

# Dependent Personality Disorder DSM 5 Criteria

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM 5) serves as the primary classification system for mental health disorders used by professionals in the United States. Below are the diagnostic criteria for Dependent Personality Disorder as outlined in the DSM 5:

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. Unable to make everyday decisions without reassurance from others
2. Allows others to make important decisions in his/her life
3. Agrees with people even if they are thought to be wrong, fears the loss of approval
4. Difficulty initiating projects due to lack of self-confidence
5. Performs unpleasant and excessive tasks to obtain approval from others
6. Dislikes being alone with feelings of helplessness
7. Devastated when close relationships end and urgently seeks a replacement
8. Preoccupation with fears of abandonment and being left to care for one's self

## Notes

## References

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders. Diagnostic and Statistical Manual of Mental Disorders, 5(5). <https://doi.org/10.1176/appi.books.9780890425596>

Ramsay, G., & Jolayemi, A. (2020). Personality disorders revisited: A newly proposed mental illness. Cureus, 12(8). <https://doi.org/10.7759/cureus.9634>