

CASE STUDY OF OBSESSIVE-COMPULSIVE PERSONALITY DISORDER

The case of "Tom" depicts the features of obsessive-compulsive personality disorder. Tom is a 45-year-old auditor who presents with a formal, precise, and impersonal manner that is lacking in warmth and shows a stubborn determination to get his point across. He describes himself as working long hours, as very thorough, "maybe a bit of a perfectionist and a workaholic", and as competitive and very proud of his successful career. He reports that he has been married for 13 years. His description of his marital relationship lacks warmth and intimacy, describing his wife as "a suitable mate" while acknowledging that they do little together. He acknowledges that he has trouble relaxing when on holiday and that he has little or no time for friends. He reports feeling stressed at the amount of work he has taken on but that he has "too much pride" to talk to anyone at work about this. He admits to feeling uncomfortable about coming for treatment but says he is worried his increasing anxiety will affect his work performance.