



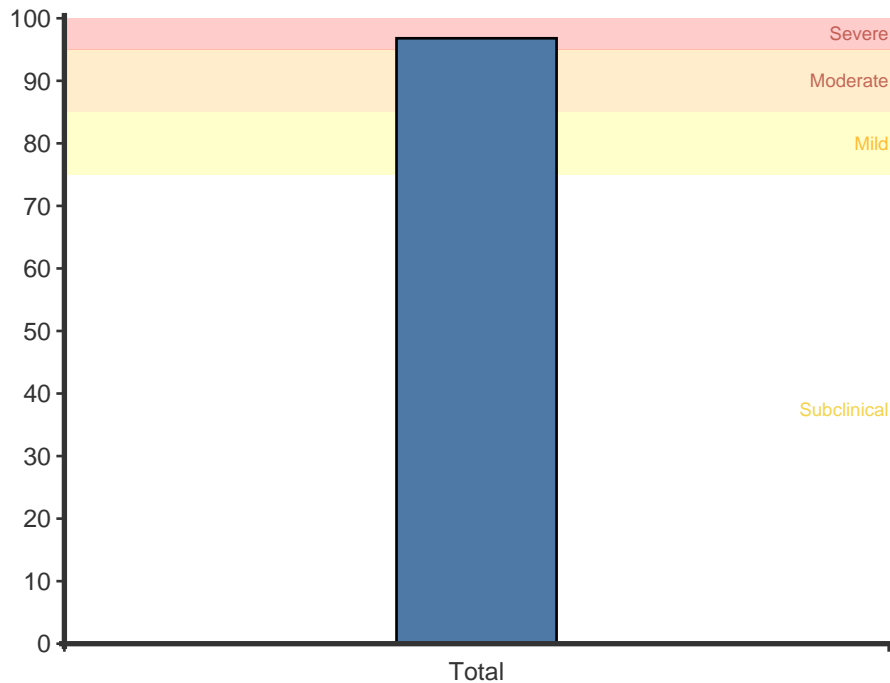
Borderline Personality Questionnaire (BPQ)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	11 Aug 2024
<i>Date of birth (age)</i>	9 Aug 1998 (26)	<i>Time taken</i>	5 min 9s
<i>Assessor</i>	Dr Mandira Mishra		

BPQ Total Score

	Total Score (0 to 80)	Percent endorsed (0 to 100)	Percentile	Descriptor
BPQ Score	45	56%	96.8	Severe

