

# Restricted Affect

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October 7, 2025

## RECOMMENDED CITATION

mohammad looti (2025). *Restricted Affect*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=34710>

Restricted affect is a term used to describe a mild constriction in a client's physical affect: range and/or intensity of emotion or display of feelings. This is less severe manifestation than what would be described as blunted affect. In the case of depression this restricted affect can be a constant state until the depressive symptoms are alleviated. In some ways it can be likened to a physical and emotional numbing which restricts a person's ability to react normally to life events.

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