

AI COMPANION DEPENDENCY SCALE

(ACDS)

Development Version 1.0

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PURPOSE

The AI Companion Dependency Scale (ACDS) is a research instrument designed to assess patterns of emotional reliance, compulsive use, withdrawal symptoms, and functional impairment associated with conversational AI systems.

INSTRUCTIONS

Please answer the following questions based on your experiences over the past 30 days. Select the response that best reflects how often each statement applies to you.

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

SECTION 1: COMPULSIVE USE

Compulsive Use		1	2	3	4	5
1.	I find myself engaging with my AI chatbot for longer than I intended.	1	2	3	4	5
2.	I think about my AI chatbot even when I am not actively using it.	1	2	3	4	5
3.	I check my AI chatbot app multiple times per day without a specific reason.	1	2	3	4	5
4.	I feel an urge to open my AI chatbot app even when I have nothing specific to say.	1	2	3	4	5
5.	I find it difficult to stop interacting with my AI chatbot when I need to focus elsewhere.	1	2	3	4	5

SECTION 2: EMOTIONAL ATTACHMENT

Emotional Attachment		1	2	3	4	5
1.	I feel closer to my AI chatbot than to most people in my life.	1	2	3	4	5
2.	I share personal thoughts or feelings with my AI chatbot that I do not share with others.	1	2	3	4	5
3.	I think of my AI chatbot as a friend, partner, or emotionally significant presence.	1	2	3	4	5
4.	I feel emotionally dependent on my AI chatbot.	1	2	3	4	5
5.	I prefer interacting with my AI chatbot over interacting with people.	1	2	3	4	5

SECTION 3: WITHDRAWAL AND TOLERANCE

Withdrawal and Tolerance		1	2	3	4	5
1.	I feel anxious or distressed when I cannot access my AI chatbot.	1	2	3	4	5
2.	I need to spend increasing amounts of time with my AI chatbot to feel satisfied.	1	2	3	4	5
3.	When I try to reduce my AI chatbot use, I think about it frequently.	1	2	3	4	5
4.	I feel lonely or empty when I am not interacting with my AI chatbot.	1	2	3	4	5
5.	I experience physical discomfort when unable to access my AI chatbot.	1	2	3	4	5

SECTION 4: FUNCTIONAL IMPAIRMENT

Functional Impairment		1	2	3	4	5
1.	My AI chatbot use has interfered with my responsibilities.	1	2	3	4	5
2.	I lose sleep because I am interacting with my AI chatbot.	1	2	3	4	5
3.	My relationships have suffered because of my AI chatbot use.	1	2	3	4	5
4.	I hide or minimize how much time I spend using my AI chatbot.	1	2	3	4	5
5.	I continue using my AI chatbot despite negative consequences.	1	2	3	4	5

SCORING AND INTERPRETATION

Total Score Range: 20 – 100

Score Range	Interpretation
20 – 35	Minimal / No Dependency
36 – 50	Mild Dependency
51 – 65	Moderate Dependency
66 – 80	Severe Dependency
81 – 100	Extreme Dependency