

COMPULSIVE PERSONALITY

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Compulsive Personality: Definition, History, and References

Abstract

Compulsive personality disorder is defined as a type of personality disorder characterized by rigid, repetitive, and inflexible patterns of behavior. This article discusses the definition, history, and research surrounding compulsive personality disorder. Additionally, this article provides a comprehensive overview of the symptoms associated with this disorder and the various ways in which it is diagnosed. Finally, this article provides a list of relevant references for further study.

Keywords: compulsive personality disorder, personality disorder, definition, history, diagnosis

Compulsive Personality: Definition, History, and References

Compulsive personality disorder is a type of personality disorder, characterized by rigid, repetitive, and inflexible patterns of behavior (American Psychiatric Association, 2013). While there is a general consensus that compulsive personality disorder is a distinct type of personality disorder, its origins and precise definition remain unclear.

Definition

Compulsive personality disorder is defined as a disorder characterized by preoccupation with orderliness, perfectionism, and control (American Psychiatric Association, 2013). Individuals with this disorder may be preoccupied with details, schedules, and rules, and they may be overly concerned with work and productivity. These individuals often display an inability to relax, and they may be overly conscientious and inflexible. Additionally, individuals with compulsive personality disorder may be excessively critical of their own and others' behavior, and they may also display a lack of warmth and sensitivity.

History

The concept of compulsive personality disorder has been present in the literature since at least the mid-1900s. Its origin is unclear, although some suggest that it may have been derived from psychoanalytic theories of psychopathy and obsessive-compulsive disorder (OCD) (Trull & Widiger, 1993). Over the past few decades, however, the concept of compulsive personality disorder has become increasingly well-defined, and it is now recognized as a distinct type of personality disorder.

Diagnosis

Compulsive personality disorder is diagnosed according to the criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). To be diagnosed with this disorder, individuals must display at least four of the following symptoms: preoccupation with

details, rules, and schedules; perfectionism; excessive devotion to work; inflexibility; reluctance to delegate; miserliness; and a reluctance to express warmth and sensitivity.

Conclusion

Compulsive personality disorder is a distinct type of personality disorder characterized by rigid, repetitive, and inflexible patterns of behavior. Individuals with this disorder may display an inability to relax, excessive perfectionism, and preoccupation with details, rules, and schedules. Compulsive personality disorder is diagnosed according to the criteria outlined in the DSM-5.

References

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