

BPDSI-5-4wk

Borderline Personality Disorder Severity Index

5th version – 4 weeks version

BPDSI-5-4 weeks version:

Amsterdam, 10-03-2021

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BPDSI-5:

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BPDSI-IV:

Adaptation of Weaver & Clum, 1993

Maastricht, 06-09-1995, 04-04-1996, 11-11-1998, 08-07-1999

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Instruction

The BPDSI-5-4wk is a semi-structured clinical interview assessing the frequency and severity of manifestations of borderline personality disorder (BPD) during a circumscribed period of 4 weeks. The interview should be conducted by a clinically trained interviewer, as clinical judgment is necessary for scoring. The interview is suitable for repeated administration, but should be conducted by the same interviewer whenever possible. To arrive at a balanced assessment, additional questions should be asked in addition to the standard questions. Asking for actual incidents and/or examples is necessary. Also, exclusions (e.g. depersonalisation because of drug use) must be actively assessed. In many cases it is important to have all concrete occurrences described during the past 4 weeks in order to establish frequency. Only in the case of high-frequency behaviors can a few prototypical examples suffice, after which the frequency can be estimated. Any ambiguity should be annotated so that no information is lost. Frequencies, scores, and notes are recorded on a separate scoring form (see pages 24 - 27).

Scoring: for all questions, it is first determined how often the behavior occurred in the past 4 weeks (frequency, or total number of times). If the participant cannot give a precise indication of the frequency but gives an estimate/average per week (for example, twice), then the frequency can be calculated by multiplying this number by 4. Thus, with an average of twice per week, the frequency is $(2*4=) 8$. If something occurs daily, then the frequency is $(4*7=)28$. The frequency is then scored on the 8-point scale (0=never; 10=daily), with the exception of domain 3 "Identity."

N.B.: This interview was modified from the BPDSI-5: scores 1, 2, and 4 were dropped to maintain the same ratio between time and frequency as in the BPDSI-5.

Comments

- **Anything in *italics* is meant for the interviewer, it is not meant to be read out loud.**
- *Do not show the table of scores to the client.*
- *Frequently asked questions are listed on pages 20 - 23. Please read these before conducting the interview.*

General tips for asking additional questions

- *With whom did this happen?*
- *Then what happens?*
- *Can you describe what you did?*
- *How should I imagine this?*
- *Can you tell a little more about it?*
- *Can you give an example?*
- *Can you describe the situation?*

Introduction

This interview is about a number of things that people may experience. The purpose is to find out for yourself if you have experienced what is being asked in the past 4 weeks, and how often it has happened. All questions are asked in the same way, but if you don't understand them well, please feel free to ask for an explanation. Do you have any questions about this so far?

Since we will only ask about the past 4 weeks, it is helpful to briefly identify what period that was. Today it is ... (*date*), 4 weeks ago it was ..., that was about ... (*important event/day*).

First ask out the regular (prescribed) medication use and record it on the score sheet. Next, ask out the regular substance use (alcohol, soft drugs and hard drugs). Record the regular use on the score form if there is daily use.

Before I start asking questions about things people may experience, I would first like to learn more about your regular medication use and substance use.

In the past 4 weeks, have you used/are you taking medication? *If yes, ask about the medication, whether the medication was prescribed by a physician and whether there is regular medication use and frequency of use.*

In the past 4 weeks, how often per week did you drink alcohol? This refers to your regular consumption, not the times you drank more alcohol than usual.

In the past 4 weeks, how often per week did you use soft drugs? This refers to your regular use, not the times you used more soft drugs than usual.

In the past 4 weeks, how often per week did you use hard drugs? This refers to your regular use, not the times you used more hard drugs than usual.

1. Abandonment

These items refer to frantic efforts attempted by the interviewee with the goal to prevent someone with whom interviewee has a relationship, is bonded with or is dependent on from abandoning him/her. Examples are, among other things, begging someone not to leave or physically trying to prevent someone from leaving.

For each question, ask 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

Most people don't like being abandoned. The following questions are about how you react to this.

1.1 In the last 4 weeks, did you ever become desperate because you thought that someone you cared about was going to leave or abandon you?

Further questions if "yes": e.g. with whom? what happened next?

