

Emotional Dependency Questionnaire (EDQ)

The Emotional Dependency Questionnaire (also known as the affective dependency questionnaire) is designed to assess the level of emotional dependency in romantic relationships. It includes 23 items divided into 6 clinical dimensions, such as separation anxiety, fear of loneliness, and attention seeking. This instrument is used to identify people who display excessive or dysfunctional affective behaviors in the context of relationships.

Number of questions	23 questions
Estimated duration	5 minutes
Language	English
Original name	Emotional Dependency Questionnaire
Target audience	Adults
Authors	Lemos M, Londono (2006)
Category	Emotional dependency, Couple issues

Preview of the 23 questions

How well does this statement describe you?

I feel helpless when I am alone.

Completely false for me | Mostly false for me | Slightly more true than false | Moderately true for me | Mostly true for me | Describes me perfectly

How well does this statement describe you?

The idea of being abandoned by my partner worries me.

Completely false for me | Mostly false for me | Slightly more true than false | Moderately true for me | Mostly true for me | Describes me perfectly

How well does this statement describe you?

To attract my partner, I try to dazzle or entertain them.

Completely false for me | Mostly false for me | Slightly more true than false | Moderately true for me | Mostly true for me | Describes me perfectly

How well does this statement describe you?

I do everything I can to be the center of attention in my partner's life.

Completely false for me | Mostly false for me | Slightly more true than false | Moderately true for me | Mostly true for me | Describes me perfectly

How well does this statement describe you?

I constantly need signs of affection from my partner.

Completely false for me | Mostly false for me | Slightly more true than false | Moderately true for me | Mostly true for me | Describes me perfectly

Scoring & interpretation

This questionnaire contains 23 items, each rated on a 6-point Likert scale (1 = completely false for me, up to 6 = describes me perfectly).

For each subscale (six dimensions: separation anxiety, partner's affective expression, modification of plans, fear of loneliness, borderline expression, attention seeking), the scores of the corresponding items are summed.

The total score is the sum of the 23 items. A score greater than or equal to 81 (mean + standard deviation) indicates a clinically significant presence of emotional dependency. A score below 81 reflects either an at-risk zone (if close to the mean) or an absence of dependency behaviors (if clearly lower).