn would lead to a disturbance in the humours, affecting the brain and manifesting in various ways such as mania, melancholy or lycanthropy. Those suffering the disease had certain characteristic symptoms: ‘a desire for solitariness, sighing, hollow eyes, sleeplessness, loss of appetite’. Moreover this was often accompanied by the agitation of the eyelids, a greenish-yellow tint of the skin and sudden tears. The pulse would accelerate or become uneven in the presence of the beloved.²²⁵

Enlightenment (1700-1800)

Ferrand had attempted, with only partial success, to bring together all possible ideas regarding lovesickness to form a coherent whole. After Ferrand, however, the rise of nosology and taxonomy that was to reach its peak in the Enlightenment began to have its affect on the conceptualisation of lovesickness. It was given other names for example erotomania,²²⁶ and subcategories – nymphomania, tarantism, narcissism often with the sexual components emphasised.²²⁷

However, in the eighteenth century, lovesickness, particularly that associated with melancholy, became an integral component of medical school curricula in Europe.²²⁸ Among the 1,100 medical dissertations of psychiatric interest printed before 1750, there were forty-two dealing with excessive love.²²⁹ By contrast, it seems to have lost favour during this period as a metaphor in the arts,²³⁰ and with Galenic medicine in decline it needed reformulating for the modern world.

Modern (1800 on)

Lovesickness was one of the anatomically and physiologically mysterious diseases inherited by psychiatry in the nineteenth century, and became the object of the same taxonomic and nosological processes as other psychiatric disease. By the early nineteenth century, lovesickness had been subdivided into multiple categories, many

²²⁴Donald A. Beecher, Massimo Ciavolella, ‘Introduction’, in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3–13.

²²⁵Donald A. Beecher, Massimo Ciavolella, ‘Definitions and Diagnostics’, in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 113-22.

²²⁶Donald A. Beecher, Massimo Ciavolella, ‘Introduction’, in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 3–13.

²²⁷Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 54-56.

²²⁸Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 59.

²²⁹Donald A. Beecher, Massimo Ciavolella, ‘Jacques Ferrand’, in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 14-38.

²³⁰Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 58.

of them emphasising the sexual rather than the emotional aspects.²³¹

One category that emphasised morbid love was erotic monomania. In 1838 Etienne Esquirol published his classic psychiatric textbook 'Des Maladies Mentales'. In the manner of its time this book was based on clinical observation, classification and some attempt at anatomical localisation. One section of the book concerned the concept of partial insanity, or monomania. The monomanias comprised a range of mental disturbances where there was a relatively isolated disorder of the intellect, the will, or the moods (as opposed to a more generalised insanity). Types of monomanias were identified and named such as homicidal monomania, drunkenness monomania, and erotic monomania.²³²

Esquirol's description of erotic monomania was illustrated liberally with familiar anecdotes from ancient sources, and appeared to borrow heavily from Ferrand's ideas on lovesickness,²³³ though it was adapted to modern thinking. The conception was broad, with cases described which sound identical to Ferrand's erotic melancholy, cases which sound far more like modern conceptions of delusional erotomania (discussed in more detail later), and variations which fell somewhere in between.²³⁴

In keeping with the new philosophy – this time anatomical localisation – the erotic monomania was identified as coming from the brain – and possibly the cerebrum. Causes were a mixture of the new and the familiar: a nervous temperament, a lively imagination, masturbation, celibacy, reading romances, idleness, and those who have 'received a voluptuous and effeminate education'. If untreated the prognosis could be severe, with erotic monomania leading to suicide, dementia, sudden death (by rather unclear mechanisms), melancholy, and mania. Treatment was hardly revolutionary: marriage to the beloved was the first strategy; baths, wine and other distractions if that failed. Bleeding and therapeutic coitus were no longer recommended.²³⁵

The term 'monomania', however, lost popularity and by the middle of the century had almost disappeared.²³⁶

The Disappearance of Lovesickness

In a similar fashion to monomania, lovesickness as a disease-construct was on the wane in the nineteenth century; and sometime in the twentieth century, lovesickness' disease status seemed to vanish.²³⁷ The literature does not give specific reasons for this disappearance, other than the tautological explanation that medical fashions

²³¹Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 60-61.

²³²Bill Bynum, 'Monomania', *The Lancet*, 362:9393 (2003), pp. 1425-25.

²³³Donald A. Beecher, Massimo Ciavolella, 'Jacques Ferrand', in *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 14-38.

²³⁴Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845, pp. 335-42.

²³⁵Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845, pp. 335-42.

²³⁶Bill Bynum, 'Monomania', *The Lancet*, 362:9393 (2003), pp. 1425-25.

²³⁷Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 75, 65.

change,²³⁸ and interest in lovesickness was simply replaced by an increased interest in pathological forms of sexual behaviour, which in part reflected the changing views of the patients presenting to doctors.²³⁹

All that appeared to remain were a few bits and pieces such as: erotomania as a type of delusional disorder; doctors falling in love with patients; and love causing the secondary problems of suicidality and jealousy. One author believed, however, that there are new forms of lovesickness: for example co-dependency.²⁴⁰

Lovesickness and the Psychodynamic Tradition

It could be argued that another remnant of lovesickness was the psychodynamic²⁴¹ conception of morbid love. Psychodynamic thinkers have consistently acknowledged the existence of morbid love. There are two strands to this: Firstly, psychodynamic principles are used to explain the aetiology or cause of specific psychiatric diagnoses (in the following chapters these psychodynamic ideas will be seen frequently). Secondly, the psychodynamic theorists mentioned earlier outlined what they believed was normal love primarily so that dynamic therapists could separate it from abnormal, or neurotic love -- although from Freud²⁴² on the distinction between the two was often not clear. However, psychodynamic conceptual models are sufficiently different from the medical theories of disease²⁴³ so that they do not fit easily into a historical narrative of the medical disease concept of lovesickness. Moreover, it is not within the scope of this thesis to describe in detail the many psychodynamic theories of love.²⁴⁴

Methodological Considerations

The secondary literature suggests a number of disease categories that may be directly descended from lovesickness: nymphomania, erotomania, jealousy, and lovesickness itself. It also suggests that the concept morbid love could reappear in novel ways such as co-dependency.

²³⁸Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 31-34.

²³⁹Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 62.

²⁴⁰Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 66-68, 72-74.

²⁴¹Psychological ideas derived from Freud.

²⁴²Reuben Fine, 'Love and Psychoanalytic Technique', *Current Issues in Psychoanalytic Practice*, 4:3-4, (1987), pp. 3-34.

²⁴³Particularly as the abnormalities described would seem more to be character flaws rather than what are commonly conceptualised as diagnoses. It could be argued, however, that there is a connection here worth exploring with the DSM conception of Personality Disorders, in which difficulties with love are occasionally mentioned.

²⁴⁴For a good synopsis of influential psychodynamic ideas on love see: Robert J. Sternberg, *Cupid's Arrow – the Course of Love through Time*, Cambridge: Cambridge University Press, 1998, p. 125-27.

Methodology

Questions

This study examined two problems, one historical and one methodological. These can be expressed in question form:

1. Were there disease concepts for morbid love in the second half of the twentieth century? And if so, are these the remnants of lovesickness that can be linked historically to the original disease concept, does the same concept re-emerge under a new diagnostic name, or are these novel re-formulations of the concept of morbid love?
2. In researching the previous question, can we improve on routine historical methodology by greater emphasis on empirical, quantitative data?

It was hoped that by looking at the conceptualisation of morbid love in a relatively homogenous group -- Western psychiatrists, medical doctors and psychologists -- using data from journals and books that tended to be produced and consumed by the same group, this would avoid the potential problem identified by Sarsby's research²⁴⁵ -- confusing historical changes in ideas with a-historical social or cultural differences.

Classification and Definition

But first the problems of definition. Problems of definition bedevil studies of love.²⁴⁶ As M.M. Hunt put it: 'Love...is a quicksilver word; though you see plainly where it is, you have only to put you finger on it to find it is not there, but some place else.'²⁴⁷ To make things more difficult, ideas about love have changed over time.

But we need a perspective from which to view this change, a current set of concepts to compare with the past. While no one typology or definition of love has been accepted by all researchers, contemporary scientific thought provides a useful perspective for this study.

Some classification or typology is necessary for the analysis, as in the English language 'love' is a broad term. In both lay and scientific literature a number of subdivisions are usually made. There is seen to be a distinction between love directed towards a romantic partner, love directed towards family and close friends, a religious love, and love directed towards a non-human recipient (a car or a pet for example). Whether all these types of love, grouped together linguistically in English (and German), are genuinely different forms of the one thing is a matter of debate, though certain thinkers (Freud and Plato for example) have unified theories of love. This study will look primarily at love directed at a romantic partner, and unless otherwise specified the word 'love' will refer to this concept.

A further common and useful subdivision, both in lay and scientific literature, is to divide this love into two. Firstly, and most importantly to this study, is what would commonly be called in recent scientific literature 'romantic love' (though it is also

²⁴⁵Jacquiline Sarsby, *Romantic Love and Society*, Harmondsworth, Middlesex: Penguin, 1983, pp. 113-33.

²⁴⁶Frank Tallis, *Love Sick: Love As a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 40.

²⁴⁷M.M. Hunt, *The Natural History of Love*, New York: A Knopf, 1959, p.1.

known as passionate love, limerence,²⁴⁸ romantic passion, infatuation, or erotic love).²⁴⁹ This describes the intense emotional experience of being 'in love' or falling 'in love'. Pamela Regan emphasised three key elements of this type of love: emotional intensity, instability, and sexualization.²⁵⁰ William Janowiak defined it as: 'any intense attraction involving the idealization of the other within an erotic context. The idealisation carries with it the desire for intimacy and the pleasurable expectation of enduring for some unknown time in the future.'²⁵¹

In modern lay and scientific thinking this is separated²⁵² from what scientists would call 'companionate (conjugal) love', a more long-lasting and stable, if less intense emotion. Regan sees companionate love as characterised by emotional intimacy, less intensity, durability, and interdependence.²⁵³ Janowiak believes companionate love to be 'characterised by the gradual and oftentimes unperceived change into a more peaceful, less intense, and more fulfilling relationship. Love in this stage is built on a strong and abiding mutuality of affection, care and respect that derives from a long-term association.'²⁵⁴

It is only since the seventies that the scientific community has commonly made this distinction between companionate and romantic love.^{255,256} Historians rarely make this division explicitly.

Structure

Why this methodology?

The background literature on this topic suggests problems in coming up with an appropriate scientific methodology for studying the evolution of concepts (such as the

²⁴⁸Dorothy Tennov, *Love Madness*, in *Romantic Love and Sexual Behaviour: Perspectives from the Social Sciences*, Victor C. de Munck (ed.), Westport: Praeger, 1988, pp. 77-88.

²⁴⁹R. Driscoll, K. Davis, and M. Lipetz, 'Parental Influence and Romantic Love', *Journal of Personality and Social Psychology*, 24, (1972), pp. 1-10.

Ellen Berscheid and E.H. Walster, *Interpersonal Attraction*, 2nd ed., Reading, Massachusetts: Addison-Wesley, 1978.

William Jankowiak (ed.), *Romantic Passion: A Universal Experience?* New York: Columbia University Press, 1995, p. 14.

Pamela C Regan, *The Mating Game: A Primer on Love, Sex, and Marriage*, Thousand Oaks: Sage Publications, 2003, p. 21.

Oliver C.S. Tzeng, *Measurement of Love and Intimate Relations* by, Westport, Praeger 1993, pp. 220-21.

Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Constructed?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

²⁵⁰Pamela C Regan, *The Mating Game: a Primer on Love, Sex, and Marriage*, Thousand Oaks: Sage Publications, 2003, pp. 21-31.

²⁵¹William Jankowiak (ed.), *Romantic Passion: A Universal Experience?* New York: Columbia University Press, 1995, p. 4.

²⁵²Though few would deny the concepts overlap.

²⁵³Pamela C Regan, *The Mating Game: A Primer on Love, Sex, and Marriage*, Thousand Oaks: Sage Publications, 2003, pp. 33-35.

²⁵⁴William Jankowiak (ed.), *Romantic Passion: A Universal Experience?* New York: Columbia University Press, 1995, p. 4.

²⁵⁵The division outlined was probably first made in the scientific literature by Berscheid and Walster: E. Berscheid and E. Walster, *Interpersonal Attraction*, 2nd edition, Reading, MA: Addison-Wesley, 1978.

²⁵⁶Complicating matters further men and women appear to experience these loves in different ways: Elaine Hatfield, 'What Do Women and Men Want from Love and Sex', in *Women and Romance: A Reader*, Susan Ostrov Weisser (ed.), New York: New York University Press, 2001, pp. 222-44.

concept 'love') over a period of time. Previous studies of emotion have tended to make large claims, which are hard for the reader to evaluate because the methodology is not clearly spelt out²⁵⁷ and there is an absence of quantitative data.²⁵⁸

It does not seem impossible for a historical study to address these problems. A way forward, building on the ideas of Cancian and Gordon,²⁵⁹ would appear to be a combined quantitative and qualitative approach, but with more explicit methodology. For the quantitative aspects this study draws heavily on the methodology of evidence-based medicine, and in particular systematic literature reviews, which use standard rules to minimise bias and maximise reproducibility.²⁶⁰ This study aims to:

- Have a clear question that each search is trying to answer
- Have sufficiently wide criteria so as not to miss important data
- Have explicit search criteria
- Have explicit criteria for inclusion or exclusion of data

For this type of methodology to work, given the potentially vast amount of information, database searching computer programs are necessary, and fortunately for this topic they exist -- psychINFO and Medline. These are gigantic referencing systems for letters, books, and scientific articles. The first is a psychological database and the second a medical database. A combination of these would seem ideal for psychiatry which operates in an area overlapping these two fields. One way of looking at them (and determining how to study them) is as repositories of scientific ideas and concepts, or metaphorically the scientific brains of psychology and medicine. Both these databases are compiled by organisations in United States of America (see Appendix I for a description and history of these databases).

Types of Searches

These databases are usually searched in one of two ways. Firstly, they can be searched for keywords (most commonly looking in the title and abstract). Secondly, they can be searched looking for concepts. In the latter case, the researcher looks up words in the database dictionary (Thesaurus in psychINFO and MeSH in Medline) and is usually given a definition and other contextual information such as the date the term was introduced, what it replaced,²⁶¹ and whether there are subcategories or super categories. This search term can then be used to look for articles categorised as being mainly about the concept; or to some degree about the concept (the latter called an expanded search); or subcategories of the concept (called an exploded search). What this means in practice is the databases can be searched for ideas. The ideas are themselves contemporary, but in theory one can see them emerge or disappear over time. In this study, which was mainly about changing ideas and concepts, where

²⁵⁷For example, even when references are given, it is not clear how the author gathered these references leaving open the possibility of a biased collection system. Moreover, it is not possible to validate the author's conclusions by repeating the study.

²⁵⁸However, it is also important not to lose important contextual information which can only be gathered with often hard to replicate qualitative methods.

²⁵⁹Francesca Cancian, Steven L. Gordon, 'Changing Emotion Norms in Marriage: Love and Anger in U.S Women's Magazines since 1900', *Gender and Society*, 2 (1988), 308-42.

²⁶⁰Andrew D. Oxman et al., 'User's Guide to the Medical Literature: How to Use an Overview', *Journal of the American Medical Association*, 272:17 (1994), pp. 1367-71.

²⁶¹These first two were thought to provide useful contextual information, as definitions created at one point in time cannot necessarily be used with precision at another (see the Discussion).

possible concept searches were used (where this was not the case is noted). In each search, the search terms and how they were used is noted in some detail so that the search is reproducible.

Exclusion and Inclusion Criteria

A search in these databases will produce a title, and usually an abstract and a list of the concepts the database associates with the article. In some cases it will allow direct access to the article. This information was the raw data for the bulk of this thesis.

Unfortunately there was no specific search term in either database for romantic love. In psychoINFO there were Thesaurus search terms but no definitions for both 'love'²⁶² and 'romance'.²⁶³ The Medline MeSH had a definition for love which was much broader than the definitions of romantic love given above: 'Affection; in psychiatry commonly refers to pleasure, particularly as it applies to gratifying experiences between individuals.'²⁶⁴ MeSH had no term for romance so for most searches the key words 'romance', 'romantic' were added.²⁶⁵

This combination of terms and keywords produced a broad search with many articles identified which were not about romantic love. This raw data then had to be further analysed by the author to find references truly about romantic love (using the conceptions described above) and whichever other concept (usually a disease construct) was being searched for. Two major overlapping difficulties were that it was often not clear from the title or abstract what the article meant by 'love', or what was meant by 'romantic relationship.' To assist the consistent inclusion and exclusion of articles the following rules were used:

- Review of the abstracts was given precedence over which search terms were used to categorise the reference when deciding whether it was about romantic love.
- When the abstract and dictionary definition contradicted each other, or in other areas of ambiguity an attempt was made to access the full article.²⁶⁶
- Unless there was further evidence that a 'romantic relationship' involved romantic love it was assumed it did not, but rather suggested a partnership between adults with a sexual element (as this appeared to be how the term was most frequently used).

²⁶²Year Term Introduced 1973. Tree information: Broader, 'Emotional States'; Narrower, nil; Related, 'Affection', 'Attachment Behavior', 'Erotomania', 'Intimacy' and 'Romance'.

²⁶³Year Term Introduced 1997. Tree information: Broader, nothing; Narrower, nothing; Related, 'Affection', 'Couples', 'Human Courtship', 'Human Mate Selection', 'Intimacy', 'Love', 'Marital Relations', 'Marriage', 'Psychosexual Behavior', 'Relationship Termination', 'Significant Others' and 'Social Dating'.

²⁶⁴There was no information on when this term was introduced. Tree information: Broader, nothing; Narrower, nothing; Related, 'Courtship Behaviour'.

²⁶⁵Some thought was given as to whether to include the keyword 'passionate' (this was not a recognized search term), but initial trials using 'passionate' did not seem to identify articles not found by the search term 'love'.

²⁶⁶It was not considered logistically possible to track down every article. The electronic journal databases of Auckland University, Massey University, and Waitemata health were searched. If the article looked of particular interest then non-electronic copies were ordered and reviewed.

- If it was still not clear whether the article was about romantic love it was excluded from the analysis.
- Only articles in English (unless otherwise specified) were used.

Quantitative Data

Usually, this process left a series of references (in most cases about a disease concept). The range of years in which these were published, and the number of references were noted. To make the latter figure more meaningful, it was compared with the total number of references to the search terms before they were combined with the dictionary terms/keywords 'love' and 'romance/romantic'. The idea was to both get an approximation of the relative influence of an idea (usually a disease construct), and if possible track changes in this (increasing/decreasing) over the period studied. The pros and cons of this approach are examined in the Discussion.

PsychINFO has an interesting facility, not shared by Medline, which shows the searcher how many times each article is cited in the database. While earlier articles would have more opportunity to be cited than those just published, it was considered this was still a valuable proxy measure of how influential any individual article was. If the article had five or more citations this was therefore noted.

Qualitative

For the qualitative analysis, rather than taking a highly theoretical approach, the data was analysed using a simple inductive approach similar to that outlined by David Thomas,²⁶⁷ in which the references were studied looking for common themes which would colour and contextualise the quantitative data.

Supplementary Evidence

In all the sections supplementary evidence from secondary sources was used to provide modern definitions of terms (recent editions of DSM and the *Comprehensive Textbook of Psychiatry* were used where possible), background history, and another strand of evidence to compare conclusions against. In the section on modern manifestations of morbid love there was a more systematic search for data from various textbooks:

The DSM disease classification books were searched for the disease terms of interest. DSM-I to DSM-IVR were searched using their indexes. Electronic versions of DSM-I to DSM-IV were also searched using a word finding program, which uncovered more data.

All eight editions of the *Comprehensive Textbook of Psychiatry*²⁶⁸ were searched for the disease terms of interest using the index. Volume 8 had an electronic version allowing a more thorough search.

²⁶⁷David R. Thomas, 'A General Inductive Approach for Analysing Qualitative Evaluation Data', *American Journal of Evaluation*, 27:2 (2006), pp. 237-46.

²⁶⁸This textbook is the most comprehensive in psychiatry, and during the period studied has been the standard textbook of American psychiatry, functioning almost as a companion book to the DSM with whom it shares many authors.

Other psychiatric textbooks²⁶⁹ and clinical psychology textbooks²⁷⁰ found in the

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- ²⁶⁹Nancy C. Andreason, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995.
- Robert E. Hales, Stuart C. Yudofsky, *Essentials of Clinical Psychiatry*, 2nd ed., Washington: American Psychiatric Publications, 2004.
- Armand M. Nicholi (ed.), *The Harvard Guide to Psychiatry*, 3rd ed., Cambridge, Massachusetts: Belknap Press of Harvard University Press, 1999.
- Eve. C. Johnstone, C.P.L. Freeman, A.K. Zealley (eds), *Companion to Psychiatric Studies*, 6th ed., Edinburgh: Churchill Livingstone, 1998.
- William Lishman, *Organic Psychiatry*, 3rd ed., Oxford: Blackwell Science, 1998.
- W. Mayer-Gross, Eliot Slater and Martin Roth, *Clinical Psychiatry*, 2nd ed., London: Cassell, 1960.
- Nicholas D.B. Rose, *Essential Psychiatry*, 2nd ed., Oxford: Blackwell Scientific Publications, 1994.
- R.E. Kendell, A.K. Zealley, (eds.), *Companion to Psychiatric Studies*, 5th ed., Edinburgh: Churchill Livingstone, 1993.
- ²⁷⁰Lawrence Edwin Abt, Daniel Brower, and Bernard Frank Riess, *Progress in Clinical Psychology*, Vol. 2, New York: Grune & Stratton, 1956.
- David H. Barlow, *Clinical Handbook of Psychological Disorders: a Step-By-Step Treatment Manual*, 3rd ed., New York: 2001.
- David H. Barlow, V. Mark Durand, *Abnormal Psychology: an Integrative Approach*, 4th ed., Belmont: Thomson Wadsworth, 2005.
- David H. Barlow, V. Mark Durand, *Abnormal Psychology: an Integrative Approach*, 3rd ed., Belmont: Thomson Wadsworth, 2002.
- David H. Barlow, V. Mark Durand, *Abnormal Psychology: an Integrative Approach*, 2nd ed., Belmont: Thomson Wadsworth, 2001.
- Alan S. Bellack, Michael Herson (eds), *Comprehensive Clinical Psychology: Volume 4 - Assessment*, Oxford: Elsevier Science, 1998.
- Paul Bennett, *Abnormal and Clinical Psychology: an Introductory Textbook*, Philadelphia: Open University, 2003.
- James Neal Butcher, Susan Mineka, and Jill M. Hooley, *Abnormal Psychology*, 13th ed., Boston: Pearson/Allyn and Bacon, 2007.
- James Neal Butcher, Susan Mineka, and Jill M. Hooley, *Abnormal Psychology*, 12th ed., Boston: Pearson/Allyn and Bacon, 2004.
- David A. Clark (ed.), *Intrusive Thoughts in Clinical Disorders: Theory, Research, and Treatment*, New York: Guilford Press, 2005.
- Gerald C. Davison, John M. Neale, *Abnormal Psychology*, 7th ed., New York: Wiley, 1997.
- Gerald C. Davison, John M. Neale, *Abnormal Psychology*, 8th ed., New York: Wiley, 2000.
- Sol L. Garfield, *Clinical Psychology: the Study of Personality and Behavior*, 2nd ed., New York: Aldine, 1983.
- Herbert Goldenberg, *Contemporary Clinical Psychology*, Monterey: Brooks/Cole, 1973.
- Muriel Hammer, Kurt Salzinger, and Samuel Sutton (eds), *Psychopathology: Contributions from the Social, and Biological Sciences*, New York: Wiley-Interscience, 1973.
- Lynda A. Heiden and Michel Hersen, *Introduction to Clinical Psychology*, New York: Plenum Press, 1995.
- Michel Hersen and Samuel M. Turner (eds), *Adult Psychopathology and Diagnosis*, 4th ed., Hoboken: J. Wiley, 2003.
- Michel Hersen and Samuel M. Turner (eds), *Adult Psychopathology and Diagnosis*, 3rd ed., Hoboken: J. Wiley, 1997.
- John Hunsley, Catherine M. Lee, *Introduction to Clinical Psychology: an Evidence-Based Approach*, Mississauga: Wiley, 2006.
- Sheldon J. Korchin, *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*, New York: Basic Books, 1976.
- Carney Landis, M. Marjoire Bolles, *Textbook of Abnormal Psychology*, New York: Macmillan, 1950.
- S.J.E. Lindsay, G.E. Powell, *The Handbook of Clinical Adult Psychology*, 2nd ed., London: Routledge, 1994.
- Perry London, David Rosenhan (eds), *Foundations of Abnormal Psychology*, New York: Holt, Rinehart and Winston, 1968.
- Abraham H. Maslow, Be'la Mittelmann, *Principles of Abnormal Psychology: the Dynamics of Psychic Illness*, New York: Harper & Row, 1951.

Auckland University library and the Massey University Albany library were searched for the disease terms of interest using their indexes.

The information from these searches was then combined to form conclusions with the greatest weight being given to the database searches and DSM searches (the computerised searching allowing this to be more widespread and accurate), then the *Comprehensive Textbook* (because of its influence in the United States and because the use of all eight editions gave a good picture of change over time), and the least weight to the idiosyncratic selection of other textbooks.

It was hoped that this combination of the sources would give a western perspective, and more specifically a perspective from the United States, on disease constructs of morbid love.

Content

Firstly, this study examined the changing scientific interest in love. In part this built on the previous chapter on the scientific history of love to give further context for the following chapters, but it also seeks to confirm a rising scientific interest in love (potentially fertile ground for conceptions of morbid love), and examined whether this science is being applied to morbid love. After trying to map a general rise in scientific interest, various scientific concepts thought to be characteristic of modern disease (taxonomy, measurement, anatomical localisation, physiology, laboratory investigation) are studied in relation to romantic love.

In the main part of the thesis, the connection between the concepts of romantic love and disease was examined. The concept of disease and its common components (symptoms, course, prognosis, treatment, and cause) were looked at first. Next, various specific disease entities were studied, starting with lovesickness and then various candidate diseases (using recognized terms from the databases dictionaries

Frederick Mears, Robert J. Gatchel, *Fundamentals of Abnormal Psychology*, Chicago: Rand McNally College, 1979.

Robert G. Meyer, Sarah E. Deitsch (eds), *The Clinician's Handbook: Integrated Diagnostics, Assessment, and Intervention in Adult and Adolescent Psychopathology*, 4th ed., Boston: Allyn and Bacon, 1996.

Jeffrey S. Nevid, A. Rathus Spencer and Beverly Greene, *Abnormal Psychology in a Changing World*, 6th ed., Upper Saddle River: Pearson Prentice Hall, 2005.

Richard W. Nice, Edward Podolsky, *A Handbook of Abnormal Psychology*, London: Vision, 1960.

Thomas G. Plante, *Contemporary Clinical Psychology*, 2nd ed., New York: Wiley, 2005.

E. Jerry Phares, Timothy J. Trull, *Clinical Psychology: Concepts, Methods, and Profession*, 5th ed., Pacific Grove: Brooks/Cole, 1997.

T.W. Richards, *Modern Clinical Psychology*, New York: McGraw-Hill, 1946.

Ephraim Rosen, Ronald E. Fox and Ian Gregory, *Abnormal Psychology*, 2nd ed., Philadelphia: Saunders, 1972.

Ephraim Rosen, Ian Gregory, *Abnormal Psychology*, 1st ed., Philadelphia: Saunders, 1965.

David Rosenhan and Perry London (eds), *Theory and Research in Abnormal Psychology*, New York: Holt, Rinehart and Winston, 1969.

Irwin G. Sarason, Barbara R. Sarason, *Abnormal Psychology: the Problem of Maladaptive Behaviour*, 6th ed., Englewood Cliffs: Prentice Hall, 1989.

Irwin G. Sarason, Barbara R. Sarason, *Abnormal Psychology: the Problem of Maladaptive Behaviour*, 4th ed., Englewood Cliffs: Prentice Hall, 1987.

Irwin G. Sarason, Barbara R. Sarason, *Abnormal Psychology: the Problem of Maladaptive Behaviour*, 3rd ed., Englewood Cliffs: Prentice Hall, 1980.

Irving B. Weiner (ed.), *Clinical Methods in Psychology*, New York: Wiley, 1976.

where possible), chosen either from the secondary literature or from characteristics of the disease which suggested a connection to lovesickness. In effect each one of these is a separate study.

Results

THE SCIENCE OF ROMANTIC LOVE

Modern disease concepts are heavily influenced by scientific ideas, and in particular ideas from specific branches of science such as anatomy, physiology, laboratory investigations, taxonomy, and measurement. Increasing interest in romantic love from any of these fields may provide fertile ground for the growth of conceptions of morbid love. Concrete evidence of this idea would show up as instances where the science of love was applied directly to the investigation of morbid love.

RISING SCIENTIFIC INTEREST

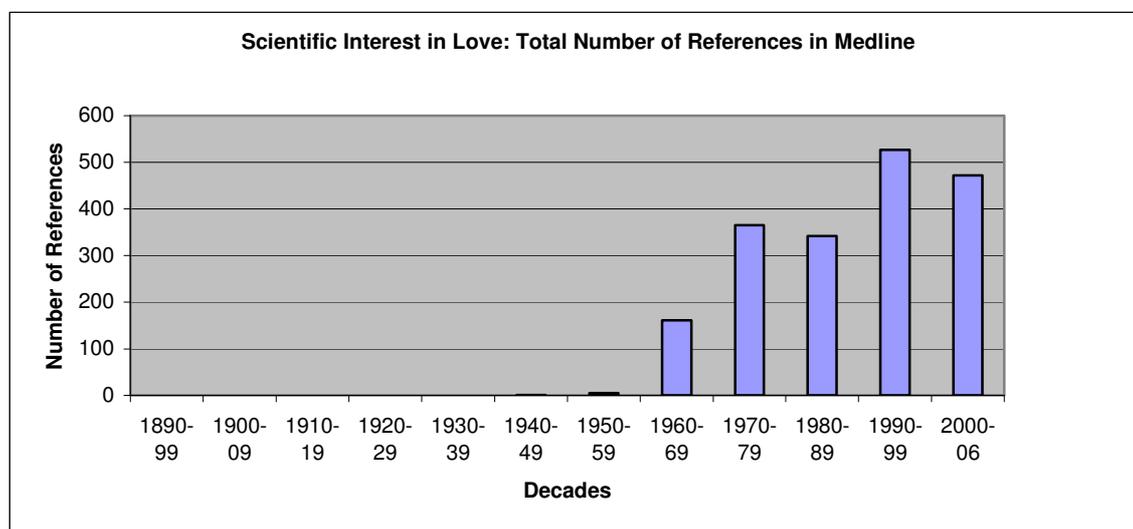
Background

But before turning to these specific branches of science, we can attempt an overview. Secondary sources consistently suggest there has been a rising scientific interest in love, and specifically romantic love, beginning in the nineteen seventies.²⁷¹ One way of investigating this is to look at how many articles are published on love for each decade in the databases.

Databases

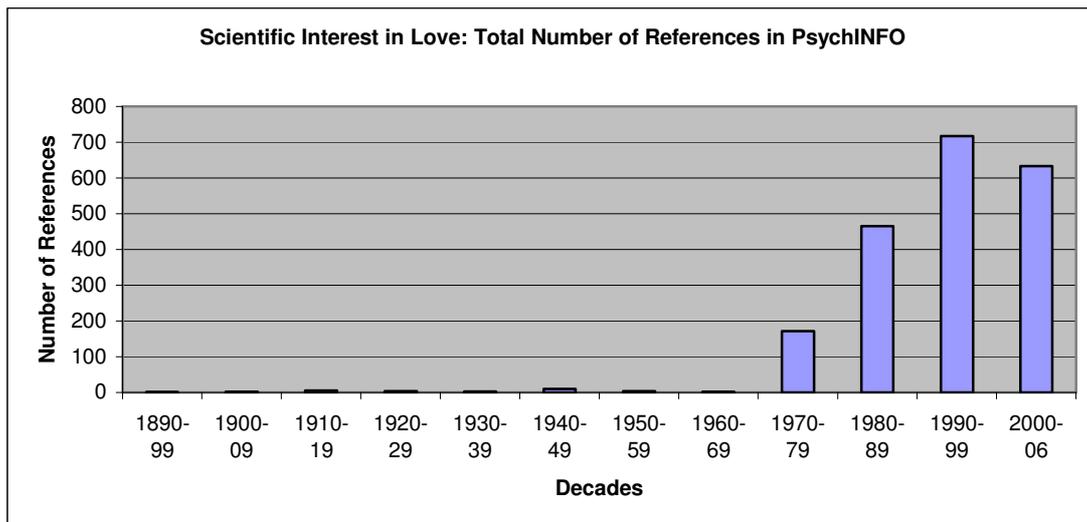
Question: Does the scientific interest in love increase in absolute terms from the seventies on?

Medline and psychINFO were searched using the dictionary term 'love' as a major concept (not exploded). The results were gathered decade by decade.²⁷² These results are presented below in chart form (the raw numbers are included in Appendix II). There was no easy way of combining this psychINFO and Medline data, so they are presented separately.



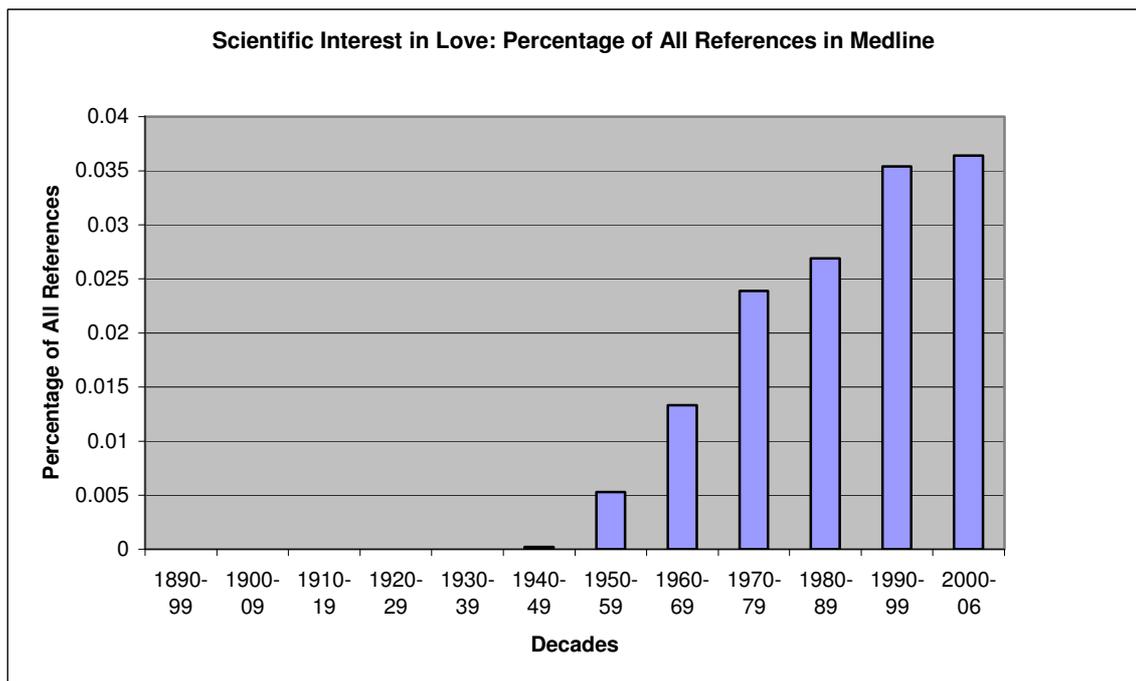
²⁷¹Oliver C.S. Tzeng, *Measurement of Love and Intimate Relations*, Westport: Praeger, 1993, p. 78. Robert Plutchik, *Emotions of Life*, Washington: American Psychological Association, 2003, p. 295. Jeff Levin, 'A Prolegomenon to an Epidemiology of Love: Theory, Measurement, and Health Outcomes', *Journal of Social Empirical Psychology*, 19:1 (2000), pp. 117-37.

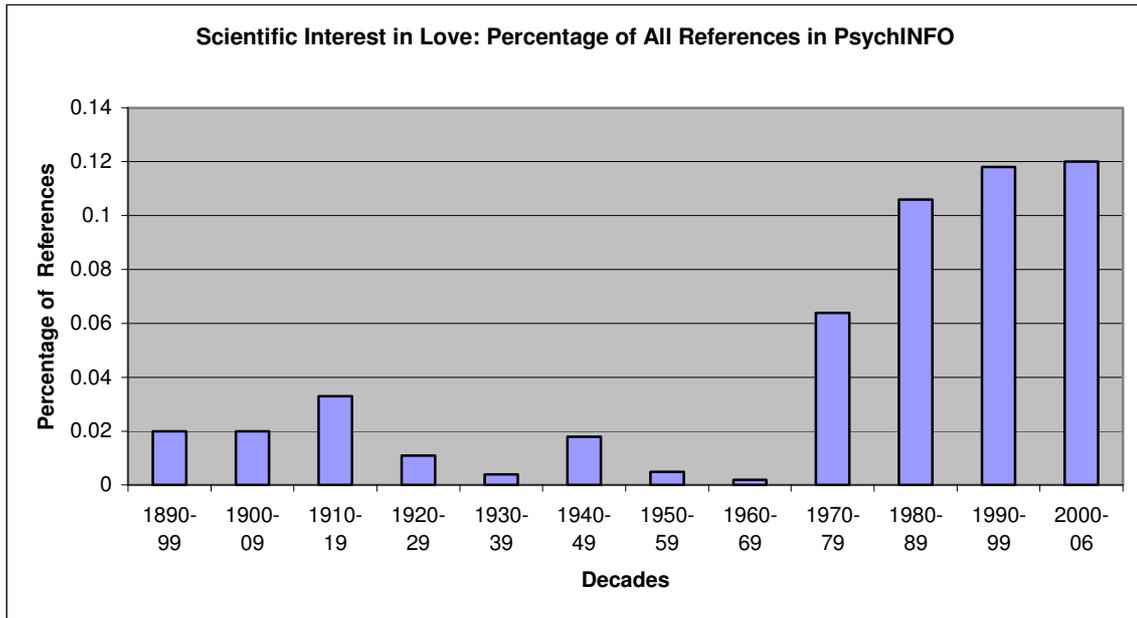
²⁷²All searches were performed in September 2006.



Question: Does the scientific interest in love increase in relative terms from the seventies on?

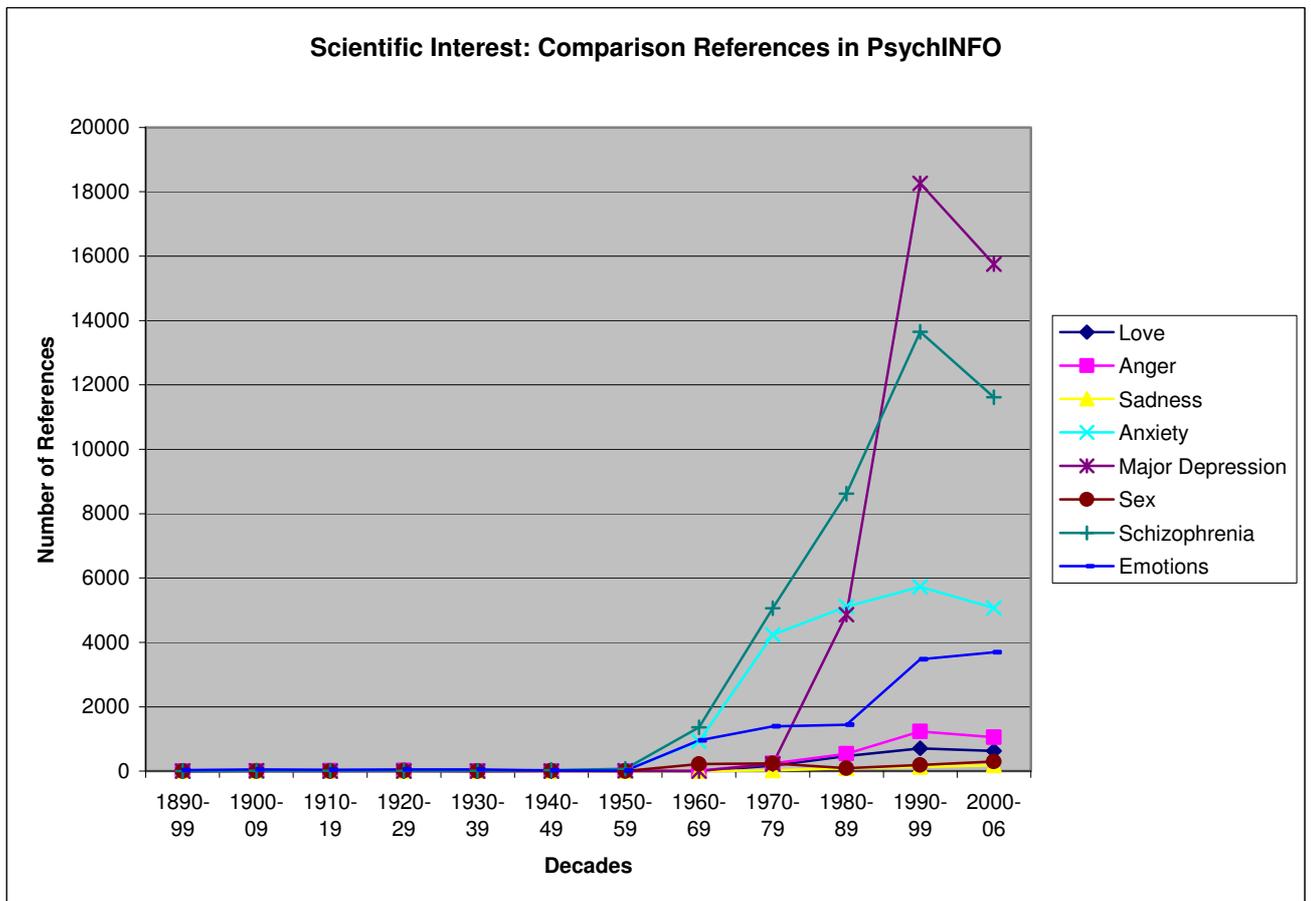
The results of the previous search were calculated as a percentage of the total number of references decade by decade. The results are presented below in chart form (the raw numbers are included in Appendix II).





Question: How do these changes in the interest in love compare with other psychiatric topics?

psychINFO was searched using various dictionary terms as major concepts (not exploded). The results were gathered decade by decade and presented below in chart form.



BIOLOGICAL/SCIENTIFIC PERSPECTIVE

Databases

Question: To what degree was romantic love seen as a topic of scientific enquiry during this period?

The psychINFO database was searched using the Thesaurus terms 'sciences'²⁷³ expanded and exploded (but excluding 'neuroanatomy' and 'neurophysiology'), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH term 'biological sciences'²⁷⁴ exploded and expanded (but excluding 'anatomy' and 'physiology') combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.²⁷⁵ The abstracts of these references were reviewed looking for the concept of the science of romantic love.

This search produced six²⁷⁶ references, published in the years 1992 to 2007.²⁷⁷ One of these references²⁷⁸ is a review of another.²⁷⁹ No reference in psychINFO was cited five or more times. In all, there were three reviews of general texts on the science of romantic love,²⁸⁰ and one general text on the science of romantic love.²⁸¹ The remaining two references were a letter reviewing the neurobiology of love²⁸² and an

²⁷³No definition. Introduced 1967. Tree Information: Broader, nil; Narrower, 'neurosciences', 'medical science', and others; Related, nil significant.

²⁷⁴Definition: 'All of the divisions of the natural sciences dealing with the various aspects of the phenomena of life and vital processes. The concept includes anatomy and physiology, biochemistry and biophysics, and the biology of animals, plants, and microorganisms. It should be differentiated from BIOLOGY, one of its subdivisions, concerned specifically with the origin and life processes of living organisms.' Introduced 1991, previously 'biology' and 'biological sciences'. Tree Information: Broader, nil; Narrower, 'anatomy', 'biochemistry', 'biology', 'biophysics', 'biotechnology', 'neurosciences', 'pharmacology', 'physiology'; Related, nil significant.

²⁷⁵Both the psychINFO and Medline searches were done 27/6/08.

²⁷⁶To put this into context on 27/6/08 in psychINFO the Thesaurus term 'science' exploded and expanded (but excluding 'neuroanatomy' and 'neurophysiology') produced 28,678 references in English. On 27/6/08 in Medline the MeSH term 'biological sciences' exploded and expanded (but excluding 'anatomy' and 'physiology') produced 624,687 references in English.

²⁷⁷Eddie M. Clark, 'Causes, Components, and Consequences of Love: The Next Generation', *PsycCRITIQUES*, 52:19 (2007), pp. No page specified.

Robert J. Sternberg, Karin Weis, *The New Psychology of Love*, New Haven: Yale University Press, 2006.

Douglas F. Watt, 'Review of a General Theory of Love', *Neuro-Psychoanalysis*, 6:2 (2004), pp. 217-20.

S. Zeki, 'The Neurobiology of Love', *FEBS Letters*, 581:14 (June 12, 2007), pp. 2575-79.

D.L. Feygin, 'The Normalcy of Neurosis: Evolutionary Origins of Obsessive-Compulsive Disorder and Related Behaviours', *Progress in Neuro-Psychopharmacology & Biological Psychiatry*, 30:5 (July 2006), pp. 854-64.

Clyde Hendrick, 'Making Love a Science', *PsycCRITIQUES*, 37:3 (March 1992), p. 208.

²⁷⁸Eddie M. Clark, 'Causes, Components, and Consequences of Love: The Next Generation', *PsycCRITIQUES*, 52:19 (2007), pp. No page specified.

²⁷⁹Robert J. Sternberg, Karin Weis, *The New Psychology of Love*, New Haven: Yale University Press, 2006.

²⁸⁰Eddie M. Clark, 'Causes, Components, and Consequences of Love: The Next Generation', *PsycCRITIQUES*, 52:19 (2007), pp. No page specified.

Douglas F. Watt, 'Review of a General Theory of Love', *Neuro-Psychoanalysis*, 6:2 (2004), pp. 217-20.

Clyde Hendrick, 'Making Love a Science', *PsycCRITIQUES*, 37:3 (March 1992), p. 208.

²⁸¹Robert J. Sternberg, Karin Weis, *The New Psychology of Love*, New Haven: Yale University Press, 2006.

²⁸²S. Zeki, 'The Neurobiology of Love', *FEBS Letters*, 581:14 (June 12, 2007), pp. 2575-79.

article comparing the neural substrates of romantic love and obsessive-compulsive disorder.²⁸³

ANATOMY

Databases

Question: What level of interest was there in anatomically localising romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'anatomy'²⁸⁴ expanded and exploded, and 'neuroanatomy'²⁸⁵ expanded (it cannot be exploded), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH term 'anatomy'²⁸⁶ expanded and exploded combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.²⁸⁷ The abstracts of these references were reviewed looking for the concept of the anatomical localisation²⁸⁸ of romantic love.

This search produced only two²⁸⁹ articles, one published in 1923²⁹⁰ the other 2004.²⁹¹ Neither was what might be described as mainstream scientific anatomy.

One reference described a book of photographs of couples. It purported to demonstrate the ways we fall in love visually with our lover's face, for example by 'echoism'; an echoed shape of the upper eyelid line, the upper lip line, and the sweep of the eyebrow.²⁹²

The second reference²⁹³ maintained that:

From the positive pole of the cardiac plexus flows out that effluence which we call

²⁸³D.L. Feygin, 'The Normalcy of Neurosis: Evolutionary Origins of Obsessive-Compulsive Disorder and Related Behaviours,' *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 30:5 (July 2006), pp. 854-64.

²⁸⁴Definition: 'Conceptually broad array term referring both to the science of anatomy and the actual structure or morphology of an organism.' Introduced in 1967. Tree information: Broader, nothing; Narrower, various anatomical regions; Related, 'neuroanatomy', 'physiology'.

²⁸⁵Definition: 'Branch of neurology concerned with the anatomy of the nervous system. Used for the scientific discipline or the anatomical structures themselves.' Introduced in 1976. Tree information: Broader, 'neurosciences'; Narrower, nil; Related, 'anatomy' and 'neural networks'.

²⁸⁶No definition. Tree information: Broader, 'biological sciences'; Narrower, 'neuroanatomy' and other anatomical subjects; Related, nil significant.

²⁸⁷Both the psychINFO and Medline searches were on 20/6/08.

²⁸⁸On 20/6/08 in psychINFO the Thesaurus term 'anatomy' exploded and expanded gave 9,885 references in English while 'neuroanatomy' expanded produced 4,812 references in English. In Medline the MeSH term 'anatomy' exploded and expanded gave 15,735 references in English.

²⁸⁹David V. Forrest, 'Review of Love at First Sight: Why You Love Who You Love', *American Journal of Psychiatry*, 161:12 (December 2004), pp. 2337-38.