(Positive scoring requires clear examples)

1.2 In the last 4 weeks, did you ever try to keep someone who's important to you and who wanted to leave you (or of whom you thought wanted to leave you) with you in a fanatic way? (e.g. continuously calling, checking, enticing, etc., only exaggerated, forced, frantic ways are scored) (It involves real and imagined abandonments; positive scoring requires clear examples of the attempts)

Further questions if "yes": e.g. can you describe what you did?

(Also score examples / incidents that return at items 1.3, 1.4 and 1.5)

1.3 In the last 4 weeks, did you ever beg or cry for someone not to leave you?

- 1.4** In the last 4 weeks, did you ever threaten to do something to prevent someone from leaving you? (*e.g. blackmail, lies, murder, suicide*)
- 1.5** In the last 4 weeks, did you ever try to physically prevent someone from leaving you? (*e.g. by standing in front of a door, hold on to someone*)
- 1.6** How often in the last 4 weeks did you have a strong desire to hear someone tell you they love you, care about you, will not leave you, finds you attractive, etc? (*This can happen with both partners, family and friends*)
- 1.7** How often in the last 4 weeks did you ask people to reassure you that they will not leave you?
In case of avoidance, ask: Did anybody tell you that you asked for too much reassurance?

Interpersonal relationships

There are three characteristics for this criterion. First of all, there must be a pattern of instable relationships, which can be characterized by regular conflicts and imminent or actual break-up. Secondly, these relationships must be intense, meaning that strong emotions are involved (e.g. euphoria, aversion, anger, resentment, despair). Thirdly, the interviewee must at some moments devalue the other person (e.g. "he's really very mean"). At other moments the interviewee could idealize the other person (e.g. "my boyfriend is the most wonderful, attentive and strongest person I ever met"). These persons use, in psychoanalytic terms, splitting as defence mechanism.

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

I will ask you about relationships with other people. I will start with partner-relationships, after that I will ask the same questions about friends, colleagues, family, and other acquaintances. Did you have a partner relationship in the past 4 weeks?

If no partner relationship, continue with question 2.5 and note 'not applicable' for questions 2.1 – 2.4.

Partner relationship

2.1 Were there moments in the last 4 weeks at which you thought that your partner was everything you wanted and other moments at which you thought he/she was awful? (*the conviction is essential i.e. intra-psychological, so it's not necessarily about the actual relationship, it is about how the other person was perceived*)

2.2 How often in the last 4 weeks did you have ups and downs in your partner relationship? (*the focus is on the actual relationship*)

2.3 How often in the last 4 weeks did you break up your partner relationship and/or got together again ? *(score both 'on' and 'off', so two times of breaking up and getting together again gives a score of 4 not 2)*

2.4 How often in the last 4 weeks did you start one or more new partner relationship(s) and/or did you end these ? *(score both 'on' and 'off' separately)*

Other relationships

I will now ask the same questions about friends, colleagues, family, and other acquaintances.

2.5 Were there moments in the last 4 weeks at which you thought that your friends/ family members/ colleagues and/or other important persons were everything you wanted and other moments at which you thought that he/she were awful?
(the conviction is essential i.e. intra-psychological, so it's not necessarily about the actual relationship, it is about how they were perceived)

2.6 How often in the last 4 weeks did you have ups and downs in your relationships with friends/ family members/ colleagues and/or other important persons?
(the focus is on the actual relationships)

2.7 How often in the last 4 weeks did you break up your relationships with friends/ family members/ colleagues and/or other important persons and/or got together again?
(score both breaking up and getting together)

2.8 How often in the last 4 weeks did you start one or more new relationships with friends/ family members/ colleagues and/or important persons and/or did you end relationships?
(score both breaking up and getting together)

Identity

Self-identity is a stable sense of self, which provides unity of personality over time. The type of identity disturbance characteristic for borderline personality disorder exists of extreme shifts in the self-image of the person in question (who am I). These shifts manifest themselves in sudden changes with respect to jobs, career goals, sexual orientation, personal values, friends and the fundamental feeling one has about oneself (e.g. good or bad). These items must only be scored if the identity disturbance doesn't fit the developmental age of the person in question (i.e. normal adult identity shifts are not taken into account).

For each item, ask to what extent it has occurred. If it has occurred (score 1-4), ask how often it has occurred in the past 4 weeks.

I will now ask you about how you think about yourself, the goals you have, and what's important to you in your life.

3.1 Were you in the last 4 weeks in diverse situations or with various people, so different that you didn't always behave as the same person and that you didn't know anymore who you truly were?

