

Mental Health Prediction Result

Prediction: Borderline personality disorder (BPD)

Your mental health prediction is **Borderline personality disorder (BPD)**, indicating a potential concern. Please consider seeking professional help or using self-help resources.

Confidence: 99%

Symptoms

Borderline personality disorder (BPD):

1. emotional instability and disturbed patterns of thinking or perception and unstable relationships with other.
2. Extreme emotional swings or Chronic feelings of emptiness or Unclear or shifting self-image
3. impulsive behaviour or self-destructive behaviors and Explosive anger or Self-harm.

Treatment

Borderline personality disorder (BPD):

1. Treatment for BPD may involve therapy (Dialectical Behavior Therapy,Cognitive Behavioral Therapy,Schema-Focused Therapy), medications (antidepressants) and Counseling.
2. Lifestyle modifications like healthy diet,get restful sleep, Using stress-management techniques and Focus on what matters to you these can help manage symptoms.

Recommendations

1. Avoid- sugar, soya, dairy, gluten, corn, artificial dyes, preservatives, and food additives and eat a lot of Nutrient supplementation.
2. Develop a meditation practice and exercise daily.
3. Eliminating alcohol and drug use,limiting caffeine.

For immediate assistance, contact a mental health professional.