D.H. Lawrence, 'The Lover and the Beloved', in, *Psychoanalysis and the Unconscious*, D.H. Lawrence, New York, NY: Thomas Seltzer, 1921, reprinted 1923, pp. 83-101.

²⁹⁰D.H. Lawrence, 'The Lover and the Beloved', in, *Psychoanalysis and the Unconscious*, D.H. Lawrence, New York, NY: Thomas Seltzer, 1921, reprinted 1923, pp. 83-101.

²⁹¹David V. Forrest, 'Review of Love at First Sight: Why You Love Who You Love', *American Journal of Psychiatry*, 161:12 (December 2004), pp. 2337-38.

²⁹²David V. Forrest, 'Review of Love at First Sight: Why You Love Who You Love', *American Journal of Psychiatry*, 161:12 (December 2004), pp. 2337-38.

²⁹³D.H. Lawrence, 'The Lover and the Beloved', in, *Psychoanalysis and the Unconscious*, D.H. Lawrence, New York, NY: Thomas Seltzer, 1921, reprinted 1923, pp. 83-101.

selfless love, love which gives its all to the beloved.... But from the strong ganglion of the shoulders proceeds the negative circuit, which searches and explores the beloved, bringing back pure objective apprehension, not critical, in the mental sense, and yet passionately discriminative.

PHYSIOLOGY

Databases

Question: What was the level of scientific interest in the physiology of romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'physiology'²⁹⁴ expanded and exploded, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH term 'physiology'²⁹⁵ expanded and exploded combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.²⁹⁶ The abstracts of these references were reviewed looking for the concept of the physiology of romantic love.

This search produced 11²⁹⁷ references published from 1972 to 2007,²⁹⁸ with the

²⁹⁴Definition: 'Conceptually broad term referring both to a branch of biological science and the functions and processes of living organisms.' Introduced in 1967. Tree information: Broader, nil; Narrower, many physiological processes including 'neurophysiology'; Related, many branches of biological science including 'anatomy' and 'histology'.

²⁹⁵Definition: 'The science which treats of the functions of the living organism and its parts, and of the physical and chemical factors and processes involved. (Dorland, 27th ed)'. Tree information: Broader, 'biological sciences'; Narrower, 'neurophysiology' and other physiology topics; Related, nil.

²⁹⁶Both the psychINFO and Medline databases were searched on 26/6/08.

²⁹⁷To put this in context on 26/6/08 in psychINFO the Thesaurus term 'physiology' exploded and expanded gave 35,172 references in English. On 27/6/08 Medline the MeSH term 'physiology' exploded and expanded gave 86,412 references in English.

²⁹⁸Serge Brand, Matthias Luethi and Anina von Planta, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

Paolo Fusar-Poli, M.R. Broome, 'Love and Brain: From Mereological Fallacy to "Folk" Neuroimaging', *Psychiatry Research: Neuroimaging*, 154:3 (April 2007), pp. 285-86.

Gian C. Gonzaga, Rebecca A. Turner and Dacher Keltner, 'Romantic Love and Sexual Desire in Close Relationships', *Emotion*, 6:2 (May 2006), pp. 163-79.

Helen E. Fisher, 'Broken Hearts: The Nature and Risks of Romantic Rejection', in: *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 3-28.

Bonnie L. Barber, 'To Have Loved and Lost...Adolescent Romantic Relationships and Rejection', in: *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 29-40.

Helen Fisher, 'The Drive to Love: The Neural Mechanism for Mate Selection', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 87-115.

J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), pp. 1472-80.

Dorothy Tennov, 'Conceptions of Limerence', in: *Sexual Appetite, Desire and Motivation: Energetics of the Sexual System*, Walter Everaerd, Ellen Laan and Stephanie Both (eds), Amsterdam: Koninklijke Nederlandse Akademie van Wetenschappen, 2001, pp. 111-16.

Oliver C.S. Tzeng, Marilen Gomez, 'Physiological Paradigm of Love', in: *Theories of Love Development, Maintenance, and Dissolution: Octagonal Cycle and Differential Perspectives*, Oliver C.S. Tzeng (ed.), Westport: Praeger/Greenwood, 1992, pp. 102-16.

Ellen S. Berscheid, 'Review of Love's Mysteries: The Secrets of Sexual Attraction', *PsycCRITIQUES*, 23:3 (March 1978), p. 202.

M.M. Mesulam, J. Perry, 'The Diagnosis of Love-Sickness: Experimental Psychophysiology without the Polygraph', *Psychophysiology*, 9:5 (September 1972), pp. 546-51.

majority since 2000. Two of these refer to work by the same author²⁹⁹ and appeared to cover largely the same material, and two were chapters in the same book.³⁰⁰ One reference in psychINFO which had five citations,³⁰¹ described research in which the authors hypothesized that romantic love served a commitment-related function, and investigated, among other things, its link with the hormone oxytocin.

The references can be divided up into those discussing the physiological manifestations of romantic love which have been known about since antiquity, such as increased heart rate or decreased sleep;³⁰² those investigating hormonal changes in romantic love;³⁰³ and those about the neurophysiology³⁰⁴ of romantic love, which appear to have an overlap with neuroanatomy (which may explain why there was an absence of references categorised as being about the neuroanatomy of romantic love). The primary tool of investigation appeared to be functional magnetic resonance imaging (MRI, see Laboratory Tests). One reference looked at the neurophysiology of stalking (also discussed under Laboratory Tests).³⁰⁵

²⁹⁹Helen E. Fisher, 'Broken Hearts: The Nature and Risks of Romantic Rejection', in: *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 3-28.

Helen Fisher, 'The Drive to Love: The Neural Mechanism for Mate Selection', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 87-115.

³⁰⁰Helen E. Fisher, 'Broken Hearts: The Nature and Risks of Romantic Rejection', in: *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 3-28.

Bonnie L. Barber, 'To Have Loved and Lost...Adolescent Romantic Relationships and Rejection', in: *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 29-40.

³⁰¹Gian C. Gonzaga, Rebecca A. Turner and Dacher Keltner, 'Romantic Love and Sexual Desire in Close Relationships', *Emotion*, 6:2 (May 2006), pp. 163-79.

³⁰²Serge Brand, Matthias Luethi and Anina von Planta, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

Dorothy Tennov, 'Conceptions of Limerence', in: *Sexual Appetite, Desire and Motivation: Energetics of the Sexual System*, Walter Everaerd, Ellen Laan and Stephanie Both (eds), Amsterdam: Koninklijke Nederlandse Akademie van Wetenschappen, 2001, pp. 111-16.

Oliver C.S. Tzeng, Marilen Gomez, 'Physiological Paradigm of Love', in: *Theories of Love Development, Maintenance, and Dissolution: Octagonal Cycle and Differential Perspectives*, Oliver C.S. Tzeng (ed.), Westport: Praeger/Greenwood, 1992, pp. 102-16.

M.M. Mesulam, J. Perry, 'The Diagnosis of Love-Sickness: Experimental Psychophysiology without the Polygraph', *Psychophysiology*, 9:5 (September 1972), pp. 546-51.

³⁰³Gian C. Gonzaga, Rebecca A. Turner and Dacher Keltner, 'Romantic Love and Sexual Desire in Close Relationships', *Emotion*, 6:2 (May 2006), pp. 163-79.

³⁰⁴Paolo Fusar-Poli, M.R. Broome, 'Love and Brain: From Mereological Fallacy to "Folk" Neuroimaging', *Psychiatry Research: Neuroimaging*, 154:3 (April 2007), pp. 285-86.

Helen E. Fisher, 'Broken Hearts: The Nature and Risks of Romantic Rejection', in *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 3-28.

Bonnie L. Barber, 'To Have Loved and Lost...Adolescent Romantic Relationships and Rejection', in *Romance and Sex in Adolescence and Emerging Adulthood: Risks and Opportunities*, Ann C. Crouter, Alan Booth (eds), Mahwah: Lawrence Erlbaum, 2006, pp. 29-40.

Helen Fisher, 'The Drive to Love: The Neural Mechanism for Mate Selection', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 87-115.

J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), pp. 1472-80.

³⁰⁵J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), pp. 1472-80.

LABORATORY TESTS

Databases

Question: To what degree were laboratory tests (in particular biological tests) used during this period to investigate romantic love?

As there was no satisfactory global term in the psychINFO Thesaurus, a combination of Thesaurus terms were used -- 'neuroimaging'³⁰⁶ exploded and expanded, 'evoked potentials'³⁰⁷ exploded and expanded, 'autopsy'³⁰⁸ expanded, 'biological markers'³⁰⁹ expanded, 'medical diagnosis'³¹⁰ expanded and exploded, 'biochemistry'³¹¹ expanded and exploded, 'body fluids'³¹² expanded and exploded, 'neurotransmitters'³¹³ expanded and exploded, 'experimental methods'³¹⁴ expanded and exploded, 'observational methods'³¹⁵ expanded, 'genetic linkage'³¹⁶ expanded and 'genetics'³¹⁷ expanded and exploded, 'hormones'³¹⁸ expanded and exploded.

³⁰⁶Definition: 'Conceptually broad term referring to techniques that provide in-depth portraits of regional brain structure, activity, and function. The techniques involve extensive computer analysis and are often used for the assessment and diagnosis of brain impairment.' This term was introduced in June 2003. Tree information: Broader, nil; Narrower, 'encephalography' (which in turn is broader than 'electroencephalography'), 'magnetic resonance imaging', 'roentgenography', 'tomography'; Related, 'computer assisted diagnosis', 'evoked potentials'.

³⁰⁷Definition: 'In the brain and central nervous system, a neuroelectrical response that is evoked by external somatosensory, auditory, or visual stimulation.' In May 2006, this term replaced the discontinued term 'cortical evoked potentials'. Cortical evoked potentials was removed from all records containing it and replaced with 'evoked potentials'. Tree information: Broader, 'electrical activity'; Narrower, various evoked potentials; Related, 'neuroimaging'.

³⁰⁸No definition. Introduced in 1973. Tree information: Broader, nil; Narrower, nil; Related, 'medical diagnosis'.

³⁰⁹No definition. Introduced in 1991. Tree information: Broader, nil; Narrower, nil; Related, 'medical diagnosis' and other terms.

³¹⁰Definition: 'Medical diagnosis: Diagnosis of mental or physical disorders through use of medical methods or tests. Compare "psychodiagnosis".' Introduced in 1973. Tree information: Broader, 'diagnosis'; Narrower, various physical tests; Related, 'autopsy', 'biological markers', 'computer assisted diagnosis', 'differential diagnosis', 'electrophysiology', 'health screening', 'physical examination', and 'prognosis'.

³¹¹Definition: 'Study of the biological and physiological chemistry of living organisms. Used for the scientific discipline or the biochemical processes themselves'. Introduced in 1967. Tree information: Broader, 'chemistry'; Narrower, 'neurochemistry'; Related, 'biological markers', and other terms.

³¹²No definition. Introduced in 1973. Tree information: Broader, 'anatomy'; Narrower, various bodily fluids; Related, 'physiology'.

³¹³Definition: 'Chemical substances, synthesized and released by nerve cells, or glandular hormones that excite or inhibit other nerve, muscle, or gland cells by producing a brief alteration in the postsynaptic membrane of the receiving cell. Use a more specific term if possible.' Introduced in 1985. Tree information: Broader, nothing; Narrower, various neurotransmitters; Related, various biological chemicals.

³¹⁴Definition: 'System of scientific investigation, usually based on a design and carried out under controlled conditions with the aim of testing a hypothesis, in which one or more variables is manipulated'. Introduced in 1967. Tree information: Broader, 'empirical methods', Narrower, 'quasi experimental methods', 'stimulus presentation methods'; Related, 'experimental design' and 'quantitative methods'.

³¹⁵Definition: 'In research, any techniques used in the intentional examination of persons or processes in natural or manipulated settings for the purpose of obtaining facts or reporting conclusions'. Used for 'field experiment'. Introduced in 1967. Tree information: Broader, 'empirical methods'; Narrower, nothing; Related, nothing significant.

³¹⁶Definition: 'Linkage of genes at different loci on the same chromosome and analysis of how genes are inherited together.' Introduced in 1994. Tree information: Broader and Narrower, nothing; Related, many genetic terms.

³¹⁷Definition: 'Conceptually broad term referring both to the science of heredity and the biological process of transmission of characteristics from progenitor to offspring'. Introduced in 1967. Tree information: Broader, nothing; Narrower, various genetic terms; Related, various genetic terms.

These were combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH terms 'investigative techniques'³¹⁹ or 'diagnostic tests and procedures'³²⁰ expanded and exploded combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.³²¹ The abstracts of these references were reviewed looking for the concept of the laboratory investigation of romantic love, looking in particular for biological laboratory techniques. Laboratory testing using batteries of questions (but not love scales) to investigate romantic love were also accepted.

This search produced fifteen³²² references published from 1994 to 2008³²³ with the

³¹⁸No definition. Introduced in 1967. Tree information: Broader, nothing; Narrower, various different hormones; Related, nothing of significance.

³¹⁹Definition: 'Investigative techniques used in pre-clinical and clinical research, epidemiology, chemistry, immunology, genetics, etc. They do not include techniques specifically applied to "diagnosis; therapeutics"; anaesthesia and analgesia; "surgical procedures, operative"; and "dentistry".' Introduced in 1998. Tree information: Broader, nil; Narrower, many investigative procedures, including 'clinical laboratory techniques'; Related, nil significant.

³²⁰Definition: 'Methods, procedures, and tests performed to diagnose disease, disordered function, or disability.' Introduced in 1998, previously indexed under diagnosis 1966-1997. Tree information: Broader, 'diagnosis'; Narrower, many diagnostic procedures; Related, nil significant.

³²¹The searches of both psychINFO and Medline databases were done on 30/6/08.

³²²To put this into context on 7/7/08 in psychINFO this combination of Thesaurus terms exploded and expanded produced 119,524 references in English. In Medline on 30/6/08 the MeSH term 'investigative techniques' exploded and expanded produced 6,307,307 references in English while 'diagnostic tests and procedures' produced 2,338,741 references.

³²³S.H. Langeslag, I.H. Franken and J.W. Van Strien, 'Dissociating Love-Related Attention from Task-Related Attention: an Event-Related Potential Oddball Study', *Neuroscience Letters*, 431:3 (February 2008), pp. 236-40.

E. Emanuele, 'Genetic Loading on Human Loving Styles', *Neuro Endocrinology Letters*, 28:6 (December 2007), pp. 815-21.

Sandra J.E. Langeslag, Bernadette M. Jansma, and Ingmar H.A. Franken, 'Event-Related Potential Responses to Love-Related Facial Stimuli', *Biological Psychology*, 76:1-2 (September 2007), pp. 109-15.

S. Ortigue, S.T. Grafton and F. Bianchi-Demicheli, 'Correlation between Insula Activation and Self-Reported Quality of Orgasm in Women', *Neuroimage*, 37:2 (August 15, 2007), pp. 551-60.

Serge Brand, Matthias Luethi and Anina von Planta, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

S. Ortigue et al., 'The Neural Basis of Love as a Subliminal Prime: an Event-Related Functional Magnetic Resonance Imaging Study', *Journal of Cognitive Neuroscience*, 19:7 (July 2007), pp. 1218-30.

Gian C. Gonzaga, Rebecca A. Turner and Dacher Keltner, 'Romantic Love and Sexual Desire in Close Relationships', *Emotion*, 6:2 (May 2006), pp. 163-79.

E. Emanuele, 'Raised Plasma Nerve Growth Factor Levels Associated with Early-Stage Romantic Love', *Psychoneuroendocrinology*, 31:3 (April 2006), pp. 288-94.

Arthur Aron, Helen Fisher, and Debra J. Mashek, 'Reward, Motivation, and Emotion Systems Associated With Early-Stage Intense Romantic Love', *Journal of Neurophysiology*, 94:1 (July 2005), pp. 327-37.

Donatella Marazziti, Domenico Canale, 'Hormonal Changes When Falling in Love', *Psychoneuroendocrinology*, 29:7 (August 2004) pp. 931-36.

Ravi Kumar Kurup, Parameswara Achutha Kurup, 'Hypothalamic Digoxin, Hemispheric Dominance, and Neurobiology of Love and Affection', *International Journal of Neuroscience*, 113:5 (May 2003), pp. 721-29.

R. Hayward, 'The Tortoise and the Love-Machine: Grey Walter and the Politics of Electroencephalography', *Science in Context*, 14:4 (December 2001), pp. 615-41.

Andreas Bartels, Semir Zeki, 'The Neural Basis of Romantic Love', *Neuroreport*, 11:17 (November 2000), pp. 3829-34.

Donatella Marazziti, H.S. Akiskal and A. Rossi, 'Alteration of the Platelet Serotonin Transporter in Romantic Love', *Psychological Medicine*, 29:3 (May 1999), pp. 741-45.

numbers of references increasing over time. Several of these were by groups of the same authors, suggesting ongoing research by a team. One such team studied event-related evoked potentials in romantic love,³²⁴ another team the biochemistry of romantic love,³²⁵ another team used neuro-imaging to study people in love,³²⁶ whilst another team had a more eclectic mix of investigative techniques.³²⁷

The psychINFO references included a study on genetics with twenty-eight citations;³²⁸ a study on brain metabolites with six citations;³²⁹ two studies by the same research team, one on hormonal changes with fifteen citations³³⁰ and another examining serotonin levels with twenty-five citations;³³¹ and finally there were forty-four citations for a functional MRI study³³² -- of particular note given how recently this article was published.

Many studies favoured newer technologies. There were four studies utilising the neuroimaging technique functional MRI,³³³ for example:

Niels G. Waller, Phillip R. Shaver, 'The Importance of Nongenetic Influences on Romantic Love Styles: A Twin-Family Study', *Psychological Science*, 5:5 (September 1994), pp. 268-74.

³²⁴S.H. Langeslag, I.H. Franken and J.W. Van Strien, 'Dissociating Love-Related Attention from Task-Related Attention: an Event-Related Potential Oddball Study', *Neuroscience Letters*, 431:3 (February 2008), pp. 236-40.

Sandra J.E. Langeslag, Bernadette M. Jansma, and Ingmar H.A. Franken, 'Event-Related Potential Responses to Love-Related Facial Stimuli', *Biological Psychology*, 76:1-2 (September 2007), pp. 109-15.

³²⁵Donatella Marazziti, Domenico Canale, 'Hormonal Changes When Falling in Love', *Psychoneuroendocrinology*, 29:7 (August 2004), pp. 931-36.

Donatella Marazziti, H.S. Akiskal and A. Rossi, 'Alteration of the Platelet Serotonin Transporter in Romantic Love', *Psychological Medicine*, 29:3 (May 1999), pp. 741-45.

³²⁶S. Ortigue, S.T. Grafton and F. Bianchi-Demicheli, 'Correlation between Insula Activation and Self-Reported Quality of Orgasm in Women', *Neuroimage*, 37:2 (August 15, 2007), pp. 551-60.

S. Ortigue et al., 'The Neural Basis of Love As a Subliminal Prime: an Event-Related Functional Magnetic Resonance Imaging Study', *Journal of Cognitive Neuroscience*, 19:7 (July 2007), pp. 1218-30.

³²⁷E. Emanuele, 'Genetic Loading on Human Loving Styles', *Neuro Endocrinology Letters*, 28:6 (December 2007), pp. 815-21.

E. Emanuele, 'Raised Plasma Nerve Growth Factor Levels Associated with Early-Stage Romantic Love', *Psychoneuroendocrinology*, 31:3 (April 2006), pp. 288-94.

³²⁸Niels G. Waller, Phillip R. Shaver, 'The Importance of Nongenetic Influences on Romantic Love Styles: A Twin-Family Study', *Psychological Science*, 5:5 (September 1994), pp. 268-74.

³²⁹Ravi Kumar Kurup, Parameswara Achutha Kurup, 'Hypothalamic Digoxin, Hemispheric Dominance, and Neurobiology of Love and Affection', *International Journal of Neuroscience*, 113:5 (May 2003), pp. 721-29.

³³⁰Donatella Marazziti, Domenico Canale, 'Hormonal Changes When Falling in Love', *Psychoneuroendocrinology*, 29:7 (August 2004) pp. 931-36.

³³¹Donatella Marazziti, H.S. Akiskal and A. Rossi, 'Alteration of the Platelet Serotonin Transporter in Romantic Love', *Psychological Medicine*, 29:3 (May 1999), pp. 741-45.

³³²Arthur Aron, Helen Fisher, and Debra J. Mashek, 'Reward, Motivation, and Emotion Systems Associated With Early-Stage Intense Romantic Love', *Journal of Neurophysiology*, 94:1 (July 2005), pp. 327-37.

³³³S. Ortigue et al., 'The Neural Basis of Love as a Subliminal Prime: an Event-Related Functional Magnetic Resonance Imaging Study', *Journal of Cognitive Neuroscience*, 19:7 (July 2007), pp. 1218-30.

S. Ortigue, S.T. Grafton and F. Bianchi-Demicheli, 'Correlation between Insula Activation and Self-Reported Quality of Orgasm in Women', *Neuroimage*, 37:2 (August 15, 2007), pp. 551-60.

Arthur Aron, Helen Fisher, and Debra J. Mashek, 'Reward, Motivation, and Emotion Systems Associated with Early-Stage Intense Romantic Love', *Journal of Neurophysiology*, 94:1 (July 2005), pp. 327-37.

The activity in the brains of 17 subjects who were deeply in love was scanned using fMRI, while they viewed pictures of their partners, and compared with the activity produced by viewing pictures of three friends of similar age, sex and duration of friendship as their partners. The activity was restricted to foci in the medial insula and the anterior cingulate cortex and, subcortically, in the caudate nucleus and the putamen, all bilaterally. Deactivations were observed in the posterior cingulate gyrus and in the amygdala and were right-lateralized in the prefrontal, parietal and middle temporal cortices. The combination of these sites differs from those in previous studies of emotion, suggesting that a unique network of areas is responsible for evoking this affective state. This leads us to postulate that the principle of functional specialization in the cortex applies to affective states as well.³³⁴

These also included one study that used MRI to study women's orgasms and whether they were affected by romantic love.³³⁵

Some studies used visual evoked potentials that showed changes when pictures of the beloved were viewed.³³⁶ Other research used blood tests to measure various biochemicals: hormones,³³⁷ neurotrophins,³³⁸ serotonin changes in platelets thought to be reflecting brain changes,³³⁹ and metabolites of neurochemicals (for a change, utilising subjects prone to fall in love rather than actually in love at the time).³⁴⁰

The digoxin status and neurotransmitter patterns were studied in individuals with a predilection to fall in love... 15 normal healthy individuals (aged 30-40 yrs) who fell in love and had nonarranged love marriages, and 15 normal healthy individuals (aged 30-40 yrs) who had never fallen in love in their life and had conventional arranged Indian marriages. In individuals with a predilection to fall in love there was decreased digoxin synthesis, increased membrane Na⁺-K⁺ ATPase activity, decreased tryptophan catabolites (serotonin, quinolinic acid, and nicotine), and increased

Andreas Bartels, Semir Zeki, 'The Neural Basis of Romantic Love', *Neuroreport*, 11:17 (November 2000), pp. 3829-34.

³³⁴Andreas Bartels, Semir Zeki, 'The Neural Basis of Romantic Love', *Neuroreport*, 11:17 (November 2000), pp. 3829-34.

³³⁵S. Ortigue, S.T. Grafton and F. Bianchi-Demicheli, 'Correlation between Insula Activation and Self-Reported Quality of Orgasm in women', *Neuroimage*, 37:2 (August 15, 2007), pp. 551-60.

³³⁶S.H. Langeslag, I.H. Franken and J.W. Van Strien, 'Dissociating Love-Related Attention from Task-Related Attention: an Event-Related Potential Oddball Study', *Neuroscience Letters*, 431:3 (February 2008), pp. 236-40.

Sandra J.E. Langeslag, Bernadette M. Jansma, and Ingmar H.A. Franken, 'Event-Related Potential Responses to Love-Related Facial Stimuli', *Biological Psychology*, 76:1-2 (September 2007), pp. 109-15.

³³⁷Gian C. Gonzaga, Rebecca A. Turner and Dacher Keltner, 'Romantic Love and Sexual Desire in Close Relationships', *Emotion*, 6:2 (May 2006), pp. 163-79.

Donatella Marazziti, Domenico Canale, 'Hormonal Changes When Falling in Love', *Psychoneuroendocrinology*, 29:7 (August 2004) pp. 931-36.

³³⁸E. Emanuele, 'Raised Plasma Nerve Growth Factor Levels Associated with Early-Stage Romantic Love', *Psychoneuroendocrinology*, 31:3 (April 2006), pp. 288-94.

³³⁹Donatella Marazziti, H.S. Akiskal and A. Rossi, 'Alteration of the Platelet Serotonin Transporter in Romantic Love', *Psychological Medicine*, 29:3 (May 1999), pp. 741-45.

³⁴⁰Ravi Kumar Kurup, Parameswara Achutha Kurup, 'Hypothalamic Digoxin, Hemispheric Dominance, and Neurobiology of Love and Affection', *International Journal of Neuroscience*, 113:5 (May 2003), pp. 721-29.

tyrosine catabolites (dopamine, noradrenaline, and morphine).³⁴¹

Another study isolated genes associated with specific neurochemicals and linked them to aspects of romantic love.³⁴²

More old-fashioned techniques, such as galvanic skin response,³⁴³ electroencephalograms (although this was in a historical paper),³⁴⁴ and questionnaires,³⁴⁵ were employed in other research.

No studies used laboratory techniques to measure morbid love, though one paper identified but not included in the analysis above (as it was a discussion of research rather than research itself), speculated on functional MRI studies of romantic love and how the findings might apply to stalkers.³⁴⁶ Two studies compared laboratory findings for romantic love to those for mental illness -- one likening the serotonin changes in platelets in romantic love, with that in obsessive compulsive disorder,³⁴⁷ and another the sleep disturbances in romantic love, with those in hypomania.³⁴⁸

TAXONOMY

Strictly speaking, the taxonomies³⁴⁹ discussed below are not pathological typologies, but rather taxonomies of normal love. However, many of them include classifications that appear pathological. Moreover, they are all classifications of love with romantic love as a subcategory, rather than classifications of just romantic love.

There are two particularly well-known typologies of love. In the seventies, J.A. Lee, a sociologist, developed his 'Colours of Love' typology. In this curious approach each type of love is associated with a primary or secondary colour. One classification subtype -- the manic -- sounds a great deal like a type of lovesickness, with obsessions, jealousy, and fear of rejection, though Lee does not treat this as pathological.³⁵⁰ In 1986 Robert J. Sternberg, in another influential typology (often

³⁴¹Ravi Kumar Kurup, Parameswara Achutha Kurup, 'Hypothalamic Digoxin, Hemispheric Dominance, and Neurobiology of Love and Affection', *International Journal of Neuroscience*, 113:5 (May 2003), pp. 721-29.

³⁴²E. Emanuele, 'Genetic Loading on Human Loving Styles', *Neuro Endocrinology Letters*, 28:6 (December 2007), pp. 815-21.

³⁴³Andreas Bartels and Semir Zeki, 'The Neural Basis of Romantic Love', *Neuroreport*, 11:17 (November 2000), pp. 3829-34.

³⁴⁴R. Hayward, 'The Tortoise and the Love-Machine: Grey Walter and the Politics of Electroencephalography', *Science in Context*, 14:4 (December 2001), pp. 615-41.

³⁴⁵Serge Brand, Matthias Luethi and Anina von Planta, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

Niels G. Waller, Phillip R. Shaver, 'The Importance of Nongenetic Influences on Romantic Love Styles: A Twin-Family Study', *Psychological Science*, 5:5 (September 1994), pp. 268-74.

³⁴⁶J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), 1472-80.

³⁴⁷Donatella Marazziti, H.S. Akiskal and A. Rossi, 'Alteration of the Platelet Serotonin Transporter in Romantic Love', *Psychological Medicine*, 29:3 (May 1999), pp. 741-45.

³⁴⁸Serge Brand, Matthias Luethi and Anina von Planta, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

³⁴⁹Taxonomy is the practice and science of classification, while Nosology is a branch of medicine that deals with classification of diseases.

³⁵⁰J.A. Lee, 'A Typology of Styles of Loving', *Personality and Social Psychology Bulletin*, 3 (1977), 173-82.

J.A. Lee, *Colours of Love: An Exploration of the Ways of Loving*, Toronto: New Press, 1973.

called the Triangular Theory of Love), proposed that different forms of love involved distinct combinations of three components: intimacy, passion, and commitment. Again, some of these combinations, 'fatuous love' for example, while not portrayed as pathological, seemed at the very least unpleasant and dysfunctional.³⁵¹

Databases

Question: What was the level of interest in the typologies of love that included romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'taxonomies'³⁵² expanded and 'psychodiagnostic typologies'³⁵³ expanded and exploded, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH term 'classification'³⁵⁴ expanded and exploded combined with the MeSH term 'love' restricted or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.³⁵⁵ The abstracts of these references were reviewed looking for typologies that included the classification romantic love (or an equivalent concept).

This search produced ten³⁵⁶ references, with the years of publication ranging from 1977 to 2007.³⁵⁷ Interestingly, none of these were from Medline, suggesting the classification of love was much more a preoccupation of psychologists than medical doctors, and therefore possibly a topic viewed as non-pathological. Though these articles are written by a number of different authors, this may not indicate a wide

³⁵¹Robert J. Sternberg, 'A Triangular Theory of Love', *Psychological Review*, 93 (1986), 119-35.

³⁵²No definition. Introduced in 1973. Tree information: nothing Broader or Narrower; Related, 'ontologies' and 'psychodiagnostic typologies'.

³⁵³Definition: 'Systematic classification of mental, cognitive, emotional, or behavioral disorders'. Introduced in 1967. Tree information: nothing Broader; Narrower, 'DSM', 'ICD' and 'Research Diagnostic Criteria'; Related, 'taxonomies' and various categories relating to diagnosis.

³⁵⁴Definition: 'The systematic arrangement of entities in any field into category classes based on common characteristics such as properties, morphology, subject matter, etc.' Tree information: Broader, 'information science'; Narrower, 'phylogeny'; Related, nothing significant.

³⁵⁵Both the psychINFO and Medline databases was searched on 9/7/08.

³⁵⁶To put this in context on 9/7/08 in psychINFO the Thesaurus terms 'taxonomies' expanded and 'psychodiagnostic typologies' expanded and exploded produced 13,207 references in English while in Medline the MeSH term 'classification' expanded and exploded produced 69,082 references in English.

³⁵⁷Eddie M. Clark, 'Causes, Components, and Consequences of Love: The Next Generation', *PsycCRITIQUES*, 52:19 (2007), No Pagination Specified.

Ellen Berscheid, 'Searching for the Meaning of Love', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 171-83.

Karin Weis, 'Conclusion: The Nature and Interrelations of Theories of Love', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 313-25.

Robert J. Sternberg, Karin Weis (eds), *The New Psychology of Love*, New Haven: Yale University Press, 2006.

Christopher Peterson, Martin Seligman, 'Love', in *Character Strengths and Virtues: A Handbook and Classification*, Christopher Peterson, Martin Seligman (eds), Washington: American Psychological Association, 2004, pp. 303-24.

Pamela C. Regan, 'Love Relationships', in *Psychological Perspectives on Human Sexuality*, Lenore T. Szuchman, Frank Muscarella, Hoboken (eds), John Wiley, 2000, pp. 232-82.

Ellen Berscheid, Sarah A. Meyers, 'A Social Categorical Approach to a Question about Love', *Personal Relationships*, 3:1 (March 1996), pp. 19-43.

Robert J. Sternberg, 'Love Stories', *Personal Relationships*, 3:1 (March 1996), pp. 59-79.

Bernard I. Murstein, 'A Taxonomy of Love', in *The Psychology of Love*, Robert J. Sternberg, Michael L. Barnes (eds), New Haven: Yale University Press, 1988, pp. 13-37.

J.A. Lee, 'A Typology of Styles of Loving', *Personality and Social Psychology Bulletin*, 3 (1977), 173-82.

spread of ideas. Three references come from the same book³⁵⁸ -- a general text on the science of love -- another reviews this book;³⁵⁹ another reference comes from a previous version of this text,³⁶⁰ and there is an additional article by the one of the editors of these two texts.³⁶¹ The majority of these references referred to general discussions of typologies of love;³⁶² however, three articles propose specific typologies,³⁶³ including John Lee's Colours of Love.³⁶⁴

LOVE AS SOMETHING MEASUREABLE (QUANTIFICATION)

Introduction

The development and validation of instruments to assess aspects of love began in the early nineteen seventies. In general these were devised to help differentiate between types of love (see Typologies), rather than measure romantic love as such.

There are a number of good reviews of these love scales.³⁶⁵ One review in 2002 by

³⁵⁸Ellen Berscheid, 'Searching for the Meaning of Love', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 171-83.
Karin Weis, 'Conclusion: The Nature and Interrelations of Theories of Love', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 313-25.
Robert J. Sternberg, Karin Weis (eds), *The New Psychology of Love*, New Haven: Yale University Press, 2006.

³⁵⁹Eddie M. Clark, 'Causes, Components, and Consequences of Love: The Next Generation', *PsycCRITIQUES*, 52:19 (2007), No Pagination Specified.

³⁶⁰Bernard I. Murstein, 'A Taxonomy of Love', in *The Psychology of Love*, Robert J. Sternberg, Michael L. Barnes (eds), New Haven: Yale University Press, 1988. pp. 13-37.

³⁶¹Robert J. Sternberg, 'Love Stories', *Personal Relationships*, 3:1 (March 1996), pp. 59-79.

³⁶²Ellen Berscheid, 'Searching for the Meaning of Love', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 171-83.
Karin Weis, 'Conclusion: The Nature and Interrelations of Theories of Love', *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 313-25.
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Pamela C. Regan, 'Love Relationships', in *Psychological Perspectives on Human Sexuality*, Lenore T. Szuchman, Frank Muscarella (eds), Hoboken: John Wiley, 2000, pp. 232-82.

Bernard I. Murstein, 'A Taxonomy of Love', in *The Psychology of Love*, Robert J. Sternberg, Michael L. Barnes (eds), New Haven: Yale University Press, 1988. pp. 13-37.

³⁶³Ellen Berscheid, Sarah A. Meyers, 'A Social Categorical Approach to a Question about Love', *Personal Relationships*, 3:1 (March 1996), pp. 19-43.

Robert J. Sternberg, 'Love Stories', *Personal Relationships*, 3:1 (March 1996), pp. 59-79.

J.A. Lee, 'A Typology of Styles of Loving', *Personality and Social Psychology Bulletin*, 3 (1977), 173-82.

³⁶⁴J.A. Lee, 'A Typology of Styles of Loving', *Personality and Social Psychology Bulletin*, 3 (1977), 173-82.

³⁶⁵Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Construct?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

Oliver C.S. Tzeng, *Measurement of Love and Intimate Relations*, Westport: Praeger, 1993.

Jane E. Myers, Matthew Shurts, 'Measuring Positive Emotionality: a Review of Instruments Assessing Love', *Measurement and Evaluation in Counselling and Development*, 34 (January 2002), pp. 238-54.

Jeff Levin, 'A Prolegomenon to an Epidemiology of Love: Theory, Measurement, and Health Outcomes', *Journal of Social and Clinical Psychology*, 19:1 (2000), pp. 117-37.

Myers and Shurts,³⁶⁶ looking for instruments primarily about love, initially found nineteen scales. Many had been used only by their creators, and once these were excluded, this left nine influential instruments. Of these Hendrick and Hendrick's *Love Attitudes Scale*,³⁶⁷ Hatfield and Sprecher's *Passionate Love Scale*³⁶⁸ and Sternberg's *Triangular Love Scale*³⁶⁹ were all identified as having been used in multiple studies. Rubin's early measure, the *Rubin Love Scale*³⁷⁰ was the standard against which subsequent scales were usually measured. Other authors identify these four scales as particularly important.³⁷¹

Rubin Love Scale³⁷²

The first researcher to develop an objective psychological scale to measure love was Rubin. He built on the ideas of Freud and Fromm, but applied an empirical approach using novelists' and scientists' descriptions of friendship and love. He assumed that romantic relationships were characterised by both love and liking, while platonic friendships were characterised by liking only. He invented the Love Scale and the Liking Scale to measure the amount of people's love and liking for their partners. Despite this aim, both scales have been regarded by other researchers as the measurement tools for companionate love.³⁷³ Some have also criticized the scale for de-emphasising sexual desire towards a romantic partner.³⁷⁴

Passionate Love Scale³⁷⁵

Hatfield, building on Maslow's idea of the hierarchy of human needs, wished to build a scale differentiating passionate love and companionate love. The Passionate Love Scale measures only the former, with most researchers using other scales to measure companionate love.³⁷⁶ The items on the scale would appear to capture elements compatible with lovesickness -- obsession, jealousy, idealisation, emotions on a 'roller coaster', and despair if the beloved left.

Sternberg's Triangular Love Scale³⁷⁷

Two versions of Sternberg's Triangular Love Scale were created, based on his

³⁶⁶Jane E. Myers, Matthew Shurts, 'Measuring Positive Emotionality: a Review of Instruments Assessing Love', *Measurement and Evaluation in Counselling and Development*, 34 (January 2002), pp. 238-54.

³⁶⁷C. Hendrick, S.S. Hendrick, 'A Theory and Method of Love', *Journal of Personality and Social Psychology*, 50 (1986), pp. 392-402.

³⁶⁸E. Hatfield, S. Sprecher, 'Measuring Passionate Love in Intimate Relationships', *Journal of Adolescence*, 9 (1986), pp. 383-410.

³⁶⁹R.J. Sternberg, *The Triangle of Love*, New York: Basic Books, 1988.

³⁷⁰Z. Rubin, 'Measurement of Romantic Love', *Journal of Personality and Social Psychology*, 16 (1970), pp. 265-73.

³⁷¹Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Constructed?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

³⁷²Z. Rubin, 'Measurement of Romantic Love', *Journal of Personality and Social Psychology*, 16 (1970), pp. 265-73.

³⁷³Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Constructed?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

³⁷⁴Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Constructed?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

³⁷⁵E. Hatfield, S. Sprecher, 'Measuring Passionate Love in Intimate Relationships', *Journal of Adolescence*, 9 (1986), pp. 383-410.

³⁷⁶Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Constructed?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

³⁷⁷R.J. Sternberg, *The Triangle of Love*, New York: Basic Books, 1988.

Triangular Theory of Love: one created by Sternberg himself,³⁷⁸ and another by Acker and Davis.³⁷⁹ The former, consists of three subscales, with the 'Passion' subscale containing items consistent with romantic love.

Love Attitudes Scale (LAS)³⁸⁰

The most popular multidimensional measurement approach to love is based upon Lee's theory of love styles. An early effort was the SAMPLE profile,³⁸¹ but since the introduction of the Love Attitudes Scale (LAS) the SAMPLE has been rarely used.³⁸² The LAS measures all six of Lee's styles, of which the Eros style (passionate love) appears to measure romantic love (sexualised, and idealised), while the Mania style (possessive and dependent love) appears to tap into typical ideas of lovesickness (insomnia, poor concentration, suicidal thoughts on breakup).

All these scales could potentially be used to measure intensity of feelings and changes to feelings of romantic love.

Attachment Based Scales

In 1987 C. Hazan and P. Shaver, having proposed that romantic love was modelled to some degree on infant attachment and love towards the parent, developed a scale to measure this -- the Adult Attachment Questionnaire.³⁸³ This scale, however (and most subsequent scales developed from it),³⁸⁴ appeared to be measuring adult attachment (closer conceptually to companionate love), rather than romantic love itself. This was because the developers assumed romantic love was simply a surface manifestation of underlying attachment processes.

Databases

Question: What was the level of interest in the development or use of scales measuring love (including romantic love) during this period?

The psychINFO database was searched using the Thesaurus terms 'measurement'³⁸⁵ expanded and exploded, 'statistics'³⁸⁶ expanded, and 'statistical analysis'³⁸⁷ expanded and exploded,

³⁷⁸R.J. Sternberg, *The Triangle of Love*, New York: Basic Books, 1988.

³⁷⁹M. Acker, M.H. Davis, 'Intimacy, Passion and Commitment in Adult Romantic Relationships: A Test of the Triangular Theory of Love', *Journal of Social and Personal Relationships*, 9 (1992), pp. 21-50.

³⁸⁰C. Hendrick, S.S. Hendrick, 'A Theory and Method of Love' is and, *Journal of Personality and Social Psychology*, 50 (1986), pp. 392-402.

³⁸¹M.E. Lasswell, N.M. Lobsenz, *Styles of Loving*, New York: Ballantine, 1980.

³⁸²Masahiro Masuda, 'Meta-Analyses of Love Scales: Do Various Love Scales Measure the Same Psychological Constructed?', *Japanese Psychological Research*, 45:1 (2003), pp. 25-37.

³⁸³C. Hazan, P. Shaver, 'Romantic Love Conceptualized as an Attachment Process', *Journal of Personality and Social Psychology*, 52 (1987), 511-524.

³⁸⁴H. Stein et al., 'What Do Adult Attachment Scales Measure?', *Bulletin of the Menninger Clinic*, 62:1 (1998), pp. 33-82.

³⁸⁵Definition: 'Conceptually broad term referring to the process and tools used in assessment of human subjects. Use specific test names or procedures if possible.' Tree information: Broader, nil; Narrower, a wide range of topics including 'psychiatric evaluation', 'psychological assessment', 'questionnaires', 'rating scales', 'symptom checklists', 'psychometrics', 'statistical measurement'; Related, many items including 'diagnosis', 'evaluation'.

³⁸⁶Definition: 'Subdiscipline of mathematics that deals with the gathering and evaluation of numerical data for making inferences from the data.' Introduced 1982. Tree information: Broader, 'mathematics'; Narrower and Related, nil.

combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH terms 'psychometrics'³⁸⁸ expanded, 'psychiatric status rating scales'³⁸⁹ expanded and exploded, and 'statistics as a topic'³⁹⁰ expanded and exploded, combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.³⁹¹ The abstracts of these articles were reviewed looking for any reference in the abstract to the development or use of scales measuring love, especially romantic love (or an equivalent concept). Scales measuring attachment as a proxy measure of love were excluded.

This search produced a total of fifty-six³⁹² references, with publication dates ranging from 1970 to 2007,³⁹³ and consistent levels of publishing since the early nineteen

³⁸⁷Definition: 'Application of statistical procedures to the interpretation of numerical data.' Introduced in 1967. Tree Information: Broader, 'analysis'; Narrower, multiple statistical terms; Related, many terms including 'measurement'.

³⁸⁸Definition: 'Assessment of psychological variables by the application of mathematical procedures'. Tree information: Broader, 'psychological tests'; Narrower, nil; Related, nothing of significance.

³⁸⁹Definition: 'Standardized procedures utilizing rating scales or interview schedules carried out by health personnel for evaluating the degree of mental illness.' Historical note: previously 'psychological tests' (1966-1968). Tree information: Broader, 'behavioural disciplines and activities'; Narrower, 'brief psychiatric rating scale' and 'mental status schedule'; Related, nothing of note.

³⁹⁰Definition: 'The science and art of collecting, summarizing, and analyzing data that are subject to random variation. The term is also applied to the data themselves and to the summarization of the data'. Introduced in 2008. Tree information: Broader, 'epidemiological methods'; Narrower, many types of statistical analysis; Related, nothing significant.

³⁹¹Both the psychINFO and Medline databases searched on 29/7/08.

³⁹²To put this in context, on 29/7/08 in psychINFO the Thesaurus terms 'measurement' expanded and exploded, 'statistics' expanded, and 'statistical analysis' expanded and exploded in English produced 145,185 references. While on 7/8/08 in Medline the MeSH terms 'psychometrics' expanded, 'psychiatric status rating scales' expanded and exploded, and 'statistics as a topic' expanded and exploded in English produced 1,179,973 references.

³⁹³E. Emanuele et al., 'Genetic Loading on Human Loving Styles', *Neuro Endocrinology Letters*, 28:6 (December 2007), pp. 815-21.

Geertjan Overbeek, Thao Ha and Ron Scholte, 'Brief Report: Intimacy, Passion, and Commitment in Romantic Relationships--Validation of a "Triangular Love Scale" for Adolescents', *Journal of Adolescence*, 30:3 (June 2007), pp. 523-28.

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Citations

There were fourteen articles with five or more citations in psychINFO. The most quoted authors were Clyde Hendrick and Susan Hendrick, who co-authored two general discussions of the measurement of love (cited five times³⁹⁶ and fifty-five times³⁹⁷), research on variations of the Love Attitudes Scale (cited thirty-five³⁹⁸ and sixteen times³⁹⁹), as well as the original research for the Love Attitudes Scale⁴⁰⁰ (cited

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Bruce Thompson, Gloria M. Borrello, 'Concurrent Validity of a Love Relationships Scale', *Educational and Psychological Measurement*, 47:4 (1987), pp. 985-95.

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Duncan Cramer, 'Lovestyles Revisited', *Social Behavior and Personality*, 15:2 (1987), pp. 215-19.

E. Hatfield, S. Sprecher, 'Measuring Passionate Love in Intimate Relationships', *Journal of Adolescence*, 9:4 (December 1986), pp. 383-410.

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Susan Sprecher, Sandra Metts, 'Development of the "Romantic Beliefs Scale" and Examination of the Effects of Gender and Gender-Role Orientation', *Journal of Social and Personal Relationships*, 6:4 (November 1989), pp. 387-411.

Eugene W. Mathes, 'Convergence among Measures of Interpersonal Attraction', *Motivation and Emotion*, 8:1 (March 1984), pp. 77-84.

Eugene W. Mathes, 'Nine "Colours" or Types of Romantic Love?', *Psychological Reports*, 47:2 (October 1980), pp. 371-76.

³⁹⁶Clyde Hendrick, Susan S. Hendrick, 'Styles of Romantic Love', in *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 149-70.

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³⁹⁸Clyde Hendrick, Susan S. Hendrick and Amy Dicke, 'The Love Attitudes Scale: Short form', *Journal of Social and Personal Relationships*, 15:2 (April 1998), pp. 147-59.

³⁹⁹Clyde Hendrick, Susan S. Hendrick, 'A Relationship-Specific Version of the Love Attitudes Scale', *Journal of Social Behavior and Personality*, 5:4 Special Issue (1990), pp. 239-54.

⁴⁰⁰C. Hendrick, S.S. Hendrick, 'A Theory and Method of Love', *Journal of Personality and Social Psychology*, 50 (1986), pp. 392-402.

159 times -- and if this seems a lot then Hazan and Shaver's 1987 article⁴⁰¹ looking at development of an attachment scale that related to romantic love was cited 1268 times). Other multiply cited articles relating to the Love Attitudes Scale included two validation studies (one cited ten times⁴⁰² the other sixteen times⁴⁰³), a study looking at the relationship between the scale results and self representations⁴⁰⁴ (cited seven times), and another on the relationship between the scale and personality traits,⁴⁰⁵ (cited six times). There were three studies validating Sternberg's Triangular Love Scale (cited nine,⁴⁰⁶ eleven,⁴⁰⁷ and forty-six times⁴⁰⁸). The development of the Romantic Beliefs Scale⁴⁰⁹ was cited thirty-five times. A study examining whether scores on Rubin's Love Scale were affected in men by erotica⁴¹⁰ was cited twelve times.

Other

Direct reference in the abstracts to specific scales was most frequent for the Love Attitudes Scale with twenty references,⁴¹¹ followed by Rubin's Love and Liking

⁴⁰¹C. Hazan, P. Shaver, 'Romantic Love Conceptualized as an Attachment Process', *Journal of Personality and Social Psychology*, 52 (1987), 511-24.

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⁴¹⁰Marshall Dermer, Thomas A. Pyszczynski, 'Effects of Erotica upon Men's Loving and Liking Responses for Women They Love', *Journal of Personality and Social Psychology*, 36:11 (November 1978), pp. 1302-9.

⁴¹¹E. Emanuele et al., 'Genetic Loading on Human Loving Styles', *Neuro Endocrinology Letters*, 28:6 (December 2007), pp. 815-21.

Clyde Hendrick, Susan S. Hendrick, 'Styles of Romantic Love', in *The New Psychology of Love*, Robert J. Sternberg, Karin Weis (eds), New Haven: Yale University Press, 2006, pp. 149-70.

Félix Neto, Maria da Conceição Pinto, 'The Role of Loneliness, Gender and Love Status in Adolescents' Love Styles', *International Journal of Adolescence and Youth*, 11:3 (2003), pp. 181-91.

Clyde Hendrick, Susan S. Hendrick, 'Romantic Love: Measuring Cupid's Arrow', in *Positive Psychological Assessment: A Handbook of Models and Measures*, Shane J. Lopez, C.R. Snyder (eds), Washington: American Psychological Association, 2003, pp. 235-49.

Ming-Hui Huang, 'Cross-Cultural Similarity in the Love Attitudes Scale: Short Form', *Psychological Reports*, 84:2 (April 1999), pp. 617-24.

Keith E. Davis, 'What Attachment Styles and Love Styles Add to the Understanding of Relationship Commitment and Stability', in *Handbook of Interpersonal Commitment and Relationship Stability*, Jeffrey M. Adams, Warren H. Jones (eds), Dordrecht: Kluwer Academic Publishers, 1999, pp. 221-37.