Further questions: e.g. does it depend on others how you behave? do you remember who you are? when you act this way with person A and that way with person B, does it cause confusion?

0. absent
1. questionable / some support
2. probably not knowing who he/she is, but not very clearly defined
3. (quite) clear not knowing who he/she is, but not very dominant
4. dominant, clear and well-defined not knowing who he/she is

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.2 Did it happen, in the last 4 weeks that the idea of who you are, changed strongly?

Further questions: e.g., how do you see yourself? Has this idea changed significantly?

0. absent
1. questionable / some support
2. probable instability of self-image
3. (quite) clear instability of self-image

4. clear and dominant instability of self-image

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.3 Did it happen in the last 4 weeks that the feeling of you being a good or bad person changed strongly ?

(score any change to good or bad)

0. absent
1. questionable / some support
2. probable instability of sense of self
3. (quit) clear instability of sense of self
4. clear and dominant instability of sense of self

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.4 What have been your long term goals for life in the last 4 weeks ? For example which education, job and/or career would you want or wish for ? Have these goals changed in the last 4 weeks ?

Further questions: e.g. what will your life look like in X years? Did you think the same way about this 2/3 weeks ago? (Clients in treatment often tell their only goal is to get better and/or finish treatment; this is scored as avoidance)

0. absent
1. questionable / some support
2. probable instability of long term goals / probable avoidance of dealing with long term goals
3. (quit) clear instability of long term goals, but not very dominant / (quit) clear avoidance of dealing with long term goals, but not very dominant
4. clear and dominant instability of long term goals / clear and dominant avoidance of dealing with long term goals

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.5 Have you changed, in the last 4 weeks, in your view of what is morally right or wrong ?

(...in your view about your standards and values / what you can and what you can't do / what's good and bad) (question intensity / direction / frequency of changes)

Further questions: e.g. do you know what is and is not allowed and do you act accordingly? has your view/behavior changed in the past 4 weeks?

0. absent
1. questionable / some support
2. probable instability of moral values
3. (quit) clear instability of moral values, but not very dominant

4. clear and dominant instability of moral values

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.6 Have you had trouble, in the last 4 weeks, to determine what is important in your life ? Has this changed in the last 4 weeks? *(clients in treatment often say that getting better and/or finishing therapy well is the only important thing, this is scored as avoidance)*

Further questions: e.g. have there been changes in the priorities you set?

0. absent
1. questionable / some support
2. probable instability of personal values / probable avoidance
3. (quit) clear instability of personal values, but not very dominant / probable avoidance but not very dominant
4. clear and dominant instability of moral values / clear and dominant avoidance

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.7 Have you had trouble, in the last 4 weeks, to determine what sort of friends you would like to have ? Does the sort of friends you had change often ?

(some people tell they don't have friends; this is scored as avoidance)

Further questions: e.g. do you avoid friendships? Do you avoid people?

0. absent
1. questionable / some support
2. probable instability with regard to friends / probable avoidance with regard to friends
3. (quit) clear instability with regard to friends, but not very dominant / probable avoidance with regard to friends but not very dominant
4. clear and dominant instability with regard to friends / clear and dominant avoidance with regard to friends

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

3.8 Did you, in the last 4 weeks, ever doubt whether you wanted a sexual relationship with men or women ? How often has this changed in the last 4 weeks ?

(stable bisexual (or other) orientation is scored as 0)

0. absent
1. rarely
2. has probably doubts with regard to sexual orientation
3. has (quit) clearly doubts with regard to sexual orientation
4. has serious doubts with regard to sexual orientation

If 1, 2, 3 or 4: How often has this occurred in the past 4 weeks?

Impulsivity

The core characteristic of this criterion is the inability of the person to control his/her impulses, through which he/she gets involved in behaviour that is satisfactory in the short term but can be damaging in the long term. The behaviours mentioned below are examples, they don't cover the full spectrum of impulsive behaviours.

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

The following questions are about impulsivity.

I will give some examples of things that people can do impulsively, i.e., things that you later thought you had better not done or things that caused or could have caused you or those around you problems. These are not behaviors whose main purpose is to harm yourself or others, but rather behaviors whose main purpose is to eliminate negative feelings and/or bring about positive feelings.

