CODAT

Codependency Assessment Tool (CODAT)

The CODAT is a self-report questionnaire designed to measure codependency traits in adults within close relationships. It explores, in particular, the tendency to focus excessively on the needs of others, self-sacrifice, relational control, and difficulty recognizing or expressing one's own feelings. Used mainly in research and as a complement to clinical assessment, it can help the psychologist identify dysfunctional relational patterns, objectify certain interpersonal difficulties, and track progress over the course of treatment. The CODAT is not a stand-alone diagnostic tool and must be interpreted together with the clinical interview, relational history, and psychosocial context.

Number of questions	25 questions
Estimated duration	10 minutes
Language	English
Original name	Codependency Assessment Tool
Target audience	Adults
Authors	Catherine Hughes-Hammer, Donna S. Martsolf, Robert A. Zeller (1998)
Category	Emotional dependency

Scoring & interpretation

Each item is rated on a 5-point Likert-type scale. Responses are added up to obtain a total score, after reversing the reverse-keyed items according to the reference version. The total score generally ranges from 25 to 125; the higher the score, the more marked the codependency characteristics. Subscale scores by dimension can also be calculated according to the published factor structure. There is no universally accepted diagnostic cutoff; interpretation relies mainly on the response profile, comparison with research data, or within-person change over time.