REVISTA INVECOM
ISSN en línea: 2739-0063

# Emotional dependence and psychotherapeutic intervention: a bibliometric analysis from the social sciences

*Dependencia emocional e intervención psicoterapéutica: análisis bibliométrico desde las ciencias sociales*

**Received:** 13/05/2026 - **Accepted:** 28/07/2026

**Jessica Clemencia Pocoy Condori**
https://orcid.org/0000-0001-7841-3604
jpocoy@ucvvirtual.edu.pe
Universidad César Vallejo. Piura, Peru

## Abstract

This study bibliometrically analyzes the scientific output on models of psychotherapeutic intervention programs for emotional dependency, considering its evolution between 2006 and 2026. It employs a quantitative, basic, retrospective approach with a bibliometric review design. Articles were retrieved from the Scopus database and processed using Bibliometrix, an R software package, which yielded metrics such as co-citation, production indicators, keyword analysis, inter-country collaboration, thematic evolution, and intellectual structure. After exhaustive analysis, 112 scientific publications were identified, from 88 journals and by 292 authors. Annual output showed a fluctuating trend (1.43%), and it was observed that approximately 15 journals account for 33.9% of the collection, with a thematic focus primarily related to the field of addictions. Furthermore, a conceptual shift was evident, with early studies focusing on epidemiological characteristics, while in recent years the field has consolidated around notions such as emotional dependency, attachment, and addiction. The United States made the largest contribution, highlighting the limited international collaboration. Overall, the findings demonstrate the progressive development of the topic and reveal a research gap concerning programs exclusively focused on psychotherapeutic intervention, thus confirming the relevance of this area of study.

**Keywords:** affectivity, psychotherapy, interpersonal relationships.

## Resumen

El presente estudio analiza bibliométricamente la producción científica sobre modelos de programas de intervención psicoterapéutica en dependencia emocional, considerando su evolución temporal entre 2006 y 2026. Se enmarca en un enfoque cuantitativo, de tipo básico, retrospectivo y con diseño de revisión bibliométrica. Los artículos fueron recuperados de la base de datos Scopus y procesados mediante Bibliometrix, un paquete del software R, a través del cual se obtuvieron métricas de co-citación, indicadores de producción, análisis de palabras clave, colaboración entre países, evolución temática y estructura intelectual. Tras un análisis exhaustivo, se identificaron 112 publicaciones científicas, provenientes de 88 revistas y 292 autores. La producción anual mostró un comportamiento fluctuante (1,43%), y se observó que aproximadamente 15 revistas concentran el 33,9% de la colección, con una orientación temática vinculada, principalmente, al campo de las adicciones. Asimismo, se evidenció una transición conceptual en la que los primeros estudios presentaban rasgos asociados a características epidemiológicas, mientras que en los últimos años la temática se ha consolidado en torno a nociones como dependencia emocional, apego y adicciones. El país con mayor contribución fue Estados Unidos, lo que pone de manifiesto la escasa colaboración entre países. En conjunto, los hallazgos muestran un avance progresivo de la temática y evidencian un vacío de investigación en torno a programas exclusivos de intervención psicoterapéutica, lo que confirma la relevancia de este campo de estudio.

**Palabras clave:** afectividad, psicoterapia, relaciones interpersonales.

## Introduction

The scientific literature reflects considerable progress and a growing diversification of psychotherapeutic intervention programs, grounded in a range of models, approaches, and treatment processes. Even so, systematic

bibliometric maps of the psychotherapeutic models addressing emotional dependence, codependency, and attachment remain conspicuously absent.

Developments in related areas (behavioral addictions, personality disorders, and emotional dysregulation) have driven the emergence of process-based therapeutic models and approaches, such as Process-Based Therapy, alongside dimensional frameworks like HiTOP (Brand et al., 2025; Kotov et al., 2021; Leichsenring et al., 2024). In recent years, mixed-methods designs and digital technologies have also become more common for implementing and evaluating interventions (Hayes et al., 2025; Goretzko et al., 2024). Within this landscape, the expansion of digital tools has further reshaped clinical intervention, from teletherapy to machine learning applications used to monitor treatment progress and personalize therapeutic decisions (Lebow et al., 2022; Chekroud et al., 2021).

Bibliometric studies do exist within clinical and organizational psychology, and on workplace well-being and happiness more broadly, demonstrating how effectively these methods can map trends, networks, and conceptual development (Gao et al., 2024; Jambrino-Maldonado et al., 2022). Yet no study was found that bibliometrically maps the conceptual and theoretical dimensions of psychotherapeutic intervention programs for emotional dependence. This gap makes it difficult to trace how the field has actually developed.

Examining, systematizing, and quantifying large bodies of literature through bibliometric analysis is therefore a worthwhile undertaking, allowing researchers to map thematic structure, temporal trends, co-occurrence, and co-citation patterns within the field of therapy and psychotherapy (Fei et al., 2026; Rodriguez Novo et al., 2021; Wang et al., 2023). This type of analysis also helps identify research gaps, underexplored areas, and thematic imbalances, thereby guiding studies with genuine social impact (Hamzah et al., 2026; Ranta et al., 2025). Given how rapidly, and how unevenly, the scientific literature on psychology and mental health continues to grow, bibliometrics offers an efficient complement to systematic reviews, helping organize substantial volumes of accumulated knowledge (Ghosh et al., 2025).

With respect to the conceptual background, emotional dependence remains only loosely consolidated as a diagnostic construct, which underscores the value of a bibliometric approach for organizing this area of study (Momeñe et al., 2022). Codependency, for its part, still lacks a unified theoretical framework; the resulting terminological confusion plays out across five distinct analytical traditions, personological, clinical, systemic-family, psychodynamic, and schema-focused, each offering a different account of the underlying etiological mechanisms (Mironova et al., 2026). Love addiction remains comparatively understudied: it enjoys neither formal diagnostic recognition nor a solid empirical foundation, and the addiction model alone cannot fully account for the centrality of relational processes; attachment theory, by contrast, offers a theoretically pertinent complement (Cavalli et al., 2025; Maglia et al., 2023).

The overarching aim of this study, accordingly, was to bibliometrically analyze the scientific output on models of psychotherapeutic intervention programs for emotional dependence. Its specific objectives were to trace the temporal evolution of publications between 2006 and 2026, identify the most productive authors and sources, analyze the field's intellectual structure through co-citation, assess scientific impact via citation indicators, examine collaboration networks among authors and research contexts, and map the thematic evolution of the field.

