

## Emotional dependency questionnaire

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### How to obtain the subscale and total scores

You can obtain scores per subscale and a total score summing the items of each subscale (the information about which items are in each subscale is in Table 4, below the line "escala con 23 items" of our paper in Acta Colombiana de Psicología). For the total score you need to sum all the items.

The scales for their qualification are in table 5 of the same article. To know if any of the factors are present in a person or if the person has emotional dependence, only the sum between the mean and the standard deviation is taken as the cut-off point (80.42, that is, 81 for the total score). Those who are between the average and this value would be at risk, that is, they have characteristics but it is not something that really causes discomfort, and below the average, we know that they do not have emotional dependent behaviors. The same is done with each subscale. For greater ease, the following table describes the elements that make up each subscale, the limit value above which its clinical presence should be considered, and the reliability index (Cronbach's alpha) (table 1).

After this publication, a confirmatory analysis was carried out in the Revista de Psicología (Peru) (2019) that shows its structural validity for both sexes ( $\chi^2(365) = 750.14, p < .05; RMSEA = .07; CFI = .92; TLI = .92$ ) and for the presence or not of a partner ( $\chi^2(365) = 750.30, p < .05; RMSEA = .06; CFI = .92; TLI = .92$ ). This indicates that the questionnaire maintains its factorial structure in the named groups (Lemos, Vásquez-Villegas & Román-Calderón, 2019).

Table 1. Items, cutt-off values and Cronbach's alpha of the CDE

Variables	Items	Cutting value	Reliability
Separation anxiety	2, 6, 7, 8, 13, 15, 17	27	0.871
Affective expression	5, 11, 12, 14	18	0.835
Plans modification	16, 21, 22, 23	15	0.751
Fear of loneliness	1, 18, 19	12	0.798

Borderline expression	9, 10, 20	7	0.617
Searching for attention	3, 4	9	0.776
Total Score	Todos los ítems	81	0.927

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## Interpretation

**Factor 1: Separation anxiety.** It describes the emotional expressions of the fear that comes from the possibility of the relationship's dissolution. The main characteristic of the excessive anxiety due to separation is the excessive and persistent concern because of the possible loss and separation from an important bonding figure, it can be seen as abandonment, separation, distancing; which is different from being worried that the significant person could be harmed. Separation anxiety produces and reinforces interpersonal patterns of dependency, the person clings to the other overrating them, making them necessary to live happily and calmly; this assessment makes it so the other person is seen as the only direct option not to feel anxiety. Separation anxiety can be brought up from a temporary distancing, usual in day to day life, these routine separations could produce distrust, activating automatic thoughts related to loss and loneliness (Castelló, 2005; Schaeffer, 1998; Beck, Feeman, Davis et al, 2004). This can be evidenced in thought or expression just like:

- "If he/she doesn't call me at the time he/she said I worry that they are mad at me"
- "When my partner has to go away for some days, I feel distressed"
- "When we fight I fear that they will stop loving me"
- "I am afraid that he/she will leave me"
- "I feel anxious when I don't know where my partner is"

**Factor 2: Affective expression.** This is the need of having constant expressions of affection from their significant other that reaffirms the love they feel and calms the feelings of insecurity. In romantic relationships, distrusting the others feelings and needing unconditional love from them leads the emotional dependent person to demand constant expressions of affection, that will assure them that they are loved (Lynch, Robins & Morse, 2001). These demands are originated from the partner's insatiable need, similar to a substance dependence clinical picture (Castelló, 2005; Schaeffer, 1998). The assumptions related to this factor can be:

- "I constantly need him/her to show me they love me"
- "I need to be with someone that considers me more special than other people around them"
- "I don't like it when my partner doesn't tell me they love me"

**Factor 3: Plans modification.** This consists of the change in activities, plans and behaviors because of the implicit or explicit desire of satisfying their partner or because of the simple possibility to spend more time together, this means that they are attentive to their partners desires, needs and whims. For the subject emotionally dependent of their partner, they are the center of their life, in such a way that there is nothing more important, including themselves, children or the rest of their family. Because of this, modifying plans is about the need of exclusivity from the emotional dependent, that makes it so the dependent stops from getting involved in other activities so they

are available for their partner, and at the same time expects them to do the same (Castelló, 2005). The thoughts and assumptions related to this factor are:

- “If my partner proposes something to do, I will leave everything to be with her/him”
- “I only have fun when I’m with my partner”
- “Every time I’m in a relationship, I drift apart from my friends”

Factor 4: Fear of loneliness. There is an identifiable fear of not having a partner or a romantic relationship, or of the feeling of not being loved. In this case the emotional dependent needs their partner to feel balanced and secure, because of the menacing view of loneliness (Castelló, 2005; Schaeffer, 1998). The fear of being alone means that the dependent is conscious, above everything else, that they need their partner and can’t live without them. The automatic thoughts related to this sub-scale are such as:

- “I feel helpless/defenseless when I’m alone”
- “I can’t stand being alone”
- “I feel empty when I’m lonely”

Factor 5: Borderline expression: In the case of a breakup, the emotionally dependent person can see the situation as catastrophic because it forces them to face loneliness and the lack of meaning in their life. This could lead them to have clinging strategies such as being impulsive and having some self-harm behaviors, usually found in borderline personality disorder (Castelló, 2005; Bornstein et al, 2002). This can be seen in statements about past events and believes about what they could do:

- “I have threatened to hurt myself so that my partner doesn’t leave”
- “I am weak and needy”
- “I can do anything to keep their love, even risk my own life”

Factor 6: Searching for attention. The active search for their partner’s attentions is seen as a way to assure their permanence in the relationship, while trying to be the center of their life. It can be seen thru the psychological need the emotional dependent has toward their partner (Castelló, 2005). This search for attention can be seen as a histrionic behavior (Morse, Robins & Gittes-Fox, 2002), even though this search can be also done in other ways such as adopting a passive and submissive position if the partners wants it (Bornstein, 1998a, 1998b). Searching for attention can also be the desire to have their partners exclusive attention, which will make them act as they seem necessary to always obtain their attention (Castelló, 2005). When describing what they do to get attention from their partner, they can say:

- “I do what I can to be the center of attention of my partner’s life”
- “To attract her/him, I try to amuse or dazzle them”