**Obsessive-Compulsive Personality Disorder**

**Essential Feature**

“A preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency”.

- Try to maintain a sense of control through painstaking attention to rules, trivial details, procedures, lists, schedules, etc.
- Careful and prone to repetition
- Repeatedly check for mistakes
- Oblivious to the annoyance of others
- Poor allocation of time
- Perfectionism causes considerable discomfort
- Fails to finish projects over concerns surrounding perfectionism
- Excessive devotion to work and productivity to the exclusion of leisure activities and friendships
- Great concentration on household chores
- Emphasize perfect performance
- Excessively conscientious, scrupulous, and inflexible about matters of morality, ethics, or values
- Unable to discard worn out or worthless objects
- Reluctant to relegate tasks or to work with others
- Miserly and stingy and maintain a standard of living far below what can be afforded
- Rigid and stubborn

**Associated Features**

- Time consuming decision making
- Prone to be upset when not in control
- Especially attentive to relative status in relationships
- Express affection in a highly controlled or stilted fashion
- Uncomfortable with people who are emotionally expressive
- Difficulty expressing tender feelings

People with Anxiety Disorders have an increased likelihood of having a personality disturbance that meets criteria for Obsessive-Compulsive Personality Disorder. The majority of individuals
with Obsessive-Compulsive Disorder do not have a pattern of behavior that meets the criteria for a Personality Disorder.

**Differential Diagnosis**

Obsessive-Compulsive Personality Disorder is easily distinguished from Obsessive-Compulsive Disorder by the presence of true obsessions and compulsions. A diagnosis of Obsessive-Compulsive Disorder should be considered, especially when hoarding is extreme. When the criteria for both disorders are met, both diagnoses should be recorded.

Note that Obsessive-compulsive traits may be especially adaptive, particularly in situations that reward high performance. Only when these traits are inflexible, maladaptive, and persisting and cause significant functional impairment or subjective distress do they constitute Obsessive-Compulsive Personality Disorder.