

<https://doi.org/10.23913/ride.v15i29.2069>

*Scientific articles*

## **Dependiómetro: una alternativa instrumental para evaluar dependencia emocional hacia la pareja en jóvenes**

***Dependimeter: an instrumental alternative to evaluate emotional  
dependence on the partner in young people***

***Dependiômetro: uma alternativa instrumental para avaliar a dependência  
emocional do parceiro em jovens***

**Diana Pérez-Pimienta**

Universidad Autónoma de Nayarit, Unidad Académica de Ciencias Sociales, México

[diana.perez@uan.edu.mx](mailto:diana.perez@uan.edu.mx)

<https://orcid.org/0000-0002-1936-634X>

**Luis Felipe García y Barragán**

Universidad de Guanajuato, Departamento de Psicología, México

[luisgyb@ugto.mx](mailto:luisgyb@ugto.mx)

<https://orcid.org/0000-0002-1328-9814>

### **Resumen**

El objetivo del presente estudio fue construir y validar una escala (dependiómetro) que presente las diferentes manifestaciones de dependencia emocional hacia la pareja que tienen los jóvenes, y para lograrlo se realizó un estudio cuantitativo, transversal y psicométrico mediante la aplicación de una escala para evaluar dependencia emocional hacia la pareja a una muestra de 576 jóvenes universitarios entre 18 a 25 años. A partir de ello, se logró diseñar una escala que integra de forma ascendente conforme al nivel de intensidad, las manifestaciones de dependencia emocional en los diferentes componentes (afectivo, cognitivo, comportamental, y motivacional). Los resultados permiten concluir que el dependiómetro puede emplearse como una primera aproximación de la evaluación de dependencia emocional hacia la pareja en jóvenes, ya que integra aspectos o áreas claves en la vida de dicha población.

**Palabras clave:** Dependencia emocional, escala, jóvenes, relaciones de pareja

### Abstract

The objective of the present study was to construct and validate a scale (dependiometer) that presents the different manifestations of emotional dependence towards the partner that young people have, and to achieve this, a quantitative, cross-sectional and psychometric study was carried out by applying a scale to evaluate emotional dependence towards the partner to a sample 576 young university students between 18 and 25 years old. From this, it was possible to design a scale that integrates in an ascending way according to the level of intensity, the manifestations of emotional dependence in the different components (affective, cognitive, behavioral, and motivational). The results allow us to conclude that the dependence meter can be used as a first approximation to the evaluation of emotional dependence on the partner in young people, since it integrates key aspects or areas in the life of said population.

**Key words:** Emotional dependency, scale, young people, couple relationships.

### Resumo

O objetivo do presente estudo foi construir e validar uma escala (dependiômetro) que apresente as diferentes manifestações de dependência emocional do parceiro que os jovens possuem e, para isso, foi realizado um estudo quantitativo, transversal e psicométrico por aplicação de uma escala para avaliar a dependência emocional do parceiro numa amostra de 576 jovens universitários entre os 18 e os 25 anos. A partir disso, foi possível desenhar uma escala que integra de forma ascendente de acordo com o nível de intensidade, as manifestações de dependência emocional nos diferentes componentes (afetivo, cognitivo, comportamental e motivacional). Os resultados permitem-nos concluir que o medidor de dependência pode ser utilizado como uma primeira aproximação à avaliação da dependência emocional do parceiro em jovens, uma vez que integra aspectos ou áreas chave na vida dessa população.

**Palavras-chave:** Dependência emocional, escala, jovens, relações de casal

**Reception Date:** January 2024

**Acceptance Date:** July 2024

## Introduction

In general, when talking about romantic relationships, it can be established that most relationships have certain dependent elements, without this implying pathology, but on the contrary, it is adaptive and expected, especially in the early stages of a relationship, such as falling in love (Castelló, 2005; Schaeffer, 1992). However, when this dependence is excessive, relationships are no longer healthy and a negative context is acquired for the development of the relationship (Urbiola *et al.*, 2017) as happens in emotional dependence.

