IDI

Interpersonal Dependency Inventory (IDI)

The IDI is a self-report questionnaire designed to measure interpersonal dependency, that is, the tendency to markedly seek support, reassurance, and validation from others. It classically explores three dimensions: emotional reliance on another person, lack of social self-confidence, and assertion of autonomy. It helps identify a relational style characterized by a need for support, difficulty functioning alone, fear of separation, or low self-assurance in interactions.

Number of questions	48 questions
Estimated duration	15 minutes
Language	English
Original name	Interpersonal Dependency Inventory
Target audience	Adults
Authors	Robert F. Hirschfeld, Michael B. Klerman, George L. Gough, Ellen L. Barrett, Patricia A. Korchin, C. R. Chodoff (1977)
Category	Interpersonal issues

Preview of the 48 questions

I prefer to be by myself

Not characteristic of me | Somewhat characteristic of me | Quite characteristic of me | Very characteristic of me

I would rather be a follower than a leader

Not characteristic of me | Somewhat characteristic of me | Quite characteristic of me | Very characteristic of me

I don't need other people to make me feel good

Not characteristic of me | Somewhat characteristic of me | Quite characteristic of me | Very characteristic of me

I feel confident of my ability to deal with most of the personal problems I am likely to meet in life

Not characteristic of me | Somewhat characteristic of me | Quite characteristic of me | Very characteristic of me

I would be completely lost if I didn't have someone special

Not characteristic of me | Somewhat characteristic of me | Quite characteristic of me | Very characteristic of me

Scoring & interpretation

Each item is rated on a Likert-type scale (usually from 1 to 5), reflecting how much the person agrees with each statement about their interpersonal relationships. Total scores are calculated by adding up the responses and are then broken down into the three subscales. A high score indicates greater interpersonal dependency.