

# Immature Personality Disorder Test

Name:	Age:								
Gender:	Date:								
Read each statement carefully and indicate how often it applies to you by selecting the corresponding option. Use this scale:									
0 = Never		1 = Rarely		2 = Sometimes		3 = Often		4 = Always	
Statement		0	1	2	3	4			
1. I often struggle to express my emotions in a healthy manner.									
2. I find it challenging to take responsibility for my actions and tend to blame others instead.									
3. I have difficulty accepting criticism and often become defensive when confronted with feedback.									
4. I frequently avoid compromising in situations and prefer to have things my own way.									
5. I struggle to see situations from others' perspectives and tend to prioritize my own viewpoint.									
6. I often experience intense emotional reactions to minor stressors or frustrations.									
7. I find it challenging to maintain stable and healthy relationships with others.									
8. I frequently act impulsively without considering the potential consequences of my actions.									
9. I struggle to regulate my emotions and often feel overwhelmed by intense feelings.									
10. I have difficulty adapting to new situations or changes in my environment.									
Total:									
Scoring and interpretation									
Each response has an associated score (Never is 0, Rarely is 1, and so on). Add up all the scores. Each total score falls under 3 categories:									
<ul style="list-style-type: none"><li>• <b>0-10:</b> Low level of emotional immaturity</li><li>• <b>11-20:</b> Moderate emotional immaturity</li><li>• <b>21-30:</b> High emotional immaturity</li></ul>									

*Please note that this test is for informational purposes only and should not be used as a diagnostic tool. For a comprehensive evaluation and interpretation of results, please consult a qualified mental health professional.*