

Borderline Personality Questionnaire (BPQ)

The BPQ is a self-report assessment tool designed to screen for traits associated with borderline personality disorder. It is based on DSM diagnostic criteria and allows key dimensions such as emotional instability, impulsivity, identity disturbance, and relationship difficulties to be explored. The BPQ consists of items to which the patient answers "true" or "false" based on their experience over a period of at least two years. This tool is useful in clinical settings to guide diagnostic assessment or to monitor changes in symptoms during therapeutic follow-up.

Number of questions	80 questions
Estimated duration	20 minutes
Language	English
Original name	Borderline Personality Questionnaire
Target audience	Adolescents and adults
Authors	Poreh et al (2006)
Category	Personality disorders

Preview of the 80 questions

I often do things without having really thought about them.

True False

I often become depressed or anxious suddenly and unexpectedly.

True False

People often leave me.

True False

My friends rarely disappoint me.

True False

I feel inferior to other people.

True False

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

The BPQ consists of 80 items to which the patient answers "True" or "False". Scoring is binary and relies on a simple system:

- "True" answer = 1 point
- "False" answer = 0 points

Exception: some items are reversed (indicated in the original version with reverse scoring, that is, "True" = 0, "False" = 1).

The reversed items in this questionnaire include, in particular, the following numbers: 4, 8, 10, 28, 32, 43, 45, 48, 52, 53, 54, 60, 67.

Total score: Sum of the points obtained (maximum = 80). A high score indicates a greater number of traits characteristic of borderline personality disorder.

Each item is also associated with one of the 9 subscales, corresponding to the core clinical dimensions of borderline personality disorder.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist