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**CODEPENDENCY AND AN ASSESSMENT OF THE  
FRIEL CODEPENDENT INVENTORY**

Thesis presented in partial fulfilment of the requirements for the degree of  
Masters in Social Sciences at Massey University

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## ABSTRACT

To evaluate a measure of codependency (the Friel Codependent Assessment Inventory (Friel and Friel 1988)), 200 university students (38% male, 62% female) aged 18 - 40 years completed 4 questionnaires relating to their present and past partnerships with substance abusers; substance abuse in their family of origin; their own present substance use; and codependent traits. The results failed to support any of the 3 predictions: (1) that people who reported more symptoms of codependency would report higher scores on the codependent questionnaire than subjects reporting fewer; (2) that females would report more characteristics of codependency than would males; and (3) that the codependent questionnaire would show similar factors of codependency in students as obtained previously from alcohol and drug centre populations. This suggests that the codependent questionnaire is not a valid measure of codependency; that patterns of codependency are not the same for drug and student populations; and that the commonly reported predominance of women as codependents is not accurate.

## ACKNOWLEDGMENTS (THANKS)

Arnold, I can't thank you enough for introducing me to the word procrastination. It definitely rather suits me. You probably can't remember asking me if I knew what the word meant but I haven't been able to forget it since. (By the way has anyone told you lately that you're a brilliant supervisor?).

Mum & Dad, this thesis is actually written in gold you just can't see it. Its a bit like buying designer clothing, its supposed to look inexpensive.

Keremete, I know you know what you mean to me so I'm not going to get sappy (but I love you anyway).

Bee, did you know that you are the most irritating person I have ever met (maybe you are supposed to go live up that mountain). P.S. I'm pretty fond of you too.

Nick, its your fault that I'm addicted to coffee but because you're one of my favourite people I forgive you (Peters a bit of a sweetie really isn't he!).

Robyn & Cath, isn't it great being insane in a sane world! Have you ever wondered why our lives always seem that bit more difficult than everyone else's even though we all know we're a bit better than every one else?

And finally a serious thank you to all those who participated in this study and who were so honest about their personal lives.

P.P.S. Okay Richard I admit it - you're special!

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