

# Obsessive Compulsive Personality Disorder

Hannah Baum, FRMCSN  
Caitlin Gresh, FRMCSN  
Destiny Houghtlen, FRMCSN

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## What is Obsessive Compulsive Personality Disorder (OCPD)?

- "A mental health condition that causes an extensive preoccupation with perfectionism, organization, and control." (Cleveland Clinic, 2022)
- Behaviors that interfere with completing tasks and maintaining relationships
- Having specific ways of completing tasks that does not allow for flexibility or compromise

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## What is the difference between OCPD and OCD?

- OCD is an anxiety disorder in which there are frequent unwanted and intrusive thoughts that cause the performance of repetitive behaviors.
- People with **OCD have awareness** of their condition and seek treatment
- People with **OCPD have little to no self-awareness** of their behavior

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### Clinical Presentations and Characteristics

- Inflexible personality
- Lack of spontaneity
- Meticulous and diligent work that requires accuracy and discipline
- Social behavior is polite and formal
- Appears pompous and self-righteous to subordinates
- Seek approval from superiors
- See themselves as conscientious, loyal, dependable, and responsible
- Emotional behavior is immature and irresponsible
- Appear calm and controlled but experience conflict and hostility internally
- Commonly use reaction formation as a defense mechanism




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### Predisposing Factors

- Genetic component
- More common in men than women
- Most common in oldest children
- People who were raised in an overly controlled environment and held to a certain standard by their parents who punished more than praised




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### Diagnostic Criteria

- Four or more of the following that interfere with daily tasks:
  - Preoccupation with details, rules, lists, order, organization, or schedules
  - Perfectionism
  - Excessive devotion to work and productivity
  - Overconscientious and inflexible about matters of morality, ethics, or values
  - Inability to discard worn-out or worthless objects, even with no sentimental value
  - Reluctancy to delegate tasks or to work with others
  - Money is viewed as something to be hoarded
  - Rigidity and stubbornness




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**Treatment Modalities**



- Psychotherapy is considered best treatment
  - Psychodynamic therapy: uses self-reflection to improve understanding of themselves and relationship with others and the environment
  - Cognitive behavioral therapy: goal-oriented therapy to unlearn negative thoughts and behaviors
- No medications to treat OCPD directly
  - Depression and anxiety meds can be given to help symptoms manage

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**Treatment Modalities**

- Online support group: You, Me & OCPD Support Group
  - Meeting on Zoom at 9pm EST every second and fourth Thursday of each month
  - English only but is considered an international group
- Online forums
  - The OCPD Foundation: <https://www.ocpd.org/forum>
  - OCPD Support group: <https://www.tapataalk.com/groups/ocpd/>



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**Resources**

- Cleveland Clinic. (2022, Dec 13). *Obsessive-compulsive personality disorder*. Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/24526-obsessive-compulsive-personality-disorder-ocpd#symptoms-and-causes>
- The OCPD Foundation. (n.d.). *You, me & OCPD support group*. The OCPD Foundation. <https://www.ocpd.org/support-group>
- Morgan, K. I. (2023). *Davis Advantage for Townsend's essentials of psychiatric mental health nursing* (9th ed.). Philadelphia, PA: F.A. Davis Company.

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