Emotional dependence refers to a pattern of behaviour in which emotional needs are perceived as unsatisfied and are manifested in an extreme way towards another person, which leads to the development of certain dependent characteristics, Castelló (2005). This concept has been studied indirectly through related concepts (love addiction, attachment, bidependence, codependence) (Sirvent & Moral, 2007; Castelló, 2000; 2005; 2012). These concepts are useful for gaining a deeper understanding of emotional dependence, mainly because they provide a frame of reference for its understanding, evaluation and treatment; however, none of them is entirely synonymous with emotional dependence (Castelló, 2000; 2005; 2012).

As a result of a theoretical analysis conducted on the concepts related to emotional dependence in Table 1, these concepts can be found with their definitions, similarities and differences.

**Table 1.** Delimitation of emotional dependence with related concepts

Concept	Definition	Similarities with ED	Differences with ED
Love addiction	A person who is dependent on or completely in love with another person, in whom a series of obsessive and compulsive behaviors develop focused on taking care of that person, showing excitement and anticipation in their presence (Coria and Paredes, 2010; Mellody <i>et al.</i> , 2012).	Both are considered emotional dependencies, ED shares characteristics with the addictive process of a person, since in both cases excessive concern towards the other person and anticipation of a possible separation are observed (Moral & Sirvent, 2008).	ED is a specific personality disorder, which is why it is more complex, prolonged, and affects various areas of the subject's life (Castelló, 2005).
Attachment	“Any form of behavior that results in a person obtaining or retaining the proximity of another differentiated and preferred individual, who is usually conceived as stronger and/or wiser” (Bowlby, 1973, p. 292).	In both, there is an excessive need, and a desire to access the person, and they also provide a behavioral vision of the established bond (Castelló, 2000; 2005; 2012).	Attachment has a greater behavioral focus, unlike ED, which has a greater emphasis on the affective focus (Castelló, 2005).
Bidependence	A type of relational dependence, which is usually developed by people who are addicted or ex-addicted to substances, in which the relationship of the bidependent with the person on whom he or she is dependent is like the one he or she maintains with the substance, and it is usually more common to find it in women (Sirvent & Moral, 2007).	Both are relational dependencies, which are characterized by the need for others, delegation of decision-making, lack of autonomy, minimizing the partner's defects, feelings of inescapability and emotional emptiness (Sirvent and Moral, 2007; Sirvent <i>et al.</i> , 2009).	Bidependence refers to a coaddiction, in which the existence of a person addicted or ex-addicted to substances is necessary and ED is an emotional dependence, understood by non-addicted subjects (Sirvent and Moral 2007; Sirvent, 2004).
Codependency	The person is characterized by showing states of	They maintain parallel characteristics such as: low self-esteem,	Codependency is conditioned by the relationship with a

	<p>dissatisfaction and suffering, focusing on taking care of the needs of others, leaving their own needs in the background (Noriega, 2011).</p>	<p>development of destructive relationships, subordination, fear of abandonment or rejection (Castelló, 2005).</p>	<p>person in a vulnerable position, and EDs tend to get involved with people with a controlling, narcissistic personality, who are capable of resorting to violence, or may even be alone (Castelló, 2005).</p>
--	--	--	---

Note. Prepared by the authors. The abbreviation DE was used to refer to Emotional Dependence.

As can be seen, emotional dependence is not a simple love affair or bad luck in finding a partner, but a pathology that involves signs and symptoms that lead to significant deterioration in important activities or areas of the life of the person who suffers from it (Castelló, 2005; 2012). Emotionally dependent people make their partner the center of their life, which causes them to put them first, forgetting their own needs and causing conflicts with other significant people or in other contexts of their life, such as school, friends or work (Castelló, 2005; 2012). One of the most common consequences of living constantly focused on the other person will be the establishment of unbalanced relationships, in which the dependent person occupies a passive role that is accompanied by low self-esteem, guilt, emptiness and fear of abandonment (Castelló, 2005; Moral & Sirvent, 2008) and it is quite common for them to become involved with violent and narcissistic partners (Castelló, 2005; 2012; Aiquipa, 2015).