4.1 Spending money irresponsibly and/or spending more money than you can actually spend?

(e.g. gambling, impulsive buying, making many and long phone calls; the money was actually meant for something else)

4.2 Sex with people you didn't or hardly knew?

Further questions: e.g., how did you feel afterwards?

4.3 Unsafe sex? (sex without considering the possible self-damaging consequences and/or pregnancy)

- 4.4** Consume too much alcohol or use alcohol at an inappropriate time? *(for alcoholic people: note the standard use of alcohol at 4.4.A on the score-form, anything on top of that (too much or at the wrong times) is scored at 4.4)*
- 4.5** Use an excessive amount of soft drugs or use them at an inappropriate time? *(for drug addicts: note the standard use of soft drugs at 4.5.A on the score-form, anything on top of that (too much or at the wrong times) is scored at 4.5)*
Soft drugs: cannabis, paddo's (magic mushrooms), benzo's (acquired as street drugs)
- 4.6** Use pills? *(not with the goal of suicide but with the goal to get high / escape from negative emotions) (the regular (prescribed) medication use is noted on the score sheet; anything used extra, with the purpose of getting high / escape, score at 4.6)*
- 4.7** Use hard drugs? *(with drug addicts: note the standard use of hard drugs at 4.7.A on the score-form, everything on top of that is scored at 4.7)*
Hard drugs: heroin and other opiates, cocaine, LSD, XTC, speed (pep), GHB
- 4.8** Binge eating? *(all binge eating is scored, so with or without loss of control, with or without planning etc.; the eating must be excessive)*
- 4.9** Reckless participation in traffic? *(e.g. driving too fast or under the influence of alcohol) (not caused by dissociation) (do not score behaviors with primarily suicidal or self-harming intentions)*
- 4.10** Stealing, shoplifting?
(with what intention? It's essential that it's done to get a good feeling or to push aside a bad feeling, it's not about surviving or enriching oneself)
- 4.11** Other things that you have done impulsively that could have gotten you in trouble or actually did get you in trouble? *(e.g. cancel appointments, not keeping up to agreements, subscribe to a course/education, book a vacation) (not self-injury or suicidal behaviour; note answers on score-form).*

Parasuicidal behavior

The next questions inquire if you tried to hurt or wound yourself in the last 4 weeks.

(Don't score 5.1-5.8 if the goal was suicide).

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

Body-harming behaviour with self-injury and/or pain as immediate consequence, i.e. tissue damage or physical pain, without any suicidal intention

The next questions inquire if you tried to hurt or injure yourself, in the last 4 weeks.

5.1 How often, in the last 4 weeks, did you deliberately hit yourself or did you hit your head, fist, knuckles or other body part into something?

Or smash a window with your fist and/or other body part? *(do not score behaviors that do not have self-harm as a primary goal)*

5.2 Did you scratch or pinch yourself?

5.3 Did you bite yourself? *(what generally speaking hurts, so no nail biting)*

5.4 Did you pull out your hair? *(can also be eye brows or eye lashes)*

5.5 Did you cut and/or scratch yourself? *(also cutting relatively shallow, more or less resulting in scratches)*

5.6 Did you burn yourself? (*e.g. cigarette, flat-iron*)

5.7 Did you stick needles and suchlike in your body?

5.8 Did you harm yourself on purpose in other ways? (*e.g. swallow sharp objects, take dangerous substances, enter sharp/dangerous objects into body openings like the vagina, penis, ears etc.; note well on the score-form*)

Suicide (plans/attempts)

The next questions are about plans or attempts to kill yourself.

5.9 How often, in the last 4 weeks, did you want to kill yourself? (*also scoring what recurs at 5.10 through 5.13*)

5.10 How often, in the last 4 weeks, did you tell other people that you wanted to kill yourself? (*not scored when it's about passive suicidal ideation e.g. telling others "I wish I was dead"; if this is said to others to accomplish something, e.g. to avoid abandonment (see 1.4), then do not score this question*)

5.11 How often, in the last 4 weeks, did you make plans to kill yourself? (*when these plans lead to particular steps, score at 5.12*)

5.12 How often, in the last 4 weeks, did you take steps towards killing yourself? (*when these steps lead to an attempt, score at 5.13*)

5.13 How often, in the last 4 weeks, did you attempt to take your own life?

Affective instability

Affective instability refers to the alternating, instable quality of mood of the interviewee. Even though the mood alteration is often abrupt, a sudden onset of the change in mood is not required. Instead, this criterion specifies frequent affective shifts that are indeed strong but of relative short endurance (rather hours than days or weeks).

