DPQ

Dependent Personality Questionnaire (DPQ)

The DPQ is a self-report instrument designed to screen for features of dependent personality disorder according to DSM criteria. It assesses the intensity of emotional dependency, indecisiveness, and submissiveness traits, which are often present in individuals with this disorder. The DPQ is useful for clinical screening and research, particularly in the exploration of personality disorders.

Number of questions	8 questions
Estimated duration	10 minutes
Language	English
Original name	Dependent Personality Questionnaire
Target audience	Adults
Authors	P. Tyrer, J. Morgan, D. Cicchetti (2004)
Category	General

Preview of the 8 questions

I am an independent person.

Yes, definitely | Yes, a little | No, not so much | No, not at all

I prefer coping with problems on my own.

Yes, definitely | Yes, a little | No, not so much | No, not at all

I tend to give in to other people.

Yes, definitely | Yes, a little | No, not so much | No, not at all

I do not like being on my own.

Yes, definitely | Yes, a little | No, not so much | No, not at all

I am good at making decisions.

Yes, definitely | Yes, a little | No, not so much | No, not at all

Scoring & interpretation

Each item is rated on a Likert-type scale (usually from 1 to 4). High scores indicate a greater presence of dependent traits. It is recommended to interpret the total score in combination with the clinical interview.