Cluster C personality disorders

Someone with a cluster C personality disorder fears personal relationships and shows patterns of anxious and fearful behaviour around other people. Others may be withdrawn and reluctant to socialise.

The main personality disorders in this category are listed below.

**Avoidant personality disorder**

A person with avoidant personality disorder appears painfully shy, is socially inhibited, feels inadequate and is extremely sensitive to rejection.

Unlike people with schizoid personality disorders, they desire close relationships with others, but lack the confidence and ability to form them.

**Dependent personality disorder**

A person with dependent personality disorder feels they have no ability to be independent. They may show an excessive need for others to look after them and are "clingy". Other features include:

* finding it difficult to make decisions without other people’s guidance
* needing others to take responsibility over what should be their own important life choices
* not being able to express disagreement with other people
* finding it difficult to start new activities due to a lack of confidence
* going to extremes to obtain support and comfort
* feeling helpless and uncomfortable when alone
* urgently needing to start a new relationship once a previous relationship comes to an end
* having an unrealistic and constant fear they will be left alone to fend for themselves

**Obsessive compulsive personality disorder**

A person with obsessive compulsive personality disorder is anxious about issues that seem out of control or "messy". They are preoccupied with orderliness and ways to control their environment, and may come across to others as a "control freak".

Other features include:

* having an excessive interest in lists, timetables and rules
* being so concerned with completing a task perfectly that they have problems completing it (perfectionism)
* being a workaholic
* having very rigid views about issues such as morality, ethics and how a person should behave in daily life
* hoarding items that seem to have no monetary or sentimental value
* being unable to delegate tasks to other people
* disliking spending money, as they think it is always better to save for a "rainy day"

This personality disorder differs from [obsessive compulsive disorder (OCD)](http://www.nhs.uk/conditions/obsessive-compulsive-disorder/pages/introduction.aspx), a related mental health condition, in several important ways:

* People with OCD are aware that their behaviour is abnormal and are anxious about it. Most people with obsessive compulsive personality disorder think their behaviour is perfectly acceptable and have no desire to change it.
* Some people with OCD are compelled to carry out rituals, such as having to touch every second lamppost as they walk down the street. This is not usually the case with people with obsessive compulsive personality disorder.
* People with OCD may feel compelled to make lists or organise items in their house, but feel anxious about doing so. People with obsessive compulsive personality disorder find relief from anxiety when doing such tasks and may become irritated when prevented from doing so.