

# DSM 5 Criteria for Borderline Personality Disorder

## Diagnostic Criteria

1. Frantic efforts to avoid real or imagined abandonment. (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5)
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
3. Identity disturbance: markedly and persistently unstable self-image or sense of self.
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating). (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5)
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.
6. Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days).
7. Chronic feelings of emptiness.
8. Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).
9. Transient, stress-related paranoid ideation or severe dissociative symptoms.

## Types of Borderline Personality Disorder

1. Discouraged BPD: Characterized by dependency and clinging behavior, often accompanied by feelings of worthlessness and sadness.
2. Impulsive BPD: Marked by thrill-seeking behavior, impulsivity, and a tendency to engage in risky activities.
3. Petulant BPD: Involves unpredictable moods, irritability, and a tendency to feel misunderstood or unappreciated.
4. Self-Destructive BPD: Characterized by self-harm and self-sabotaging behavior, often as a means of coping with emotional pain.

## Additional Information

- BPD can be diagnosed in adolescence or early adulthood, but caution should be exercised, especially when diagnosing individuals under 18.
- Laboratory tests are not useful for identifying BPD.
- It is essential for a trained mental health professional to conduct a thorough assessment and diagnosis. The diagnosis should be made based on a comprehensive clinical assessment.
- This handout is for informational purposes only and should not be used for self-diagnosis or treatment.

<b>Health Professional's Information and Contact Details</b>
<b>Name:</b>
<b>License No.:</b>
<b>Phone No.:</b>
<b>Email:</b>
<b>Name of Practice:</b>