

**Zanarini Rating Scale for Borderline Personality Disorder: Self-report Version
(ZAN-BPD: SRV)**

This is an indicative test and not a diagnostic tool.

Name: _____

Date (day/month/year): _____

1. Angry Feelings or Acts

- 0. I have not felt angry or acted in an angry manner
- 1. I have occasionally felt irritated, or snapped at people, or been sarcastic
- 2. I have often felt irritated, or snapped at people, or been sarcastic
- 3. I have often felt enraged or had a number of temper outbursts.
- 4. I have felt enraged most of the time or had a temper outburst every day.

2. Moodiness (Frequent shifts in mood from feeling OK to feeling really sad or very irritable or extremely anxious)

- 0. I have not felt moody.
- 1. I have occasionally felt moody.
- 2. I have often felt moody.
- 3. I have often felt very moody.
- 4. I have felt very moody most of the time.

3. Emptiness

- 0. I have not felt empty.
- 1. I have occasionally felt empty for brief periods of time.
- 2. I have often felt empty for brief periods of time.
- 3. I have often felt empty for hours at a time.
- 4. I have felt empty most of the time

4. Identity Disturbance

- 0. I have had a good idea of who I am.
- 1. I have occasionally been unsure of who I am.
- 2. I have often been unsure of who I am.
- 3. I have often felt that I had no idea of who I am.
- 4. I have felt that I had no idea of who I am most of the time.

5. Physically Self-destructive Acts

- 0. I have not deliberately hurt myself physically, or threatened to kill myself, or made a suicide attempt.
- 1. I mentioned thinking of killing myself once, or scratched or punched myself once.
- 2. I threatened to kill myself once, or scratched or punched myself 2-3 times.
- 3. I have threatened suicide a number of times, or cut or burned myself once, or made one suicide attempt that was not very serious.
- 4. I have cut or burned myself 2-3 times or made a serious suicide attempt.

6. Other Forms of Impulsivity (such as substance abuse, one-night stands, eating binges, hitting people, breaking things, reckless driving, shoplifting, stealing from family or friends, selling drugs)

- 0. I have not acted impulsively.
- 1. I have acted impulsively 1-2 times.
- 2. I have acted impulsively 3-4 times.
- 3. I have acted impulsively 5-6 times.
- 4. I have acted impulsively every day

7. Suspiciousness or Feelings of Unreality (If suspiciousness or feelings of unreality are both present, select the number that represents the more severe symptom of the two)

- 0. I have not been suspicious of others or felt separated from my feelings.
- 1. I have occasionally been suspicious of others or occasionally felt separated from my feelings.
- 2. I have often been suspicious of others or often felt separated from my feelings
- 3. I have often very suspicious of others or often felt very separated from my feelings.
- 4. I have been very suspicious of others every day or felt very separated from my feelings most of the time.

8. Efforts to Avoid Abandonment

- 0. I have not felt the need to do anything to avoid being abandoned
- 1. I have occasionally done things no one knows about to reassure myself that no one is going to leave me.
- 2. I have often done things no one knows about to reassure myself that no one is going to leave me.
- 3. I have often called friends or relatives to reassure myself they still care or repeatedly begged them not to leave me.
- 4. I have called friends or relatives every day to reassure myself they still care or begged them every day not to leave me.

9. Unstable Relationships (with friends, relatives, romantic partners)

- 0. I have not had any conflict in my close relationships.
- 1. I have occasionally argued with someone I am close to or threatened to end our relationship.
- 2. I have often argued with someone I am close to or repeatedly threatened to end our relationship.
- 3. I have often had intense arguments with someone am close to or impulsively broken up with someone important to me.
- 4. I have had intense arguments every day with someone am close to or impulsively broken up a number of times with someone important to me

Score:

High Scores (28-36): Indicate a high level of BPD symptoms and suggest the **need for further evaluation** and potentially treatment.

Moderate Scores (16-27): Suggest the presence of BPD symptoms, and **further assessment is recommended** to determine if a diagnosis of BPD is appropriate.

Lower Scores (0-15): Indicate that the level of symptoms are not consistent with BPD, and further evaluation may not be necessary.