It is convenient to create lines of research that open new possibilities for identifying and evaluating the manifestations of emotional dependence on the young population, since, although there are various instruments and scales to evaluate it (Bornstein *et al.*, 2002; Lemos & Londoño, 2006; Sirvent & Moral, 2007; Aiquipa, 2012; Urbiola *et al.*, 2014) most of them are aimed at a population with a higher age range, rather than at a specific sector of the population, which is why they do not integrate important areas of the life of young people. On the other hand, it is also proved that greater accessibility and ease of understanding in the dependency meter will favor the self-identification of manifestations of emotional dependence towards the partner in young people or the identification of said manifestations in their partners.

## Method

### Type of study

The study was developed under the quantitative research approach, with a non-experimental, cross-sectional and psychometric design through the application of the Emotional Dependence Scale towards the Partner in Young People (EDEP-Jóvenes) (Pérez-Pimienta, *et al.*, 2024) validated in the Mexican population, and therefore involving important areas in the life of the target population, to a sample of 576 young university students between 18 and 25 years old enrolled in a public university in the state of Guanajuato. The development of the scale involved an exhaustive review of the existing literature, followed by a statistical analysis and a content validation process. The aim of the study was to build and validate a scale (dependiometer) that presents the different manifestations of emotional dependence towards the partner that young people have.

### Participants

An incidental or convenience sample of 576 young people (in the cities of Guanajuato, León, Irapuato, Salamanca, Celaya and Salvatierra) was constructed, aged between 18 and 25 years old and who had at least one romantic relationship (boyfriend/girlfriend, free, friend/boyfriend, etc.) in their life, although at the time of the application they did not have it. Regarding sex, a higher percentage of women was obtained with 75.2% of respondents, while men represented 24.8% of the total sample. Regarding marital status, there was a higher percentage of singles with 91.1%, followed by free union with 4.9%, later married with 3.6%, finally, divorced/separated with 1% of respondents. Regarding whether they had a partner at the time of application, the distribution was 54.4% of respondents with a partner, and 45.6% responded that they did not have a partner. This distribution of the sample by sex, marital status and whether they had a partner at the time of application is illustrated in Table 2.



**Table 2.** Distribution of the sample by sex, marital status and whether they had a partner at the time of application.

Sociodemographic characteristics	Percentages (%)
Sex	Women (75.2%) Men (24.8%)
Marital status	Singles (91.1%) Free union (4.9%) Other (2.3%) Married (1.7%)
Couple	With a partner (54.9%) Without a partner (45.1%)

Note: Own elaboration.

### Research techniques and instruments

The emotional dependence on one's partner scale in young people (EDEP-J) (Pérez-Pimienta, *et al.*, 2024) (see Appendix 1) is a test that was constructed and validated in the Mexican population. It contains 24 items with response options ranging from 1, Never or rarely, to 4, Frequently or always. The scale is made up of 6 subscales: Partner priority (items 1-7), Fear of breaking up (items 8-11), Unbalanced relationships (items 12-14), Fear of loneliness (items 15-17), Need for constant access (items 18-21) and Submission to the partner (items 22-24), with a total internal consistency coefficient of the Omega test of .73.

### Ethical considerations

Considering the ethical aspect of this research, the following considerations were taken into account: since the participants were of legal age, they were given an informed consent document, which stated that the information collected would be treated confidentially, anonymously, and analyzed as a whole for scientific publications and dissemination at specialized conferences, but that under no circumstances would individual results or any type of information that could identify them be published. They were also told that their participation would be strictly voluntary, and they could withdraw at any time without having to give any explanation or suffer any penalty for doing so.

### Procedure

Initially, the link was used with the campus rectors, who, in turn, forwarded the form with the scale to the division and department directors. After that, it was necessary to go classroom by classroom to speed up obtaining the responses. The application of the scale was conducted in August and September 2023, through a Google form. Upon accessing the scale, the object of study was described, and the informed consent referred to the voluntary nature of participation, confidentiality of the data and anonymity of the responses.

### Data analysis

The data collection procedure was conducted between August and September 2023 with the application of the emotional dependence scale on the partner (EDEP-J) transferred to a Google form for dissemination and response. The approximate response process was 25 minutes. The database was subsequently downloaded into the Excel program and the data was then processed in the IBM SPSS Statistics statistical program (Version 26.0) (IBM Corp., 2019).