## Methodology

This article treats the scientific literature itself as the unit of observation, drawing on indicators of production, collaboration, citation, and thematic structure (Gan et al., 2022; Passas, 2024). The study is basic in nature, in that it seeks to generate knowledge about the evolution, structure, and configuration of a scientific field rather than intervene in an applied setting (Mezquita et al., 2024). Its design follows a bibliometric review, insofar as it relies on quantifiable measures and analytical visualizations rather than a manual synthesis of the articles (Kumpulainen & Seppänem, 2022; Passas, 2024). It also adopts a quantitative approach, working with measurable indicators such as citation counts, publications, countries, authors, keywords, and journals (Tarazi, 2024). Finally, it is retrospective, as it examines publications from a prior time span in order to describe the field's historical evolution (Marlés-Sáenz et al., 2025).

The Scopus database was used to systematize the literature through the bibliometric method, using the Biblioshiny software, which processes a broad range of sources drawn from peer-reviewed journals and enables advanced analysis of citations, references, and abstracts (Aria et al., 2026). The following advanced search strategy was applied: *( TITLE-ABS-KEY ( "emotional dependence" OR "emotional dependency" OR "affective dependence" OR "affective dependency" OR "interpersonal dependency" OR "interpersonal dependence" OR "love addiction" OR "relationship addiction" OR codependency OR "co-dependency" ) AND TITLE-ABS-KEY ( psychotherapy OR "psychotherapeutic intervention" OR "psychological intervention" OR therapy OR treatment OR counseling OR*

*counselling OR "intervention program" OR "treatment program" OR "therapeutic program" OR "intervention model" OR "treatment model" OR "therapeutic model" OR framework OR protocol ) ).*

The inclusion criteria applied in Scopus were studies within the field of psychology published between 2006 and 2026. Reviews, surveys, letters, and editorials were excluded.

The initial search yielded 668 documents. Filtering by the psychology subject area narrowed this to 232 records; restricting the document type to articles then produced 181 records; and finally, limiting the publication window to 2006–2026 left a working sample of 112 documents, all of which were exported in CSV format. As noted above, bibliometric processing was carried out in Biblioshiny, the interface for R's Bibliometrix package, an open-source tool built for in-depth mapping of the scientific literature (Aria & Curruculo, 2017).

The study was guided by principles of scientific integrity, honesty, transparency, and rigor in handling information (Armond et al., 2024; Zhaksylyk et al., 2023). Accordingly, all sources consulted were acknowledged through verifiable and accurate citation, an ethical practice aimed at preventing plagiarism and crediting authors' intellectual contributions (Adjovi, 2025; Ventura et al., 2022). Copyright, authorship attribution, and proper citation of the academic works consulted were likewise respected throughout.

## Results and discussion

The documents identified in the Scopus database totaled 112 publications spanning 2006 to 2026, distributed across 88 journals. These articles were produced by 292 authors and collectively cite 5,433 bibliographic references, pointing to a field of psychological research with a solid theoretical foundation and a clear grounding in prior work.

**Figure 1**

*Annual evolution of scientific output*

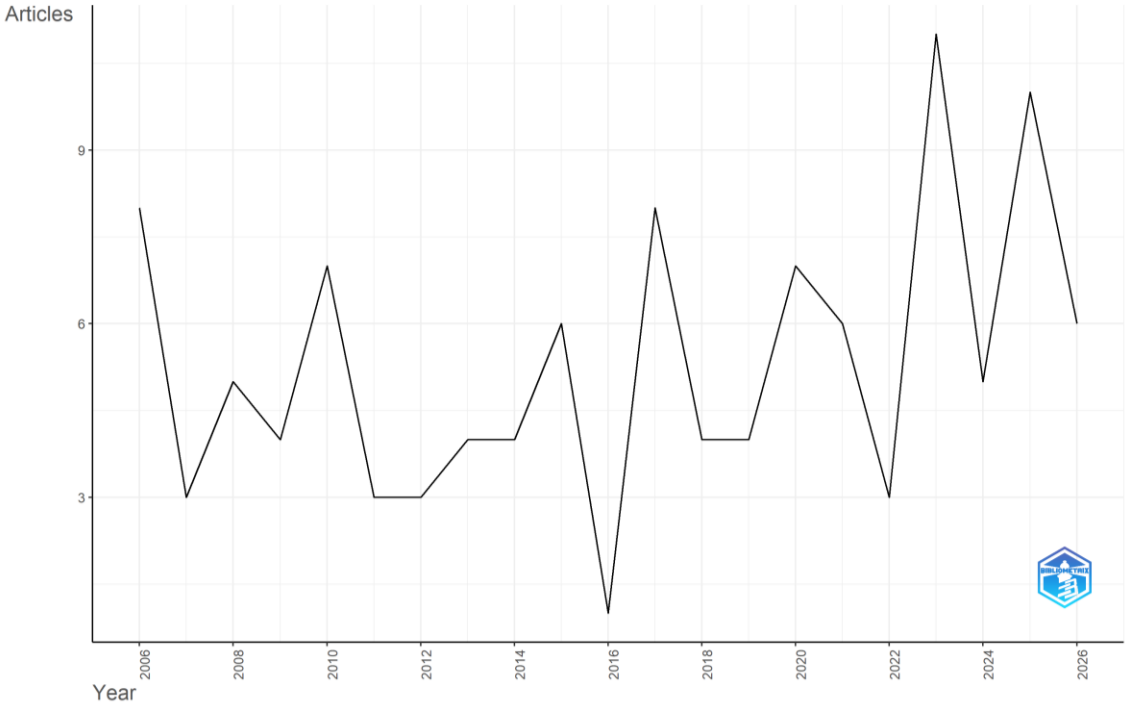



Figure 1 traces the annual evolution of scientific output and points to sustained growth over time. Eight studies were published in 2006, a figure that dropped to three the following year. Between 2008 and 2015, output fluctuated moderately, ranging from three to seven publications annually. During 2016–2022, production remained relatively low, oscillating between four and seven articles per year. A marked increase followed in 2023, with eleven documents published, then ten in 2025 and six in 2026.

