

ARC Mental Health Information Series

This document is intended to be information only and does not replace the opinion of a health provider.

Obsessive Compulsive Personality Disorder

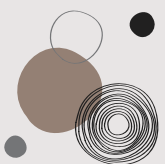
Obsessive-compulsive personality disorder (OCPD) is a chronic condition in which a person demonstrates an excessive focus on details, order and rules, and the need to achieve a perfect outcome, often in a way that interferes with daily life. The desire for order, perfection, productivity, and control can impede their ability to finish tasks, collaborate with other people, and treat social activities or hobbies as purely recreational. In addition to demanding that others follow certain rules or meet high standards, people with OCPD can be severely self-critical. OCPD is estimated to affect 3-8% of the population and men are twice as likely to be diagnosed as women.



Symptoms

Individuals with obsessive-compulsive personality disorder, according to the DSM-5, are overly concerned with orderliness, perfectionism, and control, a pattern that begins by early adulthood and includes four or more of the following:

1. A preoccupation with order and details that results in the person missing the point of an activity
2. Perfectionism that hinders the completion of tasks
3. Devotion to work and productivity to an extent that is excessive and not explained by economic needs
4. Excessive conscientiousness and inflexibility related to morality or values (not explained by one's culture or religion)
5. Inability to get rid of worn or worthless objects, even if they lack sentimental value
6. Reluctance to delegate tasks to or work with others unless things are done his or her way
7. Reluctance to spend money on oneself or others and a belief that money should be hoarded for emergencies
8. Rigidity and stubbornness



Causes

The exact cause of OCPD is not known, but some theories supported by evidence include:

- Genetics: OCPD may be hereditary.
- The presence of other mental health disorders: Individuals with anxiety disorders appear to be at an increased risk for OCPD.
- Childhood environment: Growing up in an overly strict, rigid, controlling, over-protective environment and/or having been severely punished as a child may increase the risk for OCPD.

Treatment

- Psychotherapy such as cognitive therapy and cognitive behavioral therapy can reduce the severity of symptoms by helping to address unhelpful thoughts and behaviours.
- Psychodynamic therapy may help a person gain greater insight into their emotional and mental processes. This deeper understanding can help them make better choices and improve their relationships with others
- Medications including SSRIs (selective serotonin reuptake inhibitors) have also been investigated as potential treatments for OCPD.

Coping mechanisms

- Relax: Learning and practicing breathing and relaxation techniques may help you reduce the sense of urgency and stress that can accompany OCPD.
- Learn: Educating yourself about OCPD can help you and those around you understand what to expect.
- Develop good lifestyle habits: A healthy diet, exercise, quality sleep, and other positive habits can help you perform at your best, both in general and in treatment.
- Reach out: Join support groups and online communities where you can speak with other people who understand what you're going through.

Resources available

Canadian Men's Health Foundation – Inspiring Men To Live Healthier
www.menshealthfoundation.ca

AMI-Quebec – www.amiquebec.org, (514) 486-1448

Friends for mental health – www.asmfmh.org, (514) 636-6885

Psychosocial support available at your local CLSC and through your primary care physician.

CLSC St-Hubert (450) 443-7400

CLSC Brossard (450) 445-4452

CLSC St-Jean-sur-Richelieu (450) 358-2572

CLSC Richelieu (450) 658-7561

811 Info-Sante, press 9 for English



Financial contribution from



Public Health
Agency of Canada

Agence de la santé
publique du Canada