Clyde Hendrick, Susan S. Hendrick and Amy Dicke, 'The Love Attitudes Scale: Short form', *Journal of Social and Personal Relationships*, 15:2 (April 1998), pp. 147-59.

Scales referenced eight times,⁴¹² then Sternberg's Triangular Love Scale with five references,⁴¹³ and the Passionate Love Scale referenced four times.⁴¹⁴ No other scale

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- Kavita Murthy, Andrea Rotzien and Tammi Vacha-Haase, 'Second-Order Structure Underlying the Hendrick-Hendrick Love Attitudes Scale', *Educational and Psychological Measurement*, 56:1 (February 1996), pp. 108-21.
- Martin F. Davies, 'EPQ Correlates of Love Styles', *Personality and Individual Differences*, 20:2 (February 1996), pp. 257-59.
- R. Butler et al., 'Age and Responses to the Love Attitudes Scale: Consistency in Structure, Differences in Scores', *International Journal of Aging and Human Development*, 40:4 (1995), pp. 281-96.
- Felix Neto, 'Love Styles among Portuguese Students', *Journal of Psychology: Interdisciplinary and Applied*, 128:5 (September 1994), pp. 613-16.
- Felix Neto, 'Love Styles and Self-Representations', *Personality and Individual Differences*, 14:6 (June 1993), pp. 795-803.
- D.B. Sarwer et al., 'Sexual Aggression and Love Styles: an Exploratory Study', *Archives of Sexual Behavior*, 22:3 (June 1993), pp. 265-75.
- Duncan Cramer, 'Nature of Romantic Love in Female Adolescents', *Journal of Psychology: Interdisciplinary and Applied*, 126:6 (November 1992), pp. 679-82.
- Gloria M. Borrello, Bruce Thompson, 'A Note Regarding the Validity of Lee's Typology of Love', *Journal of Psychology: Interdisciplinary and Applied*, 124:6 (November 1990), pp. 639-44.
- Clyde Hendrick, Susan S. Hendrick, 'A Relationship-Specific Version of the Love Attitudes Scale', *Journal of Social Behavior and Personality*, 5:4 Special Issue (1990), pp. 239-54.
- Gloria M. Borrello, Bruce Thompson, 'A Hierarchical Analysis of the Hendrick-Hendrick Measure of Lee's Typology of Love', *Journal of Social Behavior and Personality*, 5:5 (1990), pp. 327-42.
- Clyde Hendrick, Susan S. Hendrick, 'Research on Love: Does It Measure Up?', *Journal of Personality and Social Psychology*, 56:5 (May 1989), pp. 784-94.
- Keith E. Davis, Holly Latty-Mann, 'Love Styles and Relationship Quality: A Contribution to Validation', *Journal of Social and Personal Relationships*, 4:4 (December 1987), pp. 409-28.
- C. Hendrick, S.S. Hendrick, 'A Theory and Method of Love', *Journal of Personality and Social Psychology*, 50 (1986), pp. 392-402.
- ⁴¹²B.I. Murstein, A. Tuerkheimer, 'Gender Differences in Love, Sex, and Motivation for Sex', *Psychological Reports*, 82:2 (April 1998), pp. 435-50.
- K.G. Bailey, G. Nava, 'Psychological Kinship, Love, and Liking: Preliminary Validity Data', *Journal of Clinical Psychology*, 45:4 (July 1989), pp. 587-94.
- Z. Rubin, 'Measurement of Romantic Love', *Journal of Personality and Social Psychology*, 16:2 (October 1970), pp. 265-73.
- Duncan Cramer, 'Nature of Romantic Love in Female Adolescents', *Journal of Psychology: Interdisciplinary and Applied*, 126:6 (November 1992), pp. 679-82.
- Oliver C.S. Tzeng, Marilen Gomez, 'Empirical Psychometric Paradigm of Love', in *Theories of Love Development, Maintenance, and Dissolution: Octagonal Cycle and Differential Perspectives*, Oliver C.S. Tzeng (ed.), Westport: Praeger Publishers/Greenwood Publishing Group, 1992, pp. 150-60.
- Eugene W. Mathes, 'Convergence among Measures of Interpersonal Attraction', *Motivation and Emotion*, 8:1 (March 1984), pp. 77-84.
- Marshall Dermer, Thomas A. Pyszczynski, 'Effects of Erotica upon Men's Loving and Liking Responses for Women They Love', *Journal of Personality and Social Psychology*, 36:11 (November 1978), pp. 1302-09.
- Martin F. Rosenman, 'Liking, Loving, and Styles of Loving', *Psychological Reports*, 42:3 Pt 2 (June 1978), pp. 1243-46.
- ⁴¹³Geertjan Overbeek, Thao Ha and Ron Scholte, 'Brief Report: Intimacy, Passion, and Commitment in Romantic Relationships--Validation of a "Triangular Love Scale" for Adolescents', *Journal of Adolescence*, 30:3 (June 2007), pp. 523-28.
- Robert J. Sternberg, 'Construct Validation of a Triangular Love Scale', *European Journal of Social Psychology*, 27:3 (May-June 1997), pp. 313-35.
- Bernard E. Whitley, 'Reliability and Aspects of the Construct Validity of Sternberg's Triangular Love Scale', *Journal of Social and Personal Relationships*, 10:3 (August 1993), pp. 475-80.
- Joseph T. Chojnacki, W. Bruce Walsh, 'Reliability and Concurrent Validity of the Sternberg Triangular Love Scale', *Psychological Reports*, 67:1 (August 1990), pp. 219-24.
- Clyde Hendrick, Susan S. Hendrick, 'Research on Love: Does It Measure Up?', *Journal of Personality and Social Psychology*, 56:5 (May 1989), pp. 784-94.

had more than two references.

Possibly because of the way the search was constructed, the vast majority of the references were to general discussions of love scales; or to articles concerned with the creation, comparison, validation and further development of the scales. But the scales were also used to investigate: sex/sexual aggression/erotica;⁴¹⁵ the link between emotion and bodily changes;⁴¹⁶ kinship/relationships;⁴¹⁷ how a scale correlates with gender, loneliness and love status;⁴¹⁸ personality traits;⁴¹⁹ and self representations.⁴²⁰

Only one article used a scale (the Love Attitudes Scale) as part of the biological investigation of love.⁴²¹

None of these standard love scales was used to measure pathology and in particular morbid love. Only one scale was specifically designed to measure a pathological construct -- love addiction.⁴²²

To further investigate whether there was a link between the scales and morbid love,

⁴¹⁴E. Hatfield, S. Sprecher, 'Measuring Passionate Love in Intimate Relationships', *Journal of Adolescence*, 9:4 (December 1986), pp. 383-410.

Clyde Hendrick, Susan S. Hendrick, 'Romantic Love: Measuring Cupid's Arrow', in *Positive Psychological Assessment: A Handbook of Models and Measures*, Shane J. Lopez, C.R. Snyder (eds), Washington: American Psychological Association, 2003, pp. 235-49.

Elaine Hatfield, Richard L. Rapson, 'Stress and Passionate Love', in *Stress and Emotion: Anxiety, Anger, and Curiosity*, V.16, Charles Donald Spielberger et al. (eds), Philadelphia: Taylor and Francis, 1996, pp. 29-50.

Clyde Hendrick, Susan S. Hendrick, 'Research on Love: Does It Measure Up?', *Journal of Personality and Social Psychology*, 56:5 (May 1989), pp. 784-94.

⁴¹⁵B.I. Murstein, A. Tuerkheimer, 'Gender Differences in Love, Sex, and Motivation for Sex', *Psychological Reports*, 82:2 (April 1998), pp. 435-50.

D.B. Sarwer et al., 'Sexual Aggression and Love Styles: an Exploratory Study', *Archives of Sexual Behavior*, 22:3 (June 1993), pp. 265-75.

Marshall Dermer, Thomas A. Pyszczynski, 'Effects of Erotica upon Men's Loving and Liking Responses for Women They Love', *Journal of Personality and Social Psychology*, 36:11 (November 1978), pp. 1302-9.

⁴¹⁶S.A. Shields, A. Simon, 'Is Awareness of Bodily Change in Emotion Related to Awareness of Other Bodily Processes?', *Journal of Personality Assessment*, 57:1 (August 1991), pp. 96-109.

⁴¹⁷Keith E. Davis, 'What Attachment Styles and Love Styles Add to the Understanding of Relationship Commitment and Stability', in *Handbook of Interpersonal Commitment and Relationship Stability*, Jeffrey M. Adams, Warren H. Jones (eds), Dordrecht: Kluwer Academic Publishers, 1999, pp. 221-37.

Clyde Hendrick, Susan S. Hendrick, 'A Relationship-Specific Version of the Love Attitudes Scale', *Journal of Social Behavior and Personality*, 5:4 Special Issue (1990), pp. 239-54.

K.G. Bailey, G. Nava, 'Psychological Kinship, Love, and Liking: Preliminary Validity Data', *Journal of Clinical Psychology*, 45:4 (July 1989), pp. 587-94.

Keith E. Davis, Holly Latty-Mann, 'Love Styles and Relationship Quality: A Contribution to Validation', *Journal of Social and Personal Relationships*, 4:4 (December 1987), pp. 409-28.

⁴¹⁸Félix Neto, Maria da Conceição Pinto, 'The Role of Loneliness, Gender and Love Status in Adolescents' Love Styles', *International Journal of Adolescence and Youth*, 11:3 (2003), pp. 181-91.

⁴¹⁹Martin F. Davies, 'EPQ Correlates of Love Styles', *Personality and Individual Differences*, 20:2 (February 1996), pp. 257-59.

⁴²⁰Felix Neto, 'Love Styles and Self-Representations', *Personality and Individual Differences*, 14:6 (June 1993), pp. 795-803.

⁴²¹E. Emanuele et al., 'Genetic Loading on Human Loving Styles', *Neuro Endocrinology Letters*, 28:6 (December 2007), pp. 815-21.

⁴²²Mary S. Hunter, Cynthia Nitschke and Linda Hogan, 'A Scale to Measure Love Addiction', *Psychological Reports*, 48:2 (April 1981), p. 582.

all the articles which cited Hendrick and Hendrick's original research on the Love Attitudes Scale were identified. Among these 159 references were two studies which used the scale to measure the reaction to stressful events in parallel to measures of Post-Traumatic Stress Disorder;⁴²³ another which looked for connections between love styles and eating disorders;⁴²⁴ three studies looked at the link between love styles and violence in relationships;⁴²⁵ with one of the latter also mentioning stalking;⁴²⁶ and finally, one author examined 'the darker side of love relationships', including unrequited love, and obsession (though it was not clear whether she connected this to the love scales).⁴²⁷

CONCLUSION TO THE SCIENCE OF LOVE

On balance, the database searches appeared to agree with secondary sources that there was a small but growing scientific interest in romantic love.

Bearing in mind the problems with the databases definitions of love discussed previously, the charts appear to give strong backing to the contention that there has been a rise in scientific interest in love over the last 50 years, both absolute and relative, though it is by no means clear from this data that this is best seen as a sudden rise since the nineteen seventies. The final chart shows that despite this increase, the topic is still one of relative unimportance (though note the puzzling lower number of references to 'sex').

Most research has been into the classification and measurement of love. There has been consistent interest in scales measuring love (and romantic love as a subcategory) since the early nineteen eighties. By far the most popular of these has been the Love Attitudes Scale based on John Lee's Colours of Love classification. Of the more biological ways of investigating romantic love, functional MRI, an investigative technique that blurs the boundary between anatomy and physiology, seemed to be gaining in popularity. However, there does not appear to be much cross-fertilisation in the research using the various techniques of measuring and investigating romantic love.

Even more striking, almost none of the mainstream biological investigations and measurement scales are being used to investigate/measure morbid love. One could go so far as to say that morbid love is not currently the focus of scientific enquiry.

⁴²³Paul J. Chara, Kathleen A. Chara, 'Survivors of Kamikaze Attack: PTSD and Perceived Adjustment to Civilian Life', *Psychological Reports*, 99:3 (December 2006), pp. 971-80.

Man Chung Chung et al., 'Gender Differences in Love Styles and Post Traumatic Reactions Following Relationship Dissolution', *European Journal of Psychiatry*, 16:4 (October-December 2002), pp. 210-20.

⁴²⁴John Worobey, 'Interpersonal Versus Intrafamilial Predictors of Maladaptive Eating Attitudes in Young Women', *Social Behavior and Personality*, 30:5 (2002), pp. 423-34.

⁴²⁵J. Reid Meloy, 'Pathologies of Attachment, Violence, and Criminality', in *Handbook of Psychology: Forensic Psychology*, V. 11, Alan M. Goldstein (ed.), Hoboken: John Wiley, 2003, pp. 509-26.

Sarah F. Lewis, Laura Travea and William J. Fremouw, 'Characteristics of Female Perpetrators and Victims of Dating Violence', *Violence and Victims*, 17:5 (October 2002), pp. 593-606.

Brenda L. Russell, Debra L. Oswald, 'Sexual Coercion and Victimization of College Men: The Role of Love Styles', *Journal of Interpersonal Violence*, 17:3 (March 2002), pp. 273-85.

⁴²⁶J. Reid Meloy, 'Pathologies of Attachment, Violence, and Criminality', in *Handbook of Psychology: Forensic Psychology*, V. 11, Alan M. Goldstein (ed.), Hoboken: John Wiley, 2003, pp. 509-26.

⁴²⁷Pamela C. Regan, 'Love Relationships', in *Psychological Perspectives on Human Sexuality*, Lenore T. Szuchman and Frank Muscarella (eds), Hoboken: John Wiley, 2000. pp. 232-82.

LOVE AS A DISEASE

Introduction

One of the key questions of this thesis is whether some manifestation of romantic love is conceptualised as a disease in modern psychiatric literature, and if so, what disease. Diseases of romantic love going under various diagnostic names, including lovesickness, will be described in the latter part of this section; but before looking at specific disease entities we can use the databases to see if modern concepts of disease overlap with modern concepts of romantic love. We can also look for an overlap between conceptions of romantic love and the traditional medical descriptors of a disease -- characteristics (symptoms), names (diagnoses), life expectancies (course), anticipated outcome (prognoses), recommended treatment, and a cause (aetiology).

Databases

Question: What was the connection between ideas of disease and romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'disorders'⁴²⁸ or 'health complaints'⁴²⁹ or 'syndromes'⁴³⁰ in their expanded and exploded forms (in psychINFO there is no 'disease', 'illness', or 'psychological disease'), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH terms 'pathological processes'⁴³¹ expanded and exploded (there is no 'illness' or 'disorder' in Medline) combined with MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁴³² The abstracts of these references were reviewed looking for articles where some manifestation of romantic love was viewed as a disease or disease process.

This search produced 18 articles,⁴³³ published from 1974 to 2007.⁴³⁴

⁴²⁸This appears a somewhat ambiguous term with a definition at variance with the historical note. Definition: 'Conceptually broad term referring primarily to physical illness. Also used when particular disorders are not specified. Use a more specific term if possible. For general discussions of health impairment consider also the term "health".' Introduced in 1967. History note: 'The term "handicapped" was also used to represent this concept from 1967-1996, and "disabled" was used from 1997-2000. In 2000, "disorders" replaced the discontinued and deleted terms "disabled" and "handicapped". "Disabled" and "handicapped" were removed from all records containing them and replaced with "disorders".' Tree Information: Broader, nothing; Narrower, many disorders including 'mental disorders'; Related, many different categories.

⁴²⁹No definition. Introduced in 1997. Tree information: nothing Narrower or Broader; Related, 'disorders' and 'health'.

⁴³⁰No definition. Introduced in 1973. Tree Information: Broader, nothing; Narrower, various syndromes; Related, includes 'disorders' and 'mental disorders'.

⁴³¹Definition: 'The abnormal mechanisms and forms involved in the dysfunctions of tissues and organs.' Year introduced: 1998. Tree information: Broader, 'pathological conditions, signs and symptoms'; Narrower, 'disease', 'syndrome'; Related, 'signs and symptoms'.

⁴³²Both the psychINFO and the Medline databases were searched 26/3/08.

⁴³³To put this in context on 26/3/08 a search of psychINFO database using the Thesaurus search terms 'disorders' or 'health complaints' or 'syndromes' in their expanded forms found 8,695 articles. A search of Medline 2/4/08 using the MeSH terms 'pathological processes' in its expanded and exploded form gave 1,541,336.

⁴³⁴Mohammadali M. Shoja, R. Shane Tubbs, 'The Disorder of Love in the Canon Of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164:2 (February 2007), pp. 228-29.

Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder Mouth Press, 2005.

R.L. Goldstein, 'De Clérambault's Syndrome (Erotomania) and Claims of Psychiatric Malpractice', *Journal of Forensic Sciences*, 47:4 (July 2002), pp. 852-55.

The most striking feature of these articles was that the vast majority were either exclusively or mainly about delusional love in the form of erotomania or de Clérambault's syndrome.⁴³⁵ Apart from this, there was one reference linking love

N. Kennedy, 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

C.A. Anderson, 'Erotomania after Aneurysmal Subarachnoid Hemorrhage: Case Report and Literature Review', *Journal of Neuropsychiatry and Clinical Neurosciences*, 10:3 (1998), pp. 330-37.

Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham, Stanley Bone (eds), Madison: International Universities Press, 1994, pp. 115-32.

L.P. Kok, M. Cheang and K.T. Chee, 'De Clerambault Syndrome and Medical Practitioners: Medico Legal Implications', *Singapore Medical Journal*, 35:5 (October 1994), pp. 486-89.

G.B. Leong, 'De Clérambault Syndrome (Erotomania) in the Criminal Justice System: Another Look at this Recurring Problem', *Journal of Forensic Sciences*, 39:2 (March 1994), pp. 378-85.

Robert L. Goldstein, 'Erotomania in Men', *American Journal of Psychiatry*, 143:6 (June 1986), p. 802.

Paul T. Brown, Patricia M. Lloyd, 'A Disorder of Falling in Love', *Sexual and Marital Therapy*, 1:1 (1986), pp. 19-22.

H.W. Jordan, 'De Clerambault Syndrome (Erotomania): A Review and Case Presentation', *Journal of the National Medical Association*, 72:10 (October 1980), pp. 979-85.

N.K. Arap-Mengech, 'Pure Erotomania (De Clerambault's Syndrome): A Case Report', *East African Medical Journal*, 59:4 (April 1982), pp. 288-90.

Elizabeth E. Mintz, 'Obsession with the Rejecting Beloved', *Psychoanalytic Review*, 67:4 (1980), pp. 479-92.

R.L. Goldstein, 'De Clérambault in Court: A Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.

J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.

A. Sims, 'The De Clérambault and Capgras Syndromes: A Case History', *British Journal of Psychiatry*, 129 (July 1976), pp. 95-96.

M.H. Hollender, 'Erotomania or De Clérambault Syndrome', *Archives of General Psychiatry*, 32:12 (December 1975), pp. 1574-76.

D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.

⁴³⁵R.L. Goldstein, 'De Clérambault's Syndrome (Erotomania) and Claims of Psychiatric Malpractice', *Journal of Forensic Sciences*, 47:4 (July 2002), pp. 852-55.

N. Kennedy, 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

C.A. Anderson, 'Erotomania after Aneurysmal Subarachnoid Hemorrhage: Case Report and Literature Review', *Journal of Neuropsychiatry and Clinical Neurosciences*, 10:3 (1998), pp. 330-37.

Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham, Stanley Bone (eds), Madison: International Universities Press, 1994, pp. 115-32.

L.P. Kok, M. Cheang and K.T. Chee, 'De Clerambault Syndrome and Medical Practitioners: Medico Legal Implications', *Singapore Medical Journal*, 35:5 (October 1994), pp. 486-89.

G.B. Leong, 'De Clérambault Syndrome (Erotomania) in the Criminal Justice System: Another Look at this Recurring Problem', *Journal of Forensic Sciences*, 39:2 (March 1994), pp. 378-85.

Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham, Stanley Bone (eds), Madison: International Universities Press, 1994, pp. 115-32.

Robert L. Goldstein, 'Erotomania in Men', *American Journal of Psychiatry*, 143:6 (June 1986), p. 802.

H.W. Jordan, 'De Clerambault Syndrome (Erotomania): A Review and Case Presentation', *Journal of the National Medical Association*, 72:10 (October 1980), pp. 979-85.

N.K. Arap-Mengech, 'Pure Erotomania (De Clerambault's Syndrome): A Case Report', *East African Medical Journal*, 59:4 (April 1982), pp. 288-90.

R.L. Goldstein, 'De Clérambault in Court: A Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.

J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.

A. Sims, 'The De Clérambault and Capgras Syndromes: A Case History', *British Journal of Psychiatry*, 129 (July 1976), pp. 95-96.

with obsessions from a psychoanalytic perspective,⁴³⁶ and two which concentrated on modern forms of lovesickness:⁴³⁷

Presents the case of a 44-yr-old man who suddenly left his wife for a new coworker. Although he had a sense of having lost control and felt guilty and deeply distressed, he felt impelled to take the action he had. The present author, based on 6 similar cases, observes that the circumstances described might be indicative not of the state of well-being that is the usual concomitant of falling in love but a state of considerable distress in which falling in love is both a cause and a manifestation of disorder. It is suggested that falling in love may have some characteristics in common with the affective disorders and in some circumstances may require skilled clinical management.⁴³⁸

Finally, there was one reference examining historical lovesickness.⁴³⁹

SYMPTOMS

Databases

Question: To what extent were the symptoms of romantic love a topic of enquiry during this period?

The psychINFO database was searched using the Thesaurus term 'symptoms'⁴⁴⁰ in its expanded and exploded form, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. The Medline database was searched using the MeSH term 'signs and symptoms'⁴⁴¹ expanded and exploded combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁴⁴² The abstracts of these references were reviewed looking for the concept of the symptoms of romantic love.

This search produced four⁴⁴³ articles. Three of these described the use of psychometric love scales (which were discussed in the Science of Romantic Love) in their research into other disease entities, leaving only one article which: 'Describes the

M.H. Hollender, 'Erotomania or De Clérambault Syndrome', *Archives of General Psychiatry*, 32:12 (December 1975), pp. 1574-76.

D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.

⁴³⁶Elizabeth E. Mintz, 'Obsession with the Rejecting Beloved', *Psychoanalytic Review*, 67:4 (1980), pp. 479-92.

⁴³⁷Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005.

Paul T. Brown, Patricia M. Lloyd, 'A Disorder of Falling in Love', *Sexual and Marital Therapy*, 1:1 (1986), pp. 19-22.

⁴³⁸Paul T. Brown, Patricia M. Lloyd, 'A Disorder of Falling in Love', *Sexual and Marital Therapy*, 1:1 (1986), pp. 19-22.

⁴³⁹Mohammadali M. Shoja, R. Shane Tubbs, 'The Disorder of Love in the Canon Of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164:2 (February 2007), pp. 228-29.

⁴⁴⁰No definition. Introduced in 1967. Tree Information: Broader, nothing; Narrower, gives a wide range of symptoms; Related, gives mostly diseases.

⁴⁴¹Definition: 'Clinical manifestations that can be either objective when observed by a physician, or subjective when perceived by the patient.' Introduced in 1998. Tree Information: Broader, 'pathological conditions, signs and symptoms'; Narrower, various signs and symptoms; Related, nil.

⁴⁴²Both the psychINFO the Medline databases were searched 19/5/08.

⁴⁴³To put this in context on 19/5/08 in psychINFO the Thesaurus term 'Symptoms' expanded produced 73,344 references in English, while in Medline the MeSH term 'Signs and symptoms' expanded and exploded gave 931,370 references.

symptoms of unrequited love...'.⁴⁴⁴

COURSE AND PROGNOSIS

The close connection between the course (the expected disease course in the average patient), and prognosis (the disease course expected in a specific patient) is indicated by the definitions:

Psychinfo: 'Disease course: Stages or progression of physical or mental disorders. Compare "prognosis",' and 'Prognosis: Prediction of the course, duration, and outcome of a disorder. Compare "disease course".'

Medline: There is no 'course' in Medline but there is: 'Prognosis: A prediction of the probable outcome of a disease based on an individual's condition and the usual course of the disease as seen in similar situations.'

Databases

Question: To what extent were the concepts of prognosis and disease course used in relation to romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'prognosis'⁴⁴⁵ and 'disease course'⁴⁴⁶ in their expanded forms (neither can be exploded), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. The Medline database was searched using the MeSH term 'prognosis'⁴⁴⁷ combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁴⁴⁸ The abstracts of these references were reviewed looking for the concepts of prognosis or disease course relating to romantic love as a disease.

This search produced five⁴⁴⁹ articles published between the years 1978 to 2007.⁴⁵⁰

⁴⁴⁴Barbara M. Pizer, 'Unrequited Love', *Medical Aspects of Human Sexuality*, 19:12 (December 1985), pp. 84A-84G.

⁴⁴⁵Definition: 'Prediction of the course, duration, and outcome of a disorder. Compare "disease course".' Year term introduced: 1973. Tree information: Broader and Narrower, nothing; Related, 'disorders', 'mental disorders', 'physical disorders', 'prognosis', 'biological markers', 'chronic mental illness', 'clinical judgment (not diagnosis)', 'diagnosis', 'disease course', 'medical diagnosis', 'patient history', 'prediction', 'psychodiagnosis', 'severity (disorders)', 'treatment'.

⁴⁴⁶Definition: 'Stages or progression of physical or mental disorders. Compare "prognosis".' Year introduced: 1991. Used for: course of illness, disorder course. Tree information: Broader and Narrower, nothing; Related, 'disease management', 'disorders', 'mental disorders', 'physical disorders', 'prognosis'.

⁴⁴⁷Definition: 'A prediction of the probable outcome of a disease based on an individual's condition and the usual course of the disease as seen in similar situations.' Tree information: Broader, 'diagnosis', Narrower, 'disease-free survival', 'medical futility', 'treatment outcome'; Related, various categories related to diagnosis.

⁴⁴⁸Both the psychINFO and Medline databases were searched 4/6/08.

⁴⁴⁹R. Sevar, 'Aurum Muriaticum Natronatum--Four Case Reports', *Homeopathy: The Journal of the Faculty of Homeopathy*, 96:4 (October 2007), pp. 258-69.

W.C. Myers, R. Ruiz, 'Aripiprazole and Psychotherapy for Delusional Disorder, Erotomanic Type', *Journal of the American Academy of Child and Adolescent Psychiatry*, 43:9 (September 2004), pp. 1069-70.

G. Fishman, A.F. Fleming and P. Clark, 'Eros and Hate in the Treatment of a Patient with Unrequited Love', *Harvard Review of Psychiatry*, 1:3 (September-October 1993), pp. 184-88.

M. Rudden, 'Diagnosis and Clinical Course of Erotomanic and Other Delusional Patients', *American Journal of Psychiatry*, 147:5 (May 1990), pp. 625-28.

There were no articles from psychINFO and therefore no multiple citations.

One article discussed the course of the homoeopathic treatment of (among other things) 'depression with suicidal ideation after disappointed romantic love'.⁴⁵¹ One psychoanalytic article discussed the treatment outcome of a case of unrequited love.⁴⁵² Three articles discussed the course of delusional love (erotomania and de Clérambault's).⁴⁵³

TREATMENT

Modern secondary sources do not commonly mentioned the treatment of morbid love, however, Tallis recommends treatment of lovesickness with cognitive therapy and medications,⁴⁵⁴ while Fisher⁴⁵⁵ looking at ways of dealing with the problems of romantic love, suggests behavioural treatment, twelve-step treatment, psychotherapy, and taking anti-depressants.

Databases

Question: To what degree were the concepts of treatment or therapy applied to romantic love during this period?

The psychINFO database was searched using the Thesaurus term 'treatment'⁴⁵⁶ in its expanded and exploded form combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. In Medline there is no MeSH term 'treatment'. Therefore Medline was searched using the MeSH terms 'therapeutics'⁴⁵⁷ and 'psychotherapy'⁴⁵⁸ expanded and

R.L. Goldstein, 'De Clérambault In Court: A Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.

⁴⁵⁰To put this number in context in psychINFO on 4/6/08 the expanded forms of 'prognosis' or 'disease course' produced 8,579 articles in English, while in Medline 'prognosis' in its expanded form identified 492,624 articles in English.

⁴⁵¹R. Sevar, 'Aurum Muriaticum Natronatum--Four Case Reports', *Homeopathy: The Journal of the Faculty of Homeopathy*, 96:4 (October 2007), pp. 258-69.

⁴⁵²G. Fishman, A.F. Fleming and P. Clark, 'Eros and Hate in the Treatment of a Patient with Unrequited Love', *Harvard Review of Psychiatry*, 1:3 (September-October 1993), pp. 184-88.

⁴⁵³W.C. Myers, R. Ruiz, 'Aripiprazole And Psychotherapy For Delusional Disorder, Erotomantic Type', *Journal of the American Academy of Child and Adolescent Psychiatry*, 43:9 (September 2004), pp. 1069-70.

M. Rudden, 'Diagnosis and Clinical Course of Erotomantic and Other Delusional Patients', *American Journal of Psychiatry*, 147:5 (May 1990), pp. 625-28.

R.L. Goldstein, 'De Clérambault In Court: A Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.

⁴⁵⁴Frank Tallis, *Love Sick: Love as A Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 281-83.

⁴⁵⁵Helen Fisher, *Why we Love: the Nature and Chemistry of Romantic Love*, New York: Henry Holt, 2004, pp. 181-92.

⁴⁵⁶Definition: 'Conceptually broad term referring to psychological or physical measures designed to ameliorate or cure an abnormal or undesirable condition.' Year introduced: 1967. Tree information: Broader, nothing; Narrower, a wide range of treatments including 'psychotherapy' and 'physical treatment methods'; Related, a wide range of concepts.

⁴⁵⁷Definition: 'Procedures concerned with the remedial treatment or prevention of diseases.' Used for: Treatment; Therapeutic; Treatments. Tree information: Broader, nothing; Narrower, various treatments; Related to 'diagnosis'.

⁴⁵⁸Definition: 'A generic term for the treatment of mental illness or emotional disturbances primarily by verbal or nonverbal communication.' Tree information: Broader, 'behavioural disciplines and activities'; Narrower, a wide range of psychological therapies, as well as more idiosyncratic treatments

exploded combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁴⁵⁹ The abstracts of these references were reviewed looking for the concept of the treatment of morbid love.

The majority of these references were about love as a positive therapy. There were only twenty-one⁴⁶⁰ references published from 1965 to 2007 which looked at the treatment of morbid love.⁴⁶¹ Only one article⁴⁶² had five or more citations (five).

such as 'aromatherapy' and 'dance therapy'; Related, 'neurolinguistic programming' and 'sensory art therapy'.

⁴⁵⁹Both the psychINFO and the Medline databases were searched on 4/6/08.

⁴⁶⁰To put this in context on 4/6/08 in psychINFO the Thesaurus term 'treatment' expanded and exploded produced 138,596 references in English, while in Medline 4/6/08 the MeSH term 'therapeutics' exploded and expanded gave 1,642,994 references in English and on 20/6/08 the term 'psychotherapy' exploded and expanded gave 94,230 references in English.

⁴⁶¹R. Sevar, 'Aurum Muriaticum Natronatum--Four Case Reports', *Homeopathy: Journal of the Faculty of Homeopathy*, 96:4 (October 2007), pp. 258-69.

Mohammadali M. Shoja, R. Shane Tubbs, 'The Disorder of Love in the Canon Of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164:2 (February 2007), pp. 228-29.

Michele Novellino, 'The Don Juan Syndrome: The Script of the Great Lying Lover', *Transactional Analysis Journal*, 36:1 (January 2006), pp. 33-43.

A. Sheikh, 'Love Sickness and the Healing of Rumi', *Journal of the Royal Society of Medicine*, 98:5 (May 2005), pp. 240-43.

W.C. Myers, R. Ruiz, 'Aripiprazole and Psychotherapy for Delusional Disorder, Erotomanic Type', *Journal of the American Academy of Child and Adolescent Psychiatry*, 43:9 (September 2004), pp. 1069-70.

J.R. Meloy, 'Stalking. An Old Behavior, a New Crime', *Psychiatric Clinics of North America*, 22:1 (March 1999), 85-99.

Eric Moss, 'Treating The Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp. 167-73.

G. Fishman, A.F. Fleming and P. Clark, 'Eros and Hate in the Treatment of a Patient with Unrequited Love', *Harvard Review of Psychiatry*, 1:3 (September-October 1993), pp. 184-88.

C.A. Bruno, 'Pathological Infatuation or The Blue Angel Syndrome', *Archives of Psychiatric Nursing*, 6:4 (August 1992), pp. 230-33.

N. Retterstøl, 'Erotomania--Erotic Self-Reference Psychosis in Old Maids. A Long-Term Follow-Up', *Psychopathology*, 24:6 (1991), pp. 388-97.

Jed Diamond, 'Looking For Love in All the Wrong Places', in *Feminist Perspectives on Addictions*, Nan Van Den Bergh (ed.), New York: Springer Publishing, 1991, pp. 167-80.

Eric Griffin-Shelley, *Sex and Love: Addiction, Treatment, And Recovery*, New York: Praeger Publishers, 1991.

Thomas C. Timmreck, 'Overcoming the Loss of a Love: Preventing Love Addiction and Promoting Positive Emotional Health', *Psychological Reports*, 66:2, (April 1990), pp. 515-28.

Reuben Fine, 'Love and Psychoanalytic Technique', *Current Issues in Psychoanalytic Practice*, 4:3-4, (1987), pp. 3-34.

Murray Scher, 'Women in Love: Three Cases of Obsession', *Psychotherapy Patient*, 3:2 (1986), pp. 29-35.

John M. Curtis, 'Elements of Pathological Love Relationships', *Psychological Reports*, 53:1 (August 1983), pp. 83-92.

J. Simon, 'Love: Addiction or Road to Self-Realization, A Second Look', *American Journal of Psychoanalysis*, 42:3 (1982), pp. 253-63.

Mary V. Seeman, 'Psychotherapy of Love Loss', *American Journal of Psychotherapy*, 29:4 (October 1975), pp. 558-66.

D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.

J. Levy et al., 'Inpatients in Love: Conjoint Therapy of Two Adolescents', *Canadian Psychiatric Association Journal*, 18:5 (October 1973), pp. 435-38.

K.D. Hoppe, J. Molnar and J.E. Newell, 'Love -- and Hate -- Addiction in Delinquent Male Adolescents', *Psychotherapy and Psychosomatics*, 13:4 (1965), pp. 271-77.

This article conceptualised morbid love as love addiction, and chiefly recommended Rational Self-counselling -- a relative of Rational Emotional Therapy and Cognitive Behaviour Therapy, which utilised thought restructuring and changing behaviours.

There were various conceptions of morbid love from traditional lovesickness (in the historical articles),⁴⁶³ to love addiction,⁴⁶⁴ to erotomania,⁴⁶⁵ to stalking,⁴⁶⁶ to hypersexuality,⁴⁶⁷ to obsessional thinking,⁴⁶⁸ to less clearly conceptualised reactions to disappointment in love.⁴⁶⁹

Treatments recommended included the traditional (outlined in detail in the History of Lovesickness);⁴⁷⁰ but otherwise could be divided, with a few exceptions, into medication for erotomania; and various forms of psychotherapy (psychoanalysis,⁴⁷¹

⁴⁶²Thomas C. Timmreck, 'Overcoming the Loss of a Love: Preventing Love Addiction and Promoting Positive Emotional Health', *Psychological Reports*, 66:2, (April 1990), pp. 515-28.

⁴⁶³Mohammadali M. Shoja, R. Shane Tubbs, 'The Disorder of Love in the Canon Of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164:2 (February 2007), pp. 228-29.

A. Sheikh, 'Love Sickness and the Healing of Rumi', *Journal of the Royal Society of Medicine*, 98:5 (May 2005), pp. 240-43.

⁴⁶⁴Eric Griffin-Shelley, *Sex and Love: Addiction, Treatment, and Recovery*, New York: Praeger Publishers, 1991.

Jed Diamond, 'Looking for Love in All the Wrong Places', in *Feminist Perspectives on Addictions*, Nan Van Den Bergh (ed.), New York: Springer Publishing, 1991, pp. 167-80.

Thomas C. Timmreck, 'Overcoming the Loss of a Love: Preventing Love Addiction and Promoting Positive Emotional Health', *Psychological Reports*, 66:2, (April 1990), pp. 515-28.

J. Simon, 'Love: Addiction or Road to Self-Realization, A Second Look', *American Journal of Psychoanalysis*, 42:3 (1982), pp. 253-63.

⁴⁶⁵W.C. Myers, R. Ruiz, 'Aripiprazole and Psychotherapy for Delusional Disorder, Erotomanic Type', *Journal of the American Academy of Child and Adolescent Psychiatry*, 43:9 (September 2004), pp. 1069-70.

N. Retterstøl, 'Erotomania--Erotic Self-Reference Psychosis in Old Maids. A Long-Term Follow-Up', *Psychopathology*, 24:6 (1991), pp. 388-97.

D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.

⁴⁶⁶J.R. Meloy, 'Stalking. An Old Behavior, a New Crime', *Psychiatric Clinics of North America*, 22:1 (March 1999), 85-99.

⁴⁶⁷Michele Novellino, 'The Don Juan Syndrome: The Script of the Great Losing Lover', *Transactional Analysis Journal*, 36:1 (January 2006), pp. 33-43.

⁴⁶⁸Murray Scher, 'Women in Love: Three Cases of Obsession', *Psychotherapy Patient*, 3:2 (1986), pp. 29-35.

Eric Moss, 'Treating the Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp. 167-73.

⁴⁶⁹R. Sevar, 'Aurum Muriaticum Natronatum--Four Case Reports', *Homeopathy: Journal of the Faculty of Homeopathy*, 96:4 (October 2007), pp. 258-69.

G. Fishman, A.F. Fleming and P. Clark, 'Eros and Hate in the Treatment of a Patient with Unrequited Love', *Harvard Review of Psychiatry*, 1:3 (September-October 1993), pp. 184-88.

Reuben Fine, 'Love And Psychoanalytic Technique', *Current Issues in Psychoanalytic Practice*, 4:3-4, (1987), pp. 3-34.

Mary V. Seeman, 'Psychotherapy of Love Loss', *American Journal of Psychotherapy*, 29:4 (October 1975), pp. 558-66.

⁴⁷⁰Mohammadali M. Shoja, R. Shane Tubbs, 'The Disorder of Love in the Canon Of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164:2 (February 2007), pp. 228-29.

A. Sheikh, 'Love Sickness and the Healing of Rumi', *Journal of the Royal Society of Medicine*, 98:5 (May 2005), pp. 240-43.

⁴⁷¹Eric Moss, 'Treating The Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp. 167-73.

G. Fishman, A.F. Fleming and P. Clark, 'Eros and Hate in the Treatment of a Patient with Unrequited Love', *Harvard Review of Psychiatry*, 1:3 (September-October 1993), pp. 184-88.

transactional analysis,⁴⁷² rational self-counselling,⁴⁷³ twelve-step⁴⁷⁴) for everything else.

One interesting exception was a reference to the homoeopathic treatment with Aurum muriaticum natronatum for the effects of 'romantic disappointment'.⁴⁷⁵

CAUSE/AETIOLOGY

Databases

Question: To what extent were the ideas of aetiology or causality applied to romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'etiology'⁴⁷⁶ and 'causality'⁴⁷⁷ in their expanded forms (they cannot be exploded), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. 'Cause' is not a recognized term in MeSH, and 'etiology' is only a subheading,⁴⁷⁸ which cannot be combined with 'love'. Therefore Medline was searched using the keywords 'aetiology' and 'etiology' combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁴⁷⁹ The abstracts of these references were reviewed looking for the concept of the aetiology or underlying cause of morbid love.

This search produced six⁴⁸⁰ references published between 1978 and 2002,⁴⁸¹ none of

Reuben Fine, 'Love and Psychoanalytic Technique', *Current Issues in Psychoanalytic Practice*, 4:3-4, (1987), pp. 3-34.

Murray Scher, 'Women in Love: Three Cases of Obsession', *Psychotherapy Patient*, 3:2 (1986), pp. 29-35.

John M. Curtis, 'Elements of Pathological Love Relationships', *Psychological Reports*, 53:1 (August 1983), pp. 83-92.

J. Simon, 'Love: Addiction or Road to Self-Realization, a Second Look', *American Journal of Psychoanalysis*, 42:3 (1982), pp. 253-63.

K.D. Hoppe, J. Molnar and J.E. Newell, 'Love -- and Hate -- Addiction in Delinquent Male Adolescents', *Psychotherapy and Psychosomatics*, 13:4 (1965), pp. 271-77.

⁴⁷²Michele Novellino, 'The Don Juan Syndrome: The Script of the Great Lying Lover', *Transactional Analysis Journal*, 36:1 (January 2006), pp. 33-43.

⁴⁷³Thomas C. Timmreck, 'Overcoming the Loss of a Love: Preventing Love Addiction and Promoting Positive Emotional Health', *Psychological Reports*, 66:2, (April 1990), pp. 515-28.

⁴⁷⁴Eric Griffin-Shelley, *Sex and Love: Addiction, Treatment, and Recovery*, New York: Praeger Publishers, 1991.

Jed Diamond, 'Looking for Love in All the Wrong Places', in *Feminist Perspectives on Addictions*, Nan Van Den Bergh (ed.), New York: Springer Publishing, 1991, pp. 167-80.

⁴⁷⁵R. Sevar, 'Aurum Muriaticum Natronatum--Four Case Reports', *Homeopathy: Journal of the Faculty of Homeopathy*, 96:4 (October 2007), pp. 258-69.

⁴⁷⁶Definition: 'Study of the causes and origins of psychological or physical conditions'. Used for the science itself or the specific etiological findings and processes. Introduced in 1967. Tree Information: Broader, nothing; Narrower, nothing; Related, 'causality', 'mental disorders' and 'physical disorders'.

⁴⁷⁷Definition: 'The relationship of causes to their effects.' This term was introduced in August 2005. Tree information: Nothing Broader or Narrower; Related, 'causal analysis'.

⁴⁷⁸Definition: 'Used with diseases for causative agents including micro-organisms and includes environmental and social factors and personal habits as contributing factors. It includes pathogenesis (sub-heading).'

⁴⁷⁹Both the psychINFO and the Medline databases were searched 4/6/08.

⁴⁸⁰To put this in context on 4/6/08 in psychINFO the Thesaurus terms 'etiology' and 'causality' expanded and combined produced 16,454 references in English, while in Medline the combined MeSH keywords 'aetiology' and 'etiology' gave 1,229,149 references in English.

which were cited five or more times. These all conceptualised morbid love as delusional erotomania.⁴⁸² The cause of erotomania was usually seen as either secondary to another psychiatric illness⁴⁸³ or biological in nature.⁴⁸⁴ One reference emphasised psychodynamic causes.⁴⁸⁵

Conclusion

As discussed in later sections, over the last fifty years of the twentieth century in the databases, and in particular in Medline, when the concepts of romantic love and disease were combined there was a strong association with delusional love or erotomania. There was little connection, on the other hand, between the various descriptors of disease and romantic love, and what there was conceptualised morbid love as erotomania or love addiction.

⁴⁸¹N. Kennedy et al., 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

J. Mann, 'Homo-Erotomania for a Delusional Parent: Erotomania with Capgras and Fregoli Syndromes in a Young Male with Learning Difficulties', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 275-78.

L. Carrier, 'Erotomania and Senile Dementia', *American Journal of Psychiatry*, 147:8 (August 1990), p. 1092.

S.F. Signer, 'Two Cases of Erotomania (De Clérambault's Syndrome) in Bipolar Affective Disorder', *British Journal of Psychiatry: Journal of Mental Science*, 151 (December 1987), pp. 853-55.

K.H. Loke, 'Erotomania: Two Case Reports', *Medical Journal of Malaysia*, 39:4 (December 1984), pp. 292-96.

J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.

⁴⁸²N. Kennedy et al., 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

J. Mann, 'Homo-Erotomania for a Delusional Parent: Erotomania with Capgras and Fregoli Syndromes in a Young Male with Learning Difficulties', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 275-78.

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S.F. Signer, 'Two Cases of Erotomania (De Clérambault's Syndrome) in Bipolar Affective Disorder', *British Journal of Psychiatry: Journal of Mental Science*, 151 (December 1987), pp. 853-55.

K.H. Loke, 'Erotomania: Two Case Reports', *Medical Journal of Malaysia*, 39:4 (December 1984), pp. 292-96.

J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.

⁴⁸³N. Kennedy, et al., 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

J. Mann, 'Homo-Erotomania for a Delusional Parent: Erotomania with Capgras and Fregoli Syndromes in a Young Male with Learning Difficulties', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 275-78.

L. Carrier, 'Erotomania and Senile Dementia', *American Journal of Psychiatry*, 147:8 (August 1990), p. 1092.

S.F. Signer, 'Two Cases of Erotomania (De Clérambault's Syndrome) in Bipolar Affective Disorder', *British Journal of Psychiatry: Journal of Mental Science*, 151 (December 1987), pp. 853-55.

K.H. Loke, 'Erotomania: Two Case Reports', *Medical Journal of Malaysia*, 39:4 (December 1984), pp. 292-96.

J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.

⁴⁸⁴N. Kennedy et al., 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

⁴⁸⁵J. Mann, 'Homo-Erotomania for a Delusional Parent: Erotomania with Capgras and Fregoli Syndromes in a Young Male with Learning Difficulties', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 275-78.

LOVESICKNESS

Introduction

Secondary sources suggest that lovesickness as a diagnostic name for a disease entity had fallen out of favour at least by the early twentieth century.⁴⁸⁶

Databases

Question: What disease concepts during the period of the study went under the diagnostic name 'lovesickness', or its cognates?⁴⁸⁷

A search was made in psychINFO using the keywords 'lovesick' or 'love sick' or 'lovesickness' or 'love sickness' or 'morbid love' or 'erotic melancholy' or 'amor hereos' (there was no Thesaurus term for 'lovesickness'). Then a search was made in Medline using the keywords 'lovesick' or 'love sick' or 'lovesickness' or 'love sickness' or 'morbid love' or 'erotic melancholy' or 'amor hereos' (there was no MeSH term for 'lovesickness'). The results of these searches were combined and double-ups removed.⁴⁸⁸ In this search no references were excluded so that all the concepts associated with the words could be studied.

Once double ups were removed, this search produced 36 references⁴⁸⁹ (although two

⁴⁸⁶Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005.

Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005.

⁴⁸⁷Except erotomania which is examined separately.

⁴⁸⁸The psychINFO database was searched 6/5/08, while the Medline database was searched 9/5/08.

⁴⁸⁹A. Lazarus, 'The Doctor-Patient Relationship in Rock and Roll Music', *Journal of Medical Practice Management*, 22:3 (November-December 2006), pp. 162-5.

M. Altbauer-Rudnik, 'Love, Madness and Social Order: Love Melancholy in France and England in the Late Sixteenth and Early Seventeenth Centuries', *Gesnerus*, 63:1-2 (2006), pp. 33-45.

Maureen O'Sullivan, 'Ten Cents a Dance--and Then Some', *PsycCRITIQUES*, 51:28, (2006).

A. Sheikh, 'Love Sickness and the Healing of Rumi', *Journal of the Royal Society of Medicine*, 98:5 (May 2005), pp. 240-43.

Frank Tallis, 'Crazy for You', *The Psychologist*, 18:2 (February 2005), pp. 72-74.

Peter Toohey, *Melancholy, Love, and Time: Boundaries of the Self in Ancient Literature*, Michigan: University of Michigan Press, 2004.

Eugene J. Mahon, 'Psychological Insights in Shakespeare's Final Play, The Two Noble Kinsmen', *Psychoanalytic Study of the Child*, 56, (2001), pp. 393-407.

Richard J. Wegman, Robert C. Lane, 'Therapist-Patient Sexual Contact: Some Dynamic Considerations regarding Etiology and Prevention', *Journal of Psychotherapy in Independent Practice*, 2:3 (2001), pp. 73-90.

Andrew Abarbanel, *Love Sick: Lessons on Relationships from Biological Psychiatry*, Boulder: Bull Publishing, 2001.

B. Bynum, 'Lovesickness', *Lancet*, 3:357 (February 2001), p. 403.

Glen O. Gabbard, 'Psychodynamic Approaches to Physician Sexual Misconduct', in *Physician Sexual Misconduct*, Joseph D. Bloom et al. (eds), Washington: American Psychiatric Association, 1999, pp. 205-23.

R.D. Chessick, 'Malignant Eroticized Countertransference', *Journal of the American Academy of Psychoanalysis*, 25:2 (1997), 219-35.

Stuart W. Twemlow, 'The Psychoanalytic Foundations of a Dialectical Approach to the Victim/Victimizer Relationship', *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, 23:4 (1995), pp. 545-61.

Eric Moss, 'Treating the Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp. 167-73.

Glen O. Gabbard, 'Psychotherapists Who Transgress Sexual Boundaries with Patients', *Bulletin of the Menninger Clinic*, 58:1 (1994), pp. 124-35.

