



Deenz Dependent Personality Scale (DDPS) Questionnaire

Instructions

Deenz Dependent Personality Scale (DDPS) contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	I can decide things on my own without asking anyone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I feel okay making my own plans and doing them alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I ask my friends or family what to do a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I feel unsure when I have to start something by myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I like to check with someone before I make a choice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I feel scared when I am alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I worry that my friends or family will leave me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I feel sad if someone I like goes away.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I feel fine when my friends or family are not around.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I am not worried if I am by myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
11	I don't tell people what I really think because I am afraid.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I let others choose what games we play even if I don't want to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I say yes even if I secretly don't agree.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I can say what I want even if someone disagrees.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I can tell people no if I don't want something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I like it when someone helps me do things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I like to be close to my friends or family a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I feel happy when someone cares for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I can do things on my own without anyone helping me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I am okay doing things alone without needing others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

1, 2, 9, 10, 14, 15, 19, 20

Reverse Scoring Formula

0 → 4
 1 → 3
 2 → 2
 3 → 1
 4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Decision Dependence	1, 2, 3, 4, 5	5
Fear of Abandonment	6, 7, 8, 9, 10	5
Submissiveness	11, 12, 13, 14, 15	5
Attachment Need	16, 17, 18, 19, 20	5

Raw Score Ranges

Scale	Items	Possible Range
Decision Dependence	5	0–20
Fear of Abandonment	5	0–20
Submissiveness	5	0–20
Attachment Need	5	0–20
Overall Score	20	0–80

Source

Development and Validity of Deenz Dependent Personality Scale (DDPS-20).

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Interactive Version: [Deenz Dependent Personality Scale \(DDPS\)](#)