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

I now want to ask you about mood changes. It is about striking changes towards a dejected/depressed, irritable, anxious, desperate and/or angry mood.

6.1 In the last 4 weeks, how often did you notice your mood fluctuate towards feeling depressed or dejected? *(Not because of other mental disorder: question!! / check also SCID-5 interview results)*

6.2 And towards feeling irritable? *(Not because of other disorders)*

6.3 And towards feeling anxious? *(Not because of other disorders)*

6.4 And towards feeling desperate? *(Not because of other disorders)*

6.5 And towards feeling angry? *(Not because of other disorders)*

(When in doubt of the influence of other diagnoses: score the items but take notes and discuss with the researcher)

Emptiness

Chronic feelings of emptiness are often linked with feelings of boredom, loneliness, worthlessness or feelings “you can’t define”.

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

The following questions are about feelings of emptiness. Some people experience this as a sense of inner void, a "hollow" feeling, a vague or undefined feeling, as feeling lonely, or as boredom.

7.1 How often, in the last 4 weeks, did you feel bored or empty inside?

(This is about feelings of emptiness or boredom resulting in stress or inadequate behaviour. Inadequate behaviour also includes the negative influence of these feelings on normal or adequate behaviour. For example not being able to do anything while it was desired or necessary to do something.)

7.2 In the last 4 weeks, how often did your emptiness or boredom prevent you from doing something you wanted to do? *(Check examples; e.g. stayed in bed instead of running errands)*

7.3 In the last 4 weeks, how often did your emptiness or boredom result you doing something other than you wanted/needed to do? *(e.g. going out instead of working, alcohol and drug abuse can also belong to this criterion) (Don't double count instances already scored under 7.2, these refer to doing nothing; whereas the 7.3 instances refer to doing something to escape from emptiness/boredom, activities that interfered with needed/planned activities)*

7.4 How often, in the last 4 weeks, did it happen that you couldn't take a moment to rest?

(e.g. cleaning or pacing up and down, this is interpreted as avoidance of rest to keep feelings of emptiness away)

Outbursts of anger

Inappropriate anger refers to the intensity of anger of the person, which is not in proportion to the cause of the anger. Manifestations of extreme physical (violent) behaviour, like hitting people or throwing things, can indicate a lack of anger-control with regard to anger/rage. The rage is often expressed in the context of an actual or experienced lack of care/attention, loss or neglect.

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

The next questions are about outbursts of anger or rage. Does it ever happen that you are very angry and/or have an anger outburst?

Also ask about and score experiencing intense internal anger. It does not necessarily have to result in an outburst directed at others (some clients, for example, have learned to walk away), but experiencing overwhelming internal anger also counts.

8.1 How often did this happen in the last 4 weeks? *(also score what recurs in subsequent questions)*

Can you indicate how often in the last 4 weeks, when you were very angry and/or had an outburst of anger ...

8.2 ...did you sneer at or mock someone in a cynical/sarcastic way? *(stinging, sneering, mocking)*

8.3 ... did you swear, scream and/or slam doors? *(verbally, make noise)*

8.4 ... were you so angry that no-one could approach you or reason with you? *(outbursts of anger)*

8.5 ... did you throw things, break things, etc?

8.6 ... did you attack others? *(physically)*

Dissociation and Paranoid ideation

Some people with borderline personality disorder develop transitory paranoid or dissociative symptoms during periods of stress. These symptoms are rarely of such severity that an additional diagnosis can be made (i.e. psychotic disorders). The stressor often is an actual, supposed or anticipated abstinence of care/attention of a carer (e.g. partner, parent, therapist). In such situations can the actual or supposed return of care/attention result in remission of the symptoms. The dissociative symptoms exist of periods of dissociative amnesia (sometimes expressed through the person's feeling of "losing time"), depersonalisation (i.e. the feeling of becoming estranged from yourself or moving away from yourself) or derealization (i.e. the feeling that the external world is unreal or unusual). These periods usually last a few minutes or hours.

For each question, ask out 1) what the exact frequency is, 2) score the answers using the table below, and 3) make notes if you are uncertain.

