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DEPENDENT PERSONALITY DISORDER (DPD)



Many of today's teens and young adults are dependent on their parents for living. According to DSM5, Dependent Personality Disorder (DPD) is a personality disorder manifested in a long-term pattern of passively allowing others to take responsibility for major areas of life and subordinating personal needs to the needs of others due to lack of self-confidence and self-dependence. People with DPD are dependent on others for taking care of their major areas of life. It is a type of personality disorder that gives anxiety if not in a relationship with another person. They are weak and incapable of leading an independent life and unable to make decisions in life. DPD requires another strong person to take care of them. Their nature is clinging, submissive, having an excessive need for care, and feels helpless when not in a relationship.

Symptoms: submissive, indecisive and rely on friends and family for decision making, feeling anxious when alone, fear of rejection, fear of failure, seek constant reassurance, overly sensitive to criticisms, naïve behaviour, unable to take no or disapproval submissive to personal, family or social needs. They have difficulty initiating any work, e.g., project or new course or new job or business, because they don't have any self-confidence to do it or complete it successfully.

Causes: overly protected childhood, neglected or rejected childhood, abusive relationships, narcissistic parents, controlling or authoritarian parents, permissive or overly lenient parents.

The Complexity of DPD:

DPD belongs to the cluster C personality disorders type, which means the affected person shows nervous and anxious behaviour. A person with DPD can experience fear, anxiety, stress, panic attacks, hopelessness and nervousness.

CAN SELF HANDLE IT?

You can try handling it by taking ownership of your life. Start to make decisions, learn life skills and social skills. Stop overthinking and do solution-focused thinking.

WHEN TO SEEK HELP?

DPD can be identified in late teenage or early adulthood. When self-handling or other influential person's interventions are ineffective, you should seek professional help without any further delay.

Always choose licenced and experienced practitioners for your mental health management.

WHAT IS THE DANGER?

You can overcome DPD through psychotherapy, mainly cognitive behaviour therapy, social and skills-based mental hardness building therapies and coaching. If not treated well can lead to phobias, substance abuse, depression, anxiety disorders.

Your life your choice!

It is you who decide how to live your life. The information given here can be accepted or rejected as you deem fit. OPA is meant to those who want to lead a healthy, productive and useful life.