Taken together, these findings confirm a growing interest among researchers in understanding and addressing emotional dependence from clinical, behavioral, psychoanalytic, and relational perspectives. Scholarship on emotional dependence, codependency, and love addiction remains an emerging field, owing to its

limited diagnostic consolidation and the theoretical dispersion that characterizes it. This, in turn, accounts for the persistent terminological variability and the partial overlap among related themes (Mironova & Kovalevskaia, 2026).

**Figure 2**

*Distribution of sources according to Bradford's Law*

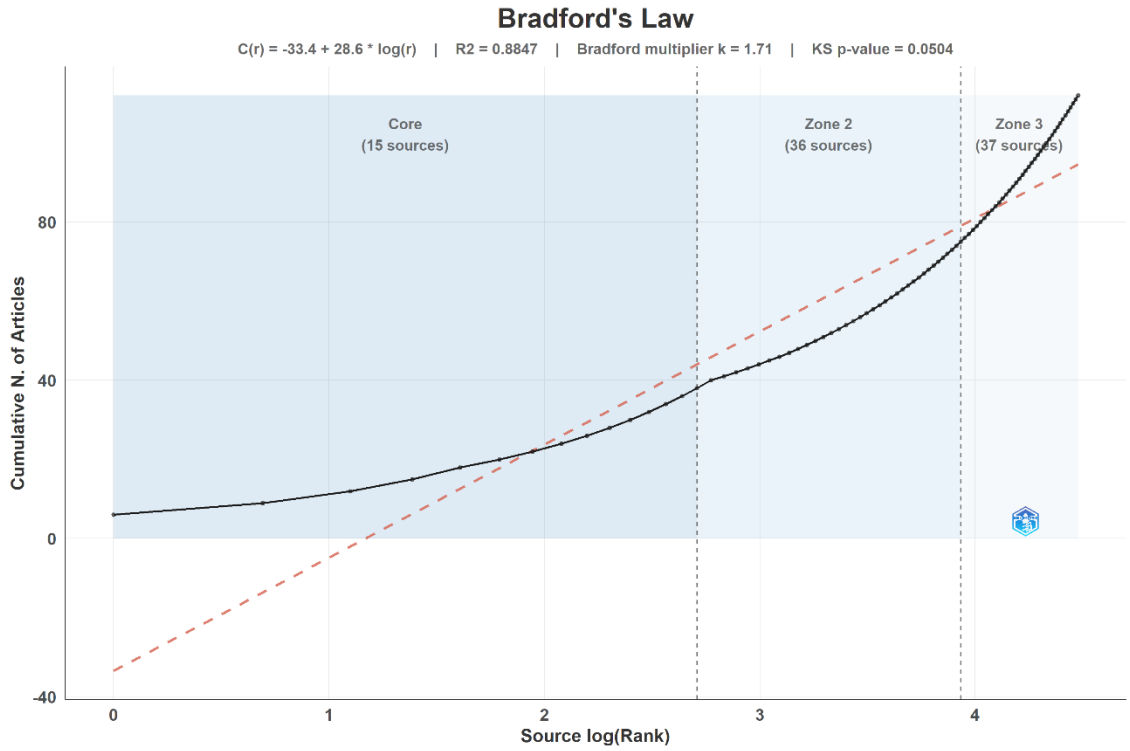



Figure 2 shows the distribution of sources according to Bradford's Law. The 88 journals fell into three productivity zones, reflecting considerable dispersion in scientific output. The core, or Zone 1, comprised 15 specialized journals that functioned as the main dissemination channel, accounting for 38 documents, 33.9% of the total. These publications belong predominantly to clinical psychology, behavioral science, psychotherapy, addiction studies, family therapy, and mental health.

Zone 2 comprised 36 journals, while Zone 3 gathered the remaining 37, each contributing relatively little on its own. Overall, this distribution suggests that although a small cluster of journals accounts for the bulk of production, knowledge in this field is not confined to any single outlet. That finding carries epistemological weight, as it indicates that emotional dependence and love addiction are approached through multiple frameworks, including psychotherapeutic and biobehavioral paradigms drawn from the study of non-chemical addictions (Brand et al., 2025; Cavalli et al., 2025).

**Figure 3**
*Scientific output by author according to Lotka's Law*

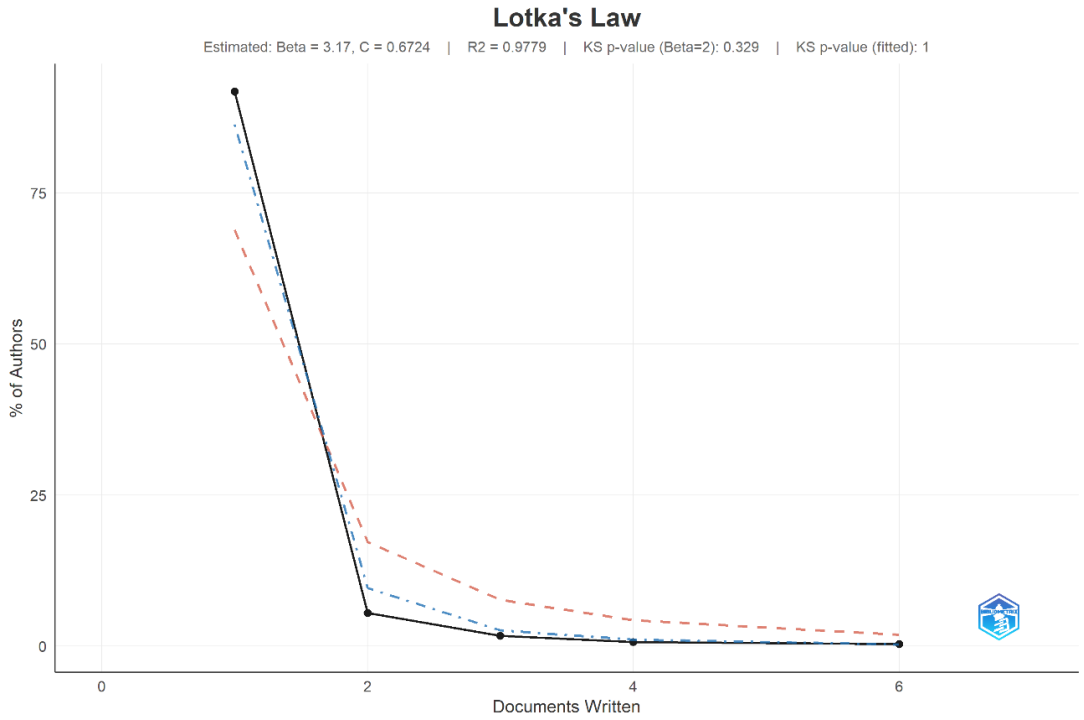



Figure 3 presents authors' scientific output as analyzed through Lotka's Law. Roughly nine in ten researchers contributed to only a single publication, while those with two or more works make up a comparatively small share of the overall output.