Fady Hajal, 'Diagnosis and Treatment of Lovesickness: An Islamic Medieval Case Study', *Hospital and Community Psychiatry*, 45:7 (July 1994), pp. 647-50.

articles by the same authors followed each other in the same journal⁴⁹⁰). The articles ranged in date of publication from 1943 to 2006. All were identified using the key words 'lovesick', 'lovesickness' or variations of these words.⁴⁹¹ One author had two articles.⁴⁹² Four articles were by another author, Glen Gabbard,⁴⁹³ and one article

Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham, Stanley Bone (eds), Madison: International Universities Press, 1994, pp. 115-32.

Glen O. Gabbard, 'Commentary on Papers by Tansey, Hirsch, and Davies', *Psychoanalytic Dialogues*, 4:2 (1994), 203-13.

A. Thomson, G. White, 'Love Sick', *New Zealand Medical Journal*, 106:967 (November 1993), p. 482.

Diane S. Solursh, Lionel P. Solursh, and Nancy R. Williams, 'Patient-Therapist Sex: "Just Say No" Isn't Enough', *Medicine and Law*, 12:3-5 (1993), 431-38.

C. Quadrio, 'Sex and Gender and the Impaired Therapist', *Australian and New Zealand Journal of Psychiatry*, 26:3 (1992), 346-63.

Robert L. Beck, 'Warming up to a Cold-Sick Spouse', *American Journal of Psychotherapy*, 45:2 (April 1991), pp. 221-30.

Thomas Schill, Jeff Harsch and Katie Ritter, 'Countertransference in the Movies: Effects on Beliefs about Psychiatric Treatment', *Psychological Reports*, 67:2, (October 1990), 399-402.

Robert F. Forman, 'Lovesickness: A Way of Thinking about Substance Abuse and Substance Dependence', *Alcoholism Treatment Quarterly*, 4:1 (1987), pp. 1-13.

Ronald M. Sabatelli, 'Locus of Control, Locus of Control Differences, and Quality of Relationship in Married Dyads', *Psychological Reports*, 58:3 (June 1986), pp. 939-45.

J. Money, 'Adolescent Sexology and Ephebiatric Sexual Medicine', *Acta Endocrinologica, Supplementum*, 279 (1986), pp. 241-46.

Carl G. Hindy, 'Individual Differences in Three Facets of "Lovesickness": Tendency toward Anxious Romantic Attachments, Sexual Jealousy, and Heterosexual Depression', *Dissertation Abstracts International*, 46:3-B (September 1985), pp. 961-62.

Glen O. Gabbard, Krin Gabbard, 'Countertransference in the Movies', *Psychoanalytic Review*, 72:1 (1985), 171-84.

Ronald M. Sabatelli, Albert S. Dreyer and Ross Buck, 'Cognitive Style and Relationship Quality in Married Dyads', *Journal of Personality*, 51:2 (June 1983), pp. 192-201.

Robert Athanasiou, 'About Sexosophy', *PsycCRITIQUES*, 27:3 (March 1982), pp. 211-12.

G.T. Haneveld, 'Early Dutch Contributions on Peyronie's Disease', *Archivum Chirurgicum Neerlandicum*, 31:3 (1979), pp. 123-29.

Marek M. Mesulam, Jon Perry, 'The Diagnosis of Love-Sickness: Experimental Psychophysiology without the Polygraph', *Psychophysiology*, 9:5 (September 1972), pp. 546-51.

Peter A. Martin, H. Waldo Bird, 'A Marriage Pattern: The "Lovesick" Wife and the "Cold, Sick" Husband', *Psychiatry: Journal for the Study of Interpersonal Processes*, 22 (August 1959), pp. 245-49.

Peter A. Martin, H. Waldo Bird, 'Further Consideration of the "Cold, Sick" Husband', *Psychiatry: Journal for the Study of Interpersonal Processes*, 22 (August 1959), pp. 250-54.

J.M. Schneck, 'The Love-Sick Patient in the History of Medicine', *Journal of the History of Medicine and Allied Sciences*, 12: 2 (April 1957), 266-67.

L. Babb, 'Love Melancholy in the Elizabethan and Early Stuart Drama', *Bulletin of the History of Medicine*, 13 (1943), pp. 117-32.

⁴⁹⁰Peter A. Martin, H. Waldo Bird, 'A Marriage Pattern: The "Lovesick" Wife and the "Cold, Sick" Husband', *Psychiatry: Journal for the Study of Interpersonal Processes*, 22 (August 1959), pp. 245-49.

Peter A. Martin, H. Waldo Bird, 'Further Consideration of the "Cold, Sick" Husband', *Psychiatry: Journal for the Study of Interpersonal Processes*, 22 (August 1959), pp. 250-54.

⁴⁹¹R.D. Chessick, 'Malignant Eroticized Countertransference', *Journal of the American Academy of Psychoanalysis*, 25:2 (1997), 219-35.

⁴⁹²Ronald M. Sabatelli, 'Locus of Control, Locus of Control Differences, and Quality of Relationship in Married Dyads', *Psychological Reports*, 58:3 (June 1986), pp. 939-45.

Ronald M. Sabatelli, Albert S. Dreyer and Ross Buck, 'Cognitive Style and Relationship Quality in Married Dyads', *Journal of Personality*, 51:2 (June 1983), pp. 192-201.

⁴⁹³Glen O. Gabbard, 'Psychodynamic Approaches to Physician Sexual Misconduct', in *Physician Sexual Misconduct*, Joseph D. Bloom et al. (eds), Washington: American Psychiatric Association, 1999, pp. 205-23.

Glen O. Gabbard, 'Psychotherapists Who Transgress Sexual Boundaries with Patients', *Bulletin of the Menninger Clinic*, 58:1 (1994), pp. 124-35.

used that author's concepts. Gabbard also had the article with the most citations⁴⁹⁴ (nineteen) and another article with five citations.⁴⁹⁵ There were two other abstracts with five citations: one a psychodynamic article which made only a passing mention of lovesickness,⁴⁹⁶ and the other a historical article.⁴⁹⁷

Glen Gabbard, the most prominent author in this field, used the term lovesickness to describe a problem affecting psychotherapists who had sexual relationships with their patients because they were, or believed they were, in love with the patient. Gabbard took a psychodynamic approach to this lovesickness in the therapist, and therefore it is not surprising that he uses the word lovesickness to refer to a condition which is as much about sex as love. The love itself appears a fairly broad concept -- a mixture of romantic love and companionate love:

Most therapists who become sexually involved with patients are either predatory or lovesick. In one survey of psychiatrists..., 65% of those who had been in a sexual relationship with a patient described themselves as being in love with the patient... The most common scenario is that of a middle-aged male therapist who falls in love with a much younger female patient while he is experiencing divorce, separation, disillusionment with his own marriage, or the loss of a significant person in his life... He may begin to share his own problems with his patient and present himself in psychotherapy sessions as needy and vulnerable. This role reversal is a common precursor to sexual transgressions. ... Both therapist and patient are refinding forbidden objects from the past, and the therapist colludes in an enactment rather than interpreting the unconscious wish to repeat past trauma, all under the guise of "true love." ... Just as Narcissus fell in love with his own image in the water, these therapists are infatuated with an idealized reflection of themselves... Often these therapists will view the relationship as having transcended transference or countertransference. They may view themselves and the patient as "soulmates" who were destined to find each other and just happened to have done so in the context of a psychotherapy relationship. The love is regarded as so extraordinary that mundane ethical codes are irrelevant.⁴⁹⁸

Eleven of the articles (1985-2001) followed Gabbard in using the term lovesickness to describe a therapist who breaks ethical boundaries for love.⁴⁹⁹ Perhaps it is not

Glen O. Gabbard, 'Commentary on Papers by Tansey, Hirsch, and Davies', *Psychoanalytic Dialogues*, 4:2 (1994), 203-13.

Glen O. Gabbard, Krin Gabbard, 'Countertransference in the Movies', *Psychoanalytic Review*, 72:1 (1985), 171-84.

⁴⁹⁴Glen O. Gabbard, 'Psychotherapists Who Transgress Sexual Boundaries with Patients', *Bulletin of the Menninger Clinic*, 58:1 (1994), pp. 124-35.

⁴⁹⁵Glen O. Gabbard, 'Commentary on Papers by Tansey, Hirsch, and Davies', *Psychoanalytic Dialogues*, 4:2 (1994), 203-13.

⁴⁹⁶Stuart W. Twemlow, 'The Psychoanalytic Foundations of a Dialectical Approach to the Victim/Victimizer Relationship', *Journal of the American Academy of Psychoanalysis & Dynamic Psychiatry*, 23:4 (1995), pp. 545-61.

⁴⁹⁷Marek M. Mesulam, Jon Perry, 'The Diagnosis of Love-Sickness: Experimental Psychophysiology without the Polygraph', *Psychophysiology*, 9:5 (September 1972), pp. 546-51.

⁴⁹⁸Glen O. Gabbard, 'Psychotherapists Who Transgress Sexual Boundaries with Patients', *Bulletin of the Menninger Clinic*, 58:1 (1994), pp. 124-35.

⁴⁹⁹Richard J. Wegman, Robert C. Lane, 'Therapist-Patient Sexual Contact: Some Dynamic Considerations regarding Etiology and Prevention', *Journal of Psychotherapy in Independent Practice*, 2:3 (2001), pp. 73-90.

surprisingly therefore, that when looking at the Thesaurus and MeSH terms used to categorise each of these abstracts, we find that only seventeen used 'love', none 'romance' (nor did this word turn up as a keyword), compared with thirteen abstracts with terms related to sex.

The diagnostic label 'love-sick' was also a term used to describe the female side of a dysfunctional married couple who felt she lacked the love and affection of her husband.⁵⁰⁰ This concept was found in five articles (1959-1991).⁵⁰¹ Two of these articles⁵⁰² tried to measure the concept using a love sickness scale -- the Ryder Lovesickness Scale.

Ryder's (1973) Lovesickness Scale was used to measure a specific type of marital complaint: Namely that one's spouse is not attentive enough or is not adequately loving.⁵⁰³

There were also nine references looking at lovesickness from a historical perspective,⁵⁰⁴ three looking at modern concepts which were similar,⁵⁰⁵ and two

Glen O. Gabbard, 'Psychodynamic Approaches to Physician Sexual Misconduct', in *Physician Sexual Misconduct* Joseph D. Bloom et al. (eds), Washington: American Psychiatric Association, 1999, pp. 205-23.

R.D. Chessick, 'Malignant Eroticized Countertransference', *Journal of the American Academy of Psychoanalysis*, 25:2 (1997), 219-35.

Glen O. Gabbard, 'Psychotherapists Who Transgress Sexual Boundaries with Patients', *Bulletin of the Menninger Clinic*, 58:1 (1994), pp. 124-35.

Glen O. Gabbard, 'Commentary on Papers by Tansey, Hirsch, and Davies', *Psychoanalytic Dialogues*, 4:2 (1994), 203-13.

A. Thomson, G. White, 'Love Sick', *New Zealand Medical Journal*, 106:967 (November 1993), p. 482.

Diane S. Solursh, Lionel P. Solursh, and Nancy R. Williams, 'Patient-Therapist Sex: "Just Say No" Isn't Enough', *Medicine and Law*, 12:3-5 (1993), 431-38.

C. Quadrio, 'Sex and Gender and the Impaired Therapist', *Australian and New Zealand Journal of Psychiatry*, 26:3 (1992), 346-63.

Thomas Schill, Jeff Harsch and Katie Ritter, 'Countertransference in the Movies: Effects on Beliefs about Psychiatric Treatment', *Psychological Reports*, 67:2, (October 1990), 399-402.

Glen O. Gabbard, Krin Gabbard, 'Countertransference in the Movies', *Psychoanalytic Review*, 72:1 (1985), 171-84.

⁵⁰⁰Robert L. Beck, 'Warming up to a Cold-Sick Spouse', *American Journal of Psychotherapy*, 45:2 (April 1991), pp. 221-30.

⁵⁰¹Robert L. Beck, 'Warming up to a Cold-Sick Spouse', *American Journal of Psychotherapy*, 45:2 (April 1991), pp. 221-30.

Ronald M. Sabatelli, 'Locus of Control, Locus of Control Differences, and Quality of Relationship in Married Dyads', *Psychological Reports*, 58:3 (June 1986), pp. 939-45.

Ronald M. Sabatelli, Albert S. Dreyer and Ross Buck, 'Cognitive Style and Relationship Quality in Married Dyads', *Journal of Personality*, 51:2 (June 1983), pp. 192-201.

Peter A. Martin, H. Waldo Bird, 'A Marriage Pattern: The "Lovesick" Wife and the "Cold, Sick" Husband', *Psychiatry: Journal for the Study of Interpersonal Processes*, 22 (August 1959), pp. 245-49.

Peter A. Martin, H. Waldo Bird, 'Further Consideration of the "Cold, Sick" Husband', *Psychiatry: Journal for the Study of Interpersonal Processes*, 22 (August 1959), pp. 250-54.

⁵⁰²Ronald M. Sabatelli, 'Locus of Control, Locus of Control Differences, and Quality of Relationship in Married Dyads', *Psychological Reports*, 58:3 (June 1986), pp. 939-45.

Ronald M. Sabatelli, Albert S. Dreyer and Ross Buck, 'Cognitive Style and Relationship Quality in Married Dyads', *Journal of Personality*, 51:2 (June 1983), pp. 192-201.

⁵⁰³Ronald M. Sabatelli, 'Locus of Control, Locus of Control Differences, and Quality of Relationship in Married Dyads', *Psychological Reports*, 58:3 (June 1986), pp. 939-45.

⁵⁰⁴M. Altbauer-Rudnik, 'Love, Madness and Social Order: Love Melancholy in France and England in the Late Sixteenth and Early Seventeenth Centuries', *Gesnerus*, 63:1-2 (2006), pp. 33-45.

Frank Tallis, 'Crazy for You', *The Psychologist*, 18:2 (February 2005), pp. 72-74.

looking at popular concepts of lovesickness:⁵⁰⁶

The book examines the job of being a lap dancer from the point of view of the dancer, the customer, and the business owner. The viewpoint provided is a particularly interesting and nuanced one, because the author, on whose dissertation the book is based, also worked as a lap dancer while completing her studies. The most compelling contribution of the book, however, is its description and analysis of the motivations of the men who are regular customers of particular lap dancers... Reading the book also provides... a sad pity for the lovesickness of the regulars, whose need for a "slut wife" usually ends only in disappointment.⁵⁰⁷

The rest of the articles were difficult to categorise from the abstracts or easily accessible electronic versions of the articles.

DSM

There was no reference to lovesickness or its synonyms in the DSMs.

Comprehensive Textbook of Psychiatry

Burton's concept of love melancholy is referred to in Volume 6,⁵⁰⁸ Volume 7,⁵⁰⁹ and Volume 8⁵¹⁰ of the *Comprehensive Textbook of Psychiatry*. Volume 8 mentioned lovesickness in the context of psychoanalysis, and therapists' 'libidinal or promiscuous behaviors'.⁵¹¹ Otherwise, lovesickness and its synonyms do not appear in the *Comprehensive Textbook of Psychiatry*.

Peter Toohey, *Melancholy, Love, and Time: Boundaries of the Self in Ancient Literature*, Michigan: University of Michigan Press, 2004.

B. Bynum, 'Lovesickness', *Lancet*, 3:357 (February 2001), p. 403.

Fady Hajal, 'Diagnosis and Treatment of Lovesickness: An Islamic Medieval Case Study', *Hospital and Community Psychiatry*, 45:7 (July 1994), pp. 647-50.

G.T. Haneveld, 'Early Dutch Contributions on Peyronie's Disease', *Archivum Chirurgicum Neerlandicum*, 31:3 (1979), pp. 123-29.

Marek M. Mesulam, Jon Perry, 'The Diagnosis of Love-Sickness: Experimental Psychophysiology without the Polygraph', *Psychophysiology*, 9:5 (September 1972), pp. 546-51.

J.M. Schneck, 'The Love-Sick Patient in the History of Medicine', *Journal of the History of Medicine and Allied Sciences*, 12: 2 (April 1957), 266-67.

L. Babb, 'Love Melancholy in the Elizabethan and Early Stuart Drama', *Bulletin of the History of Medicine*, 13 (1943), pp. 117-32.

⁵⁰⁵Eric Moss, 'Treating the Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp. 167-73.

Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham, Stanley Bone (eds), Madison: International Universities Press, 1994, pp. 115-32.

Carl G. Hindy, 'Individual Differences in Three Facets of 'Lovesickness': Tendency toward Anxious Romantic Attachments, Sexual Jealousy, and Heterosexual Depression', *Dissertation Abstracts International*, 46:3-B (September 1985), pp. 961-62.

⁵⁰⁶A. Lazarus, 'The Doctor-Patient Relationship in Rock and Roll Music', *Journal of Medical Practice Management*, 22:3 (November-December 2006), pp. 162-5.

Maureen O'Sullivan, 'Ten Cents a Dance--and then Some', *PsycCRITIQUES*, 51:28, (2006).

⁵⁰⁷Maureen O'Sullivan, 'Ten Cents a Dance--and then Some', *PsycCRITIQUES*, 51:28, (2006).

⁵⁰⁸Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, p. 1069.

⁵⁰⁹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 1287.

⁵¹⁰Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1562-63.

⁵¹¹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 2495.

Other Texts

There was nothing in the other psychology and psychiatric textbooks about lovesickness and its synonyms.

Conclusion

Little remains of old concepts of morbid love going under the diagnostic label lovesickness. Other than as a name for a historical concept, 'lovesick' has most commonly been the diagnosis given to psychotherapists who indulge in boundary violations with patients because of romantic love. While this does not seem a direct descendant from more traditional concepts of lovesickness, there is an interesting parallel -- both commonly involve feelings of romantic love which if acted upon would break society norms.

EROTOMANIA

One remnant of lovesickness suggested by at least one historian⁵¹² is erotomania.

Modern Concepts and Definition

Erotomania (also called 'de Clérambault's syndrome', and more rarely in English literature 'délires passionels' or 'psychose passionelle') is categorised by DSM-IVR, along with delusional jealousy, as a subtype of delusional disorder, and defined as a disease in which a person holds the delusional belief '...that another person is in love with them. The delusion often concerns idealized romantic love and spiritual union rather than sexual attraction. The person about whom this conviction is held is usually of higher status (e.g., a famous person or superior at work), but can be a complete stranger.'⁵¹³ At the core of this conception is a delusional cognition about what another person's emotional state is rather than the emotional state of the designated patient. While in theory the sufferer from erotomania does not have to be in love with the other person for erotomania to be present, in practice the literature does not provide examples of this.

While in DSM-IVR the diagnostic name 'erotomania' referred to the disease concept delusional love, historically this was not always the case.

History of the Concept

Historically erotomania was often used as a synonym for lovesickness.⁵¹⁴ During the Medieval and Renaissance periods the delusional aspect appeared absent, and hypersexuality was not emphasised.⁵¹⁵ However, during the Renaissance, Jacques Ferrand's discussion of lovesickness included erotomania conceptualised as a disorder of hypersexuality.⁵¹⁶ By the eighteenth century, this alternative meaning -- erotomania as a disease of excess sexual appetites may have been the dominant one.⁵¹⁷

Esquirol gave clear examples of a delusional presentation identical to the modern definition of erotomania under the title 'erotic monomania',⁵¹⁸ though as previously discussed, his concept (and the clinical examples) was much broader than simply the delusion of being loved. He emphasised, however, that this was not a disease of hypersexuality.

Not everyone was convinced with Esquirol's clear separation of nymphomania and

⁵¹²Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005.

⁵¹³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 324.

⁵¹⁴G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁵¹⁵Donald A. Beecher, Massimo Ciavolella, *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher and Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990. Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990.

⁵¹⁶Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 55.

⁵¹⁷G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁵¹⁸Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845.

erotomania,⁵¹⁹ and sexualised ideas of erotomania persisted.

The rise of the concept of erotomania as a delusion, and the decisive change of emphasis from being in love to being loved probably dates from the late nineteenth and early twentieth centuries in the writings of P. Serieux, J. Capgras, Benjamin Ball, R. von Krafft-Ebing, and E. Kraepelin.⁵²⁰

However, the modern conception of erotomania is usually ascribed to the French psychiatrist Gaetan Gatian de Clérambault (1872-1934) who published a comprehensive review paper on the subject (*Les Psychoses Passionnelles*) in 1921. In this review de Clérambault de-emphasised sexual aspects (as indeed had Esquirol) and instead described a form of delusional love. German Berrios has challenged de Clérambault's status as the originator of modern concepts of erotomania, arguing this is an Anglo-Saxon misinterpretation caused by misunderstanding the French psychiatric system of the time.⁵²¹

Databases

Questions: What was the relative strength of the relationship between the disease concept of erotomania during this period and the three concepts romantic love, sex, and delusions? Is the concept of delusional love most strongly associated with erotomania or delusional jealousy? What was the specific connection between erotomania and romantic love during this period?

A slightly different methodology was used to answer the first two of these questions. Firstly, the psychINFO database was searched using the keywords⁵²² 'erotomania' or 'Clérambault's' which gave a total of 143 articles in English. The results of this search were then combined serially with:

- the Thesaurus term 'delusions',⁵²³ (in its expanded form);
- the Thesaurus terms 'love' or 'romance' (in their expanded forms);
- the Thesaurus terms 'psychosexual behaviour',⁵²⁴ (in its expanded and exploded form) or 'sexual addiction',⁵²⁵ (in its expanded form).

The results were gathered decade by decade.⁵²⁶ These results are presented below in chart form, first as a total number of 'erotomania' references associated with each concept, then with percentage of the total number of 'erotomania' references associated with each concept (the raw numbers are included in Appendix II).

⁵¹⁹G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁵²⁰G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁵²¹G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁵²²Keywords were used both to capture better the changing meaning of 'erotomania' and to more closely mirror Medline.

⁵²³Definition: 'False personal beliefs held despite contradictory evidence and common sense.'

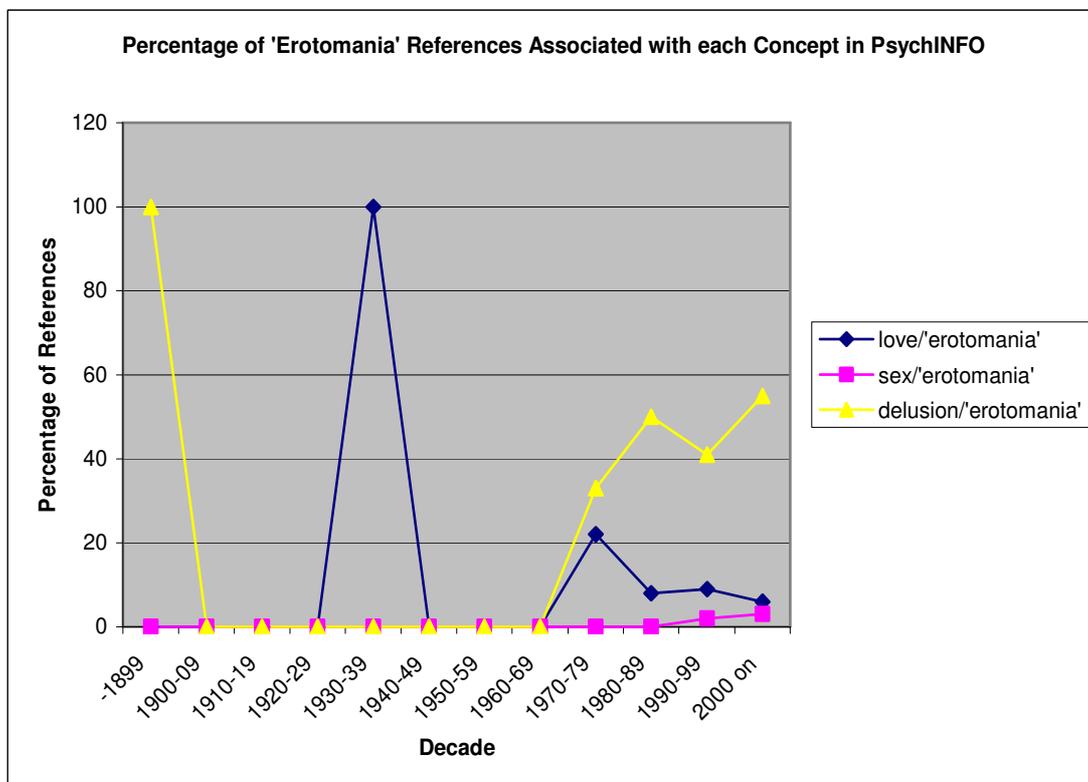
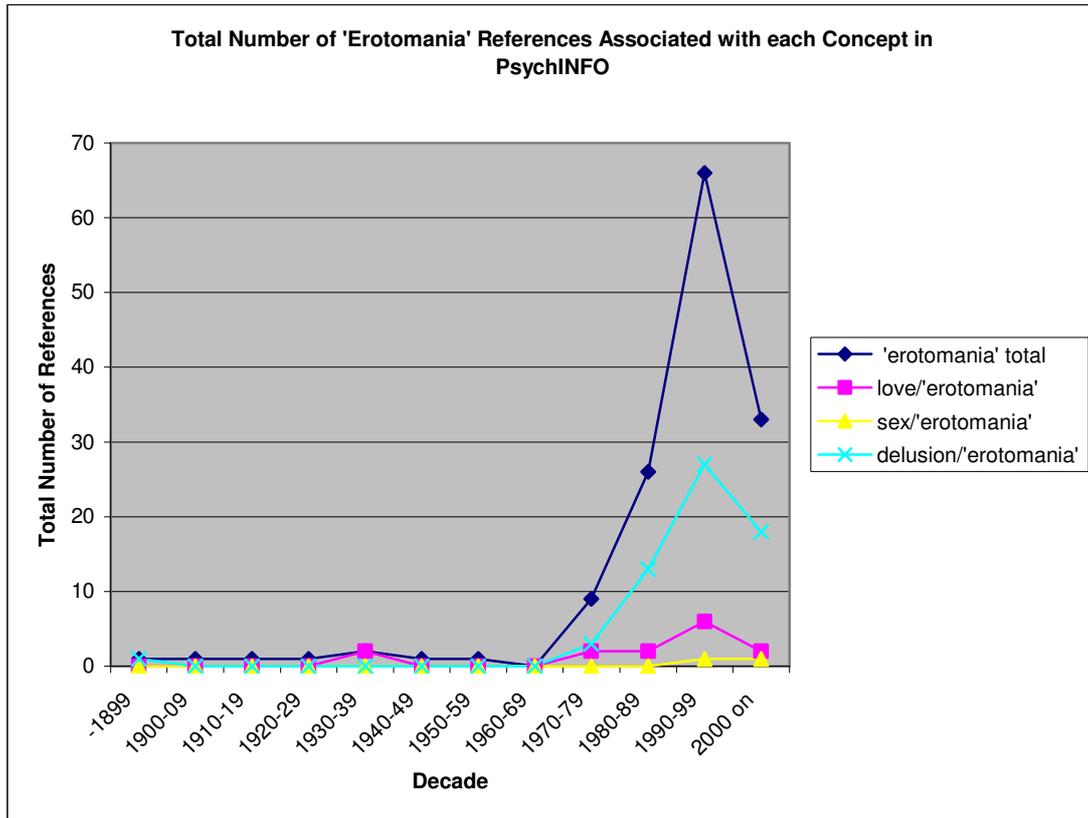
Introduced in 1967. Tree Information: Broader, 'thought disturbances'; Narrower, nil; Related, 'erotomania' and other terms.

⁵²⁴Definition: 'Human sexual behavior which includes both mental and somatic aspects of sexuality.'

Introduced in 1967. Tree Information: Broader, 'behaviour'; Narrower, a wide range of terms covering normal and abnormal sexual behaviour including hypersexuality; Related, nil.

⁵²⁵No definition, but 'used for sexual compulsivity'. Introduced in 1997. Tree information: Broader, 'addiction'; Narrower, nil; Related Terms, 'hypersexuality', 'paraphilias', 'promiscuity', 'psycho-sexual behaviour'.

⁵²⁶These searches were performed in January 2009.

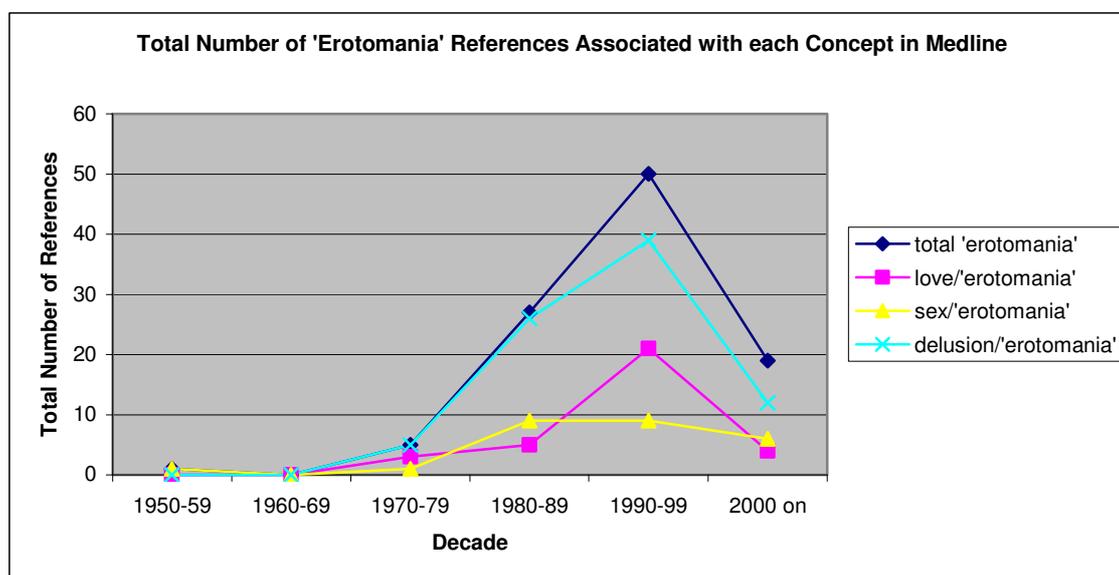


Other than a predominance of the delusion/erotomania concept in psychINFO, beginning in the nineteen sixties, these graphs do not seem to show any particular historical trends.

The Medline database had no MeSH term for erotomania or de Clérambault's so in order to get an idea whether the concept of erotomania was most closely associated with romantic love, sex, or delusions during this period the Medline database was searched using the keywords 'erotomania' or 'Clérambault's' which gave a total of 102 articles in English. The results of this search were then combined serially with:

- the MeSH terms 'delusions',⁵²⁷ (in its expanded form); or 'schizophrenia and disorders with psychotic features',⁵²⁸ (in its expanded and exploded form);
- the MeSH term 'love' (in its expanded form) combined with the keywords 'romance' and 'romantic';
- the MeSH terms 'sexual behaviour',⁵²⁹ or 'sexual dysfunctions, psychological',⁵³⁰ (both in their expanded and exploded forms).

The results were gathered decade by decade.⁵³¹ These results are presented below in chart form, first as a total number of 'erotomania' references associated with each concept, then with percentage of the total number of 'erotomania' references associated with each concept (the raw numbers are included in Appendix II).



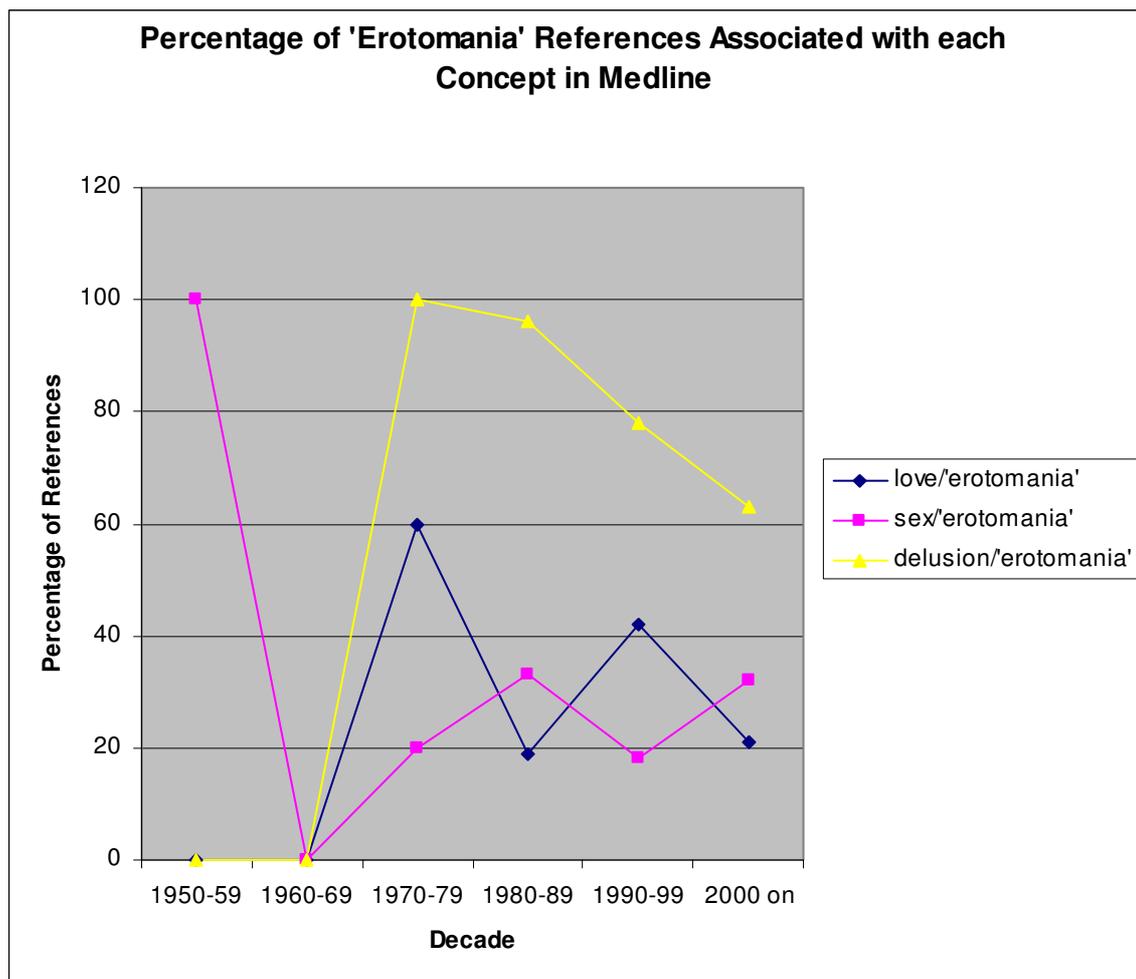
⁵²⁷Definition: 'A false belief regarding the self or persons or objects outside the self that persists despite the facts, and is not considered tenable by one's associates.' Tree Information: Broader, 'behavioural symptoms'; Narrower, nil; Related, a wide range of behaviours, but not 'erotomania'.

⁵²⁸Definition: 'Marked disorders of thought (delusions, hallucinations, or other thought disorder accompanied by disordered affect or behavior), and deterioration from a previous level of functioning.' History Notes: 1998. Tree information: Broader, 'mental disorders'; Narrower, 'paranoid disorders', 'psychotic disorders', 'schizophrenia', 'Capgras syndrome'; Related, multiple mental illness categories.

⁵²⁹Definition: 'Sexual activities of humans'. Introduced in 2004. Tree information: Broader, 'behaviour'; Narrower, a range of terms covering sexual behaviour; Related, nil.

⁵³⁰Definition: 'Disturbances in sexual desire and the psychophysiological changes that characterize the sexual response cycle and cause marked distress and interpersonal difficulty. (APA, DSM-IV, 1994)' History Notes: 99(81). Used For: frigidity; hypoactive sexual desire disorder; orgasmic disorder; psychosexual disorders; psychosexual dysfunctions; sexual arousal disorder; sexual aversion disorder; arousal disorders, sexual; aversion disorders, sexual; disorder, psychosexual; disorders, orgasmic; disorders, psychosexual; disorders, sexual arousal; disorders, sexual aversion; dysfunction, psychological sexual; dysfunction, psychosexual; dysfunctions, psychological sexual; dysfunctions, psychosexual; orgasmic disorders; psychological sexual dysfunction; psychological sexual dysfunctions; psychosexually disorder; psychosexual dysfunction; sexual arousal disorders; sexual aversion disorders; sexual dysfunction, psychological. Tree Information: Broader, 'sexual and gender disorders'; Narrower, 'erectile dysfunction', 'dyspareunia', 'paraphilias', 'transexualism', 'vaginismus'; Related, nil.

⁵³¹These searches were performed in January 2009.



There was again a predominance of the delusion/erotomania concept in Medline dating from the sixties, but again these graphs do not seem to show any other strong historical trends.

The next search, to see if the concept of delusional love was most associated with erotomania or jealousy, was made using the Thesaurus term 'delusions' in its expanded form, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms.

This search produced eight articles, seven of which from the abstracts were clearly concerned with erotomantic delusions, and none with delusions of jealousy. This suggests that in psychINFO the combination of the concepts romantic love and delusions routinely indicates erotomania.

Then a search was done using the MeSH term 'delusions' in its expanded form, combined with the MeSH term 'love' in its restricted form and the keywords 'romance' and 'romantic'.

This search produced 43 abstracts, 39 of which were clearly concerned with erotomantic delusions, and three with delusions of jealousy.⁵³² This suggests that in Medline the combination of the concepts romantic love and delusions routinely

⁵³²It was unclear from the information provided how to categorize two of the articles, and one article was about both.

indicates erotomania rather than delusional jealousy.

Finally, to identify articles for abstract review, the psychINFO database was searched using the Thesaurus term 'erotomania'⁵³³ in its expanded form, and (as this term appeared to be missing a lot of relevant articles), 'delusions' in its expanded form, and 'Clérambault's' as a keyword combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. The Medline database was searched using the keywords 'erotomania' and 'Clérambault's' and the MeSH term 'delusions' combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁵³⁴ The abstracts of these references were reviewed to remove references not about erotomania and romantic love.

This search produced 48⁵³⁵ references, with the years of publication ranging from 1994 to 2005.⁵³⁶ Two references were chapters from the same book. Four authors

⁵³³Definition: 'A person's false belief that others are sexually attracted to and/or in love with him or her. Also used to describe an abnormally strong sexual desire.' Introduced in 1997. Tree Information: Broader, nothing; Narrower; nothing. Related, many terms including 'love', 'obsessions', 'delusions', 'attachment behaviour', 'hypersexuality', and 'partner abuse'.

⁵³⁴All these searches of the psychINFO and the Medline databases were on 7/9/07.

⁵³⁵To put this in some kind of context on 7/9/07 in psychINFO the Thesaurus term 'erotomania' expanded produced sixty articles, while the keyword 'Clérambault's' gave fifty-seven. In Medline the keywords 'erotomania' or 'Clérambault's' produced 159 articles.

⁵³⁶Eileen McGinley, Andrea Sabbadini, 'Play Misty for Me (1971): The Perversion of Love', *International Journal of Psychoanalysis*, 87:2, (April 2006), pp. 589-97.

G.E. Berrios, N. Kennedy, 'Erotomania: A Conceptual History', *History of Psychiatry*, 13:52 (December 2002), pp. 381-400.

R.L. Goldstein, 'De Clérambault's Syndrome (Erotomania) and Claims of Psychiatric Malpractice', *Journal of Forensic Sciences*, 47:4 (July 2002), pp. 852-55.

M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-58.

N. Kennedy, 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

Martin Brüne, 'De Clérambault's Syndrome (Erotomania) in an Evolutionary Perspective', *Evolution and Human Behavior*, 22:6, (November 2001), pp. 409-15.

C.A. Anderson, 'Erotomania after Aneurysmal Subarachnoid Hemorrhage: Case Report and Literature Review', *Journal of Neuropsychiatry and Clinical Neurosciences*, 10:3 (1998), pp. 330-37.

J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

D. Kasantikul, 'Erotomania in Thai Patients: a Study of 20 Cases', *Journal of the Medical Association of Thailand*, 81:11 (November 1998), pp. 852-57.

J. Mann, 'Homo-Erotomania for a Delusional Parent: Erotomania with Capgras and Fregoli Syndromes in a Young Male with Learning Difficulties', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 275-78.

S. John, 'Erotomania in a Brain-Damaged Male', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 279-83.

E. Stip, 'Capgras Syndrome and Erotomaniac Type Delusional Disorder', *Australian and New Zealand Journal of Psychiatry*, 30:2 (April 1996), p. 299.

G.J. Remington, 'Love without Romance: the Complexity of Erotomaniac Delusions', *Journal of Clinical Psychiatry*, 56:11 (November 1995), pp. 533-34.

Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham, Stanley Bone (eds), Madison: International Universities Press, 1994, pp. 115-32.

P.E. Mullen, 'The Pathological Extensions of Love', *British Journal of Psychiatry: Journal of Mental Science*, 165:5 (November 1994), pp. 614-23.

L.P. Kok, 'De Clerambault Syndrome and Medical Practitioners: Medico Legal Implications', *Singapore Medical Journal*, 35:5 (October 1994), pp. 486-89.

P.E. Mullen, 'Stalking and the Pathologies of Love', *Australian and New Zealand Journal of Psychiatry*, 28:3 (September 1994), pp. 469-77.

- Judith Meyers, J. Reid Meloy, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample: Comment', *Journal of Forensic Sciences*, 39:4 (July 1994), pp. 905-7.
- G.B. Leong, 'De Clérambault Syndrome (Erotomania) in the Criminal Justice System: Another Look at This Recurring Problem', *Journal of Forensic Sciences*, 39:2 (March 1994), pp. 378-85.
- M. Pathé, 'Medical Victims of Pathological Love--the Hippocratic Curse?', *Medical Journal of Australia*, 159:9 (November 1993), p. 632.
- E.B. Ovuga, 'Erotic Delusions: a Case Report', *East African Medical Journal*, 70:10 (October 1993), pp. 661-63.
- Michael A. Zona, Kaushal K. Sharma and John Lane, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.
- M. Goldwert, 'Erotic Paranoid Reaction, the Imaginary Lover, and the Benign Conspiracy', *Psychological Reports*, 72:1 (February 1993), p. 258.
- K. Sivakumar, 'Onset of Erotomania', *British Journal of Hospital Medicine*, 47:7 (April 1992), p. 548.
- D.K. Arya, 'Erotomania or a Delusion of Love', *British Journal of Hospital Medicine*, 47:3 (February 1992), p. 226.
- N. Retterstøl, 'Erotomania--Erotic Self-Reference Psychosis in Old Maids. A Long-Term Follow-up', *Psychopathology*, 24:6 (1991), pp. 388-97.
- E.T. Zarrouk, 'The Co-Existence of Erotomania and Capgras' Syndrome', *British Journal of Psychiatry: Journal of Mental Science*, 159 (November 1991), pp. 717-19.
- A.J. Giannini, 'De Clérambault's Syndrome in Sexually Experienced Women', *Journal of Clinical Psychiatry*, 52:2 (February 1991), pp. 84-6.
- B.E. Wood, 'Diagnosis and Classification of Erotomania', *American Journal of Psychiatry*, 147:10 (October 1990), pp. 1388-89.
- L. Carrier, 'Erotomania and Senile Dementia', *American Journal of Psychiatry*, 147:8 (August 1990), p. 1092.
- T. Gillett, S.R. Eminson and F. Hassanyeh, 'Primary and Secondary Erotomania: Clinical Characteristics and Follow-Up', *Acta Psychiatrica Scandinavica*, 82:1, (July 1990), pp. 65-69.
- J.R. Meloy, 'Nondelusional or Borderline Erotomania', *American Journal of Psychiatry*, 147:6 (June 1990), pp. 820-21.
- J.R. Meloy, 'Unrequited Love and the Wish to Kill. Diagnosis and Treatment of Borderline Erotomania', *Bulletin of the Menninger Clinic*, 53:6 (November 1989), pp. 477-92.
- M. Rudden, 'Diagnosis and Clinical Course of Erotomanic and Other Delusional Patients', *American Journal of Psychiatry*, 147:5 (May 1990), pp. 625-28.
- S.F. Signer, 'Two Cases of Erotomania (De Clérambault's Syndrome) in Bipolar Affective Disorder', *British Journal of Psychiatry: Journal of Mental Science*, 151 (December 1987), pp. 853-55.
- Robert L. Goldstein, 'Erotomania in Men', *American Journal of Psychiatry*, 143:6 (June 1986), p. 802.
- R.R. Grinker, 'Delusional Loving and the Self', *American Journal of Psychiatry*, 142:5 (May 1985), p. 659.
- K.H. Loke, 'Erotomania: Two Case Reports', *Medical Journal of Malaysia*, 39:4 (December 1984), pp. 292-96.
- N.K. Arap-Mengech, 'Pure Erotomania (De Clerambault's Syndrome): a Case Report', *East African Medical Journal*, 59:4 (April 1982), pp. 288-90.
- H.W. Jordan, 'De Clerambault Syndrome (Erotomania): a Review and Case Presentation', *Journal of the National Medical Association*, 72:10 (October 1980), pp. 979-85.
- R.L. Goldstein, 'De Clérambault In Court: A Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.
- M.V. Seeman, 'Delusional Loving', *Archives of General Psychiatry*, 35:10 (October 1978), pp. 1265-67.
- J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.
- B. Greyson, 'Erotomanic Delusions in a Mentally Retarded Patient', *American Journal of Psychiatry*, 134:3 (March 1977), pp. 325-26.
- A. Sims, 'The de Clérambault and Capgras Syndromes: a Case History', *British Journal of Psychiatry*, 129 (July 1976), pp. 95-96.
- M.H. Hollender, 'Erotomania or de Clérambault syndrome', *Archives of General Psychiatry*, 32:12 (December 1975), pp. 1574-76.
- D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.

had more than one reference.⁵³⁷

Most of the articles came from Medline, but in psychINFO there were two articles cited five or more times. Brüne et al.'s article, cited five times, had an evolutionary perspective on erotomania, arguing it was best understood as a pathological variant of a long-term mating strategy.⁵³⁸ Gillet et al.'s article, cited nine times, appeared a straightforward case study of women with erotomaniac delusions.⁵³⁹

Erotomania as a delusion of being loved (and a disease, or at least a sub-category of a disease, in its own right), while conceptually most closely associated with the idea of delusional disorder, was also sometimes seen to be as a symptom of other disorders.⁵⁴⁰

The only abstract which did not address the concept of delusional erotomania was also the oldest,⁵⁴¹ in which erotomania sounds much like old fashioned lovesickness:

The erotomaniac individual's love is of a platonic nature. Erotomania constitutes a diseased form of ideal love. The physical sexual appetite is generally foreign to the erotomaniac. The object of the individual's love occupies the mind only. It is a continual obsession of the spirit. The erotomaniac individual makes an abstraction of the physical personality of the adored. It is pursuing an ideal.⁵⁴²

Bernard S. Talmey, 'Erotomania', in *Love: A Treatise on the Science of Sex-attraction*, Bernard S. Talmey (ed.), New York: Eugenics Publishing Company, 1933, reprinted 1938, pp. 301-4.

⁵³⁷R.L. Goldstein, 'De Clérambault's Syndrome (Erotomania) and Claims of Psychiatric Malpractice', *Journal of Forensic Sciences*, 47:4 (July 2002), pp. 852-55.

Robert L. Goldstein, 'Erotomania in Men', *American Journal of Psychiatry*, 143:6 (June 1986), p. 802.

Robert L. Goldstein, 'De Clérambault in Court: a Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.

M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-58.

M. Pathé, 'Medical Victims of Pathological Love--the Hippocratic Curse?', *Medical Journal of Australia*, 159:9 (November 1993), p. 632.

Judith Meyers, J. Reid Meloy, 'A Comparative Study of Erotomaniac and Obsessional Subjects in a Forensic Sample: Comment', *Journal of Forensic Sciences*, 39:4 (July 1994), pp. 905-7.

J.R. Meloy, 'Nondelusional or Borderline Erotomania', *American Journal of Psychiatry*, 147:6 (June 1990), pp. 820-1.

J.R. Meloy, 'Unrequited Love and the Wish to Kill. Diagnosis and Treatment of Borderline Erotomania', *Bulletin of the Menninger Clinic*, 53:6 (November 1989), pp. 477-92.

P.E. Mullen, 'The Pathological Extensions of Love', *British Journal of Psychiatry: Journal of Mental Science*, 165:5 (November 1994), pp. 614-23.

P.E. Mullen, 'Stalking and the Pathologies of Love', *Australian and New Zealand Journal of Psychiatry*, 28:3 (September 1994), pp. 469-77.

⁵³⁸Martin Brüne, 'De Clérambault's Syndrome (Erotomania) in an Evolutionary Perspective', *Evolution and Human Behavior*, 22:6, (November 2001), pp. 409-15.

⁵³⁹T. Gillett, S.R. Eminson and F. Hassanyeh, 'Primary and Secondary Erotomania: Clinical Characteristics and Follow-Up', *Acta Psychiatrica Scandinavica*, 82:1, (July 1990), pp. 65-69.

