### DSM-IV-TR

**Diagnostic Criteria for Personality Disorders:**

#### Cluster C (Fearful–Anxious)

**Avoidant Personality Disorder**
A pervasive pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:
1. avoids occupational activities that involve significant interpersonal contact, because of fears of criticism, disapproval, or rejection
2. is unwilling to get involved with people unless certain of being liked
3. shows restraint within intimate relationships because of the fear of being shamed or ridiculed
4. is preoccupied with being criticized or rejected in social situations. **Note:** Do not include suicidal or self-mutilating behavior covered in Criterion 5.
5. is inhibited in new interpersonal situations because of feelings of inadequacy
6. views self as socially inept, personally unappealing, or inferior to others
7. is unusually reluctant to take personal risks or to engage in any new activities because they may prove embarrassing

**Dependent Personality Disorder**
A pervasive and excessive need to be taken care of that leads to submissive and clinging behavior and fears of separation, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:
1. has difficulty making everyday decisions without an excessive amount of advice and reassurance from others
2. needs others to assume responsibility for most major areas of his or her life
3. has difficulty expressing disagreement with others because of fear of loss of support or approval. **Note:** Do not include realistic fears of retribution.
4. has difficulty initiating projects or doing things on his or her own (because of a lack of self-confidence in judgment or abilities rather than a lack of motivation or energy)
5. goes to excessive lengths to obtain nurturance and support from others, to the point of volunteering to do things that are unpleasant
6. feels uncomfortable or helpless when alone because of exaggerated fears of being unable to care for himself or herself
7. urgently seeks another relationship as a source of care and support when a close relationship ends
8. is unrealistically preoccupied with fears of being left to take care of himself or herself

**Obsessive–Compulsive Personality Disorder**
A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control—at the expense of flexibility, openness, and efficiency—beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:
1. is preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost
2. shows perfectionism that interferes with task completion (e.g., is unable to complete a project because his or her own overly strict standards are not met)
3. is excessively devoted to work and productivity to the exclusion of leisure activities and friendships (not accounted for by obvious economic necessity)
4. is overconscientious, scrupulous, and inflexible about matters of morality, ethics, or values (not accounted for by cultural or religious identification)
5. is unable to discard worn-out or worthless objects even when they have no sentimental value
6. is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things
7. adopts a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes
8. shows rigidity and stubbornness

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### CLINICAL EXAMPLE

Marie is a 40-year-old single parent of two teenage daughters. She has gained 70 pounds since her divorce 2 years ago. Currently, Marie is sporadically attending a group for displaced homemakers, where she has shared a great deal of information about herself. She states that she is essentially a “homebody” and feels most satisfied when baking, cooking, and sewing for her daughters. Marie describes her secondhand pleasure in their activities, including ballet, gymnastics, and modeling. In fact, Marie becomes visibly saddened when she discusses her daughters’ eventual departure for college. When her daughters expressed concern about Marie’s weight gain and general health, Marie giggled and said, “Better to be fat and jolly than skinny and mean.”

Marie has made no attempt to develop new friendships or social outlets since her divorce. She is poorly groomed and haphazardly dressed, in contrast to her impeccably groomed daughters. When confronted by group members about setting priorities and the need to direct some energy toward herself, Marie responded, “My life is devoted to my daughters. Their needs are more important than mine, and that’s why I agreed to make 30 costumes for their dance recital next week.”