

Dependent Personality Disorder Test

Name: Ethan Carter

Age: 34 **Date:** Feb. 15, 2024

This Dependent Personality Disorder Test is designed to help mental health professionals assess the presence of dependent personality traits in their patients. It aims to identify patterns of excessive dependence on others, difficulty making decisions, and fear of abandonment.

Instructions:

- 1. Review the statements below.*
- 2. Respond to each statement based on how frequently you experience or agree with it.*
- 3. Use the scale provided for each question, where 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always.*
- 4. Discuss the responses to understand the context and feelings associated with each statement.*

| Question | 1 | 2 | 3 | 4 | 5 |
|---|--------------------------|--------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| I find it difficult to make decisions without seeking advice from others. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I need others to assume responsibility for most areas of my life. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty expressing disagreement with others due to fear of losing support or approval. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have difficulty initiating projects or doing things on my own. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I go to great lengths to obtain nurturance and support from others, even to the point of volunteering for unpleasant tasks. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I feel uncomfortable or helpless when alone because of exaggerated fears of being unable to care for myself. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I urgently seek another relationship as a source of care and support when a close relationship ends. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| I am unrealistically preoccupied with fears of being left to take care of myself. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

| | | | | | |
|--|--------------------------|--------------------------|-------------------------------------|-------------------------------------|--------------------------|
| I often feel that my ideas are not as good as those of other people. | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I would rather live with someone troublesome than live by myself. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Total Score: | 39 | | | | |

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

I realize that I rely heavily on my wife for decision-making and support. I often worry about what would happen if she wasn't there to help me. I'm also hesitant to express my own opinions, especially if they might upset someone. This test has made me more aware of my dependency and how it affects my life.

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

Ethan's score of 38 suggests a significant presence of dependent personality traits. He exhibits several traits of dependent personality disorder, particularly in his reliance on his wife and fear of being alone. His people-pleasing behavior and difficulty in expressing disagreement are areas that could be explored further in therapy. Building Ethan's self-confidence and independence will be important goals in his treatment plan. It is recommended that he undergoes a comprehensive evaluation by a mental health professional to determine an accurate diagnosis and appropriate treatment plan.

Interpretation of Results

The total score from the Dependent Personality Disorder Test can provide an indication of the presence and severity of dependent personality traits. While this test is not a diagnostic tool, a higher score suggests a greater presence of dependent traits. It's important to discuss the results with a mental health professional for a comprehensive evaluation and accurate diagnosis. Further assessment may include clinical interviews and additional psychological testing.