Diagnostic criteria for 301.60 Dependent Personality Disorder

A pervasive pattern of dependent and submissive behavior, beginning by early adulthood and present in a variety of contexts, as indicated by at least five of the following:

1. is unable to make everyday decisions without an excessive amount of advice or reassurance from others
2. allows others to make most of his or her important decisions, e.g., where to live, what job to take
3. agrees with people even when he or she believes they are wrong, because of fear of being rejected
4. has difficulty initiating projects or doing things on his or her own
5. volunteers to do things that are unpleasant or demeaning in order to get other people to like him or her
6. feels uncomfortable or helpless when alone, or goes to great lengths to avoid being alone
7. feels devastated or helpless when close relationships end
8. is frequently preoccupied with fears of being abandoned
9. is easily hurt by criticism or disapproval