

BPD DSM-5 Criteria

This document outlines the criteria for diagnosing Borderline Personality Disorder (BPD), as specified in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). BPD is characterized by a pervasive pattern of instability in interpersonal relationships, self-image, and affect, along with marked impulsivity, beginning by early adulthood and present in a variety of contexts.

Diagnostic Criteria for BPD

To be diagnosed with BPD, an individual must exhibit at least five of the following nine criteria:

1. Fear of Abandonment:

Frantic efforts to avoid real or imagined abandonment, excluding suicidal or self-mutilating behavior covered in Criterion 5.

2. Unstable Relationships:

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:

Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating).

5. Suicidal Behavior:

Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.

6. Emotional Instability:

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:

Persistent feelings of emptiness, described as feeling "hollow" or "numb," a core emotional challenge in BPD that contributes to distress and impairment.

8. Inappropriate Anger:

Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).

9. Transient, Stress-Related Paranoia or Severe Dissociative Symptoms:

Transient, stress-related paranoid ideation or severe dissociative symptoms.

Using This Template

- **For Professionals:**

Use this template as a guide to assess the presence of BPD criteria in patients. Ensure a comprehensive evaluation by considering the individual's history and current symptoms in relation to each criterion.

- **For Individuals:**

This template is for informational purposes. If you or someone you know may meet these criteria, consider seeking evaluation from a mental health professional.

Additional Notes

- BPD symptoms must be pervasive, persistent, and not attributable to a substance or another medical condition.
- The diagnosis should take into account the individual's cultural, social, and personal background.

Understanding the DSM-5 criteria for BPD is crucial for accurate diagnosis and treatment planning. This template provides a structured approach to evaluating the necessary criteria, promoting better outcomes for individuals with BPD.