### Results

Based on the data obtained in the application to the sample of 576 young people of the Emotional Dependence Scale towards the Partner (EDEP-J) (Pérez-Pimienta, *et al* ., 2024), which has 24 items and four response alternatives, the creation of the dependency meter began by obtaining the means of the responses obtained in each one of the items, and ordering them from highest to lowest, and segmenting them into 10 cut-off points using deciles (statistical measure that divides a set of data into ten equal parts) with which, 10 manifestations of emotional dependence towards the partner could be obtained.

Based on the review of the existing literature, 7 more items were selected and added, with the aim of strengthening the dependency meter. From this, 17 items resulted, which were ordered ascendingly according to the level of intensity of emotional dependency, which can be seen in Table 3.



**Table 3.** Statistics by item (Dependimeter)

Item	Average	Decile
I have threatened to hurt myself if my partner tries to leave me.	1.056	
I have done things that could have gotten me hurt (excessive drinking, substance abuse, speeding, cutting) to get my partner's attention/to avoid being abandoned.	1.223	10
I have come to think that my life would lose meaning without my partner.	1.313	
When I have a partner, I neglect my academic and/or work life.	1.326	20
I avoid arguing with my partner, for fear that he will leave me.	1.336	
I stop doing things that are important to me in order to be there or do what my partner wants.	1.385	30
I have deleted friends, photos or comments from my social networks, or from my cell phone because my partner asked me to.	1.452	
When I have a partner, I put my family and friends aside.	1.491	40
I feel unprotected when I am alone.	1,572	50
I prefer to be in a relationship than to be alone.	1,650	60
When I argue with my partner, I lose interest in the things I like.	1,799	70
It makes me anxious if my partner takes a long time to reply to me or is online and doesn't talk to me soon.	1.883	
People who know me consider that I have had harmful (toxic) relationships.	1.912	
I'm worried that my partner will stop loving me.	1.942	80
I feel like I spent more time in some relationships than I should have.	2.103	90
I often feel like knowing how my partner is and what he or she is doing throughout the day.	2.434	
When I am in a relationship, I feel complete or fulfilled.	2.766	100

Note: Own elaboration.

After identifying the 17 items of emotional dependence on a partner in young people, and ordering them according to their level of intensity, each of the items was categorized into expressions or manifestations in which the meaning of the item for young people is clearly and concisely reflected.

Finally, the 17 statements were reviewed by three expert judges to determine the content validity of the scale. They were provided with a template describing the context of the research, the theoretical definitions of the emotional dependence construct, and the cognitive, behavioral, affective, and motivational components. The judges were required to score the statements according to relevance and clarity, which included five scoring alternatives for each of the items, ranging from not clear or relevant and must be completely changed (1 point) to very clear and relevant (5 points), as well as to provide suggestions for improvement.

To respond to the degree of inter-judge agreement, Kendall's W test was used, yielding an index of .386, which according to Dubé (2008) is fair or correct, with which it can be stated that there is an adequate level of agreement, resulting in a scale that, according to the opinion of the judges, is made up of clear and relevant statements.

Table 4 illustrates how the dependency meter was formed according to the manifestations of emotional dependence on the partner and ranks them in ascending order according to the levels of intensity. Cognitive, affective, motivational and behavioral aspects are also addressed. At the cognitive level, it is characterized by recurrent thoughts about the partner and a constant need for their approval for self-esteem. At the affective level, it manifests itself in feelings of emptiness and hopelessness during conflicts or distancing, and the belief that life only makes sense with a partner. At the motivational level, a constant fear of abandonment and difficulty in ending relationships is seen, and the behavioral level includes risky behaviors to attract attention, submissive attitudes, neglect of personal needs, permissiveness and justification of control, social isolation and constant need for contact.

Finally, in Appendix 2, the dependency meter can be found as a material or tool for dissemination, in which the manifestations of emotional dependence on the partner are described and emphasize the urgency of seeking professional help, since emotional dependence can intensify and represent a danger to the individual's life. Three colors are shown: Red (Urgent) indicates that the person's life is in danger due to their emotional dependence, suggesting a critical situation that requires immediate intervention by a professional to prevent further damage. Yellow (Alert) shows that emotional dependence is

increasing, needing measures to prevent the situation from worsening, so one must be vigilant and seek help to address problems before they become a crisis. Green (React) suggests that the person must act and seek the help of an expert, indicating that signs of emotional dependence have already been found, and it is important to intervene early to prevent progress towards a more serious situation.