0	Never	
3	1x in 4 weeks	
5	2x in 4 weeks	
6	3x in 4 weeks	
7	4x in 4 weeks =	1x per week
8	Several times a week (but less than half the week)	
9	More than half the week =	Almost every day
10	Daily	

The following questions cover how people react to stressful events. Some people strongly react to stressful events.

In the last 4 weeks, how often have you experienced any of the following stress reactions:

Dissociation: depersonalisation (9.1), derealization (9.2), consciousness (9.3), memory (9.4 and 9.5)

9.1 That you no longer felt like yourself, as though you were watching yourself, or stood outside yourself, or as though you were in a movie or dream?

(NB self is both body and mind) (Not because of drugs)

9.2 That your surroundings seemed strange or unreal?

(e.g. other people look unfamiliar or like robots) (Not because of drugs)

9.3 That you did not know what you were doing or where you were?

(Not because of drugs)

9.4 That you could not recognize familiar people or things?

(Not because of drugs)

9.5 That you could not remember quite important things?

(Not because of drugs; clinical judgement of the importance of something, so not always out of the interviewee's perception)

Paranoid ideation

In the last 4 weeks, how often have you experienced any of the following stress reactions:

9.6 That you were particularly suspicious or distrustful of others?

(Not because of drugs) (This is about a temporary idea due to stress/a stressor)

9.7 That you were convinced that people were out to get you? That you were being pursued?

(Not because of drugs) (This item is about a temporary delusion due to stress/a stressor, so not an actual pursuit)

9.8 That you were convinced that others were treating you unfairly?

(Not because of drugs) (This item is about a temporary delusion due to stress/a stressor)

FAQ

General

- If a particular behavior/complaint (e.g., anger outburst) occurs only when the client has used substances, does it count?
 - Yes, this counts.
- The client indicates avoidance of certain situations that makes certain behaviors/complaints less frequent (e.g., does not enter into a new partner relationship to avoid separation anxiety). How should this be scored?
 - It does indeed happen that clients avoid situations in order to avoid certain behaviors/complaints. This may result in people scoring lower, but no other scoring is used for this (except when indicated, such as with self-image).
- Due to a certain event, certain behaviors/complaints have been occurring very frequently in the last week/weeks, whereas they were not the period before. How should this be scored?
 - If there is a strong change in frequency (e.g. the last two weeks every day and the weeks before that once a week), it will be averaged, even if it is caused by a particular event.

Specifically

- **1.1:** Does it also count when it comes to e.g. abandonment by death due to illness or accident?
 - For this question, it is important that the despair is motivated by separation anxiety. For example, a client is extremely angry and furious with her partner because he is ill. She is desperate because she is afraid of him leaving her (dying).
- **2.2 and 2.6:** How do you score these questions?
 - The ups and downs are scored separately. Suppose the relationship is generally going reasonable (=baseline), but there was a strong down two weeks ago (ask for clarification) and then things returned to reasonable. Then the score is 1; only the down is scored, not the return to baseline (that the relationship is going reasonably). Therefore, the ups and downs are scored separately, but the return to baseline is not also scored.
- **2.3, 2.4, 2.7 and 2.8:** How exactly should these questions be scored?
 - Suppose the client, within the past 4 weeks, entered into a relationship with person A and broke off the relationship. The relationship was then entered into again and then

the client broke off the relationship again

Score 2.3: 6 (3x per 4 weeks) (breaking up must be first, so the first time 'on' does not count)

Score 2.4: 5 (2x per 4 weeks) (the second time 'on' and 'off' does not involve a new relationship)

- Suppose the client entered into a relationship with person A for the past 4 weeks. This relationship the client has broken off in the past 4 weeks and then this relationship has been re-established.

Score 2.3: 5 (2x per 4 weeks)

Score 2.4: 0 (no new relationship)

- Suppose the client entered into a relationship with person A for the past 4 weeks. The client ended the relationship in the past 4 weeks. Then the client entered into a relationship with person B and ended the relationship again in the past 4 weeks.

Score 2.3: 5 (2x per 4 weeks) ('on' with person B does not count)

Score 2.4: 5 (2x every 4 weeks) ('out' with person A does not count, as this relationship was there before the 4-week period)

- **3.1:** The client tells that he/she always adapts. With person A the client does this and with person B the client does this. Is this sufficient to score?
 - This should be followed up carefully to see if this confuses who he/she actually is. The question states "and that you did not remember who you actually were?". So a person must also have doubts about who he/she actually is.