The model yielded an estimated parameter of β=3.17\beta = 3.17β=3.17, higher than the theoretical value proposed by Lotka (β=2\beta = 2β=2). This result points to a steeper decline in the number of authors as productivity increases. The model's fit was likewise strong (R=0.9779R = 0.9779R=0.9779), indicating a close correspondence between the empirical and theoretical distributions of authorial productivity. The Kolmogorov–Smirnov goodness-of-fit test revealed no significant differences between the two distributions (p=1p = 1p=1), supporting the model's suitability for describing the productivity patterns of the authors included in the collection.

Taken as a whole, these results suggest that publishing in this field tends to be sporadic, with only a small group of researchers sustaining a continuous trajectory of output.

**Figure 4**
*Historiographic map for the co-citation analysis*

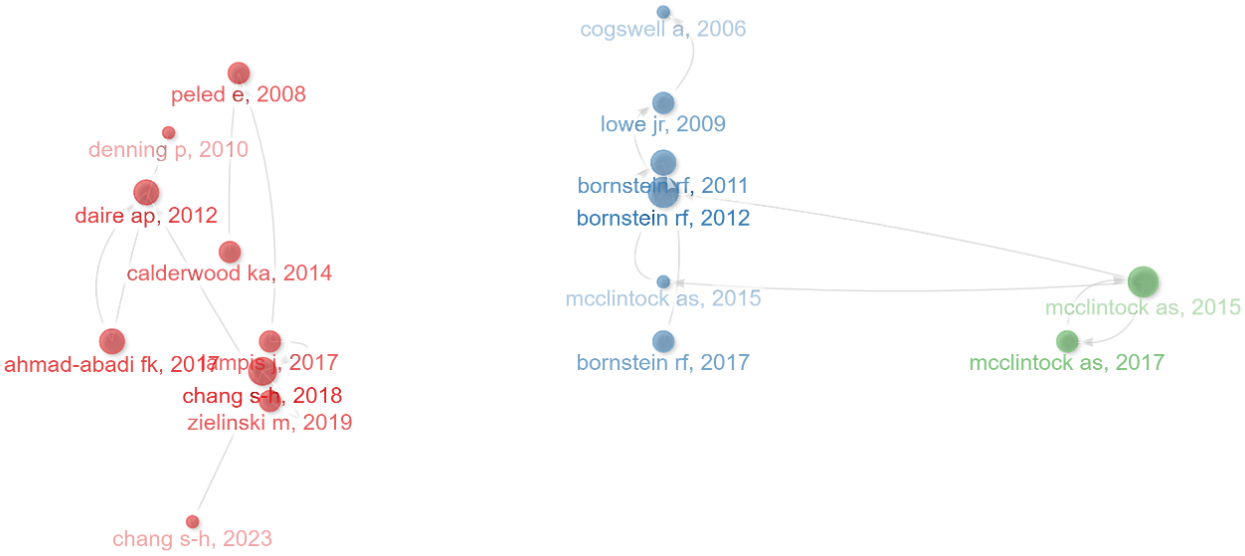



Figure 4 presents the historiographic map of the field, built from the co-citation analysis. It reveals three distinct lines of development, represented by color-coded clusters.

The red cluster contains a substantial number of documents and shows clear continuity over time. This line of research opens with the work of Peled and Sacks (2008), continues with Daire et al. (2012), who proposed a theoretical model of codependent behaviors, and extends into more recent publications from 2023. The blue cluster begins with Cogswell and Alloy (2006), who provided early theoretical groundwork on interpersonal dependency. Lowe et al. (2009) and Bornstein (2011, 2012) subsequently consolidated a conceptual axis centered on interpersonal dependency from a psychodynamic and relational standpoint. Bornstein and Hopwood (2017) later drew out implications for assessing and treating interpersonal dependency and dependent personality disorder, cementing these authors' standing as key references in the field's theoretical development.

The green cluster, meanwhile, brings together the work of McClintock and Anderson (2015), who applied *mindfulness* as a brief intervention for interpersonal dependency, and McClintock et al. (2017), who developed and validated the Interpersonal Dependency Inventory. Together, these studies bridge the conceptualization of the phenomenon and the development of contemporary psychotherapeutic strategies.

It is worth noting that figures such as Bowlby and Beck continue to hold a prominent place as theoretical touchstones. At the same time, more recent research incorporates variables such as emotional regulation, cognitive schemas, and personality traits. This coexistence of classic contributions and contemporary studies helps complement and reinforce the theoretical foundation of research on emotional dependence.