**Table 4.** Dependimeter

Dependimeter	
Component	Manifestations of emotional dependence on one's partner
Behavioral	Threatening or self-harming to prevent abandonment (threaten to hurt oneself, cutting)
Behavioral	I have risky behaviors to get my partner's attention (consuming toxic substances, driving at high speed, getting out of a moving car during an argument, putting yourself in dangerous situations)
Cognitive/ Affective	I feel like life only makes sense with my partner
Behavioral	I allow the relationship to damage other areas of my life (school, family, work, social, personal)
Behavioral	I develop submissive attitudes in the relationship (allowing mistreatment, justifying their actions, not saying what they think)
Behavioral	I neglect my needs and development to give priority to my partner (forget about your hobbies, goals, self-improvement)
Motivational	I allow and/or justify controlling or jealous behaviors from my partner
Behavioral	I distance myself from others because of my partner
Motivational	My partner's opinion influences my self-esteem (seek their approval often)
Motivational	I have difficulty being without my partner
Affective	I feel empty and/or hopeless when I argue with my partner or when we drift apart
Motivational	I look for a way to be in frequent contact with my partner (social networks, calls, messages, visits)
Behavioral	I have had toxic relationships (biggest unpleasant moments in contrast to the positive ones in a relationship)
Cognitive/ Affective	I am constantly worried about losing my partner or him leaving me.
Behavioral	I find it difficult to end my relationships when I need to do so.
Cognitive	I think excessively about my partner during my days
Affective	I consider that I only feel complete with my partner.

Note. Own elaboration.

## Discussion

Emotional dependency in a relationship is a complex phenomenon that can have a significant impact on people's emotional health and quality of life. Understanding this phenomenon and seeking therapeutic help, when necessary, can contribute to healthier and more satisfying relationships.

In order to achieve the main objective of the study, which is the construction and validation of a scale that presents the different manifestations of emotional dependence on the partner that young people have, it was necessary to apply the EDEP-J, its segmentation into 10 points and the inclusion of 7 more responses in an interleaved manner derived from the review of the literature, which made possible a dependency meter made up of 17 manifestations, presented in ascending order. The results indicate that emotional dependence affects the overall functioning of the person, which implies that not only the affective component is involved (Bornstein, 1993) but as a whole, the components: affective, cognitive, behavioral and motivational, impacting various areas such as family, social, work or academic, by giving the other person control of his or her life (Castelló, 2005; Moral & Sirvent, 2008; Aiquipa, 2015).

The results allow us to conjecture that the dependency meter has some advantages. Firstly, it integrates key areas of young people's lives, with the inclusion of important aspects of life in this population, such as digital media (e.g., telephone, social networks, messages) as well as the adoption of popular terms in their language (e.g., toxic relationships, cutting). Secondly, the dependency meter is a graphic material for which it is not necessary for an examiner to be present for its application, since the manifestations are expressed clearly and unambiguously enough to be understood by the target population, which makes it possible to use it as a first evaluation of emotional dependency towards the partner in young people, and subsequently, depending on the location on the dependency meter according to the level of intensity (ascending), the support of a mental health expert will continue.

## Conclusions

Although the term "dependiometer" is not a widely recognized concept in the literature or common terminology, the results allow us to conjecture that the dependiometer can be used as a valid and reliable tool to assess emotional dependence on one's partner in young people.

The future perspective of the study is to address public policies aimed at this population, especially about policies that provide access to mental health services, awareness campaigns and specific support programs for mental health problems that affect young people. A central issue to be integrated into these policies is regarding undesirable consequences of emotional dependence, such as violence in dating, since as has been mentioned, people with emotional dependence often associate with narcissistic people, capable even of being violent. In terms of education, curricular or elective subjects could be implemented in schools that address the issue, as well as the delivery of conferences, informative talks, workshops, among others. Launch media campaigns at a national level that promote healthy, respectful and violence-free relationships, using different platforms and media to reach young people and raise awareness about this problem.

