

# ARE THERE ANY CONNECTIONS BETWEEN KLEPTOMANIA AND ADDICTION?

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**Kleptomani ve bağımlılık arasında bir bağlantı var mı?**

**Are there any connections between kleptomania and addiction?**

## ÖZET

Kleptomani, değerinden bağımsız olarak farklı nesnelere çalma arzusunun engellenmediği klinik bir durumdur. DSM 5 içinde “dürtü kontrol bozukluğu” olarak sınıflandırılmıştır. Alkol kullanımı bozukluğu olan, 24 yaşındaki olguda başarılı bir tedavi süreci ardından kleptomani gelişmiştir. Bu olgu özelinde kleptomani, bağımlılık penceresinden de değerlendirilebilir.

**Anahtar Kelimeler:** alkol madde kullanımı bozuklukları, kleptomani, bağımlılık.

## ABSTRACT

Kleptomania is a clinical condition in which the desire to steal different objects cannot be inhibited regardless of value. It is classified as “impulse control disorder” in DSM 5. A 24-year-old patient with alcohol use disorder developed kleptomania after successful treatment. In this case, kleptomania can also be evaluated from the perspective of addiction.

**Keywords:** substance use disorders, kleptomania, addiction.

## INTRODUCTION

Kleptomania is the inability to prevent repetitively stealing objects, irrespective of the monetary value or need(1). Kleptomania has been classified as an impulse control disorder in DSM 5. Research on kleptomania reveals that it appears to be a lack of resistance to the desire for stealing, but the cause of kleptomania has not been fully elucidated. From a clinical point of view, it is often stated that spontaneous and sudden appearance of kleptomaniac behavior has been observed, although a small part of the behavior has already been planned. On the other hand, it has been shown that it can also occur after an event that causes anger or stress factors. Kleptomaniac behavioral attacks often occur in the community, stores, supermarkets, and malls. Stolen objects are generally worthless objects from an economical point of view(2). Differential diagnoses of kleptomania should be made from theft, acute mania, alcohol-substance intoxication, antisocial personality disorder, and obsessive-compulsive disorder. Selective serotonin reuptake inhibitors have been preferred in the treatment. On the other hand, the possible association of kleptomania with the addiction spectrum has prompted opioid antagonists as a treatment option. Case reports and a controlled trial show that opioid antagonists are effective in adults and adolescents with kleptomania. This open-label study has reported to naltrexone has been received for 12 weeks and efficiency had been reported(3). In this case report, the evaluation of kleptomania as a behavioral dependency has been made after the development of kleptomaniac behaviors in the early remission period of the patient diagnosed with alcohol dependency.

## CASE

A 24-year-old female patient has been diagnosed with alcohol use disorder for three years. The patient was treated for disulfiram. After 3 months of remission, she went to the shopping center and started to steal things. She repeated this behavior 7 or 8 times a day. She said that she likes the excitement during the stealing act and after the act, she no longer has any desire to drink alcohol. She thinks that she has been addicted to stealing. After the stealing act, she has no regret. Also, she still had some intrusive thoughts that she should continue stealing.

## DISCUSSION

The pathophysiology of kleptomania is not fully known. It has been associated with psychoanalytic factors, neuropsychiatric factors like head trauma, and mood disorders(4,5). It has also been associated with addictive behavior(6). Even though kleptomania is in the group of impulse control disorders, it has thought to be related to addiction from the perspective of this case. Findings about the efficacy of opioid antagonists in kleptomania

treatment are also promising. The presence of kleptomania in the behavioral addiction spectrum may suggest a different perspective on the treatment of this condition.

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