⁵⁴⁰N. Kennedy, 'Erotomania Revisited: Clinical Course and Treatment', *Comprehensive Psychiatry*, 43:1 (January-February 2002), pp. 1-6.

D. Kasantikul, 'Erotomania in Thai Patients: a Study of 20 Cases', *Journal of the Medical Association of Thailand*, 81:11 (November 1998), pp. 852-57.

M. Rudden, 'Diagnosis and Clinical Course of Erotomaniac and Other Delusional Patients', *American Journal of Psychiatry*, 147:5 (May 1990), pp. 625-28.

⁵⁴¹Bernard S. Talmey, 'Erotomania', in *Love: A Treatise on the Science of Sex-Attraction*, Bernard S. Talmey (ed.), New York: Eugenics Publishing Company, 1933, reprinted 1938, pp. 301-4.

⁵⁴²Bernard S. Talmey, 'Erotomania', in *Love: A Treatise on the Science of Sex-Attraction*, Bernard S. Talmey (ed.), New York: Eugenics Publishing Company, 1933, reprinted 1938, pp. 301-4.

Variations from delusional erotomania were rare: apart from a history article,⁵⁴³ one author championed the ideal of 'borderline erotomania', seemingly a variant of stalking:⁵⁴⁴

...borderline erotomania, in which no delusion is present, yet an extreme disorder of attachment is apparent in the pursuit of, and in the potential for violence toward, the unrequited love object.⁵⁴⁵

These abstracts concentrate (as does DSM-IVR) on the delusional idea of being loved rather than the emotional state of being in love, which, even if mentioned is seemingly slipped in without any great thought, for example (in this case talking about desire rather than love):

Erotomania is the delusional belief that one is passionately loved by another. These persons often go to great lengths to approach their object of desire...⁵⁴⁶

Only one article was explicit about including the emotion love in its description of erotomania: 'The pathologies of love usually involve a mixture of morbid infatuation and a morbid belief in being loved.'⁵⁴⁷

Hypersexuality was only mentioned by two abstracts⁵⁴⁸ -- the oldest and a history of erotomania, suggesting a minimal overlap conceptually between love/erotomania and sex/erotomania.

A number of themes appeared to run through the abstracts. There was some interest in linking erotomania with various forms of known brain damage.⁵⁴⁹ Other articles

⁵⁴³G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 (December 2002), pp. 381-400.

⁵⁴⁴J.R. Meloy, 'Nondelusional or Borderline Erotomania', *American Journal of Psychiatry*, 147:6 (June 1990), pp. 820-21.

J.R. Meloy, 'Unrequited Love and the Wish to Kill. Diagnosis and Treatment of Borderline Erotomania', *Bulletin of the Menninger Clinic*, 53:6 (November 1989), pp. 477-92.

⁵⁴⁵J.R. Meloy, 'Unrequited Love and the Wish to Kill. Diagnosis and Treatment of Borderline Erotomania', *Bulletin of the Menninger Clinic*, 53:6 (November 1989), pp. 477-92.

J.R. Meloy, 'Nondelusional or Borderline Erotomania' get final, *American Journal of Psychiatry*, 147:6 (June 1990), pp. 820-21.

⁵⁴⁶Michael A. Zona, Kaushal K. Sharma and John Lane, 'A Comparative Study of Erotomaniac and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.

⁵⁴⁷P.E. Mullen, 'The Pathological Extensions of Love', *British Journal of Psychiatry: Journal of Mental Science*, 165:5 (November 1994), pp. 614-23.

⁵⁴⁸G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 (December 2002), pp. 381-400.

Bernard S. Talmey, 'Erotomania', in *Love: A Treatise on the Science of Sex-Attraction*, Bernard S. Talmey (ed.), New York: Eugenics Publishing Company, 1933, reprinted 1938, pp. 301-4.

⁵⁴⁹C.A. Anderson, 'Erotomania after Aneurysmal Subarachnoid Hemorrhage: Case Report and Literature Review', *Journal of Neuropsychiatry and Clinical Neurosciences*, 10:3 (1998), pp. 330-37. S. John, 'Erotomania in a Brain-Damaged Male', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 279-83.

L. Carrier, 'Erotomania and Senile Dementia', *American Journal of Psychiatry*, 147:8 (August 1990), p. 1092.

J.W. Doust, 'The Pathology of Love: Some Clinical Variants of De Clérambault's Syndrome', *Social Science and Medicine*, 12:2A (March 1978), pp. 99-106.

took a psychodynamic approach.⁵⁵⁰ The majority of articles did not make a differentiation on the basis of gender, but a substantial minority conceptualise erotomania as a disease primarily affecting women,⁵⁵¹ and there was also interest in patients developing erotomaniac beliefs about doctors.⁵⁵² Even though this search was confined to English there was a multi-cultural flavour to the abstracts, illustrated by the journals in which they were published.⁵⁵³ There was a strong interest from

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- ⁵⁵⁰Eileen McGinley, Andrea Sabbadini, 'Play Misty for Me (1971): The Perversion of Love', *International Journal of Psychoanalysis*, 87:2, (April 2006), pp. 589-97.
- Arnold Goldberg, 'Lovesickness', in *Paranoia: New Psychoanalytic Perspectives*, John M. Oldham and Stanley Bone (eds.), Madison: International Universities Press, 1994, pp. 115-32.
- M. Goldwert, 'Erotic Paranoid Reaction, the Imaginary Lover, and the Benign Conspiracy', *Psychological Reports*, 72:1 (February 1993), p. 258.
- J. Mann, 'Homo-Erotomania for a Delusional Parent: Erotomania with Capgras and Fregoli Syndromes in a Young Male with Learning Difficulties', *Journal of Intellectual Disability Research*, 40:3 (June 1996), pp. 275-78.
- R.R. Grinker, 'Delusional Loving and the Self', *American Journal of Psychiatry*, 142:5 (May 1985), p. 659.
- M.H. Hollender, 'Erotomania or De Clérambault Syndrome', *Archives of General Psychiatry*, 32:12 (December 1975), pp. 1574-76.
- D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.
- ⁵⁵¹L.P. Kok, 'De Clerambault Syndrome and Medical Practitioners: Medico Legal Implications', *Singapore Medical Journal*, 35:5 (October 1994), pp. 486-89.
- E.B. Ovuga, 'Erotic Delusions: a Case Report', *East African Medical Journal*, 70:10 (October 1993), pp. 661-63.
- A.J. Giannini, 'De Clérambault's Syndrome in Sexually Experienced Women', *Journal of Clinical Psychiatry*, 52:2 (February 1991), pp. 84-86.
- M.V. Seeman, 'Delusional Loving', *Archives of General Psychiatry*, 35:10 (October 1978), pp. 1265-67.
- M.H. Hollender, 'Erotomania or De Clérambault Syndrome', *Archives of General Psychiatry*, 32:12 (December 1975), pp. 1574-76.
- D.E. Raskin, 'Erotomania', *American Journal of Psychiatry*, 131:9 (September 1974), pp. 1033-35.
- ⁵⁵²R.L. Goldstein, 'De Clérambault's Syndrome (Erotomania) and Claims of Psychiatric Malpractice', *Journal of Forensic Sciences*, 47:4 (July 2002), pp. 852-55.
- M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-58.
- D. Kasantikul, 'Erotomania in Thai patients: a study of 20 cases', *Journal of the Medical Association of Thailand*, 81:11 (November 1998), pp. 852-57.
- L.P. Kok, 'De Clerambault Syndrome and Medical Practitioners: Medico Legal Implications', *Singapore Medical Journal*, 35:5 (October 1994), pp. 486-89.
- E. Stip, 'Capgras Syndrome and Erotomaniac Type Delusional Disorder', *Australian and New Zealand Journal of Psychiatry*, 30:2 (April 1996), p. 299.
- M. Pathé, 'Medical Victims of Pathological Love--the Hippocratic Curse?', *Medical Journal of Australia*, 159:9 (November 1993), p. 632.
- ⁵⁵³M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-58.
- D. Kasantikul, 'Erotomania in Thai Patients: a Study of 20 Cases', *Journal of the Medical Association of Thailand*, 81:11 (November 1998), pp. 852-57.
- L.P. Kok, 'De Clerambault Syndrome and Medical Practitioners: Medico Legal Implications', *Singapore Medical Journal*, 35:5 (October 1994), pp. 486-89.
- E.B. Ovuga, 'Erotic Delusions: a Case Report', *East African Medical Journal*, 70:10 (October 1993), pp. 661-63.
- T. Gillett, S.R. Eminson and F. Hassanyeh, 'Primary and Secondary Erotomania: Clinical Characteristics and Follow-Up', *Acta Psychiatrica Scandinavica*, 82:1, (July 1990), pp. 65-69.
- K.H. Loke, 'Erotomania: Two Case Reports', *Medical Journal of Malaysia*, 39:4 (December 1984), pp. 292-96.
- N.K. Arap-Mengech, 'Pure Erotomania (De Clerambault's Syndrome): a Case Report', *East African Medical Journal*, 59:4 (April 1982), pp. 288-90.

forensic psychiatrists, and a link with crime, violence, aggression, and stalking.⁵⁵⁴

DSM

In DSM-I erotomania is listed as a 'Supplementary Term' without further explanation.⁵⁵⁵ It is not mentioned in DSM-II⁵⁵⁶ or DSM-III⁵⁵⁷, but by DSM-III-R the noun 'erotomania', had become the adjective 'erotomaniac', and was listed as a subtype of delusional disorder.⁵⁵⁸ DSM-IV continued to categorise it as a subtype of delusional disorder and commented that the delusion 'concerns idealised romantic love and spiritual union rather than sexual attraction'.⁵⁵⁹ There was a similar reference in DSM-IV-R.⁵⁶⁰

In none of these editions was there any mention of de Clérambault's syndrome.

Comprehensive Textbook of Psychiatry

In Volume 1 of the *Comprehensive Textbook* there was no reference to erotomania, but there was the similar conception 'paranoid eroticism',⁵⁶¹ which included concepts

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- ⁵⁵⁴Eileen McGinley, Andrea Sabbadini, 'Play Misty for Me (1971): The Perversion of Love', *International Journal of Psychoanalysis*, 87:2, (April 2006), pp. 589-97.
 R.L. Goldstein, 'De Clérambault's Syndrome (Erotomania) and Claims of Psychiatric Malpractice', *Journal of Forensic Sciences*, 47:4 (July 2002), pp. 852-55.
 M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-58.
 J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.
 P.E. Mullen, 'The Pathological Extensions of Love', *British Journal of Psychiatry: Journal of Mental Science*, 165:5 (November 1994), pp. 614-23.
 P.E. Mullen, 'Stalking and the Pathologies of Love', *Australian and New Zealand Journal of Psychiatry*, 28:3 (September 1994), pp. 469-77.
 Judith Meyers, J. Reid Meloy, 'A Comparative Study of Erotomaniac and Obsessional Subjects in a Forensic Sample: Comment', *Journal of Forensic Sciences*, 39:4 (July 1994), pp. 905-7.
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 Michael A. Zona, Kaushal K. Sharma and John Lane, 'A Comparative Study of Erotomaniac and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.
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 Robert L. Goldstein, 'Erotomania in Men', *American Journal of Psychiatry*, 143:6 (June 1986), p. 802.
 M.V. Seeman, 'Delusional Loving', *Archives of General Psychiatry*, 35:10 (October 1978), pp. 1265-67.
 R.L. Goldstein, 'De Clérambault in Court: a Forensic Romance', *Bulletin of the American Academy of Psychiatry and the Law*, 6:1 (1978), pp. 36-40.
- ⁵⁵⁵American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952, p. 120.
⁵⁵⁶American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968.
⁵⁵⁷American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980.
⁵⁵⁸American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 199.
⁵⁵⁹American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 297.
⁵⁶⁰American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p.324.
⁵⁶¹Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967, p. 668.

of 'desire' and 'passion' but not love, and took a psychoanalytic viewpoint -- the patient's own desires were projected onto someone else. It was part of a wider 'paranoid reaction' group, a forerunner of delusional disorder. De Clérambault's syndrome was also separately discussed,⁵⁶² including the idea that the diagnosis mainly applied to women. Volume 1 did not make any connection between erotomania and hypersexuality. In Volume 2 erotomania was noted as both a pathological preoccupation with sex,⁵⁶³ and as a type of delusion.⁵⁶⁴ Similarly, Volume 3 used the name erotomania for both the 'pathological preoccupation with sexual activities or fantasies',⁵⁶⁵ and delusional projected love.⁵⁶⁶ The latter illness (which in Volume 3 was also called de Clérambault's) was understood psychodynamically,⁵⁶⁷ and defined as only affecting women:⁵⁶⁸

In erotomania or de Clérambault's syndrome, the patient, always female, maintains a fixed delusional belief that a man, usually considerably older and of higher social status, is much in love with her.⁵⁶⁹

Volume 4 had near identical concepts of hypersexuality⁵⁷⁰ and delusional love as Volume 3;⁵⁷¹ with a further elaboration of the psychodynamic explanation of delusional love -- paranoia is caused by repressed homosexual impulses and therefore:

...in erotomantic delusions, patients change "I love him" to "I love her" and this feeling, through projection, becomes "she loves me."⁵⁷²

However, in Volume 5 erotomania was not mentioned in a discussion of the diseases of hypersexuality,⁵⁷³ and the idea of delusional love now appeared dominant (but still mainly affecting women).⁵⁷⁴ By Volume 6 erotomania remained strongly associated with delusional love and was seen as a synonym for de Clérambault syndrome. It was

⁵⁶² Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967, p. 1155.

⁵⁶³ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 823, 2585.

⁵⁶⁴ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, p. 1729.

⁵⁶⁵ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 3325.

⁵⁶⁶ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 1001, 1293.

⁵⁶⁷ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 1001.

⁵⁶⁸ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 1001, 1993-94.

⁵⁶⁹ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 1001.

⁵⁷⁰ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 500.

⁵⁷¹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, pp. 562, 750, 1231-32.

⁵⁷² Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 748.

⁵⁷³ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 558-59.

⁵⁷⁴ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 473, 825.

still noted to be more common in women.⁵⁷⁵ Volume 7 closely followed Volume 6,⁵⁷⁶ except when discussing delusional disorder, the case example for erotomania involved the patient being arrested on a stalking charge (the first occasion when fairly typical erotomaniac harassment behaviour is labelled stalking).⁵⁷⁷ In Volume 8 erotomania remained strongly associated with delusional love and was still noted to be more common in women.⁵⁷⁸ When discussing erotomania in the context of delusional disorder the textbook noted a possible connection with stalking.⁵⁷⁹ The only connection to sex was a listing as a differential for sex addiction (though even here it is listed as a delusional disorder).⁵⁸⁰

Two additional points are worth noting. In the volumes where the concepts of erotomania as a disease of hypersexuality and as a disease of delusional love both appeared, they were not in the same place, but in different chapters and by different authors. Secondly, the early references to erotomania as a sexual problem were very brief, whereas several columns were given to erotomania as delusional love in later volumes.

Other Psychiatric Texts

Other psychiatric textbooks also saw erotomania as delusional love⁵⁸¹ with the most recent *Companion to Psychiatric Studies* also making a connection between erotomania and stalking.⁵⁸² Only one of these other psychiatric textbooks made reference to erotomania as a disease of hypersexuality, though this was one of the more modern ones.⁵⁸³

Clinical Psychology Textbooks

Erotomania does not appear to have been a widely utilised concept in clinical psychology textbooks, and in the rare brief references, all conceptualise erotomania as a disease of delusional thinking.⁵⁸⁴

⁵⁷⁵Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 541, 1042-43.

⁵⁷⁶Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 682.

⁵⁷⁷Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 1256.

⁵⁷⁸Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 853.

⁵⁷⁹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 1528.

⁵⁸⁰Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 1997.

⁵⁸¹Nancy C. Andreason, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995, pp. 232-34.

R.E Kendell, A.K. Zealley, (eds), *Companion to Psychiatric Studies*, 5th ed., Edinburgh: Churchill Livingstone, 1993.

Eve. C. Johnstone, C.P.L. Freeman and A.K. Zealley (eds), *Companion to Psychiatric Studies*, 6th eds., Edinburgh: Churchill Livingstone, 1998, p. 439.

⁵⁸²Eve. C. Johnstone, C.P.L. Freeman and A.K. Zealley (eds), *Companion to Psychiatric Studies*, 6th eds., Edinburgh: Churchill Livingstone, 1998, p. 814.

⁵⁸³Armand M. Nicholi (ed.), *The Harvard Guide to Psychiatry*, 3rd ed., Cambridge, Massachusetts: Belknap Press of Harvard University Press, 1999, p. 33.

⁵⁸⁴Ephraim Rosen, Ronald E. Fox and Ian Gregory, *Abnormal Psychology*, 2nd ed., Philadelphia: Saunders, 1972, p. 248.

Conclusion

This chapter had the most data to sift through, and there are multiple interesting findings. However, the conclusions most relevant to the study would appear to be:

- That the diagnostic label 'erotomania' became strongly associated with the concept of delusions from the nineteen sixties and less with romantic love or hypersexuality.
- This appears to be connected to the defining of erotomania as a subtype of delusional disorder (even though it is widely acknowledged that delusional love appears just as commonly in other disorders).
- The word 'erotomania' continued to be associated with being in love, but almost exclusively within the context of a simultaneous delusion of being loved.
- The concept of delusional love is more strongly associated with erotomania rather than delusional jealousy during this period.
- There are suggestions in more recent texts that erotomania is becoming associated with stalking.
- The disease concept erotomania is the main historical descendant of lovesickness.

Robert G. Meyer, Sarah E. Deitsch (eds), *The Clinician's Handbook: Integrated Diagnostics, Assessment, and Intervention in Adult and Adolescent Psychopathology*, 4th ed., Boston: Allyn and Bacon, 1996.

Jeffrey S. Nevid, A. Rathus Spencer and Beverly Greene, *Abnormal Psychology in a Changing World*, 6th ed., Upper Saddle River: Pearson Prentice Hall, 2005.

James Neal Butcher, Susan Mineka and Jill M. Hooley, *Abnormal Psychology*, 13th ed., Boston: Pearson/Allyn and Bacon, 2007.

PATHOLOGICAL JEALOUSY

There are parallels and overlaps between both the conceptions and the history of jealousy and love, and so it follows that another candidate for lovesickness in a modern form is pathological jealousy (erotic jealousy syndrome, Othello syndrome, morbid jealousy, paranoid jealousy).⁵⁸⁵

Modern Conceptions

Jealousy, like love, is usually considered an emotion,⁵⁸⁶ and like love has similar problems with definition and classification.

Jealousy typically refers to the thoughts, feelings, and behaviours that occur when a person believes a rival is threatening a valued relationship. When that relationship is a romantic one, the term romantic jealousy is often used. One modern definition of romantic jealousy that emphasises the emotional side was given by Buunk in 1991: the ‘...aversive emotional reactions evoked by the real, imagined, or expected attraction between one’s current or former partner and a third person.’⁵⁸⁷

Unlike romantic love, romantic jealousy is rarely experienced or viewed as a positive experience, which allows for a fairly consistent division of romantic jealousy into three types: normal, pathological and delusional. This also means, however, that because jealousy is experienced as aversive in modern Western society, where normal romantic jealousy shades into excessive or pathological jealousy becomes very much a matter of opinion, and this opinion is usually that of an outside authority such as a psychiatrist, particularly when the emotion leads to what society considers deviant behaviour.⁵⁸⁸ In delusional jealousy (sometimes more accurately called a delusion of infidelity) as in delusional erotomania, the emotion is considered normal, but the conclusion of a partners infidelity is ‘arrived at without due cause and is based on incorrect inferences...’.⁵⁸⁹ It is this category, delusional jealousy, that appears to be of most interest to modern psychiatry illustrated by the space it is given in DSM and the *Comprehensive Textbook of Psychiatry*.

While many believe there is a strong biological basis for jealousy,⁵⁹⁰ most authors emphasise the importance of viewing the expression of it in its social and cultural

⁵⁸⁵Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 68.

Frank Tallis, *Love Sick: Love As a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 192-214.

⁵⁸⁶Though once again this rather depends on what definition of emotion is being used.

⁵⁸⁷B.P. Buunk, ‘Jealousy in Close Relationships: an Exchange-Theoretical Perspective’, in *The Psychology of Jealousy and Envy*, P. Salovey (ed.), New York: Guilford, 1991, quoted in Martin East and Fraser Watts, ‘Jealousy and Envy’, in *Handbook of Cognition and Emotion*, Tim Dalgleish and Mick Power (eds), Chichester: John Wiley & Sons, 1999, pp. 569-88.

⁵⁸⁸Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 1527.

⁵⁸⁹American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p.325.

⁵⁹⁰D.M. Buss, *The Dangerous Passion: Why Jealousy is as Necessary as Love and Sex*, New York: Free Press, 2000.

Charles Darwin, *The Descent of Man and Selection in Relation to Sex*, London: John Murray, 1871.

context.⁵⁹¹ In other words most modern researchers view it, like romantic love, as a biological-social-cultural construct.

History of the Concept

Like that of love, the history of jealousy, both as an emotion and as a medical entity, is somewhat sketchy, with little research, much of which is heavy in theory but light on empirical evidence.

Some theorists have argued that the origins of jealousy go back deep into our evolutionary history.⁵⁹² On the other hand, one historian, relying chiefly on the absence of prior evidence, believes romantic jealousy developed as a new emotion around the same time as Courtly love.⁵⁹³

Romantic jealousy and romantic love have been closely linked for a long time. In St Augustine's *Confessions*,⁵⁹⁴ he states categorically that 'He that is not jealous, is not in love'.⁵⁹⁵ However, evidence of medical interest in romantic jealousy before the Renaissance is lacking⁵⁹⁶ and secondary sources do not emphasise jealousy in medical accounts of lovesickness before the Renaissance.⁵⁹⁷

There is a clearer picture during the Renaissance, when jealousy was described in medical texts as both a cause and effect of melancholy, and was treated in the same way as lovesickness.⁵⁹⁸ Indeed, it was strongly associated with lovesickness in the Renaissance works such as Burton's *Anatomy of Melancholy*⁵⁹⁹ and Ferrand's *Treatise on Lovesickness*.⁶⁰⁰

⁵⁹¹For example: Martin East and Fraser Watts, 'Jealousy and Envy', in *Handbook of Cognition and Emotion*, Tim Dalgleish and Mick Power (eds), Chichester: John Wiley & Sons, 1999, pp. 569-588. Gregory White, Paul Mullen, *Jealousy: Theory, Research, and Clinical Practice*, New York: Guilford Press, 1989, pp. 141-72.

⁵⁹²D.M. Buss, *The Dangerous Passion: Why Jealousy is as Necessary as Love and Sex*, New York: Free Press, 2000.

M. Daly, M. Wilson, and S. J. Weghorn, 'Male Sexual Jealousy', *Ethology and Sociobiology*, 3 (1982), 11-27.

Charles Darwin, *The Descent of Man and Selection in Relation to Sex*, London: John Murray, 1871.

⁵⁹³Paolo Cherchi, 'A Dossier for the Study of Jealousy', in *Eros and Anteros: the Medical Traditions of Love in the Renaissance*, Donald A. Beecher and Massimo Ciavolella (eds), Ottawa: Dovehouse Editions, 1992, pp. 123-34.

⁵⁹⁴Written well before the dates given by some historians for the birth of romantic love and romantic jealousy.

⁵⁹⁵Quoted in Gregory White, Paul Mullen, *Jealousy: Theory, Research, and Clinical Practice*, New York: Guilford Press, 1989, p. 1.

⁵⁹⁶Paolo Cherchi, 'A Dossier for the Study of Jealousy', in *Eros and Anteros: the Medical Traditions of Love in the Renaissance*, Donald A. Beecher and Massimo Ciavolella (eds), Ottawa: Dovehouse Editions, 1992, pp. 123-34.

⁵⁹⁷Donald A. Beecher and Massimo Ciavolella, 'Jacques Ferrand', in *A Treatise on Love Sickness*, by Jaques Ferrand, translated and edited by Donald A. Beecher and Massimo Ciavolella, New York: Syracuse University Press, 1990.

Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990.

⁵⁹⁸Paolo Cherchi, 'A Dossier for the Study of Jealousy', in *Eros and Anteros: the Medical Traditions of Love in the Renaissance*, Donald A. Beecher and Massimo Ciavolella (eds), Ottawa: Dovehouse Editions, 1992, pp. 123-34.

⁵⁹⁹Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 207.

⁶⁰⁰Donald A. Beecher, Massimo Ciavolella, 'Jacques Ferrand', in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, p. 301-2.

But moving to the Enlightenment, Esquirol's erotic monomania does not feature jealousy, nor does jealousy feature as a stand-alone topic.⁶⁰¹ Indeed jealousy, along with lovesickness, appeared to lose popularity as a medical concept in the nineteenth century.⁶⁰² During the same period, however, Western culture may have developed an increasing perception of jealousy as a negative emotion,⁶⁰³ paving the way for its comeback as a medical problem in the twentieth century.⁶⁰⁴

This twentieth century revival of interest in morbid jealousy was mainly as part of the paranoid disorders (which included erotomania). These diseases were conceptually descended from Esquirol's⁶⁰⁵ concept of monomania, and later became the delusional disorders.⁶⁰⁶ Influential psychiatric works on jealousy in the twentieth century include those of A. Mairat in 1908, K. Jaspers in 1910, Freud in 1922, D. Lagache in 1947, H. Ey in 1950, M. Shepherd in 1961, H. Mooney in 1965, and J.P. Cobb in 1979.⁶⁰⁷ More recently White and Mullen's model of romantic jealousy -- a complex of thoughts, emotions and actions -- has been influential.⁶⁰⁸ There have also been cognitive models⁶⁰⁹ models based on attachment theory,⁶¹⁰ and more biological models, relating it to alcohol abuse.⁶¹¹

Databases

Question: What was the connection during this period between the concepts of pathological jealousy and romantic love?

The psychINFO database was searched using the Thesaurus term 'jealousy'⁶¹² in its expanded form (it cannot be exploded), and (because there was no Thesaurus term for pathological jealousy) the keywords 'pathological jealousy' or 'erotic jealousy syndrome' or 'Othello syndrome' or 'morbid jealousy' or 'paranoid jealousy' or 'delusional jealousy' or 'delusions of infidelity'⁶¹³ combined with both the Thesaurus terms 'love' and 'romance' in their

⁶⁰¹Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845.

⁶⁰²Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 208.

⁶⁰³Peter N. Stearns, *Jealousy: The Evolution of an Emotion in American History*, New York: New York University Press, 1989.

⁶⁰⁴Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 208-9.

⁶⁰⁵Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845.

⁶⁰⁶Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 208-9.

⁶⁰⁷Summarised in Gregory White, Paul Mullen, *Jealousy: Theory, Research, and Clinical Practice*, New York: Guilford Press, 1989, pp. 173-217.

⁶⁰⁸Gregory White, Paul Mullen, *Jealousy: Theory, Research, and Clinical Practice*, New York: Guilford Press, 1989.

⁶⁰⁹N. Tarrier et al., 'Morbid Jealousy: a Review and Cognitive-Behavioural Formulation'. *British Journal of Psychiatry*, 157 (1990), 319-26.

⁶¹⁰D.G. Dutton et al., 'Intimacy-Anger and Insecure Attachment as Precursors of Abuse in Intimate Relationships' *Journal of Applied Social Psychology*, 24 (1994), 1367-86.

⁶¹¹M. Shepherd, 'Morbid Jealousy: Some Clinical and Social Aspects of a Psychiatric Symptom', *Journal of Mental Science*, 107 (1961) 688-704.

⁶¹²No definition. Used for 'envy'. Year Term Introduced 1973. Tree information: Broader, 'emotional states'; Narrower, nothing; Related to 'anxiety' and 'anger' but not to 'love'.

⁶¹³The Thesaurus term 'delusions' was not used as previous searches using this term showed it was overwhelmingly associated with erotomania when combined with Thesaurus terms 'love' and 'romance'.

restricted forms. The Medline database was searched using the MeSH term 'jealousy'⁶¹⁴ and (because there was no MeSH term for pathological jealousy) the keywords 'pathological jealousy' or 'erotic jealousy syndrome' or 'Othello syndrome' or 'morbid jealousy' or 'paranoid jealousy' or 'delusional jealousy'⁶¹⁵ or 'delusions of infidelity' combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁶¹⁶ The abstracts of these references were then reviewed looking for the concept of pathological jealousy linked with romantic love.

This search produced only three⁶¹⁷ references published between 1990 and 2006,⁶¹⁸ and one of these was a movie review.⁶¹⁹ There are appeared to be greater overlap between the concept of non-pathological jealousy and the concepts romance and love.⁶²⁰

One reference saw love as a pathway to morbid jealousy,⁶²¹ two references linked morbid jealousy with unrequited love, erotomania (though with the delusional aspect downplayed), and stalking.⁶²²

There were no references linking erotomania and delusional jealousy, despite their classification in modern diagnostic systems as variants of the same disease -- delusional disorder.

⁶¹⁴Definition: 'An irrational reaction compounded of grief, loss of self-esteem, enmity against the rival and self criticism.' Tree information: Broader, 'emotions'; Narrower, nil; Related, a range of emotions including 'love'.

⁶¹⁵The MeSH term 'delusions' was not used as previous searches using this term showed it was overwhelmingly associated with erotomania when combined with the MeSH term 'love' or the keywords 'romance' or 'romantic', and did not generate articles not all ready found using other search terms.

⁶¹⁶Both the psycINFO and the Medline databases were searched 31/8/07.

⁶¹⁷To put this in some context the number of references in psycINFO for the Thesaurus term 'jealousy' in its expanded form on 20/9/07 was 812, whereas 'pathological jealousy' or 'erotic jealousy syndrome' or 'Othello syndrome' or 'morbid jealousy' or 'paranoid jealousy' or 'delusional jealousy' or 'delusion of infidelity' or 'delusions of infidelity' gave 116. In Medline the MeSH term 'jealousy' in its expanded form gave 404, while 'pathological jealousy' or 'erotic jealousy syndrome' or 'Othello syndrome' or 'morbid jealousy' or 'paranoid jealousy' or 'delusional jealousy' or 'delusion of infidelity' or 'delusions of infidelity' gave 84.

⁶¹⁸Eileen McGinley and Andrea Sabbadini, 'Play Misty for Me (1971): The Perversion of Love', *International Journal of Psychoanalysis*, 87:2 (April 2006), pp. 589-97.
C. Maggini, 'Jealous Love and Morbid Jealousy', *Acta Bio-Medica*, 77:3 (December 2006), pp. 137-46.
J.R. Meloy, 'Nondelusional or Borderline Erotomania', *American Journal of Psychiatry*, 147:6 (June 1990), pp. 820-21.

⁶¹⁹Eileen McGinley and Andrea Sabbadini, 'Play Misty for Me (1971): The Perversion of Love', *International Journal of Psychoanalysis*, 87:2 (April 2006), pp. 589-97.

⁶²⁰On 15/10/07 the number of references in psycINFO for the Thesaurus term 'jealousy' in its expanded form combined with restricted Thesaurus terms 'love' or 'romance' was 62, while in Medline the MeSH term 'jealousy' in its expanded form combined with the MeSH term 'love' or the keywords 'romance' or 'romantic' gave 28 references.

⁶²¹C. Maggini, 'Jealous Love and Morbid Jealousy', *Acta Bio-Medica*, 77:3 (December 2006), pp. 137-46.

⁶²²Eileen McGinley, Andrea Sabbadini, 'Play Misty for Me (1971): The Perversion of Love', *International Journal of Psychoanalysis*, 87:2 (April 2006), pp. 589-97.
J.R. Meloy, 'Nondelusional or Borderline Erotomania', *American Journal of Psychiatry*, 147:6 (June 1990), pp. 820-21.

DSM

The only mention of jealousy in DSM-I was during a description of the paranoid personality who was described as having the character trait of extreme jealousy.⁶²³ DSM-II also saw jealousy as part of a paranoid personality,⁶²⁴ but in addition the alcoholic paranoid state (a paranoid state which develops in chronic alcoholics, generally male, and is characterized by excessive jealousy and delusions of infidelity by the spouse),⁶²⁵ and some forms of adjustment reaction of childhood.⁶²⁶ In DSM-III jealousy was again listed as part of the paranoid personality disorder,⁶²⁷ but this updated version stated that the concept of alcoholic jealousy was best described as a combination of alcohol dependence, and paranoid disorder.⁶²⁸ The latter disorder was a forerunner of the modern delusional disorder,⁶²⁹ and delusional jealousy was a subcategory. Delusional jealousy was also a feature of 'schizophrenia, paranoid type'.⁶³⁰ Delusional jealousy, but this time called a 'delusional of infidelity', was noted to be a symptom of dementia.⁶³¹ DSM-III-R was identical to its immediate predecessor with regard to paranoid personality disorder,⁶³² alcoholic jealousy,⁶³³ and delusions of infidelity in dementia.⁶³⁴ The latter concept by a different name -- delusional jealousy -- was now in its modern category as a subtype of delusional disorder.⁶³⁵ This delusion was not mentioned in the discussion of schizophrenia. In DSM-IV delusional jealousy was once more a characteristic of schizophrenia of a paranoid type,⁶³⁶ and remained a subtype of delusional disorder.⁶³⁷ DSM-IV said of paranoid personality disorder: 'individuals with this disorder may be pathologically jealous.'⁶³⁸ There were no significant change is to these conceptions in DSM-IV-R.⁶³⁹

⁶²³ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952, p. 36.

⁶²⁴ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, p. 42.

⁶²⁵ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, p. 25.

⁶²⁶ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, p. 49.

⁶²⁷ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, pp. 307, 309.

⁶²⁸ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 129.

⁶²⁹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, pp. 195-96.

⁶³⁰ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 191.

⁶³¹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 109.

⁶³² American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 202.

⁶³³ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 127.

⁶³⁴ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 105.

⁶³⁵ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 200.

⁶³⁶ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 287.

⁶³⁷ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 297.

⁶³⁸ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 635.

In none of these editions is love mentioned in the context of jealousy.

Comprehensive Textbook of Psychiatry

In Volume 1 of the *Comprehensive Textbook of Psychiatry* there was a concept of 'Paranoid jealousy', which took a psychoanalytic viewpoint -- ones own desires (to have an affair for example) are projected onto someone else.⁶⁴⁰ Volume 2 also took a psychoanalytic view of jealousy,⁶⁴¹ including, somewhat in advance of DSM, the concept of delusional jealousy, viewed as caused by psychodynamic mechanisms.⁶⁴² Pathological jealousy was also seen as part of a paranoid personality.⁶⁴³ Volume 3 noted the historical links between alcoholism and jealousy,⁶⁴⁴ and violence (in the latter case making a rare connection to love).⁶⁴⁵ A psychodynamic theory of jealousy was reiterated.⁶⁴⁶ Volume 4 noted that 'pathological jealousy symptoms occur in many illnesses, including drug abuse, alcoholism, schizophrenia, organic mental disorders, and the affective disorders.'⁶⁴⁷ The difference between normal and pathological jealousy was thought to be similar to that between normal grief and pathological mourning,⁶⁴⁸ and pathological jealousy was further defined 'as a compound emotion: of grief, hatred, loss of self-esteem, and ambivalence. It may have its roots in unconscious homosexual attachments and merge into paranoid delusional thinking.'⁶⁴⁹ This link with homosexuality was derived from Freud -- according to Volume 4, Freud believed that paranoia was caused by repressed homosexual impulses and therefore: 'Freud also believed that unconscious homosexuality is the cause of delusions of jealousy. In an attempt to ward off threatening impulses, the patient asserts, "I do not love him; she loves him." Freud believed that the man the paranoid patient suspects his wife of loving, is subconsciously a man to whom the patient feels homosexually attracted.'⁶⁵⁰ The majority of references to jealousy in Volume 4 were psychodynamic.⁶⁵¹ There was

⁶³⁹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, pp. 313, 325, 691.

⁶⁴⁰ Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967, p. 668.

⁶⁴¹ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 642, 793.

⁶⁴² Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, p. 993.

⁶⁴³ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, p. 1281.

⁶⁴⁴ Harold Kaplan, Alfred Freedman, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 1385.

⁶⁴⁵ Harold Kaplan, Alfred Freedman, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 3151.

⁶⁴⁶ Harold Kaplan, Alfred Freedman, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 1298, 1290-91.

⁶⁴⁷ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 750.

⁶⁴⁸ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 562.

⁶⁴⁹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 582.

⁶⁵⁰ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 748.

⁶⁵¹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, pp. 562, 360, 441.

also reference to delusional jealousy, first defined as a 'Delusion of infidelity: false belief derived from pathological jealousy that one's lover is unfaithful',⁶⁵² and later characterised as, 'Conjugal paranoia: a variant of classical paranoia, conjugal paranoia, also called the "Othello syndrome" is limited to delusions of jealousy involving the spouse. Initial minor criticism of the spouse progresses through suspiciousness to full-blown delusions.'⁶⁵³ By Volume 5 while psychodynamic ideas about jealousy were still present,⁶⁵⁴ they were given decreased emphasis; and similarly while Freud's ideas about paranoia were described,⁶⁵⁵ they were given less prominence when discussing delusions of jealousy (which were now in their modern position in the section on delusional disorders).⁶⁵⁶ Volume 6⁶⁵⁷ and Volume 7⁶⁵⁸ were similar in this regard. Volume 8 had normal, pathological, and delusional jealousy categories (with the emphasis remaining on the latter), none of which were described in psychodynamic terms.⁶⁵⁹

In none of these volumes was a clear connection made between jealousy and romantic love.

Other Psychiatric Textbooks

The other psychiatric textbooks concentrated on delusional jealousy,⁶⁶⁰ with only one reference to jealousy in alcoholics.⁶⁶¹

Clinical Psychology Textbooks

In the clinical psychology textbooks there was no mention of jealousy.

Conclusion

The main conclusion to draw from this data is that while morbid jealousy probably derives in part from old ideas of lovesickness, in its modern conception, the connection with romantic love appears tenuous, and this is the case even with delusional jealousy, which in most recent psychiatric textbooks sits beside delusional

⁶⁵²Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 501.

⁶⁵³Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 750.

⁶⁵⁴Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, p. 418.

⁶⁵⁵Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, p. 823.

⁶⁵⁶Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 473, 825.

⁶⁵⁷Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 494, 1039, 1042.

⁶⁵⁸Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1251, 1255-56.

⁶⁵⁹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 1527.

⁶⁶⁰R.E. Kendell, A.K. Zealley, (eds), *Companion to Psychiatric Studies*, 5th ed., Edinburgh: Churchill Livingstone, 1993.

Nancy C. Andreasen, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995, pp. 55, 233.

Eve. C. Johnstone, C.P.L. Freeman and A.K. Zealley (eds), *Companion to Psychiatric Studies*, 6th ed., Edinburgh: Churchill Livingstone, 1998, p. 813.

⁶⁶¹W. Mayer-Gross, Eliot Slater and Martin Roth, *Clinical Psychiatry*, 2nd ed., London: Cassell, 1960, p. 353.

love (erotomania) in the section on delusional disorders.

While this was not the specific focus of the research, there were other possible trends in the disease conceptions of pathological jealousy. Pathological jealousy was increasingly seen as delusional (though this connection was not as strong as in erotomania), and specifically associated with delusional disorder. There appeared a trend away from an association with psychodynamic ideas and alcoholism. The association with a paranoid personality seemed consistent over time.

LOVE ADDICTION

Tallis has suggested that a modern form of morbid love might be love addiction, a disease entity with no direct historical links to lovesickness, but containing some similar concepts. As Tallis points out, there are obvious parallels between the ideas of romantic love and addiction: ‘addicts feel incomplete, they obsess, crave, and feel out of control; they experience severe mood disturbance...they become dependent and, when denied, suffer from a withdrawal syndrome; addicts accept that their behaviour is irrational, but feel compelled to continue.’⁶⁶²

Modern Definitions

There is no definition of love addiction in DSM-IVR or the eighth edition of the *Comprehensive Textbook of Psychiatry*. Indeed, as a concept developing primarily outside academia, clear definitions of love addiction are difficult to find, reflecting a broad and inconsistent disease concept. For this reason, instead of studying the concept, as is the case in the majority of the other searches, this section follows more the diagnostic name ‘love addiction’ and what disease concepts this diagnostic name refers to.

History of the Concept of Addiction

The idea of addiction originated in connection with the consumption of alcohol. The concept of individual habitual excess or addiction, as opposed to voluntary drunkenness, can be seen as early as the beginning of the seventeenth century in the sermons and other moralizing tracts of the times.⁶⁶³ The earliest mention of alcohol addiction in medical writing was not until the eighteenth century.⁶⁶⁴ The conception of alcoholism as a disease took hold in the United States during the nineteenth century,⁶⁶⁵ and was embraced by groups outside the medical profession, notably the Alcoholics Anonymous (AA) movement. The AA, a self-help group for alcoholics, was formed in the late nineteenth century in the wake of the perceived failure of the Prohibition movement in the USA. In contrast to the latter movement, the AA did not view alcohol as a universal evil, but rather believed that only certain susceptible people had the disease alcoholism, which manifested itself when they were exposed to the substance (essentially a physiological model).⁶⁶⁶ The cause of the disease was seen in biological terms, but the treatment was envisaged as a type of spiritual-moral journey consisting of twelve steps, hence the name twelve-step treatment.

Underlying this was the concept of a disease of the will.⁶⁶⁷ Drinking is an action or behaviour. In order for repetitive, destructive drinking to be viewed as an illness it is

⁶⁶²Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 217.

⁶⁶³J. Warner, “‘Resolv’D to Drink No More’’: Addiction is a Preindustrial Construct’, *Journal of Studies on Alcohol*, 55 (1994), pp. 685-69.

⁶⁶⁴Harry Gene Levine, ‘The Alcohol Problem in America: From Temperance to Alcoholism’, *British Journal of Addiction*, 79 (1984), pp. 109-19.

Carl May, ‘Habitual Drunkards and the Invention of Alcoholism: Susceptibility and Culpability in Nineteenth Century Medicine’, *Addiction Research*, 5:2 (1997), pp. 169-87.

⁶⁶⁵Harry Gene Levine, ‘The Alcohol Problem in America: From Temperance to Alcoholism’, *British Journal of Addiction*, 79 (1984), pp. 109-119.

⁶⁶⁶Harry Gene Levine, ‘The Alcohol Problem in America: From Temperance to Alcoholism’, *British Journal of Addiction*, 79 (1984), pp. 109-119.

⁶⁶⁷Carl May, ‘Habitual Drunkards and the Invention of Alcoholism: Susceptibility and Culpability in Nineteenth Century Medicine’, *Addiction Research*, 5:2 (1997), pp. 169-87.

necessary that this is not a willed behaviour, because otherwise it is simply wilful stupidity or an uncaring moral transgression. Characteristically, therefore, alcoholism is seen as a sapping of the willpower; or to put it another way a compulsion to drink, outside the control of the sufferer.

This model was very popular and could be applied to problems with a wide range of substances.⁶⁶⁸ But, with the possible exception of the USA, twelve-step disease models and treatment have remained on the periphery of medicine. Neither the public at large nor the medical profession have entirely accepted the idea that alcohol and drug problems are best seen as diseases. In particular there remain strong moral and legal sanctions against their use and misuse in most cultures; and even where drug misuse is seen as a health problem, there is more enthusiasm for a public health view of the disease.

History of the Concept of Love Addiction

This model, where addiction was a problem specific to the person rather than the drug, lent itself to a wider range of difficulties than those associated with drugs, indeed it seemed that any problematic compulsive behaviour (overeating, problem gambling) could be viewed as being caused by the disease process addiction -- and that included behaviour relating to love.

Addiction to love, like love viewed as an disease, is both a metaphor in the arts⁶⁶⁹ and a disease concept. Which field it emerged in first would be an interesting historical study;⁶⁷⁰ but the phrase 'love addiction' first appears in the academic literature in an article in 1974⁶⁷¹ and then in a book, *Love and Addiction*, published by the social psychologist Stanton Peele in association with Archie Brodsky.⁶⁷² Rather than addiction to romantic love, what they appeared to be describing was an unhealthy addiction to a relationship, sometimes named relationship addiction, and thus the healthy alternative was conceptualised as a form of love similar in most respects to the idea of companionate love. In contrast to many later authors Peele explicitly rejected the notion that he was talking about addiction as a disease.

Though Peele's book was frequently referenced, his attempt to redefine addiction as social-behavioural concept has not proved influential outside academia. Instead, using the same name – 'love addiction' - a medical model of disease, or more specifically the AA twelve-step conception of addiction as a disease, has become increasingly popular. The year after *Love and Addiction* was published, Sex and Love Addicts Anonymous (SLAA) a twelve-step program for sex or love addiction was started in Newton, Massachusetts.⁶⁷³ SLAA viewed love addiction as separate but

⁶⁶⁸Narcotics Anonymous, officially founded in 1953, was the most successful twelve-step self-help group formed to help people with addictions to drugs other than alcohol.

⁶⁶⁹And in particular the popular arts such as songs (for example *Addicted to Love* written and sung by Robert Palmer and released 1986) and motion pictures (for example *Addicted to Love* 1997, directed by Griffin Dunne).

⁶⁷⁰I suspect the metaphor is earlier. Cole Porter's 'I Get a Kick Out of You' released back in 1932 was likening love to intoxication with alcohol or cocaine.

⁶⁷¹Stanton Peele Archie Brodsky, 'Interpersonal Heroin: Love Can Be an Addiction', *Psychology Today*, 8:3 Aug (1974), p. 22.

⁶⁷²Stanton Peele, Archie Brodsky, *Love and Addiction*, New York: Taplinger Publishing, 1975.

⁶⁷³Augustine Fellowship, Sex and Love Addicts Anonymous, Boston: Fellowship-Wide Services, 1986, p. 35.

overlapping sex addiction. The dominant concept with regard to love appeared to be relationships and relationship addiction, but the idea was broader than this and included notions of addiction to falling in love with serial partners and addiction to the romantic love experience with one partner. Moreover love addiction was viewed as a disease complete with a diagnosis⁶⁷⁴ and twelve-step treatment.⁶⁷⁵ Love Addicts Anonymous (LAA) is a newer, smaller twelve-step organisation that was started in the San Francisco Bay Area. This organisation deemphasised sex-addiction, but retained the broad conception of love addiction, including under the title: stalking, morbid jealousy, relationship addiction, co-dependency, lovesickness, and romantic love addiction.⁶⁷⁶ Inspired by these and similar groups, a number of authors have written popular self help books, that have proved enormously popular.⁶⁷⁷

The most prominent academic author on love addiction who follows this twelve-step model was Eric Griffin-Shelley. His love addiction was also conceptually broad, with relationship addiction being prominent, but there are many other concepts. He gives clinical vignettes which resemble sex-addiction, co-dependency (see below) and borderline personality disorder.⁶⁷⁸ Love addiction also encompassed what previously would have been described as typical cases of lovesickness – unrequited love leading to depression; over intense romantic love leading to obsession, jealousy, and a drop in functioning; or falling in love with a clearly inappropriate (in the eyes of society) person. Finally, there is the concept of addiction to the emotion romantic love.⁶⁷⁹

Related Concepts

Within the addiction treatment field, alongside this creation of the disease of love addiction, a number of overlapping concepts have also developed, the most important of which are sex addiction and co-dependency.

Sex addiction, a new twist on the older ideas of nymphomania and satyriasis, proved even more popular as a concept than love addiction and spawned a multitude of twelve-step self-help groups. As well as SLAA, there now exist such groups as, Sexual Compulsives Anonymous, Sex Addicts Anonymous, Sexaholics Anonymous, Sexual Recovery Anonymous, Co-Dependents of Sex Addicts (COSA), S-Anon International Family Groups, and CO-Sex and love Addicts Anonymous (COSLAA). The idea of sexual addiction was brought to a wider audience by the psychologist Patrick Carnes in his 1983 book *The Sexual Addiction*.⁶⁸⁰

The concept and name co-dependency appeared on the treatment scene in the nineteen

⁶⁷⁴The SLAA have a pamphlet '40 Questions for Self Diagnosis'.

⁶⁷⁵Augustine Fellowship, Sex and Love Addicts Anonymous, Boston: Fellowship-Wide Services, 1986.

⁶⁷⁶<http://loveaddicts.org/>, accessed 19/9/07.

⁶⁷⁷For example: Pia Melody, *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*, San Francisco: Harper, 1992.

Anne Wilson Schaefer, *Escape from Intimacy: Untangling the "Love" Addictions*, San Francisco: Harper, 1989.

Howard Halpern, *Finally Getting it Right: From Addictive Love to the Real Thing*, New York: Bantam Books, 1994.

⁶⁷⁸According to DSM-IVR this disorder is characterised by 'instability of personal relationships, self-image, and affects, and marked impulsivity...': American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 706.

⁶⁷⁹Eric Griffin-Shelley, *Adolescent Sex and Love Addicts*, Westport: Praeger, 1994.

