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Obsessive Compulsive Personality Disorders
M2 Psychiatry Sequence

Michael Jibson
Fall 2008
Cluster C Personality Disorders

Obsessive Compulsive Personality Disorder

• “A pattern of preoccupation with orderliness, perfectionism, and control.” (DSM-IV)
## Obsessive Compulsive Personality Disorder

<table>
<thead>
<tr>
<th>Diagnostic Criteria for Obsessive Compulsive Personality Disorder (DSM-IV)</th>
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<tbody>
<tr>
<td>A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:</td>
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<tr>
<td>(1) is preoccupied with details, rules, list, order, organization, or schedules to the extent that the major point of the activity is lost</td>
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<td>(2) shows perfectionism that interferes with task completion (e.g., is unable to complete a project because his or her own overly strict standards are not met)</td>
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<td>(3) is excessively devoted to work and productivity to the exclusion of leisure activities and friendships (not accounted for by obvious economic necessity)</td>
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<td>(4) is overconscientious, scrupulous, and inflexible about matters of morality, ethic, or values (not accounted for by cultural or religious identification)</td>
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<td>(5) is unable to discard worn-out or worthless objects even when they have no sentimental value</td>
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<td>(6) is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things</td>
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<td>(7) adopts a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes</td>
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<td>(8) shows rigidity and stubbornness</td>
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American Psychiatric Association: *Diagnostic and Manual of Mental Disorders, 4th ed, Text Revision (DSM-IV-TR)*
Obsessive Compulsive Personality Disorder

Clinical Vignettes
Obsessive Compulsive Personality Disorder

- Prevalence: 1% of population
- Sex ratio: M:F=2:1
- Comorbidity: Slight increase in mood and anxiety disorders
- Family: Obsessive-compulsive personality disorder
Obsessive Compulsive Personality Disorder

Treatment

- Psychotherapy - Psychoanalytic, behavioral, and group therapies are often useful
- Medication - Serotonin-specific reuptake inhibitor (SSRI) antidepressants may be useful
Obsessive Compulsive Personality Disorder

Physician-patient Interaction

- Thorough explanations and specific, detailed information are valued
- Uncertainty is rarely tolerated
- Treatment options should be presented with clear risk-benefit analyses