Self-Identification and Evaluation of Dependent Personality*

Please read each statement carefully and rate the corresponding scale by clearly circling a number (0 = Never – 9 = Always). Please take into account how you are normally, not just how you are feeling at the moment.

1. I am an independent person

2. I prefer coping with problems on my own

3. I tend to give in to other people

4. I do not like being on my own

5. I am good at making decisions

6. I am a self-confident person

7. I rely a lot on my family and friends

8. When things go wrong in my life it takes me a long time to get back to normal

Please check you have completed all items and turn over to score your responses

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Scoring Instructions: Please put each score for each question in the table below. The scores for questions 1, 2, 5 & 6 have to be reversed. This is important to correctly score your responses. Then add your scores to give a total and compare to the results table.

This is how to reverse your scores

<table>
<thead>
<tr>
<th>Add scores and reversed scores here ↓</th>
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</thead>
<tbody>
<tr>
<td>Question 1</td>
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<td>Question 2</td>
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<td>Question 3</td>
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<td>Question 8</td>
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<td>TOTAL SCORE =</td>
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Total Score | Results
--- | ---
0 - 20 | No personality dysfunction
21 - 35 | Some dependent personality
difficulty or traits
36 - 50 | Mild dependent personality
disorder
51 - 72 | Moderate dependent personality disorder

*Note: This questionnaire is designed to subjectively identify features of Dependent Personality and offers an ability to consider these features over a period of time. It is not a definitive means of diagnosis. By our very nature as human beings we are all ‘dependent’ to some degree. It is when the severity and intensity of degree outweighs one’s ability to function or cope, which causes us problems. For a definitive diagnosis it is recommended to consult an expert mental health practitioner who is trained in making the diagnosis.


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