RPT

Relationship Profile Test (RPT)

The Relationship Profile Test (RPT) is a self-report measure designed to assess three broad relational styles in adults: autonomy, dependency and the desire to be taken care of. Used mainly to understand interpersonal dynamics, it helps to better identify the problematic relational patterns that may underlie different forms of psychopathology.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Relationship Profile Test
Target audience	Adults
Authors	John S. Auerbach, Sidney J. Blatt (2005)
Category	Interpersonal issues

Scoring & interpretation

The RPT uses a Likert-type scale on which the patient indicates to what extent each statement applies to them. Scores are calculated for each subdimension (autonomy, dependency, desire to be taken care of) and then compared with norms to identify the dominant relational styles.