



IN SIGHT

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SOME TRAITS OF THE OBSESSIVE-COMPULSIVE PERSONALITY DISORDER

Obsessive-Compulsive Personality Disorder is 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, including:

- preoccupation with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost;
- perfectionism that interferes with task completion (e.g., inability to complete a project because his or her own overly strict standards are not met);
- excessive devotion to work and productivity to the exclusion of leisure activities and friendships (not accounted for by obvious economic necessity);
- overconscientiousness, scrupulousness, and inflexibility about matters of morality, ethics, or values (not accounted for by cultural or religious identification);
- reluctance to delegate tasks or to work with others unless they submit to exactly his or her way of doing things;
- rigidity and stubbornness.

Excerpt from the *Diagnostic and Statistical Manual of Mental Disorders: DSM-IV*. 4th ed.