

Borderline Personality Disorder

[THE COLLECTED INFORMATION SHOULD BE SUPPLEMENTED WITH BEHAVIOURAL OBSERVATIONS TO ESTABLISH A DEFINITIVE DIAGNOSIS. FOR EACH ITEM, ASK ABOUT EXAMPLES FROM ACROSS THE LIFESPAN AND MULTIPLE RELATIONSHIPS (E.G., PARENTS, FRIENDS, ROMANTIC PARTNERS, COLLEAGUES).]

In the next series of questions, I am going to ask you about your emotional reactions, your relationships, and how you feel about yourself. When answering these questions, think about how you have been for most of your life, not just recently. If your current experience of these is very different from what you were like in the past, please let me know.

1. [AFFECTIVE INSTABILITY DUE TO HEIGHTENED EMOTIONAL REACTIVITY:]

To get started, I am going to ask you questions about your emotions and typical emotional reactions. Do experience a wide range of emotions throughout the day, for example, going from feeling sad to very angry or from happy to very afraid? Does this pattern occur more days than not? Do you notice that these shifts in emotions throughout the day are connected to specific events? What type of events typically cause these shifts? Does this cause any problems for you?

Do you experience very intense emotional reactions to events or situations, for example, feeling very anxious, irritable or sad? Are your emotional reactions often more intense compared to other people's reactions to the same event? Have people commented on how strong your emotional reactions are to different events? Does this occur more often than not?

If you experience a strong emotional reaction, how long does it typically last? [NOTE: INTENSE EMOTIONAL REACTIONS SHOULD TYPICALLY LAST A FEW HOURS, IN RARE SITUATIONS MAY LAST LONGER THAN ONE DAY.]

[IF MARKED EMOTIONAL REACTIVITY AND ASSOCIATED AFFECTIVE INSTABILITY ARE PRESENT, ASK ADDITIONAL QUESTIONS TO GET EXAMPLES ACROSS MULTIPLE CONTEXTS THROUGHOUT THE LIFESPAN:] Has this been a longstanding pattern for you? When did it first start? Can you give me a few examples of different situations that caused you to experience a sudden shift in how you were feeling at different times in your life?

[NOTES:]

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|---------------------------------------|--|--------------------------|
| 1a. | [PRESENCE OF AFFECTIVE INSTABILITY DUE TO HEIGHTENED EMOTIONAL REACTIVITY] | <input type="checkbox"/> |
| 1b. | [MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN] | <input type="checkbox"/> |
| 1c. | [EXAMPLES GIVEN FOR MULTIPLE CONTEXTS] | <input type="checkbox"/> |
| [CODE P IF 1a, 1b AND 1c ARE CHECKED] | | A P |

2. [INTENSE ANGER THAT IS OUT OF PROPORTION AND DIFFICULT TO CONTROL:]

Do you often experience intense anger that is difficult for you to manage? [IF YES:] Can you describe what typically happens when you get angry? For example, when you feel angry, do you engage in impulsive behaviours, such as physical fights, throwing/breaking objects, or yelling? What sorts of situations cause you to become very angry? How long does your anger typically last? What kinds of things, if anything, helps to lessen your anger?

Do people ever talk to you about your level of anger or tell you that you got angrier than you needed to in reaction to a specific situation? [IF YES:] Can you give me some examples of different events or situations that caused you to feel intense anger? Has this always been difficult for you?

[NOTES:]

2a.	[PRESENCE OF INTENSE ANGER THAT IS OUT OF PROPORTION AND DIFFICULT TO CONTROL]	<input type="checkbox"/>
2b.	[MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN]	<input type="checkbox"/>
2c.	[EXAMPLES GIVEN FOR MULTIPLE CONTEXTS]	<input type="checkbox"/>
[CODE P IF 2a, 2b AND 2c ARE CHECKED]		A P

3. [IMPULSIVE BEHAVIOURS]

Sometimes people engage in impulsive behaviours that may be harmful to themselves, their relationships, or to others. Do you engage in any impulsive behaviours, such as:

- ☐ Problematic eating (e.g., binge eating, purging, restricted eating)
- ☐ Excessive spending
- ☐ Alcohol or drug use
- ☐ Risky or impulsive sexual behaviours or ones that you later regret
- ☐ Shoplifting
- ☐ Speeding or aggressive driving
- ☐ Other: _____

[IF IMPULSIVE BEHAVIOURS ARE PRESENT, ASK:] What kind of situations or events might prompt you to engage in these behaviours? Do you often engage in these types of behaviours in response to strong emotional reactions? How do you feel after engaging in these behaviours?