**Figure 5**
*Temporal evolution of keywords*

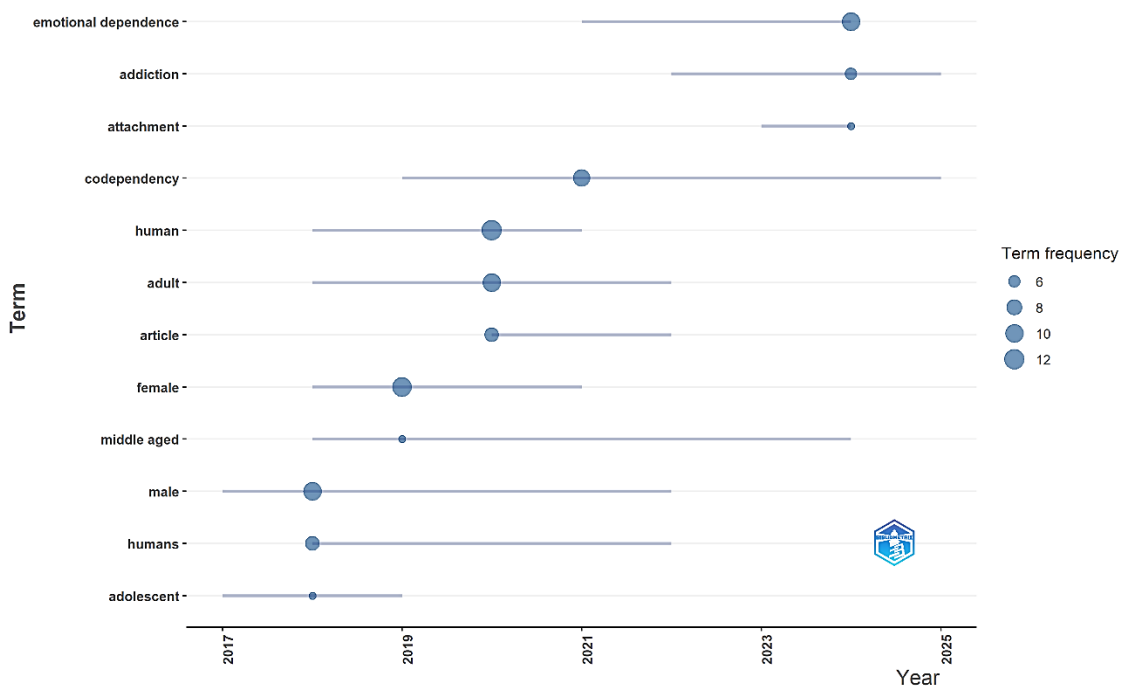



Figure 5 traces the temporal evolution of keywords and points to three stages in the field's conceptual development. Between 2016 and 2020, a descriptive stage predominates, marked by terms such as *male*, *female*, *adult*, *humans* y *adolescent*. This trend reflects an initial interest in the epidemiological and clinical categorization of the population under study.

A stage of conceptual consolidation stands out between 2019 and 2025, marked by the emergence of the term *codependency*, which gained prominence in the earliest studies aimed at delimiting the phenomenon. Between 2023 and 2025, a stage of thematic specialization follows, during which keywords such as *dependence*, *attachment* y *addiction* become consolidated. Within this set, *emotional dependence* appears with the highest frequency, confirming its status as the central concept in contemporary research.

The emergence of the term *attachment* likewise reflects the integration of attachment theory to explain the origin, maintenance, and possible interventions for emotional dependence. *addiction*, for its part, points to a tendency to frame this phenomenon through the lens of behavioral addictions. Together, this evolution traces a shift from broad, descriptive categories toward more specific concepts tied to emotional dependence, attachment, and addictive processes.

This shift suggests that the psychotherapeutic study of emotional dependence increasingly draws on explanations tied to insecure attachment styles and addiction-related mechanisms, including neurobiological ones (Cavalli et al., 2025; Maglia et al., 2023). Even so, terminological dispersion and the absence of a centralized core of dissemination sources continue to hinder the unification of criteria and the development of standardized clinical protocols for assessment and intervention.

**Figure 6**
*Fragmented authorship collaboration network*

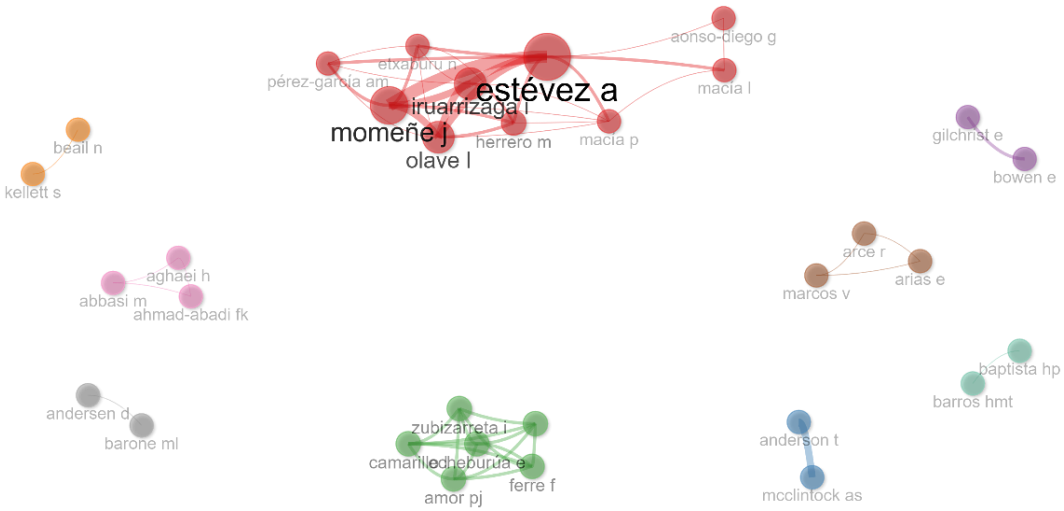



Figure 6 shows a fragmented authorship collaboration network made up of independent clusters that reflect relatively stable co-authorship ties, though with little interaction among them. The largest cluster brings together the most productive authors and shows a higher density of connections, indicating a stronger degree of internal collaboration.

The smaller clusters, by contrast, consist of two or three researchers collaborating with one another, while some authors form no ties to other research networks at all. This configuration suggests that emotional dependence is studied by numerous peripheral groups and independent teams, but with limited integration across the broader scientific community. Strengthening interinstitutional and international collaboration therefore emerges as a clear need, one that would help consolidate more cohesive lines of research.

**Figure 7**
*International collaboration map*

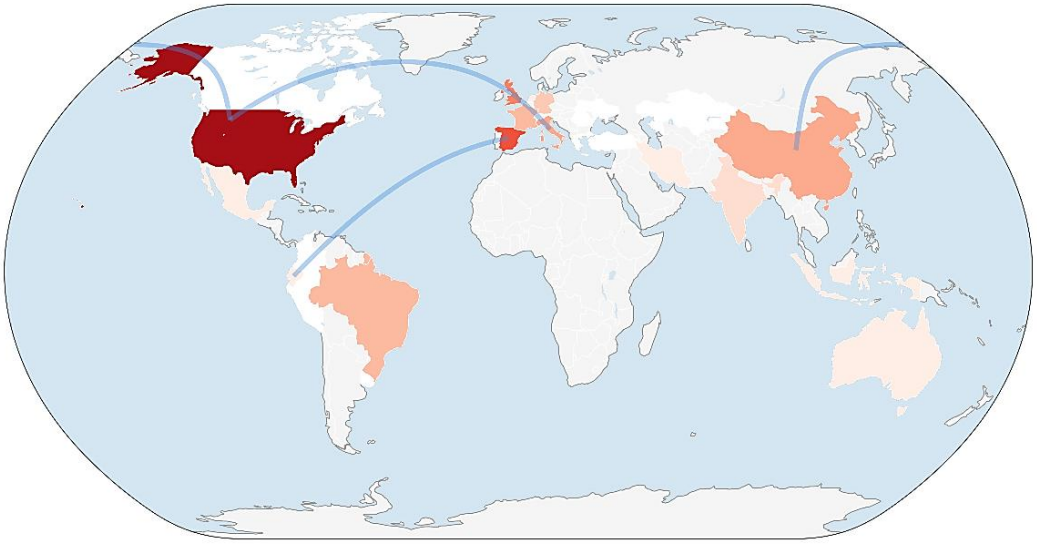


Figure 7 presents the international collaboration map among the countries that have contributed to research on models of psychotherapeutic intervention programs for emotional dependence. Color intensity reflects

