



## Dependent Personality Disorder (DPD)



### Overview

This is a mental health disorder that makes you emotionally dependent on other people. You may be clingy, needy and submissive. You may not trust yourself or your ability to make decisions. You may be terrified of being alone. This leads to unhealthy relationships.

### Causes

We don't know what causes this disorder. It may be linked to your biology. It may be linked to things you experienced as you grew up. Some believe overly strict or overly protective parenting can play a role.

### Symptoms

If you have this disorder, you play a passive role in your relationships. You're always trying to please others, putting their needs first. It's hard for you to hear criticism. You may try to avoid personal responsibility. It may be hard for you to tell people when you disagree with them. You may be so afraid of being alone that you allow others to mistreat and abuse you.

### Treatment

This disorder can be treated with talk therapy. Treatment for associated problems, such as depression and anxiety, may also help. Your healthcare provider can create a plan that's right for you.



Actor portrayals in photos

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