BPQ Percentile



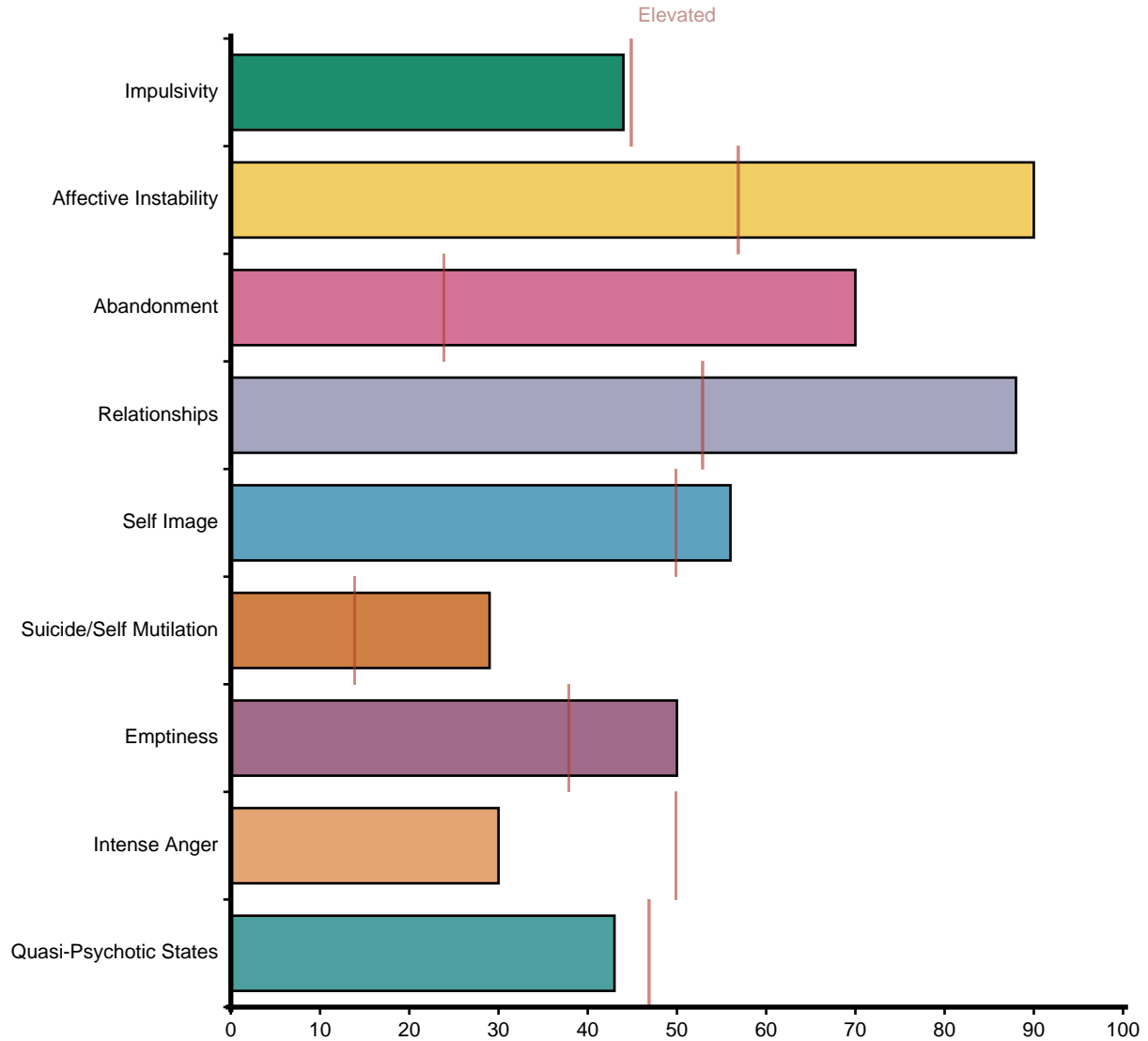
BPQ Subscale Scores

	Total Score	Percent endorsed (0 to 100)	Descriptor
Impulsivity (0 to 9)	4	44%	Elevated
Affective Instability (0 to 10)	9	90%	Elevated
Abandonment (0 to 10)	7	70%	Elevated
Relationships (0 to 8)	7	88%	Elevated
Self Image (0 to 9)	5	56%	Elevated
Suicide/Self Mutilation (0 to 7)	2	29%	Elevated
Emptiness (0 to 10)	5	50%	Elevated
Intense Anger (0 to 10)	3	30%	-
Quasi-Psychotic States (0 to 7)	3	43%	-



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BPQ Subscale Endorsement Percentages



Interpretation

The respondent has indicated behaviors related to self-harm or suicidality, suggesting a potential risk or history of these issues. It is recommended to follow suicide risk assessment protocols to determine the severity and immediacy of the risk.

The respondent's score was in the 'Severe' range indicating intense and persistent behaviours that significantly impair daily functioning.

The respondent's scores were in the 'Elevated' range for Impulsivity, Affective Instability, Abandonment, Relationships, Self Image, Suicide/Self Mutilation, and Emptiness.



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Scoring and Interpretation Information

For comprehensive information on the BPQ, [see here](#).

The BPQ total score (range 0 to 80) reflects a greater overall presence of traits associated with borderline personality as defined by the DSM criteria. Higher scores on each subscale indicate a stronger presence of the particular trait or symptom related to borderline personality disorder:

-Impulsivity (items: 1, 10, 26, 34, 42, 57, 64, 68, 71): Reflect a greater tendency to act spontaneously, recklessly and without fully considering the potential outcomes.