On the other hand, work towards greater accessibility to support resources, such as psychological and legal counseling, establishing telephone lines that provide psychological and/or informative support on the course of action in case of being victims of violence while dating.

## Future lines of research

It is recommended to continue the analysis of the intensity levels of dependent behaviors, from the different components (cognitive, motivational, affective and cognitive), since there is little literature that addresses them in relation to emotional dependence. The perspective of the present study is to conduct a second phase, in which a third section is added to the dependency meter integrating specific suggestions according to each manifestation and that supports primary prevention or post-intervention.



## Acknowledgements

Thanks to the Institute for the Development and Care of Youth of the State of Guanajuato (JUVENTUDES GTO), for the financial support provided for the realization of this research, based on the program QC3767-2023 Research and Public Policies for the Development and Care of Youth, modality II "Financial Support for Research Person with Institutional Stay".

## References

- Aiquipa, J. J. (2012). Diseño y validación del inventario de dependencia emocional. *Revista IIPS*, 15(1), 133-145. <https://doi.org/10.15381/rinvp.v15i1.3673>
- Aiquipa, J. J. (2015). Dependencia emocional en mujeres víctimas de violencia de pareja. *Revista de Psicología*, 33(2), 412-437. <https://doi.org/10.18800/psico.201502.007>
- Bornstein, R. F. (1993). *The Dependent Personality*. New York: Guilford.
- Bornstein, R. F., Geiselman, K. J., Eisenhart, E. A., & Languirand, M. A. (2002). Validez de constructo de la prueba de perfil de relación: vínculos con apego, identidad, relación y afecto. *Evaluación*, 9(4), 373-381. <https://doi.org/10.1177/1073191102238195>
- Bowlby, J. (1973). *Attachment and loss, vol.2: Separation*. New York: Basic Books. (Trad. Cast.: *La separación afectiva*. Barcelona: Paidós, 1993).
- Castelló, J. (2000). Análisis del concepto "Dependencia emocional" [sesión de conferencia]. Primer congreso virtual de psiquiatría. España. Recuperado de [http://www.psiquiatria.com/congreso/mesas/mesa6/conferencias/6\\_ci\\_a.htm](http://www.psiquiatria.com/congreso/mesas/mesa6/conferencias/6_ci_a.htm)
- Castelló, J. (2005). *Dependencia emocional: Características y tratamiento*. Madrid, España: Psicología Alianza.
- Castelló, J. (2012). *La Superación de la Dependencia Emocional*. Málaga, España: Corona Borealis.
- Coria, G., & Paredes, P. (2010). Del amor y otras adicciones. *Revista de Divulgación Científica y Tecnológica de la Universidad Veracruzana*, 23(1).
- Dubé, J. E. (2008). Evaluación del acuerdo interjueces en investigación clínica. Breve introducción a la confiabilidad interjueces. *Revista Argentina de Clínica Psicológica*, 17(1), 75-80. Recuperado de <https://www.redalyc.org/articulo.oa?id=281921796008&idp=1&cid=752761>