[NOTES:]

- 3a. [PRESENCE OF IMPULSIVE BEHAVIOURS (IN 2 OR MORE OF THE ABOVE LISTED BEHAVIOURS) THAT HAVE THE POTENTIAL TO CAUSE HARM AND DO NOT INCLUDE SUICIDAL OR SELF-HARM BEHAVIOURS] ☐
- 3b. [MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN] ☐
- 3c. [EXAMPLES GIVEN FOR MULTIPLE CONTEXTS] ☐
- [CODE P IF 3a, 3b AND 3c ARE CHECKED] **A** **P**

4. [NON-SUICIDAL SELF-INJURIOUS BEHAVIOURS AND/OR SUICIDAL BEHAVIOURS. IF ITEM #4 SYMPTOMS ARE ENDORSED ENSURE THAT RISK ASSESSMENT MODULE IS COMPLETED.]

Have you ever engaged in self-harm? [IF YES:] What have you done to hurt yourself? How often?

- ☐ Cut/scratched yourself
- ☐ Stab yourself
- ☐ Shot yourself
- ☐ Asphyxiated or smothered yourself
- ☐ Burned yourself
- ☐ Banged your head or hit yourself
- ☐ Swallowed poison or caustic substance
- ☐ Jumped from a high place to cause injury
- ☐ Other: _____

Why do you engage in these behaviours (for example, to relieve emotional pain, to punish yourself, or to feel something)?

Have you ever tried to kill yourself? [IF YES:] How many times have you attempted suicide? What did you do?

Do you often express to others that you are thinking about harming or killing yourself?

[NOTES:]

- 4a. [PRESENCE OF NON-SUICIDAL SELF-INJURIOUS BEHAVIOURS AND/OR SUICIDAL BEHAVIOURS. NOTE: CHECK 4a IF ANY NSSI OR SUICIDAL BEHAVIOUR WAS ENDORSED IN THE RISK ASSESSMENT MODULE.] ☐
- 4b. [MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN] ☐
- [CODE P IF 4a AND 4b ARE CHECKED] **A** **P**

5. [MARKED INSTABILITY IN OPINION ABOUT RELATIONSHIPS OR OTHERS:]

Now I'm going to ask some questions about your relationships. How would you describe your relationships in general?

Some people say that their relationships often fluctuate between intense highs and intense lows. Does this happen for you? [IF YES:] Can you give me some examples of when you noticed this pattern? Is this pattern typical for most of your relationships or only with specific people? [NOTE: EXAMPLES FROM ONE RELATIONSHIP IS SUFFICIENT.]

Do you ever notice that your feelings towards a person (e.g., partner, friend, supportive other) change quickly, for example, one day feeling very close and connected and the next day feeling unsupported or not cared for? [IF YES:] Can you give me some examples of when this has happened? Is this pattern typical for most of your relationships or only with specific people?

Are your relationships often filled with frequent fights or repeated separations? [IF YES:] Can you give me some examples? Is this pattern typical for most of your relationships or only with specific people?

Does this lead to any problems in your relationships? [IF YES:] Can you give me some examples?

When did you first start to notice this pattern in your relationships? Has this been a longstanding pattern for you?

[NOTES:]

5a.	[PRESENCE OF MARKED INSTABILITY IN OPINION ABOUT RELATIONSHIPS OR OTHERS]	<input type="checkbox"/>
5b.	[MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN]	<input type="checkbox"/>
5c.	[EXAMPLES GIVEN FOR MULTIPLE RELATIONSHIPS/OTHERS]	<input type="checkbox"/>
	[CODE P IF 5a, 5b AND 5c ARE CHECKED]	A P

6. [ENGAGEMENT IN EXTREME EFFORTS TO AVOID REAL OR PERCEIVED ABANDONMENT.

NOTE: DO NOT INCLUDE SUICIDAL OR SELF-HARM BEHAVIOURS.]

Some people become intensely upset or afraid if they think a relationship is ending or that they might lose someone close to them. Does this happen to you? [IF YES:] Can you describe how you typically feel in this situation, for example very fearful or angry?

When you feel like a relationship might end or that you might be rejected by someone, what do you do? For example, some people try to prevent the relationship from ending (e.g., give gifts, beg or plead with the other person, try to change for the person). Alternatively, some people try to take charge by prematurely ending or abandoning the relationship. Do you engage in any of these behaviours?

[NOTES:]

6a. [PRESENCE OF FREQUENT ENGAGEMENT IN EXTREME EFFORTS TO AVOID REAL OR PERCEIVED ABANDONMENT]

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6b. [MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN]

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6c. [EXAMPLES GIVEN FOR MULTIPLE RELATIONSHIPS/OTHERS]

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[CODE P IF 6a, 6b AND 6c ARE CHECKED]

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7. [TEMPORARY PARANOID IDEATION OR DEPERSONALIZATION/ DEREALIZATION IN RESPONSE TO STRESS]

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I'm going to ask some questions about how you respond to stress. Sometimes when people experience intense emotions or are under a lot of stress, they can become overly suspicious of others, even though there may be no reason to feel this way. For example, they might have the sense that people can read their mind, or that they are being controlled by another person or some force, or that others are out to get them. Does this happen for you? [IF YES:] Can you give me some examples?

