

The Symptoms of Obsessive-Compulsive Personality Disorder

General Purpose: To inform

Specific Purpose: After hearing my speech, my audience will know more about the symptoms of Obsessive-Compulsive Personality Disorder.

Thesis: Obsessive-Compulsive Personality Disorder is a disorder which involves an obsession with perfection, rules, and organization, which leads to routines and rules for ways of doing things.

Organization Pattern: Topical

Introduction

- I. Open with impact: One in every one hundred people are affected by OCPD. Even more are affected by its symptoms.
- II. Obsessive-Compulsive Personality Disorder is a disorder which involves an obsession with perfection, rules, and organization, which leads to routines and rules for ways of doing things.
- III. Focus on Thesis: According to Dr. Steven Phillipson, a person with OCPD is comfortable with their high standards and rigid mindset. In fact, a person with OCPD will justify their actions instead of admitting any sort of problem, which they blame on the environment or external circumstances.
- IV. Connect to audience: A person with this personality disorder has symptoms of perfectionism that usually begin in early adulthood, which is about our age, and this kind of perfectionism can take a straight "A" student and cause them to flunk out of college. Because they try to do everything perfectly, they procrastinate assignments and when they do, they can't complete them, because their standards are so high.

(Signpost: Today, we will be talking about its symptoms and causes.)

Body

- I. Main Point: What are the symptoms of Obsessive-Compulsive Personality Disorder?
 - A. According to The Diagnostic and Statistical Manual of Mental Disorders, for a person to be diagnosed with Obsessive-Compulsive Personality Disorder, they must have the following qualities:

1. preoccupation with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost
 - a) They give too much attention to trivial things, which makes their normal routines difficult to follow.
 - b) For example, some people affected by OCPD feel the need to be obsessively clean and organized.
 - c) While many are indeed clean and orderly; even those who aren't feel the need to set up systems to maintain cleanliness, whether they actually follow through with it or not.

2. perfectionism that interferes with task completion
 - a) According to Dr. Steven Phillipson, getting things right and avoiding any possibility of a mistake is very important to them.
 - b) Due to this, they are often indecisive and procrastinate.
 - c) Since making the right choice is so important, making even simple choices become a nightmare.
 - d) Their indecision often holds them back in life, for example, if they needed to find a job, if given too many choices, they can't choose any, because none are just perfect.
 - e) And since always making the right choice is impossible, it becomes regular source of discontent.
 - f) They hold themselves to very high standards which they can't possibly live up to. When they fail, they hate themselves, and become depressed.
 - g) According to professors at the Department of Psychiatry at Brown University, they are generally pessimistic and depressed, sometimes to the point of suicide.

3. overly stubborn and inflexible about matters of morality, ethics, or values, and about having things done exactly their way
 - a) People with OCPD view all actions as either wrong or right, there is no in between. Of course, the person with OCPD is always right.
 - b) People with OCPD also always feel the need to be "right," which affects their personal relationships.
 - c) They need to be in control; when they aren't, they withdraw emotionally.
 - d) According to the cognitive model of personality disorders, they think of themselves as responsible and hardworking.

4. inability to discard worn-out or worthless objects even when they have no sentimental value
 - a) According to Dos Jeffereys, professor of Psychology, they are unable to resist the urge to acquire possessions, even ones which are useless, and are unable to throw them away.
 - b) He says that 20 percent of people diagnosed with OCPD have compulsive hoarding as their primary symptom, and 43 as their secondary symptom
 - c) These people usually have a relative who also hoards, so it is genetic

5. adopting a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes
 - a) They are anxious about things which may go wrong in their lives, and as a result, hoard large amounts of money for emergency purposes.
 - b) For them, money isn't something to enjoy; it provides them a feeling of comfort of something to fall back on.
 - c) Because of this, they minimize the amount of money they spend in their day to day lives, which makes them seem cheap and stingy to others.

Transition: Now that I have told you about the symptoms of OCPD, I will tell you about the causes.

- II. Main Point: What are the causes of these symptoms?
 - A. These symptoms are fairly common individually, and many people who have them don't have OCPD
 - B. According to the Gale Encyclopedia of Mental Disorders, no single specific cause of OCPD has been found, however faulty parenting is known to be a major factor.
 - C. In studies, researchers found that people who have OCPD, as children were punished harshly for every mistake, and rewarded for almost nothing.
 - D. According to the Handbook of Medical Psychiatry, OCPD is believed to be hereditary; studies have shown that people with certain genes are more likely to develop OCPD.
 - E. But, it may not manifest itself until the person, who is predisposed to OCPD is affected by an event or a circumstance which brings it out.
 - F. In other words, some people genetically predisposed to OCPD may never be affected by it at all

Conclusion

- I. Summarize: Today, we've learned the five main symptoms of OCPD and what cause them
 - A. Obsessive-Compulsive Personality Disorder is a disorder which involves an obsession with perfection, rules, and organization, which leads to routines and rules for ways of doing things.
 - B. If you have all or some of these symptoms and they affect your life negatively, you can get evaluated.
 - C. In addition to the one in one hundred people is affected by this disorder, many more who are affected by its symptoms can get help too.

D. With proper help, people with OCPD or its symptoms can control them and lead a rich and fulfilling life.

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