⁶⁸⁰Patrick Carnes, *The Sexual Addiction*, Minneapolis: CompCare, 1983.

seventies, probably originating in Minnesota, USA.⁶⁸¹ It seems to have developed from around the middle of the century out of attempts among workers and self-help groups (Al-Anon, AcoA) in the addiction field to make sense of alcoholism in the context of marriage and de facto marriage relationships. These workers initially saw the psychological difficulties of the alcoholic's partner as a possible aetiology for the alcoholism. This concept was then reversed, so that the psychological and behavioural difficulties exhibited by the partner were viewed as reactions to the stress of living with an alcoholic. In turn this evolved into the notion of co-dependency -- a typical pattern of thoughts and behaviours that the partner brought to the relationship with the alcoholic. The person with this pattern could then be 'diagnosed' as a co-dependent.⁶⁸² However, as it became clear that similar patterns of behaviour could occur in any relationship co-dependency developed into a stand alone concept, popularised (among many similar books on the subject) by Robin Norwood's *Women Who Love Too Much* (1986)⁶⁸³ and Melody Beattie's *Co-Dependent No More* (1987).⁶⁸⁴ Co-dependency bears a strong resemblance to Peele's love addiction. One piece of empirical research has suggested that co-dependency and love addiction are separate constructs.⁶⁸⁵

Range of Concepts of Love Addiction

Among this mass of ideas about sex, relationships and love, it is difficult to tease out the contribution of romantic love. Adding further confusion, 'romance addiction' can mean something else again -- not an addiction to the emotion, but rather an addiction to courtship behaviour, complete with flowers and candle-lit dinners.⁶⁸⁶ Deciding which concept is being discussed is not easy, but usually it is a love relationship including elements of romantic and companionate love.

The Debate

From the point of view of this thesis it is fascinating to observe a disease concept coming to life and struggle for acceptance. Indeed, even among advocates of the concept love addiction, the most heated debate was not about what the symptoms, course, prognosis or treatment of love addiction was but rather whether it was a disease at all.⁶⁸⁷

On one side of this argument are Griffin-Shelley, the self-help groups, and the majority of the popular authors.⁶⁸⁸ These authors characteristically view themselves

⁶⁸¹Robin Norwood, *Women Who Love Too Much*, New York: Pocket Books, 1985.

⁶⁸²Paul H. Wright, Katherine D. Wright, 'Codependency: Addictive Love, Adjustive Relating, or Both?', *Contemporary Family Therapy*, 13:5 (October 1991), pp. 435-54.

⁶⁸³Robin Norwood, *Women Who Love Too Much*, New York: Pocket Books, 1985.

⁶⁸⁴Melody Beattie, *Co-Dependent No More*, New York: Hazelden, 1987.

⁶⁸⁵Larry Dale Holmes, 'The Relationship between Addictive Processes As Manifested in Two Domains: Alcohol Use/Abuse and Romantic Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 61:8-B, (February 2001).

⁶⁸⁶Anne Wilson Schaef, *Escape from Intimacy: Untangling the "Love" Addictions*, San Francisco: Harper, 1989.

⁶⁸⁷Like the concept, this dispute overflows to some degree into a similar one about codependence and it is hard to completely separate the two out.

⁶⁸⁸Good examples of this include: Pia Melody, *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*, San Francisco: Harper, 1992.

Anne Wilson Schaef, *Escape from Intimacy: Untangling the "Love" Addictions*, San Francisco: Harper, 1989.

as co-dependants or love addicts in recovery. For them there is little in the way of debate, love addiction is a disease.

Stanton Peele was clearly not in agreement with this. His original conception of love addiction included an attempt to redefine all addictions as other than disease.⁶⁸⁹

Stanton's main argument is that the same quantity of any drug taken in the same way will affect different people in different ways, therefore the problem is not with the drug but rather the person.⁶⁹⁰ In effect this is an argument against one type of medical disease model -- an ontological one. Instead, Peele argued, internal personality traits, and learned behaviours, created mainly by the society in which the person grows up, make them vulnerable to addiction.⁶⁹¹ In the preface to the second edition of his book in 1991, unhappy with the dominance of the twelve-step model, Peele launched an attack on the twelve-step movement. Seemingly misunderstanding the twelve-step disease model as an ontological one, he rehearsed the same arguments against it as he laid out in the first edition.⁶⁹²

Popular authors have also criticized the twelve-step disease model. For example Stan Katz, like Peele a psychologist rather than an addict in recovery,⁶⁹³ who does not view addictions as diseases. In his book (which is more about co-dependency than love addiction) he separates out 'physical ailments or sickness' from 'mental or emotional disorders'. The former 'are identified by rashes, fever, or other specific physical effects on the appearance and functioning of the body, and by the microbes, bacteria, or viruses that cause these effects.' Somewhat confusingly, cancer and diabetes are then given as examples. Mental disorders he initially defines in a way similar to post DSM-III conceptions: They 'are identified by abnormal behaviour, thoughts, and feelings that interfere with an individual's ability to function.' However, he adds the rider that 'they are outside the range of usual human experience'.⁶⁹⁴ Like Peele his criticisms of the twelve-step movement come from misunderstanding their disease model as ontological when it is very much a physiological one.

Two other areas of debate are the course of love addiction and its treatment. The twelve-step disease model identified a chronic, often lifelong illness, whereas Peele⁶⁹⁵ and Katz⁶⁹⁶ believed it was temporary and self-limiting problem. Obviously the twelve-step enthusiasts recommended twelve-step treatment, whereas Peele and Katz

Melody Beattie, who writes mainly about codependence briefly mentions both sides of the debate and come to no clear cut conclusion, however, otherwise she is firmly in the twelve-step camp: Melody Beattie, *Co-Dependent No More*, New York: Hazelden, 1987, p. 32.

⁶⁸⁹Stanton Peele, Archie Brodsky, *Love and Addiction*, New York: Taplinger Publishing, 1975.

⁶⁹⁰Stanton Peele, Archie Brodsky, *Love and Addiction*, New York: Taplinger Publishing, 1975, pp. 14 - 16.

⁶⁹¹Stanton Peele, Archie Brodsky, *Love and Addiction*, New York: Taplinger Publishing, 1975, pp. 55-63.

⁶⁹²Stanton Peele and Archie Brodsky, *Love and Addiction*, 2nd ed., New York: Taplinger Publishing, 1991.

⁶⁹³It is possibly significant that two psychiatrists endorse his book: Stan Katz and Aimee Liu, *Codependency Conspiracy: How to Break the Recovery Habit and Take Charge of Your Life*, New York: Warner Books, 1991.

⁶⁹⁴Stan Katz, Aimee Liu, *Codependency Conspiracy: How to Break the Recovery Habit and Take Charge of Your Life*, New York: Warner Books, 1991, p. 5-6.

⁶⁹⁵Stanton Peele, Archie Brodsky, *Love and Addiction*, 2nd ed., New York: Taplinger Publishing, 1991.

⁶⁹⁶Stan Katz, Aimee Liu, *Codependency Conspiracy: How to Break the Recovery Habit and Take Charge of Your Life*, New York: Warner Books, 1991.

suggest a different form of psychotherapy, which might broadly be called personal development. Given the lack of evidence there was much room for debate on these issues.

But for all these arguments, the proponents of the twelve-step conception of love addiction and their critics (particularly Peele) were not very far apart. Under the diagnostic label of love addiction they postulated physiological causes (emphasising the effects of the environment rather than say genetics), rejected direct ontological influences as the prime cause, had similar broad conceptions of the symptoms, and all prescribed some sort of psychotherapy as a treatment. Where they primarily differed was over whether addiction should be labelled a disease, and this appeared to be mainly due to their differing definitions of what a disease was.

There is an interesting and less obvious way that Peele differed from all those that followed. The love addiction Peele described was a mutual thing. Two people are viewed as addicted to each other in an unhealthy relationship. This is not typical within the other literature -- the co-dependent was paired with the alcoholic,⁶⁹⁷ the love addict with the love avoidant.⁶⁹⁸

The Scientific World

There has been a much lower level of interest in the scientific and medical world concerning the concept of love addiction- certainly compared with sex addiction which has its own academic journal -- *Sex Addiction and Compulsivity Journal* -- and its own search terms in psychINFO and Medline.

Databases

Question: What was the connection during this period between concepts of addiction/codependency and romantic love?

The psychINFO database was searched using the Thesaurus terms 'addiction'⁶⁹⁹ in its expanded and exploded form and 'codependency'⁷⁰⁰ in its expanded form, which were combined with the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH terms 'behavior, addictive'⁷⁰¹ 'compulsive behavior'⁷⁰² or

⁶⁹⁷Melody Beattie, *Co-Dependent No More*, New York: Hazelden, 1987.

⁶⁹⁸Pia Melody, *Facing Love Addiction: Giving Yourself the Power to Change the Way You Love*, San Francisco: Harper, 1992.

⁶⁹⁹No definition. Year introduced 1973. Broader, 'behaviour disorders'; Narrower, 'alcoholism', 'drug addiction', 'internet addiction' and 'sexual addiction'; Related, nil.

⁷⁰⁰No definition. Introduced in 1991. Tree information: Broader, nil; Narrower, nil; Related, 'alcohol abuse', and various categories relating to personality and family relationships.

⁷⁰¹Definition: 'The observable, measurable, and often pathological activity of an organism that portrays its inability to overcome a habit resulting in an insatiable craving for a substance or for performing certain acts. The addictive behavior includes the emotional and physical overdependence on the object of habit in increasing amount or frequency.' Use for 'addictive behaviour; addictive behaviours; behaviors, addictive'. Introduced in 1992, previously 1974-1991 'behavior'. Tree information: Broader, 'compulsive behaviour'; Narrower, nil; Related, nil.

⁷⁰²Definition: 'The behavior of performing an act persistently and repetitively without it leading to reward or pleasure. The act is usually a small, circumscribed behavior, almost ritualistic, yet not pathologically disturbing. Examples of compulsive behavior include twirling of hair, checking something constantly, not wanting pennies in change, straightening tilted pictures, etc.' Term introduced in 1963. Tree Information: Broader, 'impulsive behavior'; Narrower, 'behavior, addictive'; Related, nil.

'impulsive behaviour'⁷⁰³ in their expanded forms and 'codependency (psychology)'⁷⁰⁴ in its expanded form, which were combined with the restricted MeSH term 'love' or the keywords 'romance' or 'romantic'. Because neither database had a term for 'love addiction' a keyword search using the phrase 'love addict'⁷⁰⁵ was also done in Medline and psychINFO. The results of these searches were combined and double-ups removed.⁷⁰⁶ The abstracts of these references were reviewed looking for references with love addiction as a major topic rather than ones that gave it only a passing mention.

This search produced 26⁷⁰⁷ references published between 1974 and 2007.⁷⁰⁸ Many of

⁷⁰³Definition: 'And act performed without delay, reflection, voluntary direction or obvious control in response to a stimulus.' Introduced 1968, previous indexing 'Behavior(1966-1967)'. Used For: behavior, impulsive; behaviors, impulsive; impulsive behaviors. Tree information: Broader, 'behaviour'; Narrower, 'compulsive behaviour', and narrower than that 'behaviour, addictive'; Related, many types of behaviour.

⁷⁰⁴Definition: 'A relational pattern in which a person attempts to derive a sense of purpose through relationships with others.' Introduced in 1992. This would previously have been coded under 'Dependency (Psychology)' (1987-1991). Tree information: Broader, 'behaviour'; Narrower, nil; Related, 'interpersonal relations' and 'substance-related disorders'.

⁷⁰⁵A wild card search looking for the keywords 'addict', 'addicts', 'addiction' and 'addictions'.

⁷⁰⁶Both the psychoINFO and the Medline databases were searched 20/9/07.

⁷⁰⁷To put this in context on 20/9/07 a search of psychINFO using the Thesaurus term 'addiction' expanded and exploded gave 24,782 references, while the Thesaurus term 'codependency' expanded gave 306 on 20/9/07. A search of Medline using the MeSH term 'impulsive behaviour' in its exploded and expanded form on 20/9/07 gave 4,938 references, while the MeSH term 'codependency (psychology)' in its expanded form gave 158 references.

⁷⁰⁸Renee Hutchison, 'The Role of Unconscious Guilt in Obsessive Love Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 68:1-B (2007), p. 624.

Larry Dale Holmes, 'The Relationship between Addictive Processes as Manifested in Two Domains: Alcohol Use/Abuse and Romantic Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 61:8-B, (February 2001), p. 4407.

Don J. Feeney, *Entrancing Relationships: Exploring the Hypnotic Framework of Addictive Relationships*, Westport: Praeger/Greenwood, 1999.

Mary Kate Bagwell-Reese, 'Women's Ways of Knowing and Perceptions of Recovery from the Relational Addictions: A Qualitative Study', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57:2-B (August 1996) p. 1430.

Margaret A. Sullivan, Candace Ward Howell, 'Review of Love Addiction: A Guide to Emotional Independence' *Family Journal*, 2:3 (July 1994), pp. 278-79.

No authorship indicated, 'Review of Outpatient Treatment of Sex and Love Addicts', *PsycCRITIQUES*, 39:3 (March 1994), p. 332.

Eric Griffin-Shelley, *Outpatient Treatment of Sex and Love Addicts*, Westport: Praeger Publishers/Greenwood Publishing Group, 1993.

Martin W. Orbuch, 'Sex and Love Addicts,' *PsycCRITIQUES*, 37:8 (August 1992), p. 809.

Charles Ansell, 'The Bubble,' *Psychotherapy Patient*, 8:1-2 (1992), pp. 79-91.

Paul H. Wright, Katherine D. Wright, 'Codependency: Addictive Love, Adjustive Relating, or Both?', *Contemporary Family Therapy*, 13:5 (October 1991), pp. 435-54.

Jed Diamond, 'Looking for Love in All the Wrong Places', in *Feminist Perspectives on Addictions*, Nan Van Den Bergh (ed.), New York: Springer Publishing, 1991, pp. 167-80.

Carol Smaldino, 'Desperate Worship: A View of Love Addiction', in *Psychoanalytic Approaches to Addiction*, Angelo Smaldino (ed.), Philadelphia: Brunner/Mazel, 1991, pp. 80-95.

Carole H. Field, 'Love Addiction in Performers', in *Psychology and Performing Arts*, Glenn Daniel Wilson (ed.), Lisse: Swets & Zeitlinger, 1991, pp. 143-49.

Eric Griffin-Shelley, *Sex and Love: Addiction, Treatment, and Recovery*, New York: Praeger Publishers, 1991.

Thomas C. Timmreck, 'Overcoming the Loss of a Love: Preventing Love Addiction and Promoting Positive Emotional Health', *Psychological Reports*, 66:2, (April 1990), pp. 515-28.

Grant L. Martin, 'Relationship, Romance, and Sexual Addiction in Extramarital Affairs', *Journal of Psychology and Christianity*, 8:4 (1989), pp. 5-25.

Anne Wilson Schaefer, *Escape from Intimacy: Untangling the "Love" Addictions*, San Francisco: Harper, 1989.

these, as discussed below, were by the same author or reviewing or interviewing that author. In analysing these references, possibly because of the diffuse nature of the concept of love addiction, it was more difficult than usual to apply the exclusion criteria to the abstracts, and so greater effort went into sourcing the original material. Asgo to page hundred and 10 expected there were various conceptions of love addiction, for example:

A patient is described who is addicted to 'falling in love,' which he significantly calls his 'bubble.' The dynamics of drug or chemical addiction in its intolerable need for a fix, and the lows and highs that the S feels before and after the craving is met, are repeated here in the patient's need to fall in love. Like the drug addict, the S is indifferent to the social upheavals his addiction causes those near to him. The early life of the S is portrayed as a critical determinant in his craving for an endless series of love relationships.⁷⁰⁹

With regard to works that distanced themselves from the idea of love addiction as a disease, there were three abstracts of works written by Peele and Brodsky,⁷¹⁰ two abstracts which talked directly about their work,⁷¹¹ two which followed directly Peele's conception of love addiction,⁷¹² and two that appeared to broadly agree with this conception.⁷¹³ The most cited reference in the psychINFO database was one by

Stanton Peele, 'Fools for Love: The Romantic Ideal, Psychological Theory, an Addictive Love', in *The Psychology of Love*, Robert J Sternberg, Michael L.; Barnes (eds), New Haven: Yale University Press, 1988. pp. 159-88.

Richard E. Miller, 'Some Questions for Stanton Peele on Addiction to Love, Stress and Alcohol', *Employee Assistance Quarterly*, 3:1, (1987), pp. 35-56.

Harvey B. Milkman, Stanley G. Sunderwirth, *Craving for Ecstasy: the Consciousness and Chemistry of Escape*, Lexington: Lexington Books/D. C. Heath and Com, 1987.

J. Simon, 'Love: Addiction or Road to Self-Realization, a Second Look', *American Journal of Psychoanalysis*, 42:3 (1982), pp. 253-63.

Mary S. Hunter, Cynthia Nitschke, and Linda Hogan, 'A Scale to Measure Love Addiction', *Psychological Reports*, 48:2 (April 1981), p. 582.

Gerhard Neubeck, 'Hooked on Love', *PsycCRITIQUES*, 21:2, (February 1976) pp. 117-18.

Stanton Peele, *Love and Addiction*, New York: Taplinger Publishing, 1975.

J. Simon, 'Love: Addiction or Road to Self-Realization?', *American Journal Of Psychoanalysis*, 35:4 (1975), pp. 359-64.

Stanton Peele, Archie Brodsky, 'Interpersonal Heroin: Love Can Be an Addiction', *Psychology Today*, 8:3 (August 1974), p. 22.

⁷⁰⁹Charles Ansell, 'The Bubble,' *Psychotherapy Patient*, 8:1-2 (1992), pp. 79-91.

⁷¹⁰Stanton Peele, 'Fools for Love: The Romantic Ideal, Psychological Theory, an Addictive Love', in *The Psychology of Love*, Robert J Sternberg and Michael L.; Barnes (eds), New Haven: Yale University Press, 1988. pp. 159-88.

Stanton Peele and Archie Brodsky, *Love and Addiction*, New York: Taplinger Publishing, 1975.

Stanton Peele and Archie Brodsky, 'Interpersonal Heroin: Love Can Be an Addiction', *Psychology Today*, 8:3 Aug (1974), p. 22.

⁷¹¹Richard E. Miller, 'Some Questions for Stanton Peele on Addiction to Love, Stress and Alcohol', *Employee Assistance Quarterly*, 3:1, (1987), pp. 35-56.

Gerhard Neubeck, 'Hooked on Love', *PsycCRITIQUES*, 21:2, (February 1976) pp. 117-18.

⁷¹²Larry Dale Holmes, 'The Relationship between Addictive Processes As Manifested in Two Domains: Alcohol Use/Abuse and Romantic Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 61:8-B, (February 2001), pp. 4407.

Paul H. Wright, Katherine D. Wright, 'Codependency: Addictive Love, Adjustive Relating, or Both?', *Contemporary Family Therapy*, 13:5 (October 1991), pp. 435-54.

⁷¹³Thomas C. Timmreck, 'Overcoming the Loss of a Love: Preventing Love Addiction and Promoting Positive Emotional Health', *Psychological Reports*, 66:2, (April 1990), pp. 515-28.

Mary S. Hunter, Cynthia Nitschke, Linda Hogan, 'A Scale to Measure Love Addiction', *Psychological Reports*, 48:2 (April 1981), p. 582.

Peele and Brodsky⁷¹⁴ which had nine citations, followed by an article by Paul H. Wright and Katherine D. Wright cited eight times⁷¹⁵ that was primarily about co-dependency, which they attempted to differentiate from Peele's conception of love addiction.

By contrast, the twelve-step disease model of love addiction was represented by two books by Griffin-Shelley,⁷¹⁶ a review of each of these books,⁷¹⁷ and one article by another author.⁷¹⁸

One author seemed happy to both quote Peele with approval and advocate twelve-step treatment.⁷¹⁹ For the rest of the abstracts the standpoint was not clear.

There were four articles (though two are by the same author) with a strong psychoanalytical or psychodynamic influence,⁷²⁰ one reference appeared to take a biological view of love addiction,⁷²¹ one reviewed a book which looked at love from a cognitive behavioural stand point,⁷²² and one reference was to a love addiction scale.⁷²³ There was one piece of empirical research.⁷²⁴

DSM

There was no reference to love addiction in any of the editions of DSM.

Comprehensive Textbook of Psychiatry

The first mention of co-dependency in the *Comprehensive Textbook of Psychiatry* was

⁷¹⁴Stanton Peele and Archie Brodsky, *Love and Addiction*, New York: Taplinger Publishing, 1975.

⁷¹⁵Paul H. Wright, Katherine D. Wright, 'Codependency: Addictive Love, Adjustive Relating, or Both?', *Contemporary Family Therapy*, 13:5 (October 1991), pp. 435-54.

⁷¹⁶Eric Griffin-Shelley, *Sex and Love: Addiction, Treatment, and Recovery*, New York: Praeger, 1991. Eric Griffin-Shelley, *Outpatient Treatment of Sex and Love Addicts*, Westport: Praeger/Greenwood, 1993.

⁷¹⁷Martin W. Orbach, 'Sex and Love Addicts', *PsycCRITIQUES*, 37:8 (August 1992), p. 809.

No authorship indicated, 'Review of Outpatient Treatment of Sex and Love Addicts', *PsycCRITIQUES*, 39:3 (March 1994), p. 332.

⁷¹⁸Mary Kate Bagwell-Reese, 'Women's Ways of Knowing and Perceptions of Recovery from the Relational Addictions: A Qualitative Study', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57:2-B, August (1996), p. 1430.

⁷¹⁹Jed Diamond, 'Looking for Love in All the Wrong Places', in *Feminist Perspectives on Addictions*, Nan Van Den Bergh (ed.), New York: Springer Publishing, 1991, pp. 167-80.

⁷²⁰Renee Hutchison, 'The Role of Unconscious Guilt in Obsessive Love Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 68:1-B (2007), p. 624.

Carol Smaldino, 'Desperate Worship: A View of Love Addiction', in *Psychoanalytic Approaches to Addiction*, Angelo Smaldino (ed.), Philadelphia: Brunner/Mazel, 1991, pp. 80-95.

J. Simon, 'Love: Addiction or Road to Self-Realization, a Second Look', *American Journal of Psychoanalysis*, 42:3 (1982), pp. 253-63.

J. Simon, 'Love: Addiction or Road to Self-Realization?', *American Journal Of Psychoanalysis*, 35:4 (1975), pp. 359-64.

⁷²¹Harvey B. Milkman, Stanley G. Sunderwirth, *Craving for Ecstasy: the Consciousness and Chemistry of Escape*, Lexington: Lexington Books/D. C. Heath and Com, 1987.

⁷²²Margaret A. Sullivan and Candace Ward Howell, 'Review of Love Addiction: A Guide to Emotional Independence' *Family Journal*, 2:3 (July 1994), pp. 278-79.

⁷²³Mary S. Hunter, Cynthia Nitschke, Linda Hogan, 'A Scale to Measure Love Addiction', *Psychological Reports*, 48:2 (April 1981), p. 582.

⁷²⁴Larry Dale Holmes, 'The Relationship between Addictive Processes As Manifested in Two Domains: Alcohol Use/Abuse and Romantic Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 61:8-B, (February 2001).

in Volume 6,⁷²⁵ which also discussed sex addiction for the first time in its own sub-chapter that though it did not explicitly mention love did reference Sex and Love Addicts Anonymous.⁷²⁶ Volume 7 also briefly mentioned co-dependence (but only as part of the substance related disorders chapter),⁷²⁷ and had a section on sex addiction (though this was given less prominence than in the previous edition), which again referenced Sex and Love Addicts Anonymous.⁷²⁸ Volume 8 had a largely identical reference to co-dependency but sex addiction now had a chapter to itself, while the reference to Sex and Love Addicts Anonymous had gone.⁷²⁹

Other than as noted above, there was no mention of love addiction in any of these volumes.

Other Psychiatric Textbooks

In other psychiatric text books there was one reference to co-dependency in the context of treating alcoholics in the *Introductory Textbook of Psychiatry*.⁷³⁰

Psychology Textbooks

There was no reference to love addiction in any of the clinical psychology textbooks.

Conclusion

Love addiction is a broad concept with a striking overlap with the old idea of lovesickness. It has grown up outside the medical mainstream, primarily in the popular psychological press and the addiction field, alongside related disease concepts such as co-dependency and sex addiction. Only the latter appears to have gained any significant foothold in psychiatric thinking.

⁷²⁵Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 772, 1607.

⁷²⁶Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1311-13.

⁷²⁷Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 948.

⁷²⁸Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1598-1600.

⁷²⁹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1163, 1991-2001.

⁷³⁰Nancy C. Andreason, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995, p. 390.

OBSESSIONS AND OBSESSIVE COMPULSIVE DISORDER

It has been suggested that there is a link between on the one hand obsessions and obsessive compulsive disorder (OCD), and on the other love and lovesickness.⁷³¹ This link is the focus of this chapter.

Modern Conceptions

According to DSM-IVR obsessions are: 'persistent ideas, thoughts, impulses, or images that are experienced as intrusive and inappropriate and that cause marked anxiety and distress.'⁷³² This definition was given in the section describing OCD and indeed in modern diagnostic systems, while obsessions are possible symptoms of a number of illnesses, they are most closely associated with OCD.

In MeSH OCD is defined as: 'An anxiety disorder characterized by recurrent, persistent obsessions or compulsions. Obsessions are the intrusive ideas, thoughts, or images that are experienced as senseless or repugnant. Compulsions are repetitive and seemingly purposeful behavior which the individual generally recognizes as senseless and from which the individual does not derive pleasure although it may provide a release from tension.'

Background History

Many ancient physicians (Galen, Ibn Sina) listed obsessional thoughts of the beloved⁷³³ as a core feature of lovesickness, although the word obsession itself possibly was not used in a medical context before the end of the eighteenth century.⁷³⁴

Obsessive-compulsive disorder may first have been described as a psychiatric disorder by Esquirol as a form of monomania.⁷³⁵ Rather than a variant of monomania, however, throughout the nineteenth century it was usually seen as a type of depressive disorder before being reformulated by Freud as an 'obsessive-neurosis' caused by intra-psychic conflicts. From the mid-twentieth century behavioural and biological models of the disease became increasingly influential.

This illness has a number of striking similarities with romantic love, including the obsessional thinking, grooming behaviour, magical thinking, and anxiety.⁷³⁶ But do these similarities lead to an overlapping of concepts?

⁷³¹Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 148-51.

⁷³²American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 457.

⁷³³Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 148-49.

⁷³⁴Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 151. M. Bürky, 'Psychopathology of Obsessive-Compulsive Disorder: A Phenomenological Approach', *Psychopathology*, 38 (2005), pp. 291-300.

⁷³⁵Nancy C. Andreason, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995, p. 321.

Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845.

⁷³⁶Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 152-58.

Databases

Question: What was the connection between obsessive compulsive disorder or obsessions and romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'obsessions'⁷³⁷ or 'obsessive compulsive disorder'⁷³⁸ in their expanded forms (these terms cannot be exploded), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH terms 'obsessive behavior'⁷³⁹ or 'obsessive-compulsive disorder'⁷⁴⁰ in their expanded forms (these terms cannot be exploded), combined with the restricted MeSH term 'love' or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁷⁴¹ The abstracts of these references were reviewed and those not broadly about the connection between romantic love and obsessions or obsessive compulsive disorder were removed.

This search produced seventeen⁷⁴² references with the years of publication ranging from 1980 to 2006.⁷⁴³ Three of the psychoanalytic references were by the same

⁷³⁷No definition. Introduced in 1967. Tree Information: Broader, 'thought disturbances'; Narrower, nil; Related, 'erotomania' and 'obsessive compulsive disorder'.

⁷³⁸Definition: 'Disorder characterized by recurrent obsessions or compulsions that may interfere with the individual's daily functioning or serve as a source of distress.' Introduced in 1985. In 2000, this term replaced the discontinued term 'obsessive compulsive neurosis'. Tree information: Broader, 'anxiety disorders'; Narrower, nil; Related, various disorders and behaviours.

⁷³⁹Definition: 'Persistent, unwanted idea or impulse which is considered normal when it does not markedly interfere with mental processes or emotional adjustment.' Introduced in 1991. Prior to this it was categorised under compulsive behaviour 1975-90. Tree Information: Broader, 'behavioral symptoms'; Narrower, nil; Related, various psychiatric symptoms and behaviours.

⁷⁴⁰Definition: 'An anxiety disorder characterized by recurrent, persistent obsessions or compulsions. Obsessions are the intrusive ideas, thoughts, or images that are experienced as senseless or repugnant. Compulsions are repetitive and seemingly purposeful behavior which the individual generally recognizes as senseless and from which the individual does not derive pleasure although it may provide a release from tension.' Year Term Introduced: 81; previously was 'neuroses, obsessive-compulsive' 1963-80. Tree Information: Broader, 'anxiety disorders'; Narrower, nothing; Related, other anxiety disorders.

⁷⁴¹Both the psychoINFO and the Medline databases were searched 03/08/07.

⁷⁴²To put this in context on 20/9/07 there were 6,276 references in English in psychoINFO relating to the Thesaurus terms 'obsessions' or 'obsessive compulsive disorder' in their expanded forms, and 6,325 references in English in Medline relating to the MeSH terms 'obsessional behaviour' or 'obsessive compulsive disorder' in their expanded forms.

⁷⁴³D.L. Feygin, 'The Normalcy of Neurosis: Evolutionary Origins of Obsessive-Compulsive Disorder and Related Behaviours,' *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 30:5 (July 2006), pp. 854-64.

D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD and AIDS*, 16:9 (September 2005), pp. 585-87.

Frank Tallis, 'Crazy for You', *The Psychologist*, 18:2, (Feb 2005), pp. 72-74.

Lucinda Mitchell, 'Attachment to the Missing Object: Infidelity and Obsessive Love', *Journal of Applied Psychoanalytic Studies*, 2:4 (October 2000), pp. 383-95.

James F. Leckman, Linda C. Mayes, 'Preoccupations and Behaviors Associated with Romantic and Parental Love: Perspectives on the Origin of Obsessive-Compulsive Disorder', *Child and Adolescent Psychiatric Clinics of North America*, 8:3 (July 1999), pp. 635-65.

D. Marazziti et al., 'Alteration of the Platelet Serotonin Transporter in Romantic Love,' *Psychological Medicine*, 29 (1999), pp. 741-45.

J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

Lucinda Mitchell, 'The Missing Object: Gretchen's Obsession', *Modern Psychoanalysis*, 23:1 (1998), pp. 71-87.

B. Kotze, 'Erotic Transference and a Threatened Sense of Self', *British Journal of Medical Psychology*, 69:1 (March 1996), pp. 21-31.

author with seemingly overlapping research,⁷⁴⁴ and two references were commentaries on another two of the references.⁷⁴⁵ There was a clear trend towards a biological-evolutionary perspective in the more recent references, with five out of the most recent six being of this type.⁷⁴⁶

There were five references from psychINFO⁷⁴⁷ with multiple citations, three of which

Lucinda Mitchell, 'Objectless Relations: Psychoanalytic Essays on Obsessive Love', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57:5-B (November 1996), 3434.

E. Moss, 'Treating the Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp.167-73.

Judith Meyers, and J. Reid Meloy, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample: Comment', *Journal of Forensic Sciences*, 39:4 (Jul 1994), 905-7.

M.A. Zona, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.

Terri Gullickson, 'Review of Obsessive Love: When Passion Holds You Prisoner', *PsycCRITIQUES*, 37:5 (May 1992), pp. 502-3.

Susan Forward and Craig Buck, *Obsessive Love: When Passion Holds you Prisoner*, New York: Bantam Books, 1991.

Murray Scher, 'Women in Love: Three Cases of Obsession', *Psychotherapy Patient*, 3:2 (1986), 29-35.

Elizabeth E. Mintz, 'Obsession with the Rejecting Beloved', *Psychoanalytic Review*, 67:4 (1980), 479-92.

⁷⁴⁴Lucinda Mitchell, 'Attachment to the Missing Object: Infidelity and Obsessive Love', *Journal of Applied Psychoanalytic Studies*, 2:4 (October 2000), pp. 383-95.

Lucinda Mitchell, 'The Missing Object: Gretchen's Obsession', *Modern Psychoanalysis*, 23:1 (1998), pp. 71-87.

Lucinda Mitchell, 'Objectless Relations: Psychoanalytic Essays on Obsessive Love', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57:5-B (November 1996), 3434.

E. Moss, 'Treating the Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp.167-73.

⁷⁴⁵Judith Meyers, and J. Reid Meloy, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample: Comment', *Journal of Forensic Sciences*, 39:4 (Jul 1994), 905-7.

M.A. Zona, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.

Terri Gullickson, 'Review of Obsessive Love: When Passion Holds You Prisoner', *PsycCRITIQUES*, 37:5 (May 1992), pp. 502-3.

Susan Forward and Craig Buck, *Obsessive Love: When Passion Holds you Prisoner*, New York: Bantam Books, 1991.

⁷⁴⁶D.L. Feygin, 'The Normalcy of Neurosis: Evolutionary Origins of Obsessive-Compulsive Disorder and Related Behaviours,' *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 30:5 (July 2006), pp. 854-64.

D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD and AIDS*, 16:9 (September 2005), pp. 585-87.

Frank Tallis, 'Crazy for You', *The Psychologist*, 18:2, (Feb 2005), pp. 72-74.

James F. Leckman, Linda C. Mayes, 'Preoccupations and Behaviors Associated with Romantic and Parental Love: Perspectives on the Origin of Obsessive-Compulsive Disorder', *Child and Adolescent Psychiatric Clinics of North America*, 8:3 (July 1999), pp. 635-65.

D. Marazziti, H.S. Akiskal, A. Rossi, and G.B. Cassano, 'Alteration of the Platelet Serotonin Transporter in Romantic Love,' *Psychological Medicine*, 29 (1999), pp. 741-45.

⁷⁴⁷Eighteen citations for: D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD and AIDS*, 16:9 (September 2005), pp. 585-87.

Eight citations for: James F. Leckman, Linda C. Mayes, 'Preoccupations and Behaviors Associated with Romantic and Parental Love: Perspectives on the Origin of Obsessive-Compulsive Disorder', *Child and Adolescent Psychiatric Clinics of North America*, 8:3 (July 1999), pp. 635-65.

Twenty-one citations for: D. Marazziti, H.S. Akiskal, A. Rossi, and G.B. Cassano, 'Alteration of the Platelet Serotonin Transporter in Romantic Love,' *Psychological Medicine*, 29 (1999), pp. 741-45.

Fourteen citations for: J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

looked at the link between OCD and love from a biological-evolutionary perspective;⁷⁴⁸ while the other two had a forensic perspective on obsessions.⁷⁴⁹

The research linking OCD⁷⁵⁰ and love from a biological-evolutionary perspective did not see OCD as a pathological form of romantic love, but rather suggested that the biological hard wiring of the brain formed by evolution to mould the thoughts and behaviours of romantic love (itself possibly modelled on the maternal-infant bond) could serve as a model for understanding OCD thoughts and behaviours. One article about sexually transmitted infections (STI),⁷⁵¹ while not specifically saying love was a mental illness, stated love overcomes rational thought processes:

We hypothesize that human beings are biologically programmed to fall in love and bond in powerful relationships, which, at least in the short term, prevents them from using knowledge and cognitive strategies to prevent STI acquisition. We compare this with obsessive thoughts and compulsive behaviours seen in obsessive-compulsive disorders. We suggest how romantic love might overwhelm logical thought processes to cause a deterministic and non-logical response to have sex and thus acquire STIs. An understanding of this concept may help us humans to be more insightful and thoughtful about STI acquisition.⁷⁵²

Papers looking at the forensic aspects of obsessions⁷⁵³ talked about love-obsessions

Eighty four citations for: M.A. Zona, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.

⁷⁴⁸D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD and AIDS*, 16:9 (September 2005), pp. 585-87.

James F. Leckman, Linda C. Mayes, 'Preoccupations and Behaviors Associated with Romantic and Parental Love: Perspectives on the Origin of Obsessive-Compulsive Disorder', *Child and Adolescent Psychiatric Clinics of North America*, 8:3 (July 1999), pp. 635-65.

D. Marazziti et al., 'Alteration of the Platelet Serotonin Transporter in Romantic Love,' *Psychological Medicine*, 29 (1999), 741-45.

⁷⁴⁹J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

M.A. Zona, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.

⁷⁵⁰D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD and AIDS*, 16:9 (September 2005), pp. 585-87.

James F. Leckman, Linda C. Mayes, 'Preoccupations and Behaviors Associated with Romantic and Parental Love: Perspectives on the Origin of Obsessive-Compulsive Disorder', *Child and Adolescent Psychiatric Clinics of North America*, 8:3 (July 1999), pp. 635-65.

D. Marazziti et al., 'Alteration of the Platelet Serotonin Transporter in Romantic Love,' *Psychological Medicine*, 29 (1999), 741-45.

Frank Tallis, 'Crazy for You', *The Psychologist*, 18:2, (Feb 2005), pp. 72-74.

D.L. Feygin, 'The Normalcy of Neurosis: Evolutionary Origins of Obsessive-Compulsive Disorder and Related Behaviours,' *Progress In Neuro-Psychopharmacology & Biological Psychiatry*, 30:5 (July 2006), pp. 854-64.

⁷⁵¹D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD & AIDS*, 16:9 (September 2005), 585-87.

⁷⁵²D. Goldmeier, 'Romantic Love and Sexually Transmitted Infection Acquisition: Hypothesis and Review', *International Journal of STD & AIDS*, 16:9 (September 2005), 585-87.

⁷⁵³J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

Judith Meyers, J. Reid Meloy, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample: Comment', *Journal of Forensic Sciences*, 39:4 (Jul 1994), pp. 905-7.

M.A. Zona, 'A Comparative Study of Erotomanic and Obsessional Subjects in a Forensic Sample', *Journal of Forensic Sciences*, 38:4 (July 1993), pp. 894-903.

and linked this concept with stalking, and as a milder form of erotomania.

There were also several articles taking a psychoanalytical approach to love-obsessions.⁷⁵⁴ For example:

Presents 5 cases in which unrequited love reached the proportion of an obsession, so intense and so prolonged as to be a primary reason for entering treatment. A 34-yr-old divorced professional woman became obsessed with a colleague with whom she had a 3-yr intermittent sexual relationship. A 37-yr-old divorced female business executive had a short-lived affair with a man who subsequently married and divorced, and showed no interest in her despite her persistent efforts. A 24-yr-old TV actress would not give up a lover of 3 wks who abandoned her for other women. A 41-yr-old divorced female choreographer developed an obsession for her male therapist of 10 yrs. A 53-yr-old widow and professor became obsessed with a graduate student (25 yrs her junior) after a brief idyllic love affair. Certain features of the obsession show clear resemblances to aspects of the infant-mother relationship.⁷⁵⁵

These papers focussed on understanding and treating sufferers in love with 'the rejecting beloved' -- in other words unrequited love. One author noted addictive/depressive traits in these patients.⁷⁵⁶ Two articles discussed patients falling in love with their therapists,⁷⁵⁷ and in one, love-obsessions were likened once again to a mild variant of erotomania.⁷⁵⁸

DSM

Obsessions were described in all the editions of the DSM, usually (as outlined below) in the section on OCD, or that disease's precursors. Somewhat confusingly, there is

Terri Gullickson, 'Review of Obsessive Love: When Passion Holds You Prisoner', *PsycCRITIQUES*, 37:5 (May 1992), pp. 502-3.

Susan Forward, Craig Buck, *Obsessive Love: When Passion Holds You Prisoner*, New York: Bantam Books, 1991.

⁷⁵⁴Lucinda Mitchell, 'Attachment to the Missing Object: Infidelity and Obsessive Love', *Journal of Applied Psychoanalytic Studies*, 2:4 (Oct 2000), pp. 383-95.

Lucinda Mitchell, 'The Missing Object: Gretchen's Obsession', *Modern Psychoanalysis*, 23:1 (1998), 71-87.

B. Kotze, 'Erotic Transference and a Threatened Sense of Self', *British Journal of Medical Psychology*, 69:1 (March 1996), pp. 21-31.

Lucinda Mitchell, 'Objectless Relations: Psychoanalytic Essays on Obsessive Love', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57:5-B (November 1996), 3434.

E. Moss, 'Treating the Love-Sick Patient', *Israel Journal of Psychiatry and Related Sciences*, 32:3 (1995), pp. 167-73.

Murray Scher, 'Women in Love: Three Cases of Obsession', *Psychotherapy Patient*, 3:2 (1986), 29-35.

Elizabeth E. Mintz, 'Obsession with the Rejecting Beloved', *Psychoanalytic Review*, 67:4 (1980), 479-92.

⁷⁵⁵Elizabeth E. Mintz, 'Obsession with the Rejecting Beloved', *Psychoanalytic Review*, 67:4 (1980), 479-92.

⁷⁵⁶Lucinda Mitchell, 'The Missing Object: Gretchen's Obsession', *Modern Psychoanalysis*, 23:1 (1998), 71-87.

Lucinda Mitchell, 'Objectless Relations: Psychoanalytic Essays on Obsessive Love', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 57:5-B (November 1996), 3434.

⁷⁵⁷B. Kotze, 'Erotic Transference and a Threatened Sense of Self', *British Journal of Medical Psychology*, 69:1 (March 1996), 21-31.

Elizabeth E. Mintz, 'Obsession with the Rejecting Beloved', *Psychoanalytic Review*, 67:4 (1980), 479-92.

⁷⁵⁸B. Kotze, 'Erotic Transference and a Threatened Sense of Self', *British Journal of Medical Psychology*, 69:1 (March 1996), 21-31.

also a disease category obsessive-compulsive personality disorder (known by different names in earlier volumes) though this is not characterised by obsessions, but rather a pattern of preoccupation with orderliness, perfectionism, and control.⁷⁵⁹

In DSM-I obsessions were not described separately, but rather as part of an obsessive compulsive reaction: 'In this reaction the anxiety is associated with the persistence of unwanted ideas and of repetitive impulses to perform acts which may be considered morbid by the patient.... This category includes many cases formerly classified as "psychasthenia".'⁷⁶⁰ Similarly in DSM-II obsessions had no stand-alone definition, but were rather described as part of what was then called obsessive-compulsive neurosis:

This disorder is characterized by the persistent intrusion of unwanted thoughts, urges, or actions that the patient is unable to stop. The thoughts may consist of single words or ideas, ruminations, or trains of thought often perceived by the patient as nonsensical.⁷⁶¹

This definition of the disease and the characteristic obsessive thoughts changed little in subsequent editions. By DSM-III obsessions were defined separately as well as part of OCD, which was now known by its modern name -- obsessive compulsive disorder -- although the underlying concept remained the same.⁷⁶² DSM-III-R again gave its definition of obsessions as part of the section on OCD, which was described in a similar way to the previous volume.⁷⁶³ DSM-IV gave a near identical definition and a similar clinical description of obsessive compulsive disorder.⁷⁶⁴ There was no change in DSM-IV-R.⁷⁶⁵

In none of the editions of DSM was love connected with obsessions, or OCD.

Comprehensive Textbook of Psychiatry

OCD

Volume 1 of the *Comprehensive Textbook of Psychiatry* followed DSM-I with 'obsessive-compulsive reaction' which appeared almost identical to the later OCD. There was a largely psychodynamic explanation of the illness.⁷⁶⁶ The subsequent volumes continued to mirror the DSM in their conception of the disease, which did not change significantly in terms of the clinical description, although there was an

⁷⁵⁹American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 685.

⁷⁶⁰American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952, p. 33.

⁷⁶¹American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, p. 40.

⁷⁶²American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, pp. 234-35, 365.

⁷⁶³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, pp. 245-47.

⁷⁶⁴American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, pp. 417, 422.

⁷⁶⁵American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, pp. 456-63.

⁷⁶⁶Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967, pp. 912-28.

increasing emphasis on the biological models of causation.⁷⁶⁷

Obsessions

Similarly, the conception of an obsession as a stand-alone symptom does not seem to change much in the *Comprehensive Textbook of Psychiatry* over this period.

Compare the definition in Volume 2: 'the pathological presence of a persistent and irresistible thought, feeling, or impulse that cannot be eliminated from consciousness by any logical effort,'⁷⁶⁸ to that in Volume 4: 'pathological persistence of an irresistible thought, feeling, or impulse that cannot be eliminated from consciousness by logical effort,'⁷⁶⁹ and to that in Volume 8: 'persistent and recurrent idea, thought, or impulse that cannot be eliminated from consciousness by logical reasoning; obsessions are involuntary and ego-dystonic.'⁷⁷⁰

This symptom was most closely associated with OCD and its precursors, but turned up in many illnesses. However, the only reference to love in either the discussion of OCD or obsessions in general came in Volume 5 which suggested that obsessions 'can be devoted...to love'.⁷⁷¹

Other Psychiatric Textbooks

In none of the other psychiatric textbooks were obsessions linked with love.

Clinical Psychology Textbooks

Obsessions and obsessive compulsive disorder were not looked for in the review of clinical psychology textbooks.

Conclusion

Romantic love was not directly connected with OCD in the literature, being rather a suggested biological model for how OCD might work. There was some acknowledgement in the literature that people experiencing romantic love will have obsessions and in these can be pathological -- particularly if one is looking at the psychodynamic and forensic psychiatry literature. Indeed, this symptom of obsession

⁷⁶⁷ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 1241-55.

Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 1506-11.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, pp. 904-17.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 984-1000.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1218-27.

Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1482-84.

Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1773-75.

⁷⁶⁸ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds.), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 791-92.

⁷⁶⁹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 501.

⁷⁷⁰ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 856.

⁷⁷¹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, p. 562.

appeared to be linked with many of the categories of morbid love discussed here -- stalking, erotomania, or addiction.

AFFECTIVE AND RELATED DISORDERS

As previously outlined, lovesickness has long been associated with the diseases of mood, such as mania and melancholy. Lovesickness has variously been seen as a normal state which could be confused with a serious disorder of the mood, a pathway to melancholia or mania, a subtype of melancholia, and an illness related to mood problems. During the nineteenth or twentieth centuries this connection between romantic love and these disorders of mood appears to have faded, but it is possible that some connection remains.

Modern Conceptions

Modern diagnostic systems have tended to see melancholia and mania as severe forms of a wider group of disorders gathered together under the broad heading of affective disorders (a term coined by the psychiatrist Henry Maudsley 1835-1918), in which disorders of mood (and in particular sadness and elation) are thought to be central.⁷⁷² A different but related disease category is currently called the adjustment disorders. These are a psychological reaction to a stressful event (often, but not always a lowering of mood), severe enough to be 'clinically significant', but insufficient to meet diagnostic criteria for another disease.⁷⁷³

History of the Affective/Mood Disorders

The symptoms and course of melancholia and mania were described in ancient Greek and Roman medicine in a way very similar to the affective disorders in modern medicine, though with less importance ascribed to the mood symptoms, and a humeral model of aetiology and treatment.⁷⁷⁴ The emphasis on mood symptoms may have begun in the nineteenth century with Esquirol, who also abandoned the humeral model.⁷⁷⁵⁷⁷⁶

History of Adjustment Disorders

The idea of a psychological reaction to a stressful event (though using different terminology) is probably very old. In modern psychiatry, this idea has been given different formulations. During the twentieth century many psychiatrists believed that there were two fundamentally different kinds of depressive illness, one arising from within (a physiological disease model) called endogenous depression, and one arising because of outside stressors (an ontological conception) called reactive depression. This distinction, however, was not backed by the bulk of research,⁷⁷⁷ and after DSM-III's move to non-aetiological diagnosis the concept of reactive depression has lost influence. The idea that stressful events can cause depression remains in the form of

⁷⁷²Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, p. 1070.

⁷⁷³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 679.

⁷⁷⁴H.S. Akiskal, 'Mood Disorders: Historical Introduction and Conceptual Overview', in *Comprehensive Textbook of Psychiatry*, 8th ed., Benjamin Sadock, Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1559-75.

⁷⁷⁵Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845.

⁷⁷⁶Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845.

⁷⁷⁷R.E Kendell, A.K. Zealley, (eds), *Companion to Psychiatric Studies*, 5th ed., Edinburgh: Churchill Livingstone, 1993, p. 431.

DSM-II's transient situational disturbance and adjustment disorder in later DSMs.

Databases

Question: What was the connection between mood disorders, including related adjustment disorders, and romantic love during this period?

The psychINFO database was searched using the Thesaurus term 'affective disorders'⁷⁷⁸ in its expanded and exploded form, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Then the Thesaurus term 'adjustment disorders'⁷⁷⁹ in its expanded form (the term could not be exploded) was combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. The Medline database was searched using the MeSH term 'mood disorders'⁷⁸⁰ in its expanded and exploded form combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. Finally, Medline was searched using the MeSH term 'adjustment disorder'⁷⁸¹ in its expanded form (it cannot be exploded) combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined (keeping the adjustment disorders separate) and double-ups removed.⁷⁸² The abstracts of these references were reviewed looking for the concepts of romantic love related to the affective disorders or adjustment disorders: as a differential, as a cause, or as a subtype. References were excluded if they looked only at romantic relationships rather than romantic love, or studied how affective states, such as depression, have an affect on love.

The search for affective disorders and romantic love produced five references⁷⁸³ published between the years 2003 and 2007.⁷⁸⁴ These included: a book about

⁷⁷⁸Definition: 'Mental disorders characterized by a disturbance in mood which is abnormally depressed or elated. Compare 'emotional stability or 'emotionally disturbed'. Historical note: Introduced in 2001. Use 'affective disturbances' to access references from 1967-2000. Tree information: Broader, 'mental disorders'; Narrower, 'bipolar disorder', 'major depression', 'mania', 'seasonal affective disorder'; Related, nil of note.