-Affective Instability (Items: 2, 11, 19, 27, 35, 43, 49, 58, 65, 72): Indicate more frequent and intense mood changes (e.g., intense episodic dysphoria, irritability, or anxiety).

-Abandonment (Items: 3, 12, 20, 28, 44, 50, 59, 66, 73, 78): Heightened concern about being abandoned or rejected, associated with attachment anxiety.

-Relationships (Items: 4, 13, 21, 29, 36, 45, 51, 60): Intense and unstable interpersonal relationships, such as a tendency for idealisation and devaluation.

-Self-Image (Items: 5, 14, 37, 46, 52, 61, 67, 70, 74): Identity disturbances such as an unstable sense of self.

-Suicide/Self-Mutilation (Items: 6, 15, 22, 30, 38, 53, 75): Thoughts or behaviours related to self-harm or suicide, such as gestures, threats or a history of self-harm or suicide attempts.

-Emptiness (Items: 7, 16, 23, 31, 39, 54, 62, 69, 76, 79): Persistent feelings of emptiness, sadness, or meaninglessness.

-Intense Anger (Items: 8, 17, 24, 32, 40, 47, 55, 63, 77, 80): Challenges in managing anger and more frequent expressions of hostility (e.g., displays of temper, constant anger, recurrent physical fights).

-Quasi-Psychotic States (Items: 9, 18, 25, 33, 41, 48, 56): Experiences of transient paranoid thoughts, hallucinations, or severe dissociative symptoms such as derealisation. Quasi-psychotic symptoms are typically triggered by stress and last from a few minutes to a few hours, rarely extending beyond a day.

A percentile is used to contextualise a respondent's score compared to the normative community sample (Poreh et al., 2003). A percentile of 50 suggests typical (and healthy) patterns of responding, whereas a percentile of 99 indicates that the respondent scores higher than 99 percent of individuals, indicating severe symptoms consistent with borderline personality.

The BPQ total scores are categorised using the following qualitative descriptors:

- Subclinical: 0 to 29, percentiles 0 to 75th
- Mild: 30 to 34, percentiles 75th to 85th
- Moderate: 35 to 42, percentiles 85th to 95th
- Severe: 43 to 80, percentiles 95th and over

Subscale scores are presented as the percent of questions where the respondent's response



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Scoring and Interpretation Information (cont.)

was consistent with borderline personality disorder symptoms (between 0 and 100%). The line on the subscale graph indicates the point that scores are considered to be consistent with BPD. Scores above this line are in the top quartile of responses compared the general population.

For multiple administrations, the line graph visually tracks the respondent's total scores across sessions. A meaningful change (~ 0.5 SD) in score is defined as an increase or decrease of at least 7 or more points for the total score. This criterion is based on the Minimally Important Difference (MID) calculation. Such changes indicate meaningful improvement or reduction in symptoms, while a change of less than the specified points suggests no meaningful change in symptom severity between assessments.

Overall, individuals with higher scores on the BPQ, indicating more borderline personality traits, often experience more intense emotions such as impulsivity, anxiety, and have significant interpersonal difficulties. They are likely to have low life satisfaction, unconventional thinking, and high rates of self-harm and suicide (Gradinaru et al., 2024). Borderline personality disorder share symptoms with ADHD, eating disorders, substance use, major depressive disorder, and post-traumatic stress disorder. Therefore, considering these as differential diagnoses is important, given the BPQ does not directly assess for these conditions.

Client Responses

		True	False
1	I often do things without thinking them through.	1	0
2	I often become depressed or anxious 'out of the blue'.	1	0
3	People often leave me.	1	0
4	I am rarely disappointed by my friends.	0	1
5	I feel inferior to other people.	1	0
6	I have threatened to hurt myself in the past.	1	0
7	I do not believe that I have the skills to do anything with my life.	1	0
8	I rarely get angry at other people.	0	1
9	Sometimes I feel like I am not real.	1	0
10	I will not have sex with someone unless I have known them for quite some time.	0	1



Client Name | Generic Client

Client Responses (cont.)

