



OCD News Collecting Can Turn Into An Addiction

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Collecting Can Turn Into An Addiction

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By [Emily Jacobson](#)

Collecting can have positive psychological effects, but for some it can become uncontrolled, according to a Spanish researcher.

Collecting things such as stamps, toys, or jars can be a perfectly healthy hobby as long as it's kept under control, says Professor Francisca Lopez Torrecillas at the University of Granada. Collecting is good from a psychological viewpoint, as it aids in developing perseverance, order, patience and memory.

But for people with poor social skills, low self-esteem, and difficulty facing problems, collecting can become an obsession.

"When people have this feeling of personal inefficiency, compulsive collecting helps them in feeling better," Torrecillas said in a statement. In recent years, "a very significant increase has been observed of cases where uncontrolled collecting has caused obsessive-compulsive disorder and shopping addiction."

According to Torrecillas, the traits found in people who enjoy collecting, such as perfectionism, meticulousness, and extreme order, are closely related to psychological disorders.



Woman distressed

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