When you are feeling very stressed or emotional, do you ever feel detached from yourself or that things around you feel unreal, strange, or spacey? [IF YES:] Can you give me some examples?

[NOTES:]

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| 7a. | [PRESENCE OF TEMPORARY PARANOID IDEATION OR DEPERSONALIZATION/
DEREALIZATION IN RESPONSE TO STRESS] | <input type="checkbox"/> |
| 7b. | [MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN] | <input type="checkbox"/> |
| 7c. | [EXAMPLES GIVEN FOR MULTIPLE CONTEXTS] | <input type="checkbox"/> |
| | [CODE P IF 7a, 7b AND 7c ARE CHECKED] | A P |

8. [INSTABILITY IN SELF-IMAGE AND/OR SENSE OF SELF:]

I'm going to ask some questions about how you describe yourself. How would you describe who you are as a person? How would others describe you?

When asked about their personality or sense of self, some people describe that they feel like they do not know who they are or that their self-image often changes. Does this sound like you?
[IF YES, ASK:] Does it cause you distress to not know who you are?

Do you often act differently with one group of people from another to try to fit in? [IF YES:] Can you give me some examples? Has anyone ever commented on this? [NOTE: EXAMPLES GIVEN SHOULD SUGGEST MARKED DIFFERENCES IN PERSONALITY ACROSS DIFFERENT CONTEXTS THAT IS BEYOND WHAT MOST PEOPLE WOULD EXPERIENCE.]

Do you frequently change your mind about your personal goals (e.g., changing jobs or school programs), values, or morals? [IF YES:] Can you give me some examples? Has anyone ever commented on this? [NOTE: POSSIBLE EXAMPLES MAY INCLUDE IMPROMPTU CHANGES TO CAREER GOALS, VALUES, SEXUAL IDENTITY, AND/OR FRIENDS.]

[NOTES:]

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| 8a. | [PRESENCE OF MARKED INSTABILITY IN SELF-IMAGE AND/OR SENSE OF SELF] | <input type="checkbox"/> |
| 8b. | [MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN] | <input type="checkbox"/> |
| 8c. | [EXAMPLES GIVEN FOR MULTIPLE CONTEXTS] | <input type="checkbox"/> |
| | [CODE P IF 8a, 8b AND 8c ARE CHECKED] | A P |

9. [PERVASIVE FEELINGS OF EMPTINESS:]

Sometimes when people have difficulty with their identity or emotions, they describe feeling a sense of emptiness. Do you feel empty inside? [IF YES:] Can you describe how emptiness feels? Many people experience this in their bodies, when you feel empty, is it located in your body, like in your chest or gut? How do you experience it? [NOTE: IMPORTANT TO DISTINGUISH BETWEEN EMOTIONAL NUMBING OR ANHEDONIA VERSUS A TRUE SENSE OF FEELING EMPTY].

Many people find emptiness to be painful. People often want to escape the feeling by engaging in impulsive behaviours, suicidal or self-injurious behaviours or even to numb out or dissociate. Does this happen for you?

Has this been a longstanding pattern for you?

[NOTES:]

9a.	[PRESENCE OF PERVASIVE FEELINGS OF EMPTINESS]	<input type="checkbox"/>
9b.	[MULTIPLE EXAMPLES GIVEN ACROSS LIFESPAN]	<input type="checkbox"/>
9c.	[EXAMPLES GIVEN FOR MULTIPLE CONTEXTS]	<input type="checkbox"/>
[CODE P IF 9a, 9b AND 9c ARE CHECKED]		A P

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|-----|---|---|----------|
| 10. | [AT LEAST FIVE ITEMS FROM #1 - #9 ARE CODED P] | A
<input checked="" type="checkbox"/> | P |
| 11. | [THE SYMPTOMS ARE PRESENT BY LATE ADOLESCENCE OR EARLY ADULTHOOD AND PERSISTED SINCE THAT TIME. NOTE: OLDER ADULTS MAY PRESENT WITH DIFFERENT BEHAVIOURAL PATTERNS E.G., LESS IMPULSIVITY, LESS EMOTIONAL VOLATILITY] | A
<input checked="" type="checkbox"/> | P |
| 12. | [BEHAVIOURAL OBSERVATIONS AND COLLATERAL INFORMATION CONFIRM THE PRESENCE OF THE DIAGNOSIS.] | A
<input checked="" type="checkbox"/> | P |

[NOTES:]

DIAGNOSTIC IMPRESSION:
BORDERLINE PERSONALITY DISORDER

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13. How old were you when these symptoms first began? _____
14. How old were you when these symptoms began to be a problem for you? _____
15. On a scale from 0 to 10, 0 meaning not at all and 10 meaning extremely, how much are you bothered by your symptoms? _____