

# **comparing of effectiveness of cognitive - behavioural and acceptance and commitment therapies on perfectionism , emotion regulation and excessive responsibility of obsessive -compulsive personality disorder**

Mahdi Taghavizade\*,

**Despite the high prevalence of obsessive-compulsive personality disorder (OCPD), there are few therapeutic resources in the field of treatment. Therefore, the purpose of this study is to examine and compare of efficacy of Two therapeutic approaches of cognitive-behavioural (CBT) and acceptance and commitment (ACT) on improving the perfectionism, emotional regulation and excessive responsibility as the main symptoms of this disorder. For this purpose, a quasi-experimental research method was used for pre-test, post-test with control group. The target population was 73 client to the Ehya counseling center in 2017 who were diagnosed with OCPD, of whom 45 were ed by targeted method and randomly assigned to two groups Experiments and one control group (each group of 15 people). The research variables were evaluated using of inventories of Hill perfectionism and difficulty in emotion regulating of Gratz and Roemer and the responsibility scale of the California Psychological Inventory in the pretest, posttest and follow up phases. The data obtained multivariate analysis of covariance showed a significant effect of both methods on each of the three components of OCPD. Comparison of couples' paired groups by using Bonferroni test showed a higher and significant effect of ACT in comparison with CBT on perfectionism ( $P = 0.035$ ), but in the other two, the differences are not significant. Therefore, it can be concluded that ACT, by focusing on psychological flexibility, is more effective than CBT on perfectionism. Meanwhile, a**

---

**one-month follow-up to the results showed sustainability and strengthening.**

**Keywords : Cognitive-Behavioural therapy, Acceptance and Commitment therapy, Perfectionism, emotion regulation, excessive responsibility, Obsessive-Compulsive Personality disorder**

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)