



Dependent personality questionnaire

A simple self-rating questionnaire for dependent personality features.

Proposed use

A useful tool in the investigation of the relationship between dependent personality disorder and other psychiatric diagnoses including substance misuse.

Problem addressed

There are no specific instruments for rating dependent personality, although this may be an important subject in clinical practice, where knowledge of dependent personality features may influence treatment.

Technology overview

The importance of establishing the presence of dependent personality disorder has been demonstrated in research carried out into benzodiazepine dependence. Patients with dependent personality traits or disorder were found to have a higher incidence of withdrawal symptoms after stopping benzodiazepines than other patients.

The Dependent Personality Questionnaire (DPQ) was thus developed as a short self-rating scale which could be used as a screening instrument in general practice to identify patients likely to have a dependent personality disorder and at particular risk of developing benzodiazepine dependence, and possible dependence on other treatments.

Although the prime motive for developing the instrument was to assess its value in drug dependence, it could be of value in many other settings, not least in those being assessed for psychotherapy, as dependence on therapists is at least as common as dependence on drugs. It could also be a useful tool in the investigation of the relationship between dependent personality disorder and other psychiatric diagnoses including substance misuse.

Benefits

- A simple self-rating questionnaire
- The score can also be converted to a readily interpretable percentage by dividing the score obtained by the maximum possible score of 24.
- Validated in at least one trial (n>300)

Name of executive:
Dr Alexandra Skeaping

Industry Partnerships and
Commercialisation, Faculty of
Medicine

e: a.skeaping@imperial.ac.uk

t: +44 20 7594 7021

Technology reference: **7997**

Intellectual property information

Copyright

Link to published paper(s)

Tyrer, P, Morgan, J, Cicchetti, D (2004). The Dependent Personality Questionnaire (DPQ): a screening instrument for dependent personality, *Int J Soc Psychiatry*, Mar;50(1):10-7.

Inventor information

Professor Peter Tyrer, Emeritus Professor in Community Psychiatry