

Thank you for your interest in the Borderline Personality Disorder Inventory (BPD-I).™ This inventory is a clinically-derived, psychodynamically-informed screening tool for borderline personality disorder (BPD). It consists of 25 yes/no items and is scored out of 25. Instructions for scoring and interpretation are provided at the bottom of the inventory. It was developed to address the lack of brief, psychodynamically-informed screening tools for BPD.

The BPD-I™ is intended for use by psychiatrists and psychotherapists to screen for the possible presence of BPD. It is not a diagnostic test and cannot provide definitive diagnosis of BPD. Results should be considered within the context of a comprehensive diagnostic evaluation.

This questionnaire has not currently been studied empirically. Items have been reviewed by a group of mental health professionals from around the world, including psychiatrists, psychoanalysts, clinical psychologists, and psychometricians.

The BPD-I™ is free to use and disseminate, with proper attribution.

BPD-I

Borderline Personality Disorder Inventory™

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Please answer the following questions to the best of your ability.

| | | |
|---|-----|----|
| 1. I generally have unstable and tumultuous relationships. | Yes | No |
| 2. My mood depends heavily on my relationships. | Yes | No |
| 3. Sometimes I get so angry, it's hard for me to think in shades of grey. | Yes | No |
| 4. When someone gets too close to me, I act in ways to push them away. | Yes | No |
| 5. I do things to undermine my relationships and myself. | Yes | No |
| 6. I sometimes think of killing myself. | Yes | No |
| 7. I find it very hard to trust other people, especially my partners. | Yes | No |
| 8. I sometimes make desperate attempts to avoid being or feeling abandoned. | Yes | No |
| 9. I have threatened to kill myself in the past without meaning it. | Yes | No |
| 10. I have a hard time soothing and comforting myself. | Yes | No |
| 11. Being alone terrifies me. | Yes | No |
| 12. Sometimes I numb myself with drugs, alcohol, or sex. | Yes | No |
| 13. I have intentionally cut or hurt myself in the past. | Yes | No |
| 14. My sexual fantasies involve themes of power, control, or surrender. | Yes | No |
| 15. I quickly alternate between loving and hating other people. | Yes | No |
| 16. I quickly alternate between loving and hating myself. | Yes | No |
| 17. I can act in risky and impulsive ways. | Yes | No |
| 18. When I am under stress, sometimes I feel paranoid. | Yes | No |
| 19. I don't really know who I am. | Yes | No |
| 20. When I fall in love, I quickly lose sense of who I am outside the relationship. | Yes | No |
| 21. I am always worried that my partners are going to leave me. | Yes | No |
| 22. I quickly adopt the interests of others and assume them as my own. | Yes | No |
| 23. I can be vindictive when I feel hurt. | Yes | No |
| 24. I feel empty on the inside. | Yes | No |
| 25. Sometimes things around me feel foggy, hazy, or unreal. | Yes | No |

Scoring and Interpretation. Each "yes" response is assigned a score of 1; a "no" response is a score of 0. The total possible score is 25. Higher scores may indicate greater likelihood of BPD.