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From Perfectionism to Mental Illness

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Objectives: Perfectionism is characterized by the relentless pursuit of unattainable high standards. Burn-out syndrome is characterized by professional exhaustion and it was defined by Freudenberge, in 1974.

The authors intend to carry out a review about the association between perfectionism and psychiatric disorders. Also one note about the possible association between perfectionism and burn-out.

Methodology: Review about the concept of perfectionism and its implications, including in the development of psychiatric illness.

Results / Conclusions: There are several works on the concept of perfectionism and its implications. particularly in obsessive-compulsive disorder, depression, anxiety and eating disorders. There are constraints on the development of this pathology, such as cognitive ability and adaptation to life-events.

The increasing pressure on labor activity may, in individuals with this characteristic, contribute to the development of burnout.

It is essential the research and the applicatin of strategies for prevention and intervention in patients with perfectionist traces, susceptible to develop mental illness.