

Hubris Syndrome and the Arab Spring

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Background and Purposes

Thousands years ago, since the first unified Egyptian state, Egyptians have been familiar with a singular patriarchal and dominant leader. During recent history, Egyptians retained their passion for a dominant singular leader system. Hubris syndrome is an acquired syndrome that is associated with power, especially with longer and greater power. It is not yet included as a psychiatric disorder. The aim of this study is to provide the scientific community with an up-to-date review of the literatures describing hubris syndrome among presidents in general, with special focus on Egyptian presidents.

Methods

We did a search in the databases for peer-reviewed studies dealing with the Hubris syndrome in general and among Egyptian presidents in particular. The following databases were searched: PubMed-MEDLINE, Ovid MEDLINE and PsychINFO[®]. The search terms used in PubMed-MEDLINE were as follows: Hubris Syndrome OR Hubris syndrome AND Egyptian presidents, Hubris syndrome AND political leaders. Moreover, we described Hubris syndrome according to the DSM-IV manual with a comparison

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between other leaders, i.e. American and British who already had hubris traits, and Egyptian presidents. It is a retrospective judgment of those leaders who have no history of a major depressive illness like bipolar disorder. The authors of this paper approach the 'Hubris Syndrome' in the context of the four presidents that ruled Egypt from 1952 to 2011, employing a sociological and psychological perspective.

Results

Our search results did not reveal any single study dealing with hubris syndrome and Egyptian presidents. Among the four Egyptian presidents, two showed little tendency to hubris—in particular Naguib and Nasser—although others show clear hubristic traits including El Sadat and Mubarak.

Conclusions

Given that there is no free access to medical records of Egyptian presidents, we do not know for certain if one of them suffered from any pre-morbid psychological or medical condition that may have predisposed them to Hubris syndrome. Consequently, our general conclusions about Egyptian presidents have to be treated with caution.