

BPD Symptoms List

Name:

Date of birth:

Date:

Practitioner:

Please follow these instructions when answering the questionnaire: In the following table, you will find a set of difficulties and problems that could describe you. Please work through the questionnaire and decide how much you suffered from each problem in the course of the last week.

If you have no feelings at all at the present moment, please answer according to how you think you might have felt. Please answer honestly.

All questions refer to the last week. If you felt different ways at different times in the week, give a rating for how things were for you on average. Please be sure to answer each question.

Statements	Not at all 0	A little 1	Rather 2	Much 3	Very strong 4
1. It was hard for me to concentrate.					
2. I felt hopeless.					
3. I was absent-minded and unable to remember what I was doing.					
4. I felt disgusted.					
5. I thought of hurting myself.					
6. I didn't trust other people.					
7. I didn't believe in my right to live.					
8. I was lonely.					
9. I experienced stressful inner tension.					
10. I had images that I was afraid of.					
11. I hated myself.					

Statements	Not at all 0	A little 1	Rather 2	Much 3	Very strong 4
12. I wanted to punish myself.					
13. I felt shameful.					
14. My mood rapidly cycled in terms of anxiety, anger, and depression.					
15. I suffered from voices and noises from inside/outside my head.					
16. Criticism had a devastating effect on me.					
17. I felt vulnerable.					
18. The idea of death had a certain fascination for me.					
19. Everything was senseless to me.					
20. I was worried I would lose control.					
21. I felt disgusted by myself.					
22. I felt as if I was far away from myself.					
23. I felt worthless.					
Total score:					

Now we would like to know in addition the quality of your overall personal state in the course of the last week. 0% means absolutely down, 100% means excellent. Please check the percentage which comes closest

Very bad 0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	Excellent 100%

PRACTITIONER USE ONLY

Total score:

Scoring

- For each of the 23 items, assign a score between 0 and 4, where:
 - 0 = No impairment
 - 1 = Mild impairment
 - 2 = Moderate impairment
 - 3 = Severe impairment
 - 4 = Extreme impairment
- Add the individual scores of all 23 items together to get the total score.
- Divide the total score by 23 (the number of items) to calculate the average score.
- **Scores of 1.50 or above** suggest that the responses align with BPD, as research indicates that this threshold effectively distinguishes BPD patients from those with other psychological disorders (Kleindienst et al., 2020).

None/Low: Average score between **0.0 – 0.3**

Mild: Average score between **0.3 – 1.1**

Moderate: Average score between **1.1 – 1.9**

High: Average score between **1.9 – 2.7**

Very High: Average score between **2.7 – 3.5**

Extremely High: Average score between **3.5 – 4.0**

An extra question (24th item) offers insight into the client's view of their overall well-being, but it is excluded from the total score. The rating for this final question (ranging from 0 to 100) shows a strong correlation with particular well-being indicators for BPD patients, such as self-image, emotional regulation, self-harm, feelings of dysphoria, loneliness, intrusive thoughts, and hostility.

Practitioner:

Date:

Reference:

Bohus, M., Kleindienst, N., Limberger, M. F., Stieglitz, R.-D., Domsalla, M., Chapman, A. L., Steil, R., Philipsen, A., & Wolf, M. (2008). The short version of the Borderline Symptom List (BSL-23): Development and initial data on psychometric properties. *Psychopathology*, 42(1), 32–39. <https://doi.org/10.1159/000173701>

Kleindienst, N., Jungkunz, M., & Bohus, M. (2020). A proposed severity classification of borderline symptoms using the borderline symptom list (BSL-23). *Borderline Personality Disorder and Emotion Dysregulation*, 7, 11. <https://doi.org/10.1186/s40479-020-00126-6>