

## Should OCD Be Always Together with OC Personality?

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**Objective:** This study is aimed to reappraise the relations between obsessive compulsive disorder (OCD) and obsessive compulsive (and other) personality disorder (OCPD ).

**Method:** The study is conducted in a private psychiatric clinic among patients who seek to relieve from their various mental sufferings. The patients are evaluated initially by a psychiatrist and those who are diagnosed as having OCD according to DSM-IV criteria are reevaluated by a team that consists of two other psychiatrists and three psychologists to confirm this diagnosis. The patients with OCD are given the Yale-Brown Obsessive Compulsive Scale, SCID-II, and MMPI, and are compared to a control group that are chosen from the outpatients and inpatients in our clinic.

**Results:** Although the study is not yet finished, preliminary findings tend to show that there is a high prevalence of OCPDs among patients with OCD.

**Conclusion:** Although it may not be necessary to diagnose two disorders simultaneously (i.e.OCD and OCPD) in any patient, the increased frequency of OCPDs among patients with OCD demonstrate that the pharmacological and behavioral treatments of this disorder should be completed by the psychodynamic approaches.

## References

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