- IBM Corp. (2019). IBM SPSS Statistics para Windows (Versión 26.0) [Software informático]. IBM Corp.
- Lemos, M., & Londoño, N. (2006). Construcción y validación del cuestionario de dependencia emocional en población colombiana. *Acta Colombiana de Psicología*, 9(2), 127-140. <https://www.redalyc.org/articulo.oa?id=79890212>
- Mansukhani, A. (2018, 19 de marzo). Dependencia emocional [Video]. Conferencias TEDx Malagueta. YouTube. <https://www.youtube.com/watch?v=zRj5M-MDzzo>
- Mellody, P., Wells, A., & Miller, J. (2012). *La adicción al amor*. Barcelona, España: Obelisco.
- Moral, M. V., & Sirvent, C. (2008). Dependencias sentimentales afectivas: etiología, clasificación y evaluación. *Revista Española de Drogodependencias*, 33(2), 150-167. [https://www.researchgate.net/publication/274954114\\_Dependencias\\_sentimentales\\_o\\_afectivas\\_etiologia\\_clasificacion\\_y\\_evaluacion](https://www.researchgate.net/publication/274954114_Dependencias_sentimentales_o_afectivas_etiologia_clasificacion_y_evaluacion)
- Noriega, G. (2013). *El guion de la codependencia en relaciones de pareja*. Ciudad de México, México: Manual Moderno.
- Pérez-Pimienta, D., García y Barragán, L. F., & Cruz-Torres, C. E. (2024). Construcción y validación de una Escala de Dependencia Emocional hacia la Pareja en Jóvenes mexicanos (EDEP-Jóvenes). *Revista de Psicología y Educación*, 19(2), 86-95. <https://doi.org/10.23923/rpye2024.02.253>
- Schaeffer, B. (1992). *¿Es amor o es adicción?* Minnesota: Hazelden Publishing.
- Siabato, E., & Salamanca, Y. (2015). Factores asociados a ideación suicida en universitarios. *Psychologia. Avances de la Disciplina*, 9(1), 71-81. <https://doi.org/10.21500/19002386.994>
- Sirvent, C. (2004). La adicción al amor y otras dependencias sentimentales. *Encuentros de Profesionales en Drogodependencias y Adicciones, Libro de Actas*, 159-161. Chiclana, España: Servicio Provincial de Drogodependencias.
- Sirvent, C., & Moral, M. V. (2007). Presentación del TDS-10, Test de Dependencias Sentimentales de Sirvent Moral [sesión de conferencia]. 8º Congreso Virtual de Psiquiatría, Interpsiquis, España. Recuperado de [https://www.researchgate.net/publication/271511428\\_Presentacion\\_del\\_TDS-100\\_test\\_de\\_dependencias\\_sentimentales\\_de\\_Sirvent\\_y\\_Moral\\_TDS-100\\_presentation\\_Sirvent\\_and\\_Moral\\_sentimental\\_dependencies\\_test](https://www.researchgate.net/publication/271511428_Presentacion_del_TDS-100_test_de_dependencias_sentimentales_de_Sirvent_y_Moral_TDS-100_presentation_Sirvent_and_Moral_sentimental_dependencies_test)

- Sirvent, C., Moral, M. V., Blanco, P., & Rivas, C. (2009). Sufrimiento psíquico y sentimientos negativos. *Psicología.com*, 13(1), 1-11. Recuperado de [https://www.researchgate.net/publication/271512507\\_Sufrimiento\\_psiquico\\_y\\_sentimientos\\_negativos\\_Psychic\\_suffering\\_and\\_negative\\_feelings](https://www.researchgate.net/publication/271512507_Sufrimiento_psiquico_y_sentimientos_negativos_Psychic_suffering_and_negative_feelings)
- Urbiola, I., Estévez, A., & Iraurgi, I. (2014). Dependencia emocional en el noviazgo en jóvenes y adolescentes (DEN): Desarrollo y validación de un instrumento. *Ansiedad y Estrés*, 20(2-3), 101-114. [https://www.researchgate.net/publication/270048185\\_Dependencia\\_Emocional\\_en\\_el\\_Noviazgo\\_de\\_Jovenes\\_y\\_Adolescentes\\_DEN\\_Desarrollo\\_y\\_validacion\\_de\\_un\\_instrumento](https://www.researchgate.net/publication/270048185_Dependencia_Emocional_en_el_Noviazgo_de_Jovenes_y_Adolescentes_DEN_Desarrollo_y_validacion_de_un_instrumento)
- Urbiola, I., Estévez, A., Iruarrizaga, I., & Jauregui, P. (2017). Dependencia emocional en jóvenes: relación con la sintomatología ansiosa y depresiva, autoestima y diferencias de género. *Ansiedad y Estrés*, 23, 6-11. <https://doi.org/10.1016/j.anyes.2016.11.003>

Contribution Role	Author(s)
Conceptualization	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Methodology	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Software	Luis Felipe Garcia and Barragan (main); Diana Perez-Pepper
Validation	Luis Felipe Garcia and Barragan (main); Diana Perez-Pepper
Formal Analysis	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Investigation	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Resources	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Data curation	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Writing - Preparing the original draft	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Writing - Review and editing	Diana Perez-Pimienta (main); Luis Felipe Garcia and Barragan
Display	Diana Perez-Pepper
Supervision	Diana Perez-Pepper
Project Management	Diana Perez-Pepper
Acquisition of funds	Diana Perez-Pepper

Appendix 1. Emotional Dependence on Partners Scale in Young People (EDEP-Young People) (Pérez-Pimienta, *et al.*, 2024).