⁷⁷⁹Definition: 'Maladaptive reaction to psychosocial stressors which impairs social or occupational functioning. Usually a temporary condition that remits after new levels of adaptation are obtained or stressors have been removed.' Introduced in 1994. Tree Information: Broader, 'mental disorders'; Narrower, nil; Related, nil significant.

⁷⁸⁰Definition: 'Those disorders that have a disturbance in mood as their predominant feature.' Tree information: Broader, 'mental disorders'; Narrower, 'affective disorders', 'mood disorders', 'psychotic', 'bipolar disorder', 'cyclothymic disorder', 'depression', 'postpartum', 'depressive disorder', 'major, dysthymic disorder', 'seasonal affective disorder'; Related, nil significant.

⁷⁸¹Definition: 'Maladaptive reactions to identifiable psychosocial stressors occurring within a short time after onset of the stressor. They are manifested by either impairment in social or occupational functioning or by symptoms (depression, anxiety, etc.) that are in excess of a normal and expected reaction to the stressor.' History Notes: term introduced in 1981, replacing 'reactive depression' which was used 1966-80. Synonyms: anniversary reaction; depression, reactive; reactive disorders; transient situational disturbance; adjustment disorder; anniversary reactions; depressions, reactive; disorder, adjustment; disorder, reactive; disorders, adjustment; disorders, reactive; disturbance, transient situational; disturbances, transient situational; reaction, anniversary; reactions, anniversary; reactive depression; reactive depressions; reactive disorder; situational disturbance, transient; situational disturbances, transient; transient situational disturbances. Tree information: Broader, 'mental disorders'; Narrower, nothing; Related, many disorders (including mood disorders).

⁷⁸²All the searches in psychINFO and Medline were done 23/2/08.

⁷⁸³To put this in some kind of context on 25/2/08 in psychINFO the Thesaurus term 'affective disorders' expanded and exploded produced 72,174 references, while the keyword 'adjustment disorder' gave 333. On 25/2/08 in Medline the MeSH term 'mood disorders' expanded and exploded produced 79,386 references, while the MeSH term 'adjustment disorder' expanded (it cannot exploded) on 26/2/08 gave 3,474.

⁷⁸⁴S. Brand, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

lovesickness by Frank Tallis;⁷⁸⁵ a chapter in a book published in 2003⁷⁸⁶ in which depression as a consequence of unrequited adolescent love is mentioned briefly; two historical articles;⁷⁸⁷ and one on the similarity between love and hypomania (a mild form of mania) in adolescents:⁷⁸⁸

Compared to controls, adolescents in early-stage intense romantic love had increased scores on a hypomania scale, and recorded increased positive mood states in the mornings and in the evenings. These adolescents also recorded fewer hours of sleep with increased subjective sleep quality, lowered daytime sleepiness, and heightened concentration during the day.⁷⁸⁹

The search looking at adjustment disorder and romantic love produced one⁷⁹⁰ abstract, from a historical article in 2007⁷⁹¹ which examined the diagnosis of lovesickness by the Persian physician Avicenna, and suggested that this was the first description of an adjustment disorder.

DSM

Depression and Mania

In DSM-I there was a concept formulated in psychodynamic terms, which lay somewhere between depression and adjustment disorder with depressed mood -- a depressive reaction (also called reactive depression)⁷⁹² -- which could be caused by 'the loss of love'. In DSM-II, while this concept had disappeared, there was the similar concept of depressive neurosis,⁷⁹³ a disorder which was 'manifested by an excessive reaction of a depression due to an internal conflict or to an identifiable

M. Altbauer-Rudnik, 'Love, Madness and Social Order: Love Melancholy in France and England in the Late Sixteenth and Early Seventeenth Centuries', *Gesnerus*, 63:1-2 (2006), pp. 33-45.

C. Lawlor, "'Long Grief, Dark Melancholy, Hopeless Natural Love": Clarissa, Cheyne and Narratives of Body and Soul', *Gesnerus*, 63:1-2 (2006), pp. 103-12.

Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005.

Deborah P. Welsh, Catherine M. Grello and Melinda S. Harper, 'When Love Hurts: Depression and Adolescent Romantic Relationships', in *Adolescent Romantic Relations and Sexual Behavior: Theory, Research, and Practical Implications*, Paul Florsheim, N.J. Mahwah (eds), United States of America: Lawrence Erlbaum, 2003, pp. 185-211.

⁷⁸⁵Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005.

⁷⁸⁶Deborah P. Welsh, Catherine M. Grello and Melinda S. Harper, 'When Love Hurts: Depression and Adolescent Romantic Relationships', in *Adolescent Romantic Relations and Sexual Behavior: Theory, Research, and Practical Implications*, Paul Florsheim, N.J. Mahwah (eds), United States of America: Lawrence Erlbaum, 2003, pp. 185-211.

⁷⁸⁷M. Altbauer-Rudnik, 'Love, Madness and Social Order: Love Melancholy in France and England in the Late Sixteenth and Early Seventeenth Centuries', *Gesnerus*, 63:1-2 (2006), pp. 33-45.

C. Lawlor, "'Long Grief, Dark Melancholy, Hopeless Natural Love": Clarissa, Cheyne and Narratives of Body and Soul', *Gesnerus*, 63:1-2 (2006), pp. 103-12.

⁷⁸⁸S. Brand, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

⁷⁸⁹S. Brand, 'Romantic Love, Hypomania, and Sleep Pattern in Adolescents', *Journal of Adolescent Health*, 41:1 (July 2007), pp. 69-76.

⁷⁹⁰To put this in some kind of context, on 25/2/08 in psychINFO the keyword 'adjustment disorder' gave 333 references. While on 26/2/08 in Medline the MeSH term 'adjustment disorder' expanded (it cannot explode) gave 3,474.

⁷⁹¹Mohammadali M. Shoja, R. Shane Tubbs, 'The Disorder of Love in the Canon of Avicenna (A.D. 980-1037)', *American Journal of Psychiatry*, 164: 2 (February 2007), pp. 228-29.

⁷⁹²American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952, pp. 33-34.

⁷⁹³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, p. 40.

event such as the loss of a love-object...’ (the latter was a psychodynamic term not necessarily suggesting the loss of someone that the depressed person was in love with). In DSM-III under ‘Age-Specific Features’ it suggested that adolescent boys suffering from a major depressive episode may be ‘particularly sensitive to rejection in love relationships’.⁷⁹⁴ In DSM-III-R there was an identical reference to adolescent boys’ sensitivity while depressed; but while marital separation and divorce were mentioned as predisposing factors for depression in adults, love was not.⁷⁹⁵ Similarly DSM-IV discussed marital separation and divorce, but not the loss of love, as causes of depression.⁷⁹⁶ The DSM-IV-R mentioned marital problems as an ‘associated feature’ of depressive episodes.⁷⁹⁷

In none of the volumes was the connection made between love and mania or bipolar disorder.

Adjustment Disorder (and related disorders)

In DSM-II ‘transient situational disturbances’ made no mention of love, marriage problems, or divorce.⁷⁹⁸ In DSM-III the term ‘adjustment disorder’ appeared for the first time, but while marital problems and divorce were suggested as possible causes,⁷⁹⁹ love problems was not. DSM-III-R was similar in mentioning only divorce and marital problems as predisposing factors.⁸⁰⁰ DSM-IV said that adjustment disorder could be due to the ‘termination of a romantic relationship’, but love was again not mentioned.⁸⁰¹ Similarly DSM-IV-R when looking at the causes of adjustment disorders mentioned the ‘termination of a romantic relationship’ as a cause.⁸⁰²

Comprehensive Textbook

Depression and mania

In Volume 1 of the *Comprehensive Textbook of Psychiatry* in the description of the disease ‘psychotic depressive reaction’ ‘loss of love’ was noted as a cause.⁸⁰³ By Volume 2 this disease had gone, and while there was a reference to divorce and marital problems as causes of depression⁸⁰⁴ there was no mention of love. In Volume 3 there were allusions to the Freudian conception of depression caused by the loss of

⁷⁹⁴ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, pp. 211-12.

⁷⁹⁵ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, pp. 220-21.

⁷⁹⁶ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 323.

⁷⁹⁷ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 352.

⁷⁹⁸ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, pp. 11-12, 48-49.

⁷⁹⁹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 299.

⁸⁰⁰ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 329.

⁸⁰¹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 623.

⁸⁰² American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 769

⁸⁰³ Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967, p. 689.

⁸⁰⁴ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, p. 1028.

the love-object.⁸⁰⁵ There was a similar allusion in Volume 4,⁸⁰⁶ and though there was also a reference to Burton's *The Anatomy of Melancholy* and Goethe's *The Sorrows of Young Werther* when discussing the history of depression, there was no mention of love.⁸⁰⁷ Volume 5 continued to note Freud's theory of depression caused by loss of a love-object,⁸⁰⁸ but otherwise it did not mention love in connection with depression. Neither Volume 6⁸⁰⁹ nor Volume 7⁸¹⁰ alluded to romantic love in connection with depression. Volume 8 mentioned Freud's theory of depression,⁸¹¹ and in the section looking at the history of the diagnosis of depression, Burton's concept of love melancholy.⁸¹²

No connection was made between love and mania or bipolar disorder.

Adjustment Disorder

There was no reference to adjustment disorders in Volume 1 of the *Comprehensive Textbook of Psychiatry*.⁸¹³ In Volume 2 there was the disease of transient situational disturbance, which had marriage problems and divorce as possible precipitating factors, but not love problems.⁸¹⁴ While Volume 3's discussion of adjustment disorder did not specifically mention romantic love it used clinical examples (an anxious young man whose girlfriend had left him for instance) suggesting a possible connection.⁸¹⁵ Neither the discussion of adjustment disorder in Volume 4⁸¹⁶ nor Volume 5⁸¹⁷ mentioned romantic love as a precipitating factor. While Volume 6 talked about boyfriend-girlfriend problems, marital problems, and divorce as possible causes of adjustment disorder, romantic love was not specifically mentioned.⁸¹⁸ Volume 7 made a brief mention of marital problems and 'boyfriend or girlfriend'

⁸⁰⁵Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 704, 713.

⁸⁰⁶Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 399.

⁸⁰⁷Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 809.

⁸⁰⁸Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, p. 888.

⁸⁰⁹Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995.

⁸¹⁰Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000.

⁸¹¹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1566-67.

⁸¹²Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1562-63.

⁸¹³Alfred Freedman, Harold Kaplan (eds.), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967.

⁸¹⁴Alfred Freedman, Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 1609-18.

⁸¹⁵Harold Kaplan, Alfred Freedman, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 1812-15.

⁸¹⁶Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, pp. 1097-1105, 1812.

⁸¹⁷Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 1141-45.

⁸¹⁸Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1418-24.

problems,⁸¹⁹ but the latter was missing in Volume 8 (which did however mention marital problems).⁸²⁰

Other Psychiatric Textbooks

There were few references to a link between romantic love and affective or adjustment disorders in other psychiatric textbooks. In the *Introductory Textbook of Psychiatry* 'the person rejected by lover or spouse' was given as one example of someone who might suffer an adjustment disorder,⁸²¹ and according to the *Harvard Guide to Psychiatry* the break up of a romantic relationship may lead to an adjustment disorder.⁸²²

Clinical Psychology Textbooks

Similarly, in clinical psychology textbooks the link between romantic love, and affective and adjustment disorders was rarely made. A 1950 textbook of abnormal psychology saw disturbed love as 'intimately involved in the psychopathology of both neurosis and psychosis', but this was a very Freudian perspective on love, where sex was emphasised.⁸²³ Abraham H. Maslow and Be'la Mittelmann's *Principles of Abnormal Psychology* listed 'loss of love' as a cause of a 'depression reaction',⁸²⁴ while *Abnormal Psychology* saw the loss of a 'dating relationship' as a cause of depression.⁸²⁵

Conclusion

By the second half of the twentieth century and early twenty first century, the link between romantic love and various forms of affective disorders had almost completely gone. What connections there were, seemed as much about relationships as love. As expected, Freudian concepts of love and depression were prominent towards the beginning of this period, but had faded towards the end. There were also hints that adjustment disorder with depressed mood was something adolescents suffered from when unsuccessful in romantic love.

⁸¹⁹ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 1717.

⁸²⁰ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 2055-62.

⁸²¹ Nancy C. Andreason, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995, p. 493.

⁸²² Armand M. Nicholi (ed), *The Harvard Guide to Psychiatry*, 3rd ed., Cambridge, Massachusetts: Belknap Press of Harvard University Press, 1999, p. 626.

⁸²³ Carney Landis, M. Marjoire Bolles *Textbook of Abnormal Psychology*, New York: Macmillan, 1950, p. 434.

⁸²⁴ Abraham H. Maslow, Be'la Mittelmann, *Principles of Abnormal Psychology: the Dynamics of Psychic Illness*, New York: Harper & Row, 1951, p. 424.

⁸²⁵ Irwin G. Sarason, Barbara R. Sarason. *Abnormal Psychology: the Problem of Maladaptive Behavior*, 4th ed., Englewood Cliffs, N.J: Prentice-Hall, 1987, p. 272.

DISEASES OF HYPERSEXUALITY

Introduction

It has been suggested that two of the sub-categories that lovesickness was subdivided into from the enlightenment on, were the diseases of hypersexuality -- nymphomania and satyriasis.⁸²⁶ This chapter will outline the background history of these disease concepts and then examine to what extent they represent modern forms of lovesickness.

Modern Definitions

DSM IVR did not recognize hypersexuality, nymphomania or satyriasis, and while ICD-10 had 'Excessive sexual drive disorder' as a classification for nymphomania and satyriasis it said: 'No research criteria are attempted for this category. Researchers studying this area are recommended to design their own criteria.' However, the Seventh Edition of the *Comprehensive Textbook of Psychiatry* defined nymphomania (furor uterinus, hypersexuality, sex-addiction) as 'excessive or pathological desire for coitus in a woman' and satyriasis (Don Juanism, hypersexuality, sex addiction) as men 'who appear to be hypersexual, as shown by their need to have many sexual encounters or conquests...'.⁸²⁷

Historical Background

Nymphomania, or hypersexuality in women, is a convincing example of how changing cultural and social attitudes shape diagnostic practice. Western societies' changing ideas about women's sex-drive, appear to mirror changes to the diagnosis.⁸²⁸ Moreover fluctuating interest in women's sex-drive is reflected in the attention to the diagnosis of nymphomania. By contrast there is a consistently lower-level of interest in diseases of hypersexuality in men (and so this review will concentrate on hypersexuality in women, referencing hypersexuality in men were possible). At times there appears to be an overlap between the disorders of hypersexuality and excess love, and this may also reflect changing attitudes about the connection between love and sex, though these links appear less obvious and more complex.

Ancient Greek ideas about the humours lent themselves to the view that women had higher sex drives than men, and therefore hypersexuality in women may not have been viewed as anything very remarkable. However, Galen believed that 'uterine fury' could occur among young widows, which could drive them to madness.⁸²⁹ There did not appear to be, however, a clear connection with lovesickness.

The concept of lovesickness was increasingly sexualised during the Renaissance.⁸³⁰ Jacques Ferrand (intellectually very much a 'lumper' rather than a 'splitter') included uterine fury and satyriasis concepts under the broader heading of erotic melancholy.

⁸²⁶Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, pp. 56, 60.

⁸²⁷Virginia Sadock, 'Normal Human Sexuality', in *Comprehensive Textbook of Psychiatry*, 7th ed., Benjamin Sadock, Virginia Sadock (eds), Philadelphia: Lippincott Williams and Wilkins, 2000.

⁸²⁸Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000.

⁸²⁹Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000, pp. xvii-xviii.

⁸³⁰Mary E. Fissell, 'Gender, Sex, and Lovesickness', *Women's Health in Primary Care*, 2:1(1999), 66.

However, even Ferrand kept them in a separated sub-category.⁸³¹

At some period, probably during the eighteenth century, there was a radical reversal in the views about women's sexuality, so that it came to be believed they had lower sex-drives than men. In this environment a diagnosis of nymphomania became more likely.⁸³² Nomenclature changed at the same time, and by the end of the eighteenth century erotomania, once a synonym for lovesickness, was more commonly used as a broad category for illnesses of hypersexuality such as nymphomania or satyriasis.⁸³³

A seminal work in the medical conception of nymphomania was the 1771 treatise *Nymphomania, or a Dissertation Concerning the Furor Uterinus* by the French physician D.T. de Bienville.⁸³⁴ His description of nymphomania in a woman resembled a sexualised version of past descriptions of lovesickness and erotic melancholy. The latter he mentioned briefly (and his translator referenced Jacques Ferrand), though primarily to emphasise that erotic melancholy was a different condition. According to de Bienville the cause was the 'disorganised movement of fibres in the female organs'.⁸³⁵

Esquirol made a clear distinction between nymphomania and satyriasis on one hand, and on the other his erotic monomania.⁸³⁶ For him the first two were physical diseases located in the sexual organs leading to promiscuous sexual activity, while erotic monomania was a disease of the brain with feelings of love and sexual desire, but fixed on one object.

After Esquirol, while the word erotomania continued to be used for both disorders of hypersexuality and love (increasingly delusional love), his division of these two concepts continued.

However, underlying nature of this division (between the physical and mental disorders) was by no means universally accepted, and throughout the nineteenth century there was some debate about whether nymphomania was a physical disorder located in the genitals or a mental one having some connection to the brain.⁸³⁷ In either case, nymphomania continued to be a popular diagnostic concept (if a very infrequent diagnosis) throughout the century.⁸³⁸ Satyriasis was seen as an equivalent male disease, which was however less common and less severe.⁸³⁹

⁸³¹Donald A. Beecher, Massimo Ciavolella, *A Treatise on Love Sickness, by Jaques Ferrand*, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 142-43.

⁸³²Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000, p. xviii.

⁸³³G.E. Berrios and N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁸³⁴D.T. de Bienville, *Nymphomania or, a Dissertation concerning the Furor Uterinus*, English ed., London: J. Bew, 1775.

⁸³⁵D.T. de Bienville, *Nymphomania or, a Dissertation concerning the Furor Uterinus*, English ed., London: J. Bew, 1775, pp. 28-49.

⁸³⁶Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845, p. 335.

⁸³⁷Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000, pp. 7-9.

⁸³⁸G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁸³⁹Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000, pp. 11-13.

Sexual mores changed rapidly in the twentieth century and so did the disease concept of hypersexuality, particularly for women. The term hypersexuality itself probably derives from the early twentieth century as an attempt to find a more value free scientific term. From psychoanalysis in the first half of the twentieth century came the idea that sufferers of nymphomania were not really enjoying the sex, merely searching for an escape from unhappiness. Research such as the two Kinsey reports, in 1948 and 1953,⁸⁴⁰ appear to have gradually undermined enthusiasm for diseases of hypersexuality and there were calls for the diagnosis to be abandoned. There were also some attempts to redefine the illness -- the problem was not with a high sex drive, but rather a compulsion to have promiscuous sex without love because of some other psychological deficit, such as being starved of affection.⁸⁴¹ Nymphomania was in this case defined not by excessive love, but rather a love deficit.

This new definition, while not particularly popular in medical circles, was very easily adapted to twelve-step disease conceptions and re-emerged as sex addiction (discussed in Love Addiction), a disease concept now more commonly applied to men.⁸⁴²

Databases

Question: What was the connection between the diseases of hypersexuality and romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'hypersexuality'⁸⁴³ and 'sexual addiction'⁸⁴⁴ in their expanded forms, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. PsychINFO Thesaurus does not recognize the terms 'furor uterinus', 'satyriasis' or 'Don Juanism' or 'nymphomania' so these were used as keywords combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. In Medline there were no MeSH terms for 'furor uterinus' or 'satyriasis' or 'Don Juanism' or 'nymphomania' or 'hypersexuality' or 'sex addiction' so these were entered instead as keywords combined with the MeSH term 'love' in its restricted form or the key words 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁸⁴⁵ The abstracts of these references were reviewed and those not broadly about the connection between romantic love and these various forms of hypersexuality were removed.

This search produced no references.⁸⁴⁶

⁸⁴⁰ Alfred C. Kinsey, Wardell Pomeroy and Clyde E. Martin, 'Sexual Behavior in the Human Male', Philadelphia: W.B. Saunders Company, 1948.

Alfred C. Kinsey et al., 'Sexual Behavior in the Human Female', Philadelphia: W.B. Saunders Company, 1953.

⁸⁴¹ Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000, pp. 46, 75, 86-92, 125-34, 138, 143.

⁸⁴² Carol Groneman, *Nymphomania: a History*, New York: Norton and Company, 2000, pp. 177, 179.

⁸⁴³ No definition, but 'used for nymphomania'. Introduced in 1973. Tree Information: Broader, 'psychosexual behaviour'; Narrower, nil; Related, 'erotomania', 'sex addiction', 'promiscuity', 'sex-drive'.

⁸⁴⁴ No definition, but 'used for sexual compulsivity'. Introduced in 1997. Tree information: Broader, 'addiction'; Narrower, nil; Related Terms, 'hypersexuality', 'paraphilias', 'promiscuity', 'psychosexual behaviour'.

⁸⁴⁵ Both psychINFO and Medline databases were searched 20/9/07.

⁸⁴⁶ To put this in some context the number of references in Medline found 20/9/07 using the keywords 'furor uterinus' or 'satyriasis' or 'Don Juanism' or 'nymphomania' or 'hypersexuality' or 'sex addiction' was 189. In psychINFO the keywords 'furor uterinus' or 'satyriasis' or 'Don Juanism' or 'nymphomania' gave 41 and the Thesaurus terms 'hypersexuality' or 'sex addiction' in their expanded forms gave 448 references.

DSM

Changing views of nymphomania were reflected in the successive editions of the DSM. Nymphomania was listed under 'Supplementary Terms' as a sexual deviation in DSM-I⁸⁴⁷ (satyriasis, hypersexuality, and Don Juanism were not mentioned), none of these concepts were listed in DSM-II. By DSM-III nymphomania had become a psychosexual disorder, along with Don Juanism defined as: 'distress about a pattern of repeated sexual conquests with a succession of individuals who exist only as things to be used',⁸⁴⁸ suggesting a shift away from hypersexuality as the main symptom. This edition also had hypersexuality as a symptom of mania.⁸⁴⁹ DSM-III-R dropped the names nymphomania and Don Juanism and relegated the concept to an example in the residual Sexual Disorder Not Otherwise Specified category, without a name, but with a definition very similar to those given previously for nymphomania or Don Juanism except that sexual addiction was also mentioned.⁸⁵⁰ In both DSM-IV and DSM-IV-R there was no reference to nymphomania, satyriasis or the other names for the diseases of hypersexuality. However, under Sexual Disorder Not Otherwise Specified one unnamed subtype was described as: 'distress about a pattern of repeated sexual relationships involving a succession of lovers who experienced by the individual only as things to be used.' This was exactly the terminology previously used to describe diseases of hypersexuality.⁸⁵¹

In none of these editions was hypersexuality linked with love.

Comprehensive Textbook of Psychiatry

There was no reference to the diseases of hypersexuality in Volume 1 of the *Comprehensive Textbook of Psychiatry*.⁸⁵² By Volume 2 there were definitions for nymphomania (excessive need for coitus in a female), satyriasis (excessive need for coitus in a male), and erotomania (pathological preoccupation with sex).⁸⁵³ It was postulated that while nymphomania and Don Juanism were sexual disorders, they could also be a form of depressive acting out.⁸⁵⁴ Volume 3 had identical definitions for nymphomania and satyriasis,⁸⁵⁵ which were discussed under the headings

⁸⁴⁷ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952, p. 121.

⁸⁴⁸ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 293.

⁸⁴⁹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 220.

⁸⁵⁰ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 296.

⁸⁵¹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 582.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 538.

⁸⁵² Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967.

⁸⁵³ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, p. 823.

⁸⁵⁴ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, p. 812.

⁸⁵⁵ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 3343, 3354.

hypersexuality,⁸⁵⁶ and Don Juanism.⁸⁵⁷ Volume 3 also used the name erotomania for the 'pathological preoccupation with sexual activities or fantasies'.⁸⁵⁸ In Volume 4 nymphomania and satyriasis were categorised under the same heading as erotomania, but defined in the same way as in Volumes 2 and 3.⁸⁵⁹ Like Volume 2, Volume 4 envisioned nymphomania and (in this case) Don Juanism as defences against depression, and included them in the 'entire spectrum of addictive states'.⁸⁶⁰ In Volume 5 nymphomania and satyriasis continued to be defined as sexual compulsions,⁸⁶¹ but erotomania was no longer a synonym for hypersexuality. In Volume 6 nymphomania and satyriasis continued to be defined as a compulsive need for coitus.⁸⁶² It was also noted that nymphomania, and indeed Don Juanism are sometimes 'seen as a form of sex-addiction'. In the case of nymphomania it was postulated that the aetiology may involve the woman having 'intense fear of loss of love'.⁸⁶³ Sex-addiction was mentioned for the first time, and had its own sub-chapter.⁸⁶⁴ In Volume 7 a man suffering Don Juanism was defined as one who 'needs to have many sexual encounters or conquests' in order to 'mask deep feelings of inferiority. Some have unconscious homosexual impulses, which they deny by compulsive sexual contact with women.' While nymphomania 'signifies excessive or pathological desire for coitus in a woman.... The woman often has an intense fear of loss of love. She attempts to satisfy her dependency needs, rather than to gratify her sexual impulses through her actions. It is sometimes classified as a form of sex addiction.'⁸⁶⁵ There was also a short section on sex addiction.⁸⁶⁶ Elsewhere in the volume the term satyriasis was still used.⁸⁶⁷ Volume 8 was the same in its treatment of hypersexuality as Volume 7,⁸⁶⁸ except there was now a whole chapter on sex addiction.⁸⁶⁹

Apart from the linking of nymphomania to a lack of love (which suggests

⁸⁵⁶Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 1796-97.

⁸⁵⁷Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, pp. 81, 1020.

⁸⁵⁸Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 3325.

⁸⁵⁹Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 500.

⁸⁶⁰Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 578.

⁸⁶¹Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 471, 558.

⁸⁶²Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, p. 539.

⁸⁶³Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, p. 1313.

⁸⁶⁴Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1311-13.

⁸⁶⁵Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1601, 685, 687.

⁸⁶⁶Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1598-1600.

⁸⁶⁷Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1601, 685, 687.

⁸⁶⁸Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 856, 1928.

⁸⁶⁹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 1991-2001.

companionate love more than romantic love) in some definitions, there is no connection between these diseases of hypersexuality in the *Comprehensive Textbook of Psychiatry* and love.

Other Psychiatric Textbooks

One other psychiatric textbook that referenced nymphomania, associated it with hypersexuality but not love,⁸⁷⁰ while a 1960 textbook took the unusual tack of suggesting that nymphomania was an early sign of schizophrenia.⁸⁷¹

Clinical Psychology Textbooks

Nymphomania was rarely referenced in textbooks of clinical psychology. In early textbooks it is seen as purely a sexual disorder,⁸⁷² while a 1972 textbook suggested an underlying cause of nymphomania was the desire to be loved.⁸⁷³ There were no other references to love nor to diseases of male hypersexuality.

Conclusion

The review of the textbooks gives an interesting perspective on the changing ideas about hypersexuality, particularly in women. And while the disease concept of nymphomania (and its related disorders) has been challenged and changed, the idea of a disease of hypersexuality remains in the eighth edition of the *Comprehensive Textbook*, in the ICD-10, in DSM-IVR (as a one line unnamed concept), and the more popular idea of sex-addiction, which (unlike love addiction), has its own academic journal.⁸⁷⁴

However, the textbooks seem in complete agreement with the database searches that nymphomania (and the related disorders of hypersexuality) was no longer a synonym for lovesickness and had no connection with romantic love, except for the rather tenuous link which at times suggested nymphomania may be caused by a woman looking for love, whether companionate or romantic.

⁸⁷⁰ Armand M. Nicholi (ed.), *The Harvard Guide to Psychiatry*, 3rd ed., Cambridge, Massachusetts: Belknap Press of Harvard University Press, 1999, p. 33.

⁸⁷¹ W. Mayer-Gross, Eliot Slater and Martin Roth, *Clinical Psychiatry*, 2nd ed., London: Cassell, 1960, p. 182.

⁸⁷² Carney Landis, M. Marjorie Bolles, *Textbook of Abnormal Psychology*, New York: Macmillan, 1950, p. 290.

Abraham H. Maslow, Be'la Mittelman, *Principles of Abnormal Psychology: the Dynamics of Psychic Illness*, New York: Harper & Row, 1951.

⁸⁷³ Ephraim Rosen, Ronald E. Fox and Ian Gregory, *Abnormal Psychology*, 2nd ed., Philadelphia: Saunders, 1972, p. 276.

⁸⁷⁴ *Sexual Addiction and Compulsivity: the Journal of Treatment and Prevention*, New York: Brunner/Mazel.

PARTNER RELATIONAL PROBLEM

Introduction

Marital and similar relationship problems, which would seem might potentially have a connection to morbid love, historically have not been categorized as diseases, and indeed do not fit easily into traditional disease models. However, a category that occurs in DSM-IVR under the heading 'Other Conditions That May Be a Focus of Clinical Attention' is partner relational problem.

This category should be used when the focus of clinical attention is a pattern of interaction between spouses or partners characterized by negative communication (e.g., criticisms), distorted communication (e.g., unrealistic expectations), or noncommunication (e.g., withdrawal) that is associated with clinically significant impairment in individual or family functioning or the development of symptoms in one or both partners.⁸⁷⁵

Databases

Question: Was there any connection during this period between disease categories involving relational problems and romantic love?

In the psychINFO Thesaurus there was no 'partner relational problem' so the psychINFO database was searched using the Thesaurus term 'marital conflict'⁸⁷⁶ in its expanded form (it cannot be exploded) and the keywords 'partner relational problem' combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. The Medline database was searched using the MeSH term 'family conflict'⁸⁷⁷ and (because there was no MeSH term for partner relational problem) the keywords 'partner relational problem' combined with the restricted MeSH term 'love' or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁸⁷⁸ Because marriage has a close association with love, the abstracts were searched looking for instances where romantic love was seen as pathological or directly caused pathology.

This search produced no references.⁸⁷⁹

DSM

In order to both get an idea of the progression of this concept through DSM and note any connection to love, DSM editions were searched using the following words: marital, marriage, relational, and relationship.

In DSM-I there appeared to be no category analogous to partner relational problem.⁸⁸⁰

⁸⁷⁵American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 737.

⁸⁷⁶No definition. Tree information: Broader, 'family conflict', 'marital relations'; Narrower, nil; Related, 'domestic violence', 'dysfunctional family', and 'relationship termination'.

⁸⁷⁷Definition: 'Struggle or disagreement between parents, parent and child or other members of a family. Use for: interparental conflict; marital conflict; conflict, family; conflict, interparental; conflict, marital; conflicts, family; conflicts, interparental; conflicts, marital; family conflicts; interparental conflicts; marital conflicts. Introduced in 2008. Tree information: Broader, 'family relations', 'interpersonal relations'; Narrower, nil; Related, nothing relevant.

⁸⁷⁸Both psychINFO and Medline databases were searched 6/10/08.

⁸⁷⁹To put this in context, on 27 /1/09 there were 2,250 references in English found in psychoINFO using the Thesaurus term 'marital conflict' in its expanded form and six when using the keywords 'partner relational problem', while in Medline the MeSH term 'family conflict' found 78 references and one reference when using the keywords 'partner relational problem'.

DSM-II introduced the category marital maladjustment: 'This category is for individuals who are psychiatrically normal but who have significant conflicts or maladjustments in marriage.'⁸⁸¹ In DSM-III marital maladjustment was replaced with marital problem: 'This category can be used when a focus of attention or treatment is a marital problem that is apparently not due to a mental disorder. An example is marital or conflict related to estrangement or divorce.'⁸⁸² But there was also a subcategory 'interpersonal problems' which included 'difficulties with romantic partner'.⁸⁸³ DSM-III-R had identical categories of marital problem and interpersonal problem.⁸⁸⁴ By DSM-IV marital problem had become partner relational problem with an identical definition⁸⁸⁵ to DSM-IV-R.⁸⁸⁶

All these categories were located in what were called the Supplementary Codes, rather than in the main diagnostic system. There was no mention of love.

Comprehensive Textbook of Psychiatry

The *Comprehensive Textbook of Psychiatry* follows the DSM closely in using categories from marital maladjustment to marital problem to partner relational problem. The first six volumes⁸⁸⁷ do not describe anything relevant to this study, but Volume 7⁸⁸⁸ and Volume 8⁸⁸⁹ had identical paragraphs which appeared to be discussing a concept similar to lovesickness:

An issue with special importance for partner relational problems is passionate love, defined as a special state of mind characterized by emotional dependence on the person one is in love with and by symptoms such as an intrusive preoccupation with

⁸⁸⁰ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952.

⁸⁸¹ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968, p. 51.

⁸⁸² American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 333.

⁸⁸³ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980, p. 334.

⁸⁸⁴ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, pp. 360-61.

⁸⁸⁵ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 681.

⁸⁸⁶ American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 737.

⁸⁸⁷ Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967.

Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 2306-7.

Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, pp. 1872-73.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 579-82.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1608-9.

⁸⁸⁸ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 1891-92.

⁸⁸⁹ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, pp. 2244-45.

that person, an intense desire for reciprocity of feelings, idealization, and an uncanny ability to see hope even when there is none. Falling in love can occur at any age and has been described in all cultures. Unrequited love can lead to depression, suicidal tendency, violence, and partner homicidal ideation, observed more often in men. In addition, distress and alienation in one's primary relationship put one more at risk for falling in love with someone else.

Other Textbooks

Other textbooks were not searched for this diagnosis.

Conclusion

There appeared to be no strong connection during this period between partner relational problem (or similar concepts) and morbid love. The entries in more recent editions of the *Comprehensive Textbook of Psychiatry*, while they mention passionate love, seemed to indicate that this was an aetiological factor rather than part of the concept itself.

STALKING

Compulsive following is a well known behavioural manifestation of romantic love⁸⁹⁰ suggesting that one modern form of lovesickness may be stalking.

Modern Definitions

Stalking has been defined as: 'persistent harassment in which one person repeatedly imposes on another unwanted communication and/or contacts'.⁸⁹¹ While in psychINFO the Thesaurus definition is: 'Wilful, malicious, and repeated non-consensual contact with and harassing of another individual.'

Stalking is a modern construct, part crime and part disease, which is a re-conceptualisation of a very old form of behaviour; which in some cases would previously have been considered part and parcel of the normal courtship behaviour associated with romantic love. The concept of stalking as a problematic behaviour may have emerged because of wider shifts in Western culture. Perceptions about how men and women should relate to one another changed: marriage was no longer believed to be permanent, and wives no longer viewed as their husbands' property. At the same time the fragmentation of society increased the difficulty in forming romantic relationships,⁸⁹² while the media fostered celebrity worship.

History of the Concept

Although there had been some interest in stalking behaviour and its relation to concepts of erotomania going back at least until the nineteenth century,⁸⁹³ its rise to prominence appears a more recent phenomenon. It is unclear who coined the term 'stalking' but it was probably first used in 1989. And it was also the eighties when concern about this behaviour appeared to have surfaced,⁸⁹⁴ achieving wide coverage in the media because of the stalking of celebrities by obsessed fans,⁸⁹⁵ most famously in the 1989 murder of actress Rebecca Schaeffer. It was therefore probably no coincidence that the first state to criminalise stalking in the United States was California in 1990, with the other states in the US and the English speaking world rapidly following suite. These laws used broader and broader conception of stalking, from star-stalkers, to men harassing their ex-partners, to the type of definition suggested above.⁸⁹⁶

Deviant behaviour can be criminalised, but it can also be medicalised. Articles began to appear in the early nineties linking star-stalking with the mental disorders

⁸⁹⁰Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 161-62.

⁸⁹¹Paul E. Mullen, Michele Pathé, and Rosemary Purcell, 'Stalking: New Constructions of Human Behaviour', *Australian and New Zealand Journal of Psychiatry*, 35 (2001), pp. 9-16.

⁸⁹²Paul E. Mullen, Michele Pathé, and Rosemary Purcell, 'Stalking: New Constructions of Human Behaviour', *Australian and New Zealand Journal of Psychiatry*, 35 (2001), pp. 9-16.

⁸⁹³G.E. Berrios, N. Kennedy, 'Erotomania: a Conceptual History', *History of Psychiatry*, 13:52 Part 4 (December 2002), pp. 381-400.

⁸⁹⁴K.S. Lowney, J. Best, 'Stalking Strangers and Lovers: Changing Media Typifications of a New Crime Problem,' in *Images of Issues: Typifying Contemporary Social Problems*, J. Best (ed.), New York: Aldine De Gruyter, 1995, pp. 33-57.

⁸⁹⁵O.F. Wahl, 'Obsessive-Compulsive Disorder in Popular Magazines', *Community Mental Health Journal*, 36:3 (June 2000), pp. 307-12.

⁸⁹⁶Paul E. Mullen, Michele Pathé, and Rosemary Purcell, 'Stalking: New Constructions of Human Behaviour', *Australian and New Zealand Journal of Psychiatry*, 35 (2001), pp. 9-16.

erotomania and obsessional love. Later, as the focus shifted to men stalking ex-partners it lost some of this association with severe mental illness.⁸⁹⁷ At the same time, however, stalking began to resemble a stand alone disease-concept. A number of typologies of stalking have been proposed, often making a distinction between psychotic and non-psychotic stalking.⁸⁹⁸ A particularly influential typology was developed in 1999 by Mullen et al.⁸⁹⁹ In this typology, the division between psychotic and non-psychotic remained, but there were in addition five types of stalker, two of which appeared to have a strong element of romantic love: the 'rejected stalker', upset at the termination of a relationship (often a romantic relationship); and even more explicitly, the 'intimacy seeker', wishing to start a romantic relationship. The latter stalkers are particularly interesting as for this category Mullen et al propose that psychiatric treatment was indicated as 'they are largely impervious to judicial sanctions, often regarding court appearances -- even imprisonment -- as the price of true love.'⁹⁰⁰ Psychiatric treatment was also recommended for the psychotic stalkers.

Databases

Question: What was the connection between the disease concept stalking and romantic love during this period?

The psychINFO database was searched using the Thesaurus term 'stalking'⁹⁰¹ in its expanded form (this term cannot be exploded), combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the keyword 'stalking' ('stalking' is not a MeSH term) combined with the MeSH term 'love' in its restricted form or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁹⁰² The abstracts of these articles were reviewed looking for a connection between stalking and romantic love. Love as part of erotomania or the expression 'romantic attachment' was allowed but 'romantic relationship' if this simply meant a sexual partnership was excluded.

This search left seven references,⁹⁰³ with the years of publication ranging from 1994 to 2005,⁹⁰⁴ suggesting that for this type of stalking the medical concept did indeed

⁸⁹⁷Paul E. Mullen, Michele Pathé, and Rosemary Purcell, 'Stalking: New Constructions of Human Behaviour', *Australian and New Zealand Journal of Psychiatry*, 35 (2001), pp. 9-16.

⁸⁹⁸Paul E. Mullen, Michele Pathé, Rosemary Purcell, Geoffrey W. Stuart, 'Study of Stalkers', *American Journal of Psychiatry*, 156 (August 1999), pp. 1244-49.

⁸⁹⁹The article -- Paul E. Mullen, Michele Pathé, Rosemary Purcell, Geoffrey W. Stuart, 'Study of Stalkers', *American Journal of Psychiatry*, 156 (August 1999), pp. 1244-49.-- was cited in psychINFO eighty seven times 29/8/07.

⁹⁰⁰Paul E. Mullen, Michele Pathé, Rosemary Purcell, Geoffrey W. Stuart, 'Study of Stalkers', *American Journal of Psychiatry*, 156 (August 1999), pp. 1244-49.

⁹⁰¹Definition: 'Wilful, malicious, and repeated non-consensual contact with and harassing of another individual.' First Introduced in 2001. Tree Information: Broader, 'harassment'; Narrower, nil; Related, 'crime', 'perpetrators', 'victimisation'.

⁹⁰²Both psychINFO and Medline searched 3/8/07.

⁹⁰³To put this in context, on 20/9/07 there were 284 articles found in psychoINFO using the Thesaurus term 'stalking' in its expanded form, and 256 in Medline using the keyword 'stalking'.

⁹⁰⁴J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), pp. 1472-80.

H. Colleen Sinclair, Irene Hanson Frieze, 'Initial Courtship Behavior and Stalking: How Should We Draw the Line?', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 186-211.

Jennifer Langhinrichsen-Rohling, Russell E. Palarea, and Jennifer Cohen, 'Breaking up Is Hard to Do: Unwanted Pursuit Behaviors Following the Dissolution of a Romantic Relationship', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 212-36.

start after the criminal concept (the psychoINFO Thesaurus term 'stalking' was only added in 2001). Two references were chapters from the same book.⁹⁰⁵ Two references were by the same author.⁹⁰⁶

In none of the references was stalking a fully-fledged disease concept. Some references came at stalking as an extreme of normal behaviour,⁹⁰⁷ for example:

Examines whether there is a continuum of stalking behaviors in courtship that ranges from "normal" courtship to persistent obsessive forms of behavior, focusing on pursuer/perpetrator perceptions of where to draw the line. Ss were 197 women and 44 men with a modal age of 19-20 yrs who had had at least one experience of loving someone who did not reciprocate those feelings. Data suggest that Ss of both sexes engage in a wide range of stalking-related behaviors or courtship behaviours -- including approach, surveillance, intimidation, hurting oneself, verbal/mild aggression, and physical violence -- when responding to unrequited love.⁹⁰⁸

Another reference looked at stalking simply as a behaviour of people suffering erotomania.⁹⁰⁹ However, in other references, stalking took on many of the characteristics of a disease. It was given a neurobiological basis,⁹¹⁰ a typology, a

M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-38.

J.R. Meloy, 'Stalking. An Old Behavior, a New Crime', *Psychiatric Clinics of North America*, 22:1 (March 1999), pp. 85-99.

J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

P.E. Mullen, 'Stalking and the Pathologies of Love', *Australian and New Zealand Journal of Psychiatry*, 28:3 (September 1994), pp. 469-77.

⁹⁰⁵H. Colleen Sinclair, Irene Hanson Frieze, 'Initial Courtship Behavior and Stalking: How Should We Draw the Line?', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 186-211.

Jennifer Langhinrichsen-Rohling, Russell E. Palarea, and Jennifer Cohen, 'Breaking up Is Hard to Do: Unwanted Pursuit Behaviors Following the Dissolution of a Romantic Relationship', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 212-36.

⁹⁰⁶J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), pp. 1472-80.

J.R. Meloy, 'Stalking. An Old Behavior, a New Crime', *Psychiatric Clinics of North America*, 22:1 (March 1999), pp. 85-99.

⁹⁰⁷H. Colleen Sinclair, Irene Hanson Frieze, 'Initial Courtship Behavior and Stalking: How Should We Draw the Line?', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 186-211.

Jennifer Langhinrichsen-Rohling, Russell E Palarea and Jennifer Cohen, 'Breaking up Is Hard to Do: Unwanted Pursuit Behaviors Following the Dissolution of a Romantic Relationship', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 212-36.

M.T. Pathé, 'Patients Who Stalk Doctors: Their Motives and Management', *Medical Journal of Australia*, 176:7 (April 2002), pp. 335-38.

⁹⁰⁸H. Colleen Sinclair, Irene Hanson Frieze, 'Initial Courtship Behavior and Stalking: How Should We Draw the Line?', in *Stalking: Perspectives on Victims and Perpetrators*, Keith E. Davis, Irene Hanson Frieze and Roland D. Maiuro (eds), New York: Springer Publishing, 2002, pp. 186-211.

⁹⁰⁹P.E. Mullen, 'Stalking and the Pathologies of Love', *Australian and New Zealand Journal of Psychiatry*, 28:3 (September 1994), pp. 469-77.

⁹¹⁰J.R. Meloy, 'Some Thoughts on the Neurobiology of Stalking', *Journal of Forensic Sciences*, 50:6 (November 2005), pp. 1472-80

clinical definition,⁹¹¹ and a suggested treatment.⁹¹²

DSM

In the first three editions of DSM there was no reference to stalking.⁹¹³ In DSM-III-R in the description of the erotomanic type of delusional disorder it noted: 'Efforts to contact the object of the delusion, through telephone calls, letters, gifts, visits, and even surveillance and stalking are common'.⁹¹⁴ In both DSM-IV⁹¹⁵ and DSM-IVR there was an identical reference.⁹¹⁶

Comprehensive Textbook of Psychiatry

There was no reference to stalking from Volume 1 to Volume 5 of the *Comprehensive Textbook of Psychiatry*.⁹¹⁷ In Volume 6 there was one paragraph giving a legal definition, but there was nothing about love.⁹¹⁸ There was a similar definition in Volume 7.⁹¹⁹ Also, in Volume 7, when discussing delusional disorder, the case example for erotomania involved the patient being arrested on a stalking charge (the first occasion when fairly typical erotomanic harassment behaviour is labelled stalking).⁹²⁰ Volume 8 had nothing in the index on stalking, but there was a short discussion of the topic in the section on erotomania:

The phenomenon of stalking is also linked, at times, to erotomania. Most definitions of stalking include the following elements: a pattern of intrusive behaviour akin to

⁹¹¹J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

⁹¹²J.T. McCann, 'Subtypes of Stalking (Obsessional Following) in Adolescents', *Journal of Adolescence*, 21:6 (December 1998), pp. 667-75.

J.R. Meloy, 'Stalking. An Old Behavior, a New Crime', *Psychiatric Clinics of North America*, 22:1 (March 1999), pp. 85-99.

⁹¹³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980.

⁹¹⁴American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987, p. 199.

⁹¹⁵American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994, p. 297.

⁹¹⁶American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000, p. 324.

⁹¹⁷Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967.

Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975.

Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989.

⁹¹⁸Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, p. 1733.

⁹¹⁹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 2007.

⁹²⁰Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 1256.

harassment occurs; an implicit or explicit threat emanates from the pattern of behaviour; and a target experiences considerable fear as a result...."Simple obsessional" stalkers make up the bulk of those who stalk and follow someone after a real relationship is terminated. Usually, they are motivated by intense resentment after perceived abuse or rejection.⁹²¹

Stalking is also used in Volume 8 as an example of behaviour secondary to an overvalued idea (overvalued ideas are unreasonable and sustained abnormal beliefs that are held beyond the bounds of reason):

A 42-year-old man who had a brief relationship with a woman was unable to accept the fact that she no longer wanted to see him. He ruminated about every encounter they had and interpreted small gestures in the past as indicating her undying love for him. His infatuation led him to follow her repeatedly to work and school, and he pursued her relentlessly, to the point that she brought charges against him for stalking.⁹²²

Other Psychiatric Textbooks

Stalking was referenced briefly in a discussion of delusional erotomania in Volume 6 of the *Companion to Psychiatric Studies*.⁹²³

Clinical Psychology Textbooks

There was no reference to stalking in the clinical psychology textbooks.

Conclusion

Stalking is a relatively new psychiatric concept, and is still seen more as a problematic behaviour rather than a disease. It is more fully recognized in forensic psychiatry than general psychiatry and is linked in particular to erotomania. There appears to be a much weaker link with romantic love, though certainly there are some references to this.

⁹²¹Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 1528.

⁹²²Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 977.

⁹²³Eve. C. Johnstone, C.P.L. Freeman, A.K. Zealley (eds), *Companion to Psychiatric Studies*, 6th eds., Edinburgh: Churchill Livingstone, 1998, p. 439.

STOCKHOLM SYNDROME AND RELATED SYNDROMES

It has been suggested that a modern form of lovesickness could be the new disease concept Stockholm syndrome or one of its related disorders.⁹²⁴ This idea will be examined in the following section.

Modern Definitions

Stockholm syndrome and battered wives syndrome (battered spouse syndrome, battered women's syndrome), are concepts developed outside the addictions field, but with a certain degree of overlap with ideas of co-dependency. However, in contrast to co-dependency, where the sufferer forms or stays in a relationship despite the partner's addiction problem, sufferers from these syndromes stay in the relationship in spite of threats of violence and actual assault.

Widely accepted modern definitions of Stockholm syndrome are hard to find in standard textbooks. Volume 8 of the *Comprehensive Textbook of Psychiatry* simply stated: 'Hostages whose lives are in deadly peril for a period of time become so dependent on their captors that they then may identify with them, come to support their cause, and even attempt to foil rescue attempts.'⁹²⁵ Neither the *Comprehensive Textbook*, DSM-IVR, nor ICD-10, provide definitions for battered spouse syndrome or its synonyms.

MeSH gives this definition for battered women:

Women who are physically and mentally abused over an extended period, usually by a husband or other dominant male figure. Characteristics of the battered woman syndrome are helplessness, constant fear, and a perceived inability to escape. (From American Heritage Dictionary of the English Language, 3d ed).

Historical Background

For years clinicians and theorists have pondered the problem of why victims of violence develop, or continue to show, love and attachment to those who perpetrate this violence. One approach to this dilemma was to medicalise it.

