

# Histrionic Personality Disorder Test

This test is designed to assess the presence of traits associated with Histrionic Personality Disorder (HPD) as described in the DSM-5. It is intended for preliminary self-assessment purposes only and not to be used as a diagnostic tool. A diagnosis of HPD can only be made by a qualified mental health professional based on a comprehensive clinical evaluation.

## Instructions:

Please read each statement carefully and indicate how much you agree or disagree with it based on your experiences over the past six months. Answer all questions honestly for the most accurate assessment.

## Scoring Key

- 0 = Strongly Disagree
- 1 = Disagree
- 2 = Neutral
- 3 = Agree
- 4 = Strongly Agree

## Patient Information

Name:

Date:

## Questions

**1. I am uncomfortable when I am not the center of attention.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**2. I often feel that my relationships are more intimate than they actually are.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**3. My emotions can change very rapidly and intensely.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**4. I often use my physical appearance to draw attention to myself.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**5. I tend to speak in a very impressionistic way that lacks in detail.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**6. I find it difficult to not be theatrical or dramatic in my expression of emotions.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**7. I am easily influenced by others or by current trends.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**8. I consider my relationships to be more intimate than they are in reality.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**9. I have been accused of being shallow or not genuinely invested in relationships.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**10. I find it challenging to maintain long-term relationships because I get bored easily.**

- 0 - Strongly Disagree
- 1 - Disagree
- 2 - Neutral
- 3 - Agree
- 4 - Strongly Agree

**Total Scoring:**

**Scoring**

Total your score by adding up the numbers you selected for each question. The maximum possible score is 40.

## Interpretation

- **0-10:**  
Low indication of HPD traits.
- **11-20:**  
Some HPD traits may be present, but not necessarily indicative of a disorder.
- **21-30:**  
Moderate indication of HPD traits. Consider discussing these results with a mental health professional.
- **31-40:**  
Strong indication of HPD traits. It is advisable to seek a comprehensive evaluation by a mental health professional.

## Professional Use Only

If you are a healthcare provider administering this test, please ensure to follow up with a detailed clinical interview to confirm any findings and discuss potential treatment options with your patient.

**Signature of Professional (If applicable):**

**Date:**

**Patient / Guardian Signature (Acknowledgement of Understanding):**

**Date:**

**Note:**

This template serves as a preliminary tool to help identify traits associated with Histrionic Personality Disorder. It is designed to prompt further exploration and professional evaluation where indicated.