

Borderline Personality Disorder Severity Index (BPDSI)

The BPDSI is a semi-structured interview designed to assess the severity of borderline personality disorder symptoms over the past three months. It provides a quantitative measure of the disorder's main clinical manifestations according to DSM criteria, making it easier to monitor changes in symptoms and to evaluate treatment effectiveness.

Number of questions	70 questions
Estimated duration	40 minutes
Language	English
Original name	Borderline Personality Disorder Severity Index
Target audience	Adults with suspected borderline personality disorder
Authors	Arnoud Arntz, Harrie T. M. Giesen-Bloo (2002)
Category	Personality disorders

Preview of the 70 questions

Did you in the last three months ever become desperate when you thought that someone you care about was going to abandon you?

When scoring positive, clear examples are required.

0 - Never | 1 - 1 x in 3 months | 2 - 2 x in 3 months | 3 - 3 x in 3 months / 1 x a month | 4 - 4 to 5 x in 3 months / 1 x in 3 weeks | 5 - 6 to 7 x in 3 months / 1 x in 2 weeks | 6 - 8 to 10 x in 3 months / 2 x in 3 weeks | 7 - 1 x a week / 11 to 15 x in 3 months | 8 - Several times a week but less than half of the week | 9 - More than half of the week / almost daily | 10 - Daily

Did you in the last three months try to keep someone who's important to you and who wanted to avoid you (or of whom you thought he/she wanted to avoid you) with you in a fanatic way?

E.g. continuous ringing up, checking, seducing... only exaggerated, forced, frenetic ways are scored. This item is about real and imagined abandonment; when scoring positive, clear examples of attempts are required.

0 - Never | 1 - 1 x in 3 months | 2 - 2 x in 3 months | 3 - 3 x in 3 months / 1 x a month

4 - 4 to 5 x in 3 months / 1 x in 3 weeks | 5 - 6 to 7 x in 3 months / 1 x in 2 weeks | 6 - 8 to 10 x in 3 months / 2 x in 3 weeks

7 - 1 x a week / 11 to 15 x in 3 months | 8 - Several times a week but less than half of the week

9 - More than half of the week / almost daily | 10 - Daily

Did you in the last three months ever beg or cry for someone not to leave you?

0 - Never | 1 - 1 x in 3 months | 2 - 2 x in 3 months | 3 - 3 x in 3 months / 1 x a month

4 - 4 to 5 x in 3 months / 1 x in 3 weeks | 5 - 6 to 7 x in 3 months / 1 x in 2 weeks | 6 - 8 to 10 x in 3 months / 2 x in 3 weeks

7 - 1 x a week / 11 to 15 x in 3 months | 8 - Several times a week but less than half of the week

9 - More than half of the week / almost daily | 10 - Daily

Did you in the last three months ever threaten to do something to make sure that someone wouldn't leave you?

E.g. blackmail, lies, murder, suicide.

0 - Never | 1 - 1 x in 3 months | 2 - 2 x in 3 months | 3 - 3 x in 3 months / 1 x a month

4 - 4 to 5 x in 3 months / 1 x in 3 weeks | 5 - 6 to 7 x in 3 months / 1 x in 2 weeks | 6 - 8 to 10 x in 3 months / 2 x in 3 weeks

7 - 1 x a week / 11 to 15 x in 3 months | 8 - Several times a week but less than half of the week

9 - More than half of the week / almost daily | 10 - Daily

Did you in the last three months ever try to keep someone from leaving you in a physical way?

E.g. by standing in front of a door, holding on to someone.

0 - Never | 1 - 1 x in 3 months | 2 - 2 x in 3 months | 3 - 3 x in 3 months / 1 x a month

4 - 4 to 5 x in 3 months / 1 x in 3 weeks | 5 - 6 to 7 x in 3 months / 1 x in 2 weeks | 6 - 8 to 10 x in 3 months / 2 x in 3 weeks

7 - 1 x a week / 11 to 15 x in 3 months | 8 - Several times a week but less than half of the week

9 - More than half of the week / almost daily | 10 - Daily

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a frequency scale from 0 (never) to 10 (daily or constantly present). The scores for each DSM criterion are summed to obtain a total score indicating the overall severity of the disorder. Dimension scores are also available.

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 Julie V. - Online Psychologist