publication volume, while the connecting lines denote international scientific collaboration ties, a convention commonly used in bibliometric collaboration maps.

The countries with the highest scientific output were the United States, with 42 publications; Spain, with 15; the United Kingdom, with 9; China and Italy, with 6 each; Brazil and France, with 5 each; Germany, with 4; India, with 3; and Indonesia, Australia, the Netherlands, Mexico, and Iran, with 2 publications each. Greece, Peru, Uruguay, Ukraine, Romania, Turkey, and Kazakhstan each registered a single publication. The most frequent international collaborations were between the United States and Italy, Spain and Ecuador, and the United States and China, each pairing accounting for two co-authored publications. These findings confirm that international linkages in this field remain limited and that its collaborative core is not yet well consolidated.

The studies identified include systematic reviews and meta-analyses (Cavalli et al., 2025; Maglia et al., 2023), correlational research on codependency, emotional dependence, neurotic symptoms, aggression, and emotional regulation (Echeburúa et al., 2022; Kolenova et al., 2025), and predictive studies (Macía et al., 2025; Momeñe et al., 2024). Also represented are studies focused on the psychometric validation of scales, such as the Love Addiction scale (Zibenberg & Natividade, 2025), and on the validation of the six-item Interpersonal Dependency Inventory (McClintock et al., 2015). Phenomenological studies examining coping strategies in toxic relationships were identified as well (Mahmudah et al., 2025).

No standardized psychotherapeutic program specifically targeting emotional dependence was identified. What did emerge were interventions grounded in psychoeducational and cognitive-behavioral strategies aimed at addressing distorted thinking, emotional dependence, attachment, and coping responses (Sánchez et al., 2024). Also documented were integrative models centered on emotional regulation, systemic couple-based interventions, and psilocybin- and MDMA-assisted therapies for treating codependency in couples with a history of substance use disorders (Hosford & Austin-Robillard, 2025).

Among the strengths of this bibliometric study is its application of Lotka's Law together with the Kolmogorov–Smirnov goodness-of-fit test, which lends statistical support to the analysis of authorial productivity. The two-decade time span covered also makes it possible to capture both the current state of the field and the conceptual trajectory of the construct, from its earliest epistemological framings to its more recent ties to addiction and attachment theory. A further strength lies in the methodological design, which precisely documents the search string applied to an indexed database along with the inclusion and exclusion criteria.

The study is not without limitations, however. The first concerns the restricted data source: relying exclusively on Scopus may have excluded relevant research indexed in other databases. The second stems from the inherent scope of bibliometric analysis itself, which can characterize the volume of output, collaboration patterns, thematic structure, and citation impact, but cannot directly assess the methodological quality or clinical effectiveness of the intervention programs reviewed.

## Conclusions

The bibliometric analysis of scientific output on psychotherapeutic intervention programs for emotional dependence, covering the period 2006–2026, shows a field in transition toward greater conceptual specialization and theoretical consolidation. Although publications have grown steadily, empirical development and collaboration networks remain fragmented. Taken together, the results point to an expanding area of research within psychology that is nonetheless still consolidating, both scientifically and clinically.

Most publications cluster in journals related to behavioral addictions, family therapy, and interdisciplinary psychology. In terms of authorship, occasional contributors who publish only once dominate, while few authors sustain a continuous output. The thematic evolution traces a shift from epidemiological categories toward the consolidation of the concepts of emotional dependence and codependency, moving later toward a clinical specialization centered on the term *emotional dependence*. This concept increasingly connects to attachment theory (*attachment*) and to the study of behavioral addictions (*addiction*).

The analysis also revealed a limited presence of experimental studies and clinical trials specifically focused on psychotherapeutic intervention programs. Regarding international collaboration, the United States holds a predominant position as the leading producer, followed by Spain within the Ibero-American context. Even so, the co-authorship network remains fragmented into independent clusters, reflecting limited interaction among groups and constrained international collaboration.

Future research would therefore benefit from more integrated theoretical frameworks capable of strengthening empirical work and guiding the design of psychotherapeutic interventions specifically tailored to emotional dependence. Expanding longitudinal, experimental, and comparative studies is likewise necessary to understand how the phenomenon evolves and to evaluate the effectiveness of different therapeutic strategies over time. Cultural diversity should be incorporated as well, and international collaboration promoted through multicenter

and transnational studies. Together, these steps would help consolidate scientific and clinical progress in this field of research.

## References


Adjovi, I. S. M. (2025). A worldwide itinerary of research ethics in science for better social responsibility and justice: A bibliometric analysis and review. *Frontiers in Research Metrics and Analytics, 10*, 1504937. https://doi.org/10.3389/frma.2025.1504937

Aria, M., & Cuccurullo, C. (2017). Bibliometrix: An R-tool for comprehensive science mapping analysis. *Journal of Informetrics, 11*(4), 959–975. https://doi.org/10.1016/j.joi.2017.08.007

Aria, M., Cuccurullo, C., D'Aniello, L., & Spano, M. (2026). Biblioshiny and the SAAS workflow: An integrated framework for transparent and reproducible science mapping. A demonstration through the replication of a study. *Journal of Informetrics, 20*(3), 101837. https://doi.org/10.1016/j.joi.2026.101837

Armond, A. C. V., Cobey, K. D., & Moher, D. (2024). Research integrity: Definitions and challenges. *Journal of Clinical Epidemiology, 171*, 111367. https://doi.org/10.1016/j.jclinepi.2024.111367