The term Stockholm syndrome was coined by psychiatrist Dr Nils Bejerot to describe the unexpected behaviour of hostages during a 1973 bank robbery in Stockholm, Sweden, in which the robbers held bank employees prisoner for six days. During this period, the hostages appeared to take the side of their captors: resisting outside rescue forces, and later raising money for a defence fund. Significantly, one of the female hostages even became engaged to one of the robbers.

Later, the term Stockholm syndrome has been applied to a wider number of situations where the same psychological processes appeared to be operating, including hijackings, kidnappings, prisoner-of-war camps, and physically violent relationships. Various explanations have been given for this seemingly odd behaviour including an

⁹²⁴Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005.

Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 224.

⁹²⁵Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 605.

evolutionary perspective⁹²⁶ a cognitive perspective,⁹²⁷ and a psychoanalytical perspective.⁹²⁸

The concept battered spouse (wife/woman) syndrome addressed a similar problem. Battered women's syndrome was a term coined by psychologist Lenore Walker in 1979⁹²⁹ based not on any notion of love, but rather on the theory of learned helplessness (a behavioural theory of how depression and helplessness can be induced by psychological or physical trauma). This has proved a popular notion with defence lawyers. It has also been categorised in both ICD-9 and 10. In ICD-9 and ICD-10 this concept was categorised under 'External Causes of Injury and Poisoning' rather than mental disorders, called in ICD-9 'adult physical abuse' and ICD-10 'battered spouse syndrome NOS'. In DSM IV it is listed as one cause of post traumatic stress disorder.

Databases

Question: What was the connection between the disease concept Stockholm syndrome (and related concepts) and romantic love during this period?

The psychINFO database was searched using the Thesaurus terms 'partner abuse'⁹³⁰ or 'battered females'⁹³¹ or 'domestic violence'⁹³² or 'intimate partner violence'⁹³³ or 'violence'⁹³⁴ (there was no Thesaurus term 'Stockholm syndrome') in their expanded and exploded forms; which were combined with the Thesaurus terms 'love' and 'romance' in their restricted forms. A keyword search using 'Stockholm syndrome' was also done. Medline was searched using the MeSH terms 'spouse abuse'⁹³⁵ or 'domestic violence'⁹³⁶ or 'violence'⁹³⁷ or 'battered

⁹²⁶H.K. Henson, 'Sex, Drugs, and Cults', *Human Nature Review*. 2 (2002), 343-55.

⁹²⁷Joseph M. Carver, 'Love and Stockholm Syndrome: The Mystery of Loving an Abuser', <http://www.drjoecarver.com/stockholm.html>, accessed 20/4/07.

⁹²⁸Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 3358.

⁹²⁹Lenore Walker, 'Battered Women and Learned Helplessness', *Victimology*, 2:3-4 (1977-1978), 525-34.

⁹³⁰Definition: 'Includes married and unmarried persons'. First Introduced: 1991. Tree Information: Broader, 'antisocial behaviour'; Narrower, nothing; Related, 'battered females', 'domestic violence', 'erotomania', but not stalking.

⁹³¹No definition. First Introduced: 1988, previously 'family violence' from 1985-1987. Tree Information: Broader, 'human female'; Narrower, nil; Related, 'domestic violence', and 'partner abuse'.

⁹³²Definition: 'Injurious or abusive behaviour in family or other domestic interpersonal situations'. In May 2006, this term replaced the discontinued term 'family violence'. Tree Information: Broader, 'violence'; Narrower, nothing; Related, 'battered females', 'intimate partner violence', and 'partner abuse'.

⁹³³Definition: 'Actual or threatened physical or sexual violence, or psychological and emotional abuse, directed toward a current or former spouse, boyfriend, girlfriend, or dating partner'. This term was introduced in April 2007. Tree Information: Broader, 'partner abuse', 'violence'; Narrower nothing; Related terms, 'domestic violence'.

⁹³⁴No definition. First Introduced in 1973. Tree Information: Broader, 'antisocial behaviour'; Narrower, 'domestic violence'; Related, 'partner abuse'.

⁹³⁵Definition: 'Deliberate severe and repeated injury to one domestic partner by the other.' First introduced: 1977. Tree Information: Broader, 'domestic violence'; Narrower, nil; Related, 'battered women'.

⁹³⁶Definition: 'Deliberate, often repetitive, physical abuse by one family member against another: marital partners, parents, children, siblings, or any other member of a household.' First Introduced: 1994, it was categorised as 'violence' (1968-1993), specific type of abuse (1966-1993). Tree Information: Broader, 'violence'; Narrower, 'spouse abuse', 'child abuse', 'elder abuse'; Related, nil.

⁹³⁷Definition: 'Individual or group aggressive behaviour which is socially non-acceptable, turbulent, and often destructive. It is precipitated by frustrations, hostility, prejudices, etc.' It was previously

women⁹³⁸ (there was no MeSH term 'Stockholm syndrome') in their expanded and exploded form; combined with the restricted MeSH term 'love' or the keywords 'romance' or 'romantic'. A keyword search using 'Stockholm syndrome' was also done. The results of these searches were combined and double-ups removed.⁹³⁹ The abstracts of these references were reviewed looking for references where the person experiencing romantic love was the victim of violence rather than the perpetrator (which is more a stalking construct).

This search left fifteen references⁹⁴⁰ to articles published from 1995 to 2006.⁹⁴¹

Three articles in psychINFO had five or more citations. Two of the articles were a critique of Western society's take on romantic love,⁹⁴² the other was a scale for the

categorised as 'aggression'(1966-1967). Tree Information: Broader, 'crime', 'social problems'; Narrower, 'domestic violence'; Related, 'battered women'.

⁹³⁸Definition: 'Women who are physically and mentally abused over an extended period, usually by a husband or other dominant male figure. Characteristics of the battered woman syndrome are helplessness, constant fear, and a perceived inability to escape. (From American Heritage Dictionary of the English Language, 3d ed).' First Introduced: 1995. Tree Information: Broader, 'women'; Narrower, nil; Related, 'spouse abuse'.

⁹³⁹Both PsychINFO and Medline searches carried out 20/9/07.

⁹⁴⁰To put this in context on 20/9/07 a search of psychINFO using the Thesaurus search terms 'partner abuse' or 'battered females' or 'domestic violence' or 'intimate partner violence' in their expanded forms found 8695 articles, and a search using the keywords 'Stockholm syndrome' found 39. A search of Medline using the MeSH terms 'spouse abuse' or 'domestic violence' or 'violence' or 'battered women' in their expanded forms gave 19,707 and a search using the keywords 'Stockholm syndrome' found 6 articles.

On 21/4/08 a search of psychINFO using the Thesaurus search term 'battered females' in its expanded form gave 2297 articles. A search of Medline 21/4/08 using the MeSH term 'battered women' in its expanded form gave 1294 articles.

⁹⁴¹C. Power, 'Lovestruck: Women, Romantic Love and Intimate Partner Violence', *Contemporary Nurse: A Journal for the Australian Nursing Profession*, 21:2 (2006), 174-85.

T.A. Roberts, 'Predictors of Partner Abuse in a Nationally Representative Sample of Adolescents Involved in Heterosexual Dating Relationships', *Violence and Victims*, 21:1 (2006), 81-9.

Christine E. Kaestle, Carolyn T. Halpern, 'Sexual Intercourse Precedes Partner Violence in Adolescent Romantic Relationships', *Journal of Adolescent Health*, 36:5 (2005) 386-92.

Heather Fraser, 'Narrating Love and Abuse in Intimate Relationships', *British Journal of Social Work*, 33:3 (2003), 273-90.

Dalit Yassour Borochowitz, Zvi Eisikovits, 'To Love Violently: Strategies for Reconciling Love and Violence', *Violence Against Women*, 8:4 (2002), 476-94.

Sue Jackson, 'Happily Never after: Young Women's Stories of Abuse in Heterosexual Love Relationships', *Feminism and Psychology*, 11:3 (2001), 305-21.

Julia T. Wood, 'The Normalization of Violence in Heterosexual Romantic Relationships: Women's Narratives of Love and Violence', *Journal of Social and Personal Relationships*, 18:2 (2001), 239-61.

M.H. Kearney, 'Enduring Love: a Grounded Formal Theory of Women's Experience of Domestic Violence', *Research in Nursing and Health*, 24:4 (2001), 270-82.

Alison Towns, Peter Adams, "'If I Really Loved Him Enough, He Would Be Okay": Women's Accounts of Male Partner Violence', *Violence Against Women*, 6:6 (2000), 558-85.

Lamont Wayne Larry, 'The Experience of Love in Abusive and Nonabusive Courtship Relationships', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 59:7-B (1999), 3773.

Steve Derné, 'Making Sex Violent: Love As Force in Recent Hindi Films', *Violence Against Women*, 5:5 (1999), 548-75.

K. Wood, "'He Forced Me to Love Him": Putting Violence on Adolescent Sexual Health Agendas', *Social Science and Medicine*, 47:2 (1998), 233-42.

Dee L.R. Graham, Edna I. Rawlings and Kim Ihms, 'A Scale for Identifying "Stockholm Syndrome" Reactions in Young Dating Women: Factor Structure, Reliability, and Validity', *Violence and Victims*, 10:1 (1995), 3-22.

⁹⁴²Julia T. Wood, 'The Normalization of Violence in Heterosexual Romantic Relationships: Women's Narratives of Love and Violence', *Journal of Social and Personal Relationships*, 18:2 (2001), 239-61.

Stockholm syndrome,⁹⁴³ which had love-dependence as an important component. This scale:

Assessed the factor structure, reliability, and validity of a 49-item scale designed to measure Stockholm syndrome (i.e., bonding with an abusive partner) for 764 female undergraduates (aged 17-38 yrs) in heterosexual dating relationships. Factor analysis identified 3 major factors: Core Stockholm Syndrome, characterized by cognitive distortions and other strategies for coping with abuse; Psychological Damage, marked by depression, low self-esteem, and loss of sense of self; and Love-Dependence, typified by the feeling that one cannot survive without the partner's love.⁹⁴⁴

A major theme in these abstracts (often based on feminist analysis) was that the idea of idealized romantic love was encouraging women to get into and stay in violent relationships (i.e. a problem in society). Another theme was how love and violence frequently co-exist and indeed violence could even amplify feelings of love. Neither of these themes was particularly suggestive of a medically constructed diagnosis. Only one reference discussed the connection between love and the Stockholm syndrome.⁹⁴⁵ Reviewing the abstracts brought up by the 'Stockholm syndrome' keywords search there was a noticeable lack of a connection with romantic love; instead the articles used such concepts as 'positive feelings' to describe the bond between captor and hostage.

DSM

Stockholm syndrome, battered wives syndrome, and related syndromes, do not appear in any edition of DSM.⁹⁴⁶

Comprehensive Textbook of Psychiatry

In Volume 1 and 2 of the *Comprehensive Textbook of Psychiatry* there was no reference to Stockholm syndrome, battered wife syndrome, or domestic violence.⁹⁴⁷

Sue Jackson, 'Happily Never after: Young Women's Stories of Abuse in Heterosexual Love Relationships', *Feminism and Psychology*, 11:3 (2001), 305-321.

⁹⁴³Dee L.R. Graham, Edna I. Rawlings and Kim Ihms, 'A Scale for Identifying "Stockholm Syndrome" Reactions in Young Dating Women: Factor Structure, Reliability, and Validity', *Violence and Victims*, 10:1 (1995), 3-22.

⁹⁴⁴Dee L.R. Graham, Edna I. Rawlings and Kim Ihms, 'A Scale for Identifying "Stockholm Syndrome" Reactions in Young Dating Women: Factor Structure, Reliability, and Validity', *Violence and Victims*, 10:1 (1995), 3-22.

⁹⁴⁵Dee L.R. Graham, Edna I. Rawlings and Kim Ihms, 'A Scale for Identifying "Stockholm Syndrome" Reactions in Young Dating Women: Factor Structure, Reliability, and Validity', *Violence and Victims*, 10:1 (1995), 3-22.

⁹⁴⁶American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000.

⁹⁴⁷Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967.

In Volume 3 Stockholm syndrome was briefly described: 'A syndrome in which captives identify with, and have sympathy for, their captors on whom they are very dependent for survival. First described in a Stockholm bank robbery where hostages were so affected by their captor bank robbers. Also seen in terrorist-hostage situations. The major defence mechanism as described by Anna Freud was known as "identification with the aggressor"'.⁹⁴⁸ However, there was no reference to domestic violence or battered wife syndrome, though wife abuse was briefly mentioned.⁹⁴⁹ By Volume 4 references to Stockholm syndrome had gone. There was brief mention of marital violence and spouse abuse, including typical characteristics of the victim, but in neither case conceptualising the problem as a syndrome.⁹⁵⁰ In Volume 5 and Volume 6 there were similar references to spouse abuse, but not Stockholm syndrome.⁹⁵¹ Volume 7 did not mention Stockholm syndrome, but did discuss domestic violence, and while it did not specifically call it a syndrome, referred to battered women who: 'often become protective of their batterer and form intense emotional attachments that may be hard to break'.⁹⁵² In the Volume 8 Stockholm syndrome had returned (see Modern Definitions) in a discussion of cults.⁹⁵³ There were scattered references to domestic violence, but no conception of a syndrome in the victim.

Love was not mentioned in the context of Stockholm syndrome or related syndromes in any of these books.

Other Psychiatry Text Books

In other psychiatric textbooks there was no reference to Stockholm syndrome or related disorders.

Clinical Psychology Text Books

There was no reference to Stockholm syndrome or related disorders in the clinical psychology textbooks.

Conclusion

While on the surface there would seem to be a plausible connection between romantic love and Stockholm syndrome, this was not reflected in the literature during this period. There were a significant number of references to Stockholm syndrome and similar violence related syndromes, but there was almost no connection to love or romance.

Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975.

⁹⁴⁸Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 3358.

⁹⁴⁹Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 1024.

⁹⁵⁰Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, pp. 1092-93, 1319.

⁹⁵¹Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 1099-1101.

Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1729-31.

⁹⁵²Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 2002-4.

⁹⁵³Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 605.

SUICIDE

Modern Conceptions

Suicide, much like stalking, is not conceptualized as a disease in modern psychiatry, but rather a problematic behaviour with some characteristics of a disease. The MeSH definition is simply: 'The act of killing oneself'.

Historical Background

The link between mental instability and suicide goes back a long way,⁹⁵⁴ and though suicide was often seen as a moral and legal problem in the middle-ages, it became increasingly medicalized over the course of the seventeenth and eighteenth centuries.⁹⁵⁵ In contemporary society dealing with suicide, attempted suicide, and other forms of deliberate self-harm, is seen as a legitimate role for psychiatry.

Similarly, the connection between suicide and romantic love is a longstanding one both in the arts -- with famous examples including Shakespeare's *Romeo and Juliet*, Plutarch's *Anthony and Cleopatra*, and Johann Goethe's *The Sorrows of Young Werther* -- and Western society in general.⁹⁵⁶ Secondary sources do not emphasise suicide as a consequence of lovesickness in the ancient and medieval world, but there was clearly some concern that a patient could deliberately starve to death. By the Renaissance suicide was a feared sequale of lovesickness if the disease was left untreated.⁹⁵⁷ A similar concern can be found in Esquirol's concept of erotic monomania in the nineteenth century.⁹⁵⁸

Databases

Question: Was there a connection during this period between suicide and Romantic Love?

⁹⁵⁴Alexander Murray, *Suicide in the Middle Ages: Volume 1*, Oxford: Oxford University Press, 1998, pp. 162-65.

Olive Anderson, *Suicide in Victorian and Edwardian England*, Oxford, 1987, pp. 224-25.

Roger Lane, *Violent Death in the City: Suicide, Accident and Murder in 19th Century Philadelphia*, Massachusetts, 1979, p. 30.

Victor Bailey, *This Rash Act: Suicide Across the Life Cycle in the Victorian City*, Stanford, 1998, p. 253.

⁹⁵⁵Jeffrey R. Watt (ed.), *From Sin to Insanity. Suicide in Early Modern Europe*, Cornell, NY: Cornell University Press, 2004

Michael MacDonald, 'The Medicalisation of Suicide in England: Laymen, Physicians, and Cultural Change, 1500-1870' in *Framing Disease: Studies in Cultural History*, Charles E. Rosenberg and Janet Golden (eds), New Brunswick, New Jersey: Rutgers University Press, 1992, pp. 85-103.

⁹⁵⁶Alexander Murray, *Suicide in the Middle Ages: Volume 1*, Oxford: Oxford University Press, 1998, pp. 271-86.

Olive Anderson, *Suicide in Victorian and Edwardian England*, Oxford, 1987, pp. 224-25.

Roger Lane, *Violent Death in the City: Suicide, Accident and Murder in 19th Century Philadelphia*, Massachusetts, 1979, p. 30.

Victor Bailey, *This Rash Act: Suicide Across the Life Cycle in the Victorian City*, Stanford, 1998, p. 253.

⁹⁵⁷Donald A. Beecher, Massimo Ciavolella, 'Introduction,' in *A Treatise on Love Sickness*, by Jaques Ferrand, Donald A. Beecher, Massimo Ciavolella (translators and eds), New York: Syracuse University Press, 1990, pp. 116, 128, 149, 264, 273, 307, 352.

Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, p. 245.

⁹⁵⁸Etienne Esquirol, *Mental Maladies*, translated by Ebenezer Kingsbury Hunt, Philadelphia: Lea and Blanchard, 1845, pp. 335-42.

The psychINFO database was searched using the Thesaurus terms 'suicide'⁹⁵⁹ or 'attempted suicide'⁹⁶⁰ in their expanded and exploded forms, combined with both the Thesaurus terms 'love' and 'romance' in their restricted forms. Medline was searched using the MeSH terms 'suicide'⁹⁶¹ or 'suicide, attempted'⁹⁶² or 'self-injurious behaviour'⁹⁶³ in their expanded and exploded forms combined with restricted love or the keywords 'romance' or 'romantic'. The results of these searches were combined and double-ups removed.⁹⁶⁴ The abstracts of these references were reviewed and those not broadly about the connection between romantic love and suicide were removed.

This search generated 10 references,⁹⁶⁵ published in the years 1973 to 2004.⁹⁶⁶ Two were by the same author, who also co-authored another paper.⁹⁶⁷

There was only one reference with multiple citations in psychINFO, a psychoanalytical theory paper by Robert Bak.⁹⁶⁸ This paper built on Freud's idea that

⁹⁵⁹No definition. Year Term Introduced 1967. Tree Information: Broader, 'self-destructive behaviour'; Narrower 'assisted suicide'; Related 'attempted suicide'.

⁹⁶⁰No definition. Year term introduced 1973. Tree Information: Broader, 'self-destructive behaviour'; Narrower, nothing, Related, 'suicide'.

⁹⁶¹Definition: 'The act of killing oneself'. No information on when the term was introduced. Tree Information: Broader, 'self-injurious behaviour'; Narrower, 'attempted suicide', 'assisted suicide'; Related, nil.

⁹⁶²Definition: 'The unsuccessful attempt to kill oneself.' Introduced in 1975, previously under suicide 1966-74. Tree Information: Broader, 'suicide', broader still 'self-injurious behaviour'; Narrower, nothing; Related, nil.

⁹⁶³Definition: 'Behaviour in which persons hurt or harm themselves without the motive of suicide or of sexual deviation.' Introduced in 1992 previously listed (1968-1991) under self mutilation. Tree Information: Narrower, 'suicide' and 'self-mutilation' and narrower yet 'attempted suicide'; Related, nil.

⁹⁶⁴Both psychINFO and Medline were searched 20/4/07.

⁹⁶⁵To put this number in context in psychINFO on 20/9/07 the expanded forms of Thesaurus terms 'suicide' or 'attempted suicide' produced 15,098 references, while in Medline the MeSH terms 'suicide' or 'suicide, attempted' or 'self injurious behaviour' in their expanded forms identified 24,313 references.

⁹⁶⁶D. Lester, 'Motives for Suicide--a Study of Australian Suicide Notes', *Crisis*, 25:1 (2004), pp. 33-34. Karmit Vagshal, 'Love: A Matter of Life and Death. The Relationship between Romantic Love and Experiences of Death', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 65:2-B (2004), p. 1041.

D. Lester, 'Correlates of Motives for Suicide', *Psychological Reports*, 93:2 (October 2003), p. 378.

Silvia Sara Canetto, David Lester, 'Love and Achievement Motives in Women's and Men's Suicide Notes', *Journal of Psychology: Interdisciplinary and Applied*, 136:5 (September 2002), pp. 573-76.

J.R. Watt, 'The Family, Love, and Suicide in Early Modern Geneva', *Journal of Family History*, 21:1 (1996), pp. 63-86.

Shanshan Du, 'The Aesthetic Axis in the Construction of Emotions and Decisions: Love-Pact Suicide among the Lahu Na of Southwest China', in: *Social Perspectives on Emotion*, Vol. 3, Michael G.

Flaherty, Carolyn Ellis (eds), United States: Elsevier Science/JAI Press, 1995, pp. 199-22.

F.V. Wenz, 'Sociological Correlates of Alienation among Adolescent Suicide Attempts', *Adolescence*, 14:53 (1979), pp. 19-30.

Jane Simon, 'Love: Addiction or Road to Self-Realization?', *American Journal of Psychoanalysis*, 35:4 (1975), pp. 359-64.

Robert C. Bak, 'Being in Love and Object Loss', *International Journal of Psycho-Analysis*, 54:1 (1973), pp. 1-8.

Dorothy Tennov, 'Sex Differences in Romantic Love and Depression among College Students' *Proceedings of the Annual Convention of the American Psychological Association*, 1973, pp. 421-22.

⁹⁶⁷D. Lester, 'Motives for Suicide--a Study of Australian Suicide Notes', *Crisis*, 25:1 (2004), pp. 33-34.

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⁹⁶⁸Robert C. Bak, 'Being in Love and Object Loss', *International Journal of Psycho-Analysis*, 54:1 (1973), pp. 1-8.

there was a link between love and suicide. Here, however, the sexual element was de-emphasised, and instead Bak used a concept very similar to romantic love. Bak's main thesis was that falling in love was often preceded by some kind of loss, and therefore it was akin to mourning. Bak stated that the most pathological form of love in the 'psychoanalytic tradition' was erotomania; but also that in unrequited love 'fulfilment is blocked by the object' which can lead to a process 'similar to mourning' or to the person becoming psychologically stuck in love and therefore vulnerable to suicide.

While three other references⁹⁶⁹ took a similarly theoretical approach to the subject, other references looked for empirical factors associated with the risk of suicide.⁹⁷⁰

Analysis of a large sample of suicide notes from 262 suicides in Australia found that men less often had escape from pain as a motive for their suicides and more often had love/romantic problems. The suicides of older persons were more often motivated by escape from pain and less often had love/romantic problems.⁹⁷¹

There was one historical reference⁹⁷² looking at the causes of suicide in eighteenth century Geneva.

DSM

None of the editions of DSM mentioned any connection between suicide and love.⁹⁷³

⁹⁶⁹Karmit Vagshal, 'Love: A Matter of Life and Death. The Relationship between Romantic Love and Experiences of Death', *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 65:2-B (2004), p. 1041.

Shanshan Du, 'The Aesthetic Axis in the Construction of Emotions and Decisions: Love-Pact Suicide among the Lahu Na of Southwest China', in: *Social Perspectives on Emotion*, Vol. 3, Michael G. Flaherty, Carolyn Ellis (eds), United States: Elsevier Science/JAI Press, 1995, pp. 199-22.

Jane Simon, 'Love: Addiction or Road to Self-Realization?', *American Journal of Psychoanalysis*, 35:4 (1975), pp. 359-64.

⁹⁷⁰D. Lester, 'Motives for Suicide--a Study of Australian Suicide Notes', *Crisis*, 25:1 (2004), pp. 33-34.

D. Lester, 'Correlates of Motives for Suicide', *Psychological Reports*, 93:2 (October 2003), p. 378.

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F.V. Wenz, 'Sociological Correlates of Alienation among Adolescent Suicide Attempts', *Adolescence*, 14:53 (1979), pp. 19-30.

Dorothy Tennov, 'Sex Differences in Romantic Love and Depression among College Students', *Proceedings of the Annual Convention of the American Psychological Association*, 1973, pp. 421-22.

⁹⁷¹D. Lester, 'Motives for Suicide--a Study of Australian Suicide Notes', *Crisis*, 25:1 (2004), pp. 33-34.

⁹⁷²J.R. Watt, 'The Family, Love, and Suicide in Early Modern Geneva', *Journal of Family History*, 21:1 (1996), pp. 63-86.

⁹⁷³American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 1st ed., Washington, D.C.: American Psychiatric Association, 1952.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 2nd ed., Washington, D.C.: American Psychiatric Association, 1968.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., Washington, D.C.: American Psychiatric Association, 1980.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 3rd ed., revised, Washington, D.C.: American Psychiatric Association, 1987.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., Washington, D.C.: American Psychiatric Association, 1994.

American Psychiatric Association, *American Psychiatric Association Diagnostic Manual of Mental Disorders*, 4th ed., revised, Washington, D.C.: American Psychiatric Association, 2000.

Comprehensive Textbook of Psychiatry

In Volume 1 of the *Comprehensive Textbook of Psychiatry* there was a discussion about suicide, which while it did not directly discuss the role of love, gave examples which appeared to relate to love affairs and romantic love.⁹⁷⁴ In Volume 2 there was no clear connection between suicide and romantic love, though psychodynamic ideas of hostility turned against the love object were mentioned.⁹⁷⁵ Volume 3 had 'recent loss or separation' as a possible cause of suicide.⁹⁷⁶ Volume 4 listed 'Loss of affectional relationships' as a predictor of suicide,⁹⁷⁷ and referenced *The Sorrows of Young Werther*⁹⁷⁸ but otherwise did not make a connection between romantic love and suicide. In Volume 5 'broken romance' in adolescents was suggested as a precipitating factor for suicide, and boyfriend or girlfriend 'difficulties' for adolescents' attempted suicide.⁹⁷⁹ Volume 6 discussed the psychodynamic ideas of aggression towards the love object turned inward and the loss of a 'love object' as precipitants for suicide.⁹⁸⁰ Causes of suicide attempts included 'difficulties with a boyfriend or girlfriend' in adolescents and marital problems in adults.⁹⁸¹ Similarly, precipitating factors for adult suicide attempts in Volume 7 included marital problems, while a precipitant for adolescent attempted suicide was 'girl-friend and boy-friend problems'.⁹⁸² Volume 7 continued to discuss the psychodynamic idea that suicide could be precipitated by the loss of a love object, or the hate of a love object turned inwards.⁹⁸³ Volume 8 noted in passing background comments on the psychology of suicide that: 'William Shakespeare wrote of adolescents whose love was frustrated, but is this a sufficient explanation...?';⁹⁸⁴ and in discussing the history of suicide, that one of Emile Durkheim's categories of suicide victim -- the anomic -- were 'out of step, owing to life-circumstance changes (e.g., loss of job, loss of love)...'.⁹⁸⁵ Otherwise, Volume 8 briefly mentioned that the loss of a relationship can cause suicide.⁹⁸⁶

⁹⁷⁴ Alfred Freedman, Harold Kaplan (eds), *Comprehensive Textbook of Psychiatry*, 1st ed., Baltimore: Williams and Wilkins, 1967, p. 1175.

⁹⁷⁵ Alfred Freedman, Harold Kaplan and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 2nd ed., 1975, pp. 1774-85.

⁹⁷⁶ Harold Kaplan, Alfred Freedman and Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 3rd ed., Baltimore: Williams and Wilkins, 1980, p. 2098.

⁹⁷⁷ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 1313.

⁹⁷⁸ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 4th ed., Baltimore: Williams and Wilkins, 1985, p. 809.

⁹⁷⁹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 5th ed., Baltimore: Williams and Wilkins, 1989, pp. 1421, 1424.

⁹⁸⁰ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, pp. 1740-41.

⁹⁸¹ Harold Kaplan, Benjamin Sadock (eds), *Comprehensive Textbook of Psychiatry*, 6th ed., Baltimore: Williams and Wilkins, 1995, p. 1749.

⁹⁸² Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, pp. 2031-40.

⁹⁸³ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 7th ed., Philadelphia: Lippincott Williams and Wilkins, 2000, p. 2035.

⁹⁸⁴ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 2446.

⁹⁸⁵ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 2442.

⁹⁸⁶ Benjamin Sadock, Virginia Sadock (eds), *Comprehensive Textbook of Psychiatry*, 8th ed., Philadelphia: Lippincott Williams and Wilkins, 2005, p. 2448.

Other Psychiatric Textbooks

Other psychiatric textbooks either ignored this issue or gave it the briefest mention. Andreason gave 'troubled relationships' as a cause of suicide in adolescents and young adults, and specifically noted a typical suicide attempter would take an overdose after 'a short-term love affair' sometimes in an attempt to 'win back a former lover'.⁹⁸⁷ Looking at the issue of deliberate self-harm, the *Companion to Psychiatric Studies* suggested this was usually caused by 'interpersonal difficulties' and can be an 'expression of...love'.⁹⁸⁸

Clinical Psychology Textbooks

There was no mention of the link between romantic love and suicide in the psychology text books studied.

Conclusion

There does not appear to be a strong link between romantic love and suicide in the literature, what little mention it did get appears absorbed into more general notions of relationship problems.

⁹⁸⁷Nancy C. Andreason, Donald W. Black, *Introductory Textbook of Psychiatry*, 2nd ed., Washington DC: American Psychiatric Press, 1995, pp. 516-17.

⁹⁸⁸Eve. C. Johnstone, C.P.L. Freeman and A.K. Zealley (eds), *Companion to Psychiatric Studies*, 6th Edition, eds., Edinburgh: Churchill Livingstone, 1998, pp. 767-68.

Discussion

Discussion of the Methodology

Introduction

This is a history of ideas, and more specifically ideas about disease and how they connect to ideas about romantic love. From a wider historiographical context -- though this thesis is not consciously modelled on any particular school of history -- research on ideas and emotion calls to mind the study of the mentalités, developed in the Annales school,⁹⁸⁹ while the methodology can be seen as intellectually descended from Febvre's problem orientated history,⁹⁹⁰ and later Annales' historians use of statistics and computing.⁹⁹¹

This thesis sought to improve on routine historical methodology, (at least as it is applied to the study of love) by greater emphasis on empirical, quantitative data. Where this study sought to be different⁹⁹² was by using techniques borrowed from evidence-based medicine to search databases in a systematised way.

To what extent did it succeed?

Problems with the Methodology

A number of problems came up in the study either inherent in the methodology, or flaws in the implementation. These chiefly involved issues around definition and classification.

This thesis could not escape a problem central to the study of love -- that of definition. It has already been noted that there is no universally accepted conception of romantic love; that the definitions provided in the databases were not ideal for this study; and that there were practical difficulties in applying definitions of romantic love when only an abstract was readily available. Moreover, the databases system of categorising the references using the dictionary terms was by no means perfect.

There is another problem of definition more specific to the historical study of concepts. One way of looking at a definition is as a word linked to a concept (its meaning). This study shows that either the word or the attached concept can change over time. Therefore, taking dictionary defined concepts created at a point in time, and then using them to categorise historical material from a range of times, is problematic.

⁹⁸⁹Lucien Febvre, 'Sensibility and History: How to Reconstitute the Emotional Life of the Past', in *A New Kind of History: From the Writings of Febvre*, Peter Burke, (ed.), London: Rutledge and Kegan Paul, 1973, pp. 12-26. Originally in: Lucien Febvre, 'La Sensibilité Et L'Histoire: Comment Reconstituer La Vie Affective D'Autrefois?', *Annales D'Histoire Sociale*, 3 (January-June 1941), pp. 5-20.

⁹⁹⁰Peter Burke, 'Introduction', *A New Kind of History: From the Writings of Febvre*, Peter Burke, (ed.), London: Rutledge and Kegan Paul, 1973, pp. ix-xvi.

⁹⁹¹Anne Green, Kathleen Troup, 'The Annales', in *The Houses of History: a Critical Reader in Twentieth-Century History and Theory*, Anne Green, Kathleen Troup (eds), New York: New York University Press, 1999, pp. 87-97.

⁹⁹²The searches of some of the textbooks -- particularly the DSM and the *Comprehensive Textbook of Psychiatry* -- were relatively novel in that they used computer programs to scan the text for certain keywords. This repeatedly turned up relevant passages not identified by the index. However, while a revelation to those used to painstaking methods of searching through texts, this would seem a fairly obvious extension of normal historical research.

In this study the concept of romantic love is treated differently from the concepts of morbidity. Romantic love is used as if it is a constant -- the same definition is applied throughout the period. In contrast, it is expected that the various disease conceptions may change over time, and specifically the degree to which this disease conception contains ideas of romantic love.

The problem with the use of an unvarying conception of romantic love is not so much that this introduces bias to the study (all studies have their biases), but that this bias is impossible to accurately quantify. It is therefore an assumption that over the relatively brief period of the study, and within the relatively restricted culture of scientific and psychiatric thought, that the bias involved was insufficient to significantly skew the results.

With regard to conceptions of morbidity, where it was accepted and expected that changes would occur over time, a better approach in retrospect may have been to move away from definitions to using keywords. This would have presented to the researcher material unfiltered by the concepts of the compilers of the Thesaurus and MeSH dictionaries standing at one point in time. It was thought, however, that while this approach risked losing a sense of historical change during the period of study, the use of the databases dictionary definitions -- a conceptual filter of those heavily involved in the literature of medicine, psychiatry, and psychology -- would potentially give a better idea of how morbid love was conceptualised looking at the period as a whole.

Having used these keywords and definitions to find potential references, most evidence-based reviews of the literature employ two researchers to look separately through the articles identified by the search, applying the inclusion and exclusion criteria, and then comparing the results. This type of design was not easily built into a Master's history thesis, which is invariably carried out by one person. For a similar reason -- this was research carried out by one person over a limited period of time -- it was not possible to carry out the logical next step, reviewing each article identified, rather than the abstract, and so this study sacrifices depth for breadth.

There were a number of other problems with the study not directly related to the systematic review of the databases. The list of possible modern manifestations of morbid love was not drawn up in a systematic way and it is possible that some categories may have been overlooked. The methodology was developed over the course of the thesis, rather than the ideal of having it in place from the start. This led to some minor inconsistency in the searches, and also meant the searches were scattered over a two-year period.

Benefits of the New Methodology

For all the problems with a-historical dictionary defined concepts, the ability to do conceptual searches, using terms defined by the databases' creators, would appear to have potential for studying changes in the interest in different ideas over time. Where only a few references were produced by the search, they could be used to give an overview of the interest in the concept over the period of the study. When larger numbers of references were identified, it was possible to some degree to show change

over the period of the study,⁹⁹³ which if paralleled by the other systematic searches (DSM and the *Comprehensive Textbook of Psychiatry*) provided powerful evidence of historical change. Similarly, using keywords (for example 'lovesickness') and seeing how the concepts associated with the word change over time produces valuable historical data.

This also illustrates an additional advantage of using the database search engines -- it encourages the researcher to think either in words or concepts, rather than confusing the two.

The discussion so far has been about the validity of the methodology. In historical studies probably the best one can hope for is a modest improvement in the validity of the methodology. Reproducibility appears a much more attainable goal, and while not faultless in this regard, this study has far higher levels of reproducibility than anything else in the field, thus markedly increasing the belief readers can have in its conclusions.

Discussion of the Results

Lovesickness was a disease concept that had lasted for over a thousand years in medicine, the arts, and popular culture. Then, according to secondary sources, during the nineteenth and early twentieth century the disease concept of lovesickness disappeared. This type of dramatic change immediately catches the attention of a historian. What caused it? Could this change be linked in some manner to the changes in thought in other areas such as diagnostic concepts, or ideas about love in the scientific community or wider society? Unfortunately, the various background histories do not offer much in the way of convincing links between wider historical change and the disappearance of lovesickness. Moreover the explanations for the disappearance given in the secondary literature -- lovesickness was re-absorbed into the other emotional disorders secondary to the collapse of the humoral model, lovesickness was replaced by an increased interest in pathological forms of sexual behaviour⁹⁹⁴ -- raise as many questions as they answer.

In the absence of good data we enter the realm of speculation and interesting theories. One way to look at this problem is to ask, in what circumstances could love cause people distress? Love is viewed by some scientists as an emotional 'attachment' bond created between two people (even if it only works in one direction). Distress would then be caused if this bond was put under stress: by distance, by family, by class, by rejection, or by infidelity.⁹⁹⁵ A moment's reflection would suggest some of these strains no longer exist in the Western world -- distance is no longer a tyrant, families have less control over their children, and class systems have weakened. Coming from a different direction at the problem, mental disease is defined as much by the breaking of societal norms as individual distress, but much of what was once considered

⁹⁹³Though this issue was potentially complicated by the gradually increasing number of references on most dictionary concepts, and the total references in each database each year. More sophisticated statistics might therefore be needed to more accurately quantify the changing influence of ideas.

⁹⁹⁴Frank Tallis, *Love Sick: Love as a Mental Illness*, New York: Thunder's Mouth Press, 2005, pp. 31-34.

Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005, p. 62.

⁹⁹⁵Mary Wack, *Lovesickness in the Middle Ages*, Philadelphia: University of Pennsylvania Press, 1990, p. 5.

deviant behaviour (for example loving someone of the same sex) is widely tolerated in Western society. Love that is still beyond the pale, however, is still pathologised. A good example of this from the current study is the modern conception of lovesickness, where love between a psychotherapist and patient is conceptualised as a disease. Anthropological evidence in support of this theory comes from a non-Western society, the Islamic Fulbe of Cameroon, where inability to control romantic love (even towards a spouse) breaks social norms and so is seen as a form of mental instability, not unlike medieval Islamic concepts of lovesickness.⁹⁹⁶ An alternative explanation may be that Western society's view of romantic love changed. The organismic disease model requires that disease is seen as bad, but research suggests romantic love is more strongly associated in Western society with positive emotions, and even unrequited love is not viewed as a wholly bad thing.⁹⁹⁷

Modern Forms of Morbid Love

Historically the dominant conception of morbid love, lovesickness, has changed as a concept over time, and gone under different diagnostic names. These historical names or similar names are still used in psychiatry for four categories of morbid love examined in this study -- lovesickness, love melancholy, erotomania, and morbid jealousy.

The diagnostic name lovesickness rarely now refers to old conceptions of morbid love, other than as a name for the historical concept. 'Lovesick' has more commonly been the label given to psychotherapists who indulge in boundary violations with patients because of romantic love.

While melancholic depression is still a recognized disease category, love melancholy has completely disappeared, except as a historical concept. A connection between love and affective disorders remains, but it is weak.

Erotomania, in the form of a subset of delusional disorder, appears to be the one direct historical descendant of lovesickness which is still prominent in psychiatric thought, although even here romantic love is de-emphasised, and prominence given to the delusional thought processes. The other common meaning of erotomania -- as a synonym for diseases of hypersexuality -- appears to be a waning concept, while nymphomania itself (and its relatives) has lost its connection with romantic love.

Morbid jealousy is probably another direct historical descendant of lovesickness, and one whose recent history strongly parallels erotomania, with which it shares a subcategory in delusional disorders. However, both jealousy as a delusion, and less severe forms of morbid jealousy have lost their connection with romantic love.

As well as these diseases which appear to have descended in part from lovesickness, there are symptoms and behaviours that would once have been considered important parts of lovesickness, although not as separate entities, and which continue to have some significance in modern psychiatry -- suicide, obsessions, and stalking (though

⁹⁹⁶Helen A. Regis, 'The Madness of Excess: Love Among the Fulbe of North Cameroun', in *Romantic Passion: a Universal Experience?* William Jankowiak (ed.), New York: Columbia University Press, 1995. pp. 141-51.

⁹⁹⁷Pamela C. Regan, *The Mating Game: A Primer on Love, Sex, and Marriage*, Thousand Oaks: Sage Publications, 2003, pp. 23, 40-41.

jealousy, and erotomanic symptoms could also be placed in this category). There is no longer a strong link between romantic love and suicide in the literature, although there is an occasional reference. It is a similar situation with obsessions, while the disease most commonly associated with obsessions in modern psychiatry -- OCD -- has no direct connection. When love obsessions are discussed, they appear associated with many of the categories of morbid love discussed here -- stalking, erotomania, and love addiction.

Both love obsessions and stalking appear in the forensic literature. The latter behaviour is associated closely with erotomania, and less closely with romantic love, but now rather than a symptom distressing to that person engaging in the behaviour, it is considered behaviour abnormal to society and distressing in particular to somebody else.

Stalking, as well as being a new manifestation of an old lovesickness behaviour, is one of the potentially new diseases of lovesickness (along with Stockholm syndrome and love addiction), that seemed to have no direct historical link to the original illness, but rather to have developed de-novo. However, Stockholm syndrome and its related disorders, contrary to surface appearances, do not seem to have a robust association with romantic love. By contrast, love addiction has a stronger connection with love and romantic love, and indeed is such a broad concept that it appears to include elements of not only lovesickness, but all the other diseases, symptoms, and behaviours mentioned above, as well as symptoms of other diseases, and some novel symptoms. Love addiction as a disease concept has grown up almost completely outside mainstream psychiatry and medicine, being the offspring of the addictions field and popular culture.

Do any of these new diseases appear likely to become the new lovesickness -- a disease widely accepted by the psychiatric and medical professions? Stockholm syndrome and its relatives appears too disconnected from conceptions of romantic love; stalking would seem to be destined to be seen as a behaviour rather than a disease; which leads only love addiction. Applying the concept of addiction to various rewarding behaviours seems to be increasing in popularity. Sex addiction in particular would seem to have a good chance of replacing nymphomania and other diseases of hypersexuality (though whether this translates into the coveted status of a DSM disease is another matter). However, sex has been of far more interest to psychiatry in the last 200 years than romantic love.

Possibly love addiction's chances to some degree depend on the rising interest in romantic love as a biological construct. On balance, this thesis appears to agree with secondary sources that a small but growing scientific interest in romantic love has been evident since the mid-twentieth-century, and in particular since the seventies, starting with classification and measurement, but with increasing interest in more biological investigations. However, these techniques do not seem to have been applied to measuring pathological love.

Final Thoughts

Lovesickness, then, has not completely disappeared, but rather lurks in various disguised and attenuated forms in the periphery of psychiatry. This conclusion is by no means a radical one, in essence being similar to that arrived at by Jacqueline

Duffin,⁹⁹⁸ nor does it contradict the contention from secondary sources that the idea of morbid love is in decline.⁹⁹⁹

The nature of the methodology used in this thesis, is that it provides interesting data and answers small questions. The big questions remain. If anything, working through the data for this thesis made this marginalisation of the concept of morbid love seem more puzzling. At times when reading about Stockholm syndrome or erotomania, the absence of romantic love from the discussion seemed bizarre, almost as if Western psychiatry was uncomfortable with the juxtaposition of the two ideas -- love and disease – or it would simply not occur to most people in the field.¹⁰⁰⁰ This poses a problem which is almost a reversal of the 'Why did lovesickness as a diagnosis go into a decline?' question: What would it take for the revival of lovesickness or some similar conception of morbid love? More research into the science of love? A drug company inventing a cure for love addiction? Or some more profound shift in Western culture?

⁹⁹⁸Jacalyn Duffin, *Lovers and Livers: Disease Concepts in History*, Toronto: University of Toronto Press, 2005.

⁹⁹⁹Or support it. A similar data set from an earlier period, or a clear trend within the 50 years studied would be necessary for this.

¹⁰⁰⁰This was the author's experience, until after many years in psychiatry this topic suddenly occurred to him.

Appendices

APPENDIX I -- SEARCH ENGINE BACKGROUND

About Medline

Medline is the modern successor to the Index Medicus. The first volume of Index Medicus was published in 1879. It was designed by Dr John Shaw Billings who developed it during the American Civil War under the auspices of the Surgeon General of the Army. The American Medical Association took over in 1927, and finally the United States National Library of Medicine in 1960. The National Library immediately began computerising the database¹⁰⁰¹ leading to older electronic databases (Dialog, and Grateful Med), and then Medline (Medical Literature Analysis and Retrieval System Online) and OldMedline.

OldMedline covers the period 1951-1965, with older citations added as time and resources permit, while Medline covers 1966 to the present. These two combined (as they are in this study, where they are referred to as 'Medline') make up the most wide-ranging bibliographic database covering the fields of medicine, nursing, dentistry, veterinary medicine, the health care system, and the preclinical sciences. They contain approximately 18 million bibliographic citations and author abstracts from more than 5,000 biomedical journals published in the United States and seventy other countries. The coverage is worldwide, but most records are from English-language sources or have English abstracts. Selection is based on the recommendations of a panel, the Literature Selection Technical Review Committee, based on 'scientific policy and scientific quality'. Both databases include references to articles indexed using terms from the National Library of Medicine's controlled vocabulary -- MeSH.¹⁰⁰² Engines designed to search Medline generally use Boolean operatives to combine MeSH terms, and/or keywords.

About psychINFO

PsycINFO is the Psychological Abstracts Index produced by the American Psychological Association, transferred across to an electronic medium. It comprises citations and summaries from the 1800s to the present of journal articles, book chapters, books, technical reports, and dissertations within the field of psychology. The database is updated weekly and contains nearly 2,244,000 records, and covers more than 2,150 journal titles (the majority peer-reviewed). Publications are from more than 49 countries, and in more than 27 languages.

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¹⁰⁰¹ Editor, 'Preface', *Cumulated Index Medicus*, National Library of Medicine, Maryland: Volume 28, 1987.

¹⁰⁰² Information taken from EBSCO Medline website, accessed in January 2009.

¹⁰⁰³ Information taken from EBSCO psychINFO website, accessed in January 2009.

APPENDIX II – RAW DATA

RISING SCIENTIFIC INTEREST IN LOVE

Scientific Interest: Total and Percentage References in Medline

Years	"Love" references	% (to 4 decimal points) of total articles in database
1890-99	0	0
1900-09	0	0
1910-19	0	0
1920-29	0	0
1930-39	0	0
1940-49	1	0.0002
1950-59	5	0.0053
1960-69	161	0.0133
1970-79	365	0.0239
1980-89	342	0.0269
1990-99	527	0.0354
2000-06	472	0.0364

Scientific Interest: Total and Percentage References in PsychINFO

Years	"Love" references	% (to 3 decimal points) of total articles in database
1890-99	1	0.02
1900-09	2	0.02
1910-19	5	0.033
1920-29	4	0.011
1930-39	3	0.004
1940-49	10	0.018
1950-59	4	0.005
1960-69	2	0.002
1970-79	172	0.064
1980-89	465	0.106
1990-99	717	0.118
2000-06	633	0.12

Scientific Interest: Comparison References in PsychINFO

Years	Love	Anger	Sadness	Anxiety	Major Depression	Sex	Schizophrenia	Emotions
1890-99	1	1	1	0	4	3	0	28
1900-09	2	3	0	2	7	1	11	52
1910-19	5	9	5	4	1	3	6	42
1920-29	4	19	0	6	0	9	5	47
1930-39	3	0	0	3	0	1	7	48
1940-49	10	2	0	9	3	5	27	17
1950-59	4	0	0	29	7	2	66	11
1960-69	2	7	0	932	4	216	1363	963
1970-79	172	237	20	4234	218	239	5063	1392
1980-89	465	548	87	5110	4865	89	8620	1448
1990-99	717	1234	128	5725	18263	189	13651	3473
2000-06	633	1064	181	5068	15750	301	11618	3695

EROTOMANIA**Total Number of 'Erotomania' References Associated with each Concept in Medline**

Years	total 'erotomania'	love/'erotomania'	sex/'erotomania'	delusion/'erotomania'
1950-59	1	0	1	0
1960-69	0	0	0	0
1970-79	5	3	1	5
1980-89	27	5	9	26
1990-99	50	21	9	39
2000 on	19	4	6	12

Percentage of 'Erotomania' References Associated with each Concept in Medline

Years	love/'erotomania'	sex/'erotomania'	delusion/'erotomania'
1950-59	0	100	0
1960-69	0	0	0
1970-79	60	20	100
1980-89	19	33	96
1990-99	42	18	78
2000 on	21	32	63

Total Number of 'Erotomania' References Associated with each Concept in PsychINFO

Years	'erotomania' total	love/'erotomania'	sex/'erotomania'	delusion/'erotomania'
-1899	1	0	0	1
1900-09	1	0	0	0
1910-19	1	0	0	0
1920-29	1	0	0	0
1930-39	2	2	0	0
1940-49	1	0	0	0
1950-59	1	0	0	0
1960-69	0	0	0	0
1970-79	9	2	0	3
1980-89	26	2	0	13
1990-99	66	6	1	27
2000 on	33	2	1	18

Percentage of 'Erotomania' References Associated with each Concept in PsychINFO

Years	love/'erotomania'	sex/'erotomania'	delusion/'erotomania'
-1899	0	0	100
1900-09	0	0	0
1910-19	0	0	0
1920-29	0	0	0
1930-39	100	0	0
1940-49	0	0	0
1950-59	0	0	0
1960-69	0	0	0
1970-79	22	0	33
1980-89	8	0	50
1990-99	9	2	41
2000 on	6	3	55

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