DEQ

Depressive Experiences Questionnaire (DEQ)

The DEQ is a self-report questionnaire designed to explore personality dimensions related to depressive vulnerability, particularly interpersonal dependency and self-criticism. Unlike scales focused on current symptoms, it mainly assesses subjective experiences and relatively stable styles of functioning associated with the risk of depression. It is used in clinical psychology, psychodynamic practice, and research to refine the understanding of the depressive profile, personality functioning, and vulnerability factors in adolescents and adults.

Number of questions	66 questions
Estimated duration	15 minutes
Language	English
Original name	Depressive Experiences Questionnaire
Target audience	Adolescents/adults
Authors	Sidney J. Blatt, David C. D'Afflitti, John P. Quinlan (1976)
Category	Depression

Preview of the 66 questions

I set my personal goals and standards as high as possible.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

Without support from others who are close to me, I would be helpless.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I urgently need things that only other people can provide.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I often find that I don't live up to my own standards or ideals.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

The lack of permanence in human relationships doesn't bother me.

1 - Strongly disagree	2	3	4	5	6	7 - Strongly agree

Scoring & interpretation

Each item is rated on a scale from 1 to 7. Standard scoring mainly calculates three dimensions: dependency, self-criticism, and efficacy, ideally using the coefficients and norms of the original method. In some adaptations, sum or mean item scores are used after reversing the relevant items. High dependency and/or self-criticism scores suggest greater depressive vulnerability; the DEQ is not a diagnostic tool on its own.