

# Immature Personality Disorder Test

Name: \_\_\_\_\_ Date of Test: \_\_\_\_\_

**Instructions:** Please read each statement carefully and indicate how often it applies to you by selecting the corresponding option.

Questions	Never	Rarely	Sometimes	Often	Always
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.					

**Scoring:** To score the test, assign a numerical value to each response option (Never = 0, Rarely = 1, Sometimes = 2, Often = 3, Always = 4). Then, calculate the total score by summing up the numerical values for all responses.

**Interpretation:**

- **0-10:** Indicates a low level of emotional immaturity.
- **11-20:** Suggests moderate emotional immaturity.
- **21-30:** Indicates a high level of emotional immaturity.

**Total Score:** \_\_\_\_\_

***Disclaimer:** 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.*