Brand, M., Müller, A., Wegmann, E., Antons, S., Brandtner, A., Müller, S. M., Stark, R., Steins-Loeber, S., & Potenza, M. N. (2025). Current interpretations of the I-PACE model of behavioral addictions. *Journal of Behavioral Addictions, 14*(1), 1–17. https://doi.org/10.1556/2006.2025.00020

Bornstein, R. F. (2011). An interactionist perspective on interpersonal dependency. *Current Directions in Psychological Science, 20*(2), 124–128. https://doi.org/10.1177/0963721411403121

Bornstein, R. F. (2012). Illuminating a neglected clinical issue: Societal costs of interpersonal dependency and dependent personality disorder. *Journal of Clinical Psychology, 68*(7), 766–781. https://doi.org/10.1002/jclp.21870

Bornstein, R. F., & Hopwood, C. J. (2017). Evidence-based assessment of interpersonal dependency. *Professional Psychology: Research and Practice, 48*(4), 251–258. https://doi.org/10.1037/pro0000036

Cavalli, R. G., Feeney, J., Rogier, G., & Velotti, P. (2025). Conceptualizing love addiction within the attachment perspective: A systematic review and meta-analysis. *Journal of Behavioral Addictions, 14*(2), 611–629. https://doi.org/10.1556/2006.2025.00031

Chekroud, A. M., Bondar, J., Delgadillo, J., Doherty, G., Wasil, A., Fokkema, M., Cohen, Z., Belgrave, D., DeRubeis, R., Iniesta, R., Dwyer, D., & Choi, K. (2021). The promise of machine learning in predicting treatment outcomes in psychiatry. *World Psychiatry, 20*(2), 154–170. https://doi.org/10.1002/wps.20882

Cogswell, A., & Alloy, L. B. (2006). The relation of neediness and Axis II pathology. *Journal of Personality Disorders, 20*(1), 16–21. https://doi.org/10.1521/pedi.2006.20.1.16

Daire, A. P., Jacobson, L., & Carlson, R. G. (2012). Emotional stocks and bonds: A metaphorical model for conceptualizing and treating codependency and other forms of emotional overinvesting. *American Journal of Psychotherapy, 66*(3), 259–278. https://doi.org/10.1176/appi.psychotherapy.2012.66.3.259

Echeburúa, E., Amor, P. J., Sarasua, B., Zubizarreta, I., Camarillo, L., & Ferre, F. (2023). La dependencia emocional en hombres maltratadores de su pareja en tratamiento comunitario: Un estudio piloto. *Anuario de Psicología Jurídica, 33*(1), 1–7. https://doi.org/10.5093/apj2022a1

Fei, X., Wang, S., Wang, J., Gao, Y., & Hu, Y. (2026). Knowledge structure and evolution of hotspots in play therapy: A bibliometric analysis via multiple visualization tools. *Brain and Behavior, 16*(3), e71301. https://doi.org/10.1002/brb3.71301

Gao, M., & Lou, W. (2024). The evolutionary paths of clinical psychology studies in the United States: A bibliometrics illustration of 69k publications. *Journal of Clinical Psychology, 80*(10), 2185–2202. https://doi.org/10.1002/jclp.23726

Gan, Y. na, Li, D. duo, Robinson, N., & Liu, J. ping. (2022). Practical guidance on bibliometric analysis and mapping knowledge domains methodology: A summary. *European Journal of Integrative Medicine, 56*, 102203. https://doi.org/10.1016/j.eujim.2022.102203

Ghosh, A., George, B. B., Malav, P., Choudhury, S., & Goel, S. (2025). Mapping the landscape of mental health research through Google Trends: Bibliometric and thematic insights. *Psychiatry and Clinical Neurosciences Reports, 4*(2), e70101. https://doi.org/10.1002/pcn5.70101

Goretzko, D., Siemund, K., & Sterner, P. (2024). Evaluating model fit of measurement models in confirmatory factor analysis. *Educational and Psychological Measurement, 84*(1), 123–144. https://pubmed.ncbi.nlm.nih.gov/38250508/

Hamzah, M. A., Ibrahim, C., Jaya, A., & Herman, L. O. (2026). Global trends of bibliotherapy and mental health research based on bibliometric analysis. *Berkala Ilmu Perpustakaan dan Informasi, 22*(1), 85–99. https://doi.org/10.22146/bip.v22i1.20126

Hayes, S. C., Ciarrochi, J., Hofmann, S. G., Chin, F., & Sahdra, B. (2022). Evolving an idionomic approach to processes of change: Towards a unified personalized science of human improvement. *Behaviour Research and Therapy, 156*, 104155. https://doi.org/10.1016/j.brat.2022.104155

Hosford, S., & Austin-Robillard, H. (2025). Psilocybin and MDMA in couples therapy: Investigating treatment for substance use disorders and codependency. *Contemporary Family Therapy*, 1–10. https://doi.org/10.1007/s10591-025-09766-8

Jambrino-Maldonado, C., Rando-Cueto, D., Núñez-Sánchez, J. M., Iglesias-Sánchez, P. P., & de las Heras-Pedrosa, C. (2022). Bibliometric analysis of international scientific production on the management of happiness and well-being in organizations. *Social Sciences, 11*(7), 272. https://doi.org/10.3390/socsci11070272

Kolenova, A. S., Kukulyar, A. M., & Denisova, E. G. (2025). Codependency in women: Investigating the relationship between neurotic symptoms, emotional regulation, and aggression. *Counseling Psychology and Psychotherapy, 33*(3), 148–170. https://doi.org/10.17759/cpp.2025330307

Kotov, R., Krueger, R. F., Watson, D., Cicero, D. C., Conway, C. C., DeYoung, C. G., Eaton, N. R., Forbes, M. K., Hallquist, M. N., Latzman, R. D., Mullins-Sweatt, S. N., Ruggero, C. J., Simms, L. J., Waldman, I. D., Waszczuk, M. A., & Wright, A. G. C. (2021). The Hierarchical Taxonomy of Psychopathology (HiTOP): A quantitative nosology based on consensus of evidence. *Annual Review of Clinical Psychology, 17*, 83–108. https://pubmed.ncbi.nlm.nih.gov/33577350/

Kumpulainen, M., & Seppänen, M. (2022). Combining Web of Science and Scopus datasets in citation-based literature study. *Scientometrics, 127*(10), 5613–5631. https://doi.org/10.1007/s11192-022-04475-7

Lebow, J., & Snyder, D. K. (2022). Couple therapy in the 2020s: Current status and emerging developments. *Family Process, 61*(4), 1359–1385. https://doi.org/10.1111/famp.12824

Leichsenring, F., Fonagy, P., Heim, N., Kernberg, O. F., Leweke, F., Luyten, P., Salzer, S., Spitzer, C., & Steinert, C. (2024). Borderline personality disorder: A comprehensive review of diagnosis and clinical presentation, etiology, treatment, and current controversies. *World Psychiatry, 23*(1), 4–25. https://doi.org/10.1002/wps.21156

Lowe, J. R., Edmundson, M., & Widiger, T. A. (2009). Assessment of dependency, agreeableness, and their relationship. *Psychological Assessment, 21*(4), 543–553. https://doi.org/10.1037/a0016899

Macía, L., Macía, P., & Estévez, A. (2025). The mediating role of attachment between borderline expression of emotional dependence and hostility in women with gambling disorder. *Current Psychology, 44*(24), 18725–18733. https://doi.org/10.1007/s12144-025-08470-y

Mahmudah, S., Astutik, F., Diana, Rahayu, D., & Handayani, N. (2025). Coping strategies in toxic relationships: A phenomenological study of emerging adults. *International Journal of Body, Mind and Culture, 12*(3), 35–50. https://doi.org/10.61838/ijbmc.v12i3.869

Maglia, M. G., Lanzafame, I., Quattropani, M. C., & Caponnetto, P. (2023). Love addiction: Current diagnostic and therapeutic paradigms in clinical psychology. *Health Psychology Research, 11*(1), 1. https://doi.org/10.52965/001c.70218

Marlés-Sáenz, E., Gómez-Luna, E., Guerrero, J. M., & Vasquez, J. C. (2025). Innovative bibliometric methodology: A new big data-based framework for scientific research. *Energies, 18*(10), 2437. https://doi.org/10.3390/en18102437

McClintock, A. S., & Anderson, T. (2015). The application of mindfulness for interpersonal dependency: Effects of a brief intervention. *Mindfulness, 6*(2), 243–252. https://doi.org/10.1007/s12671-013-0253-3

McClintock, A. S., McCarrick, S. M., Anderson, T., Himawan, L., & Hirschfeld, R. (2017). Development and validation of a six-item version of the Interpersonal Dependency Inventory. *Assessment, 24*(3), 360–370. https://doi.org/10.1177/1073191115605178

Mezquita, B., Alfonso-Arias, C., Martínez-Jaimez, P., & Borrego, Á. (2024). The use of bibliometrics in nursing science: Topics, data sources and contributions to research and practice. *Nursing Open, 11*(9), e70036. https://doi.org/10.1002/nop2.70036

Mironova, O. I., & Kovalevskaia, E. A. (2026). Approaches to studying the development of codependency in family members. *Psychology and Law, 16*(1), 266–285. https://doi.org/10.17759/psylaw.2026160116

Momeñe, J., Estévez, A., Etxaburu, N., Pérez-García, A. M., & Maguregi, A. (2022). Emotional dependence on the aggressor partner and its relationship to social anxiety, fear of negative evaluation and dysfunctional perfectionism. *Behavioral Psychology/Psicología Conductual, 30*(1), 51–68. https://doi.org/10.51668/bp.8322103n

Momeñe, J., Estévez, A., Griffiths, M. D., Macía, P., Herrero, M., Olave, L., & Iruarrizaga, I. (2024). The impact of insecure attachment on emotional dependence on a partner: The mediating role of negative emotional rejection. *Behavioral Sciences, 14*(10), 909. https://doi.org/10.3390/bs14100909

Passas, I. (2024). Bibliometric analysis: The main steps. *Encyclopedia, 4*(2), 1014–1025. https://doi.org/10.3390/encyclopedia4020065

Peled, E., & Sacks, I. (2008). The self-perception of women who live with an alcoholic partner: Dialoging with deviance, strength, and self-fulfillment. *Family Relations, 57*(3), 390–403. https://doi.org/10.1111/j.1741-3729.2008.00508.x

Ranta, R. S., Sharma, T., & Sharma, A. (2025). A bibliometric analysis on mental health research over the past two decades: Bibliometric trends in mental health research. *Journal of Medical Health Research and Psychiatry, 2*(1), 1–8. https://doi.org/10.70844/jmhrp.2025.2.1.39

Rodriguez Novo, N., Novo Muñoz, M. M., Cuellar-Pompa, L., & Rodriguez Gomez, J. A. (2021). Trends in research on art therapy indexed in the Web of Science: A bibliometric analysis. *Frontiers in Psychology, 12*, 752026. https://doi.org/10.3389/fpsyg.2021.752026

Sánchez, A. I., Maroto, L., Rubiano, S., Berzosa Sáez, C., Quevedo-Blasco, R., Astudillo-Reyes, K., & Martínez, M. P. (2024). Efficacy of the reGENER@r program on socio-emotional skills and sexist beliefs in perpetrators of gender-based violence: A pilot study in Spain. *Behavioral Sciences, 14*(12), 1194. https://doi.org/10.3390/bs14121194

Tarazi, A. (2024). Comparative analysis of the bibliographic data sources using PubMed, Scopus, Web of Science, and Lens. *High Yield Medical Reviews, 2*(1). https://doi.org/10.59707/hymrUNHW4628

Ventura, M., & de Oliveira, S. C. (2022). Integridade e ética na pesquisa e na publicação científica. *Cadernos de Saúde Pública, 38*(1), e00283521. https://doi.org/10.1590/0102-311X00283521

Wang, F., Guo, J., & Yang, G. (2023). Study on positive psychology from 1999 to 2021: A bibliometric analysis. *Frontiers in Psychology, 14*, 1101157. https://doi.org/10.3389/fpsyg.2023.1101157

Zhaksylyk, A., Zimba, O., Yessirkepov, M., & Kocyigit, B. F. (2023). Research integrity: Where we are and where we are heading. *Journal of Korean Medical Science, 38*(47), e405. https://doi.org/10.3346/jkms.2023.38.e405

Zibenberg, D., & Natividade, J. C. (2025). Addicted to love? Validity evidence for the Love Addiction Inventory—Brazilian version. *Psicologia: Reflexão e Crítica, 38*(1), 1–13. https://doi.org/10.1186/s41155-025-00345-2