DATOS SOCIODEMOGRÁFICOS	
Edad en años:	Sexo: Hombre ( ) Mujer ( ) Otro ( )
Estado civil:	¿A qué te dedicas?
Municipio, estado y país de residencia:	¿Tienes pareja actualmente? Si ( ) No ( )
En caso de que tengas pareja ¿Desde hace cuánto están juntos? (años y meses)	En caso de no tener pareja ¿Desde hace cuánto estas sin pareja? (años y meses)

**INSTRUCCIONES PARA LOS EXAMINADOS  
PARA COMPLETAR LA ESCALA:**

1. Responde las siguientes afirmaciones para describirte con respecto a tus relaciones amorosas o la persona con la que sales, si en este momento te encuentras sin pareja y no estas saliendo con nadie, intenta contestar como te has sentido cuando estás en una.
2. No existen respuestas buenas o malas, correctas ni incorrectas, todo lo que contestes es válido, tampoco hay limite de tiempo para contestar.
3. Lee cada una de las afirmaciones y selecciona la opción de respuesta que te describe mejor.

**OPCIONES DE RESPUESTA:**

- |                      |                              |
|----------------------|------------------------------|
| 1 = Nunca o rara vez | 2 = Pocas veces              |
| 3 = Regularmente     | 4 = Frecuentemente o siempre |

**ESCALA DE DEPENDENCIA EMOCIONAL HACIA LA PAREJA EN JÓVENES  
(EDEP-Jóvenes)**

1 = Nunca o rara vez 2 = Pocas veces 3 = Regularmente 4 = Frecuentemente o siempre  
MARCA CON UNA X

No	Afirmaciones (Ítems)	1	2	3	4
1	En la relación se hace lo que mi pareja prefiere.				
2	Dejo de hacer cosas importantes para mí para estar o hacer las que mi pareja quiere.				
3	Le doy más prioridad a las actividades de mi pareja que a las mías.				
4	Cumplo los caprichos de mi pareja.				
5	Me cuesta negarme a algo que me pide mi pareja.				
6	Me arreglo como mi pareja decide.				
7	Necesito tener la aprobación de mi pareja.				
8	Me pone ansioso/a si mi pareja tarda en contestarme o está en línea y no habla conmigo pronto.				
9	Estoy atento a todas las conexiones/ publicación/ estados o a cualquier interacción en redes sociales que hace mi pareja.				
10	Si mi pareja deja de ser cariñoso/a pienso que dejó de interesarme la relación.				
11	Me disgusta o me entristece cuando mi pareja sale sin mí.				
12	Siento que en alguna relación de pareja estuve más tiempo del que debí.				
13	Las personas que me conocen consideran que he tenido relaciones tóxicas.				
14	En alguna relación de pareja he terminado y regresado a pesar de que esto me cause conflicto.				
15	Prefiero estar en una relación de pareja que estar solo/a.				
16	Evito la soledad a toda costa.				
17	Cuando ha terminado una relación de pareja tiendo a buscar inmediatamente otra.				
18	En cualquier tipo de plan incluyo a mi pareja.				
19	Cuando estoy en pareja me siento completo/a o pleno/a.				
20	Me esfuerzo por ganarme las amistades y familiares de mi pareja.				
21	Frecuentemente siento deseos de saber cómo está y que está haciendo mi pareja.				
22	He pedido a familiares o amigos míos o de mi pareja que intercedan para seguir con la relación.				
23	Permití gritos, maltrato, abuso, humillaciones a personas cercanas a mí (familia, amigos) por parte de mi pareja.				
24	He llegado a rogarle o chantajear a una pareja para mantener la relación.				



Appendix 2. Dependimeter (own elaboration).