		True	False
11	I sometimes feel anxious or irritable and become sad a few hours later.	1	0
12	When people close to me die or leave me, I feel abandoned.	1	0
13	I often exaggerate the potential of friendships only to find out later that they will not work out.	1	0
14	If I were more like other people I would feel better about myself.	1	0
15	I have deliberately tried to hurt myself without trying to kill myself.	1	0
16	In general, my life is pretty boring.	1	0
17	I frequently get into physical fights.	1	0
18	People are sometimes out to get me.	1	0
19	My friends have told me that my mood changes very quickly.	1	0
20	I am afraid to spend time alone.	1	0
21	People who seem trustworthy often disappoint me.	1	0
22	I have made a suicide attempt in the past.	1	0
23	I often feel like I have nothing to offer others.	1	0
24	I have trouble controlling my temper.	1	0
25	I can read other people's minds.	1	0
26	I have tried 'hard' street drugs (e.g. cocaine, heroin).	1	0
27	My mood frequently alternates throughout the day between happiness, anger, anxiety and depression.	1	0
28	When my friends leave, I am confident I will see them again.	0	1
29	My friends often disappoint me.	1	0



Client Name | Generic Client

Client Responses (cont.)

		True	False
30	I have cut myself on purpose.	1	0
31	I often feel lonely and deserted.	1	0
32	I have no difficulty controlling my temper.	0	1
33	I sometimes see or hear things that others cannot see or hear.	1	0
34	It is not unusual for me to have sex on the first date.	1	0
35	I sometimes feel very sad but this feeling can change quickly.	1	0
36	People often let me down.	1	0
37	I wish I could be more like some of my friends.	1	0
38	I used to try to hurt myself to get attention.	1	0
39	I am often different with different people in different situations so that sometimes I am not sure who I am.	1	0
40	I easily become irritated by others.	1	0
41	Sometimes I can actually hear what other people are thinking.	1	0
42	I get high on drugs whenever I feel like it.	1	0
43	I rarely feel sad or anxious.	0	1
44	No one loves me.	1	0
45	When I trust people, they rarely disappoint me.	0	1
46	I feel that people would not like me if they really knew me well.	1	0
47	I get angry easily.	1	0
48	It is impossible to read others' minds.	0	1



Client Name | Generic Client

Client Responses (cont.)

		True	False
49	I sometimes feel very happy but this feeling can change quickly.	1	0
50	I find it difficult to depend on others because they will not be there when I need them.	1	0
51	The relationships with people I care about have lots of ups and downs.	1	0
52	I feel comfortable acting like myself.	0	1
53	I have never made an attempt to hurt myself.	0	1
54	I rarely feel lonely.	0	1
55	I often find that the littlest things make me angry.	1	0
56	Sometimes I can't tell between what is real and what I have imagined.	1	0
57	When I drink, I drink too much.	1	0
58	I consider myself to be a moody person.	1	0
59	I have difficulty developing close relationships because people often abandon me.	1	0
60	My friends are always there when I need them.	0	1
61	I wish I were someone else.	1	0
62	I feel like my life is not interesting.	1	0
63	When I am angry, I sometimes hit objects and break them.	1	0
64	I often receive speeding tickets.	1	0
65	I often feel like I am on an emotional 'roller coaster'.	1	0
66	I feel like my family has deserted me.	1	0
67	I am very comfortable with who I am.	0	1



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Client Responses (cont.)

		True	False
68	I often do things impulsively.	1	0
69	My life is without purpose.	1	0
70	I am not sure what I want to do in the future.	1	0
71	At times I eat so much that I am in pain or have to force myself to throw up.	1	0
72	People tell me that I am a moody person.	1	0
73	The people I love often leave me.	1	0
74	In social situations, I often feel that others will see through me and realise that I don't have much to offer.	1	0
75	I have been in the hospital for trying to harm myself.	1	0
76	I often feel empty inside.	1	0
77	Others often make me angry.	1	0
78	I often become frantic when I think that someone I care about will leave me.	1	0
79	I am confused about my long-term goals.	1	0
80	Others say I'm quick tempered.	1	0