In 3.1, it can go either way: 1) the client does not know very well who he/she is and therefore behaves very differently with different people and 2) the client behaves very differently with different people and therefore does not actually know very well who he/she is.

- **3.3:** How should this question be scored?
 - Each change to good or bad is scored. Suppose the client feels that he/she is generally not a very good person (=baseline). Three weeks ago something happened that made the client feel like a very bad person at that time. This feeling was not as strong the following day (return to baseline). Last week there was a positive situation that made the client feel like a good person. The final score is a 2: one change to bad and one change to good. The return to baseline (that the client does not feel like a good person) is not scored as well.

- **3.4 and 3.6:** The client indicates he/she is only concerned with getting better and cannot think about long-term goals and/or what is important in his/her life. Therefore, there is avoidance. Can the question about frequency still be asked?
 - Despite avoidance, frequency can still be asked out. In this case, ask about the severity and frequency of avoidance. For example, does the client do his/her best to keep it out of his/her mind? If so, how often is the client doing this? If someone indicates he/she (simply) never thinks about it, also ask about the reason. Is it because he/she finds it difficult to think about long-term goals and/or what is important in his/her life and does this cause the client to focus only on getting better/completing therapy?

If the client never thinks about it because he/she finds it difficult to think about it, then avoidance is a daily occurrence (frequency=28; score=10).
- **3.7:** The client indicates that he/she has no friends. Therefore, there is avoidance. Can the question about frequency still be asked?
 - Despite avoidance, frequency can still be asked out. For example, ask how often a client engages in avoiding people.
- **4.4 and 4.9:** The client drove with alcohol in the car and drove recklessly. Where is this scored?
 - This is scored under both 4.4 (alcohol at the wrong times) and 4.9 (reckless driving).
- **4.4, 4.5, 4.6 and 4.7:** What is and is not scored?
 - Fixed medication use and fixed daily substance use are asked out at the start of the interview and noted on the score form. For these items, a deviation in the pattern is looked for, i.e., for soft drug addicts and alcoholics, not the daily use that has a fixed pattern, but the impulsive, extra use that is too much and/or is at the wrong times. With hard drug addicts, everything extra is scored and with medication use, everything extra is scored with the purpose of inducing intoxication.
- **4.6:** A client takes daily prescription medication for anxiety. Sometimes, when the client takes the medication, the client does so because it induces intoxication. The client then uses the medication not so much because of the anxiety. Should this be scored?
 - Although the client sometimes uses the medication to induce intoxication, this is not scored under 4.6 because the client does not deviate from the established pattern. It is scored only if the client takes more medication than the prescribed amount to induce intoxication.
- **5.8:** Does starvation count?

- No. It involves an action that results in immediate pain or a directly injurious/damaging action.
- **5.9:** Do thoughts count?
 - Thoughts with a wish also count. A thought with a passive wish such as "I wouldn't mind not waking up tomorrow" does not count.
- **7.3:** Does this include daily substance use? Suppose a client uses alcohol daily (scored under 4.4A) because of feelings of emptiness and boredom.
 - If daily substance use is the result of feelings of emptiness, it is also scored under this.
- **9.7:** The client indicates that he/she was convinced that others were targeting the client. The client is on the criminal circuit so it cannot be ruled out that others were indeed targeting the client. How should this be scored?
 - In this case it is important to ask further questions to find out if it is true. When in doubt about this, for example, it can be asked what the environment thought about this and whether, in retrospect, the client thinks he/she was actually being pursued. It is important to find out whether it is an actual haunting or a temporary delusion as a result of stress/a stressor.

Score Form Borderline Personality Disorder Severity Index-version 5-4 weeks

Interviewer:

Date:

Client/subject number:

Medication use: (describe)

4.4A. Regular use of alcohol: consumptions (glasses) per day

4.5A. Regular use of soft drugs: consumptions per day

4.7A. Regular use of hard drugs: consumptions per day

*Note that if the client cannot give a precise indication of the frequency, but gives an estimate/average per week (for example, twice), then the frequency can be calculated by multiplying this number by 4. If the average is twice a week, the frequency is (2*4=) 8. If something occurs daily, then the frequency is (4*7=) 28.*

1. Abandonment

Item	Frequency	Score	Notes
1.1		0 3 5 6 7 8 9 10	
1.2		0 3 5 6 7 8 9 10	
1.3		0 3 5 6 7 8 9 10	
1.4		0 3 5 6 7 8 9 10	
1.5		0 3 5 6 7 8 9 10	
1.6		0 3 5 6 7 8 9 10	
1.7		0 3 5 6 7 8 9 10	
Average =			

2. Interpersonal relationships

Item	Frequency	Score	Notes
2.1		0 3 5 6 7 8 9 10 n/a	
2.2		0 3 5 6 7 8 9 10 n/a	
2.3		0 3 5 6 7 8 9 10 n/a	
2.4		0 3 5 6 7 8 9 10 n/a	
2.5		0 3 5 6 7 8 9 10	
2.6		0 3 5 6 7 8 9 10	
2.7		0 3 5 6 7 8 9 10	
2.8		0 3 5 6 7 8 9 10	
Average =			<i>If the client did not have a partner relationship, calculate the average across items 2.5 to 2.8.</i>

3. Identity

Item	Frequency	Score	Notes
3.1		0 1 2 3 4	
3.2		0 1 2 3 4	
3.3		0 1 2 3 4	
3.4		0 1 2 3 4	
3.5		0 1 2 3 4	
3.6		0 1 2 3 4	
3.7		0 1 2 3 4	
3.8		0 1 2 3 4	
<i>Average x 2.5 =</i>			

4. Impulsivity

Item	Frequency	Score	Notes
4.1		0 3 5 6 7 8 9 10	
4.2		0 3 5 6 7 8 9 10	
4.3		0 3 5 6 7 8 9 10	
4.4		0 3 5 6 7 8 9 10	
4.5		0 3 5 6 7 8 9 10	
4.6		0 3 5 6 7 8 9 10	
4.7		0 3 5 6 7 8 9 10	
4.8		0 3 5 6 7 8 9 10	
4.9		0 3 5 6 7 8 9 10	
4.10		0 3 5 6 7 8 9 10	
4.11		0 3 5 6 7 8 9 10	
<i>Average =</i>			

5. Parasuicidal behavior

Item	Frequency	Score	Notes
5.1		0 3 5 6 7 8 9 10	
5.2		0 3 5 6 7 8 9 10	
5.3		0 3 5 6 7 8 9 10	
5.4		0 3 5 6 7 8 9 10	
5.5		0 3 5 6 7 8 9 10	
5.6		0 3 5 6 7 8 9 10	
5.7		0 3 5 6 7 8 9 10	
5.8		0 3 5 6 7 8 9 10	
5.9		0 3 5 6 7 8 9 10	
5.10		0 3 5 6 7 8 9 10	
5.11		0 3 5 6 7 8 9 10	
5.12		0 3 5 6 7 8 9 10	
5.13		0 3 5 6 7 8 9 10	
<i>Average =</i>			

6. Affective instability

Item	Frequency	Score	Notes
6.1		0 3 5 6 7 8 9 10	
6.2		0 3 5 6 7 8 9 10	
6.3		0 3 5 6 7 8 9 10	
6.4		0 3 5 6 7 8 9 10	
6.5		0 3 5 6 7 8 9 10	
<i>Average =</i>			

7. Emptiness

Item	Frequency	Score	Notes
7.1		0 3 5 6 7 8 9 10	
7.2		0 3 5 6 7 8 9 10	
7.3		0 3 5 6 7 8 9 10	
7.4		0 3 5 6 7 8 9 10	
<i>Average =</i>			

8. Outbursts of anger

Item	Frequency	Score	Notes
8.1		0 3 5 6 7 8 9 10	
8.2		0 3 5 6 7 8 9 10	
8.3		0 3 5 6 7 8 9 10	
8.4		0 3 5 6 7 8 9 10	
8.5		0 3 5 6 7 8 9 10	
8.6		0 3 5 6 7 8 9 10	
<i>Average =</i>			

9. Dissociation and paranoid ideation

Item	Frequency	Score	Notes
9.1		0 3 5 6 7 8 9 10	
9.2		0 3 5 6 7 8 9 10	
9.3		0 3 5 6 7 8 9 10	
9.4		0 3 5 6 7 8 9 10	
9.5		0 3 5 6 7 8 9 10	
9.6		0 3 5 6 7 8 9 10	
9.7		0 3 5 6 7 8 9 10	
9.8		0 3 5 6 7 8 9 10	
<i>Average =</i>			

Total sum of averages: _____