

Dependent Personality Disorder Test

Name:

Age:

Date:

This Dependent Personality Disorder Test is designed to help mental health professionals assess the presence of dependent personality traits in their patients. It aims to identify patterns of excessive dependence on others, difficulty making decisions, and fear of abandonment.

Instructions:

- 1. Review the statements below.*
- 2. Respond to each statement based on how frequently you experience or agree with it.*
- 3. Use the scale provided for each question, where 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always.*
- 4. Discuss the responses to understand the context and feelings associated with each statement.*

Question	1	2	3	4	5
I find it difficult to make decisions without seeking advice from others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need others to assume responsibility for most areas of my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty expressing disagreement with others due to fear of losing support or approval.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty initiating projects or doing things on my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I go to great lengths to obtain nurturance and support from others, even to the point of volunteering for unpleasant tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel uncomfortable or helpless when alone because of exaggerated fears of being unable to care for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I urgently seek another relationship as a source of care and support when a close relationship ends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am unrealistically preoccupied with fears of being left to take care of myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I often feel that my ideas are not as good as those of other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would rather live with someone troublesome than live by myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total Score:					

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

Interpretation of Results

The total score from the Dependent Personality Disorder Test can provide an indication of the presence and severity of dependent personality traits. While this test is not a diagnostic tool, a higher score suggests a greater presence of dependent traits. It's important to discuss the results with a mental health professional for a comprehensive evaluation and accurate diagnosis. Further assessment may include clinical interviews and additional psychological testing.