

I'm not a bot





Borderline Personality Disorder (BPD) is a complex mental health disorder characterized by a pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships with others. According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), BPD is categorized as a personality disorder and is distinguished by specific criteria that healthcare professionals use for diagnosis. DSM-5 Criteria for Borderline Personality Disorder The DSM-5 outlines nine key criteria for BPD, and a diagnosis typically requires that an individual exhibits at least five of these symptoms: Frantic Efforts to Avoid Abandonment: This includes both real and imagined scenarios of abandonment. Unstable and Intense Relationships: Alternating between extremes of idealization and devaluation. Intense and persistently unstable self-image or sense of self. Impulsivity in At Least Two Areas: these areas are potentially self-damaging, such as spending, sex, substance abuse, reckless driving, and binge eating. Recurrent Suicidal Behavior or Self-Harming Behavior: Such as threats or gestures, or self-mutilation. Affective Instability: Due to a marked reactivity of mood. Chronic Feelings of Emptiness. Inappropriate, Intense Anger or Difficulty Controlling Anger: Frequent displays of temper, constant anger, or physical fights. Transient, Stress-Related Paranoid Ideation or Severe Dissociative Symptoms. Causes of Borderline Personality Disorder The exact cause of BPD is not entirely understood, but it is believed to be a combination of genetic, environmental, and social factors. Some potential causes and risk factors include: Genetics: A family history of BPD may increase the risk. Brain Structure and Function: Changes in certain areas of the brain involved in emotion regulation, impulsiveness, and aggression. Environmental Factors: Experiences of trauma, such as physical or sexual abuse during childhood, neglect, or loss. Neurobiological Factors: Issues in brain chemicals may also play a part in BPD. Treatment Options BPD is often treated with a combination of psychotherapy, medication, and support. Psychotherapy: The primary treatment for BPD. Types of psychotherapy used include dialectical behavior therapy (DBT), cognitive-behavioral therapy (CBT), and schema-focused therapy. Medications: There are no drugs specifically approved for BPD, but medications can be used to treat symptoms like mood swings, depression, or other co-occurring mental disorders. Hospitalization: In some cases, psychiatric hospitalization may be necessary during times of extreme stress, impulsive behavior, or if there is a risk of self-harm. Support Resources Living with BPD can be challenging, but there are several resources available for support: Therapy and Counseling Regular sessions with a mental health professional. Support Groups: Groups like the National Education Alliance for Borderline Personality Disorder offer support networks of individuals who understand and share similar experiences. Educational Resources: Learning about BPD can help individuals and their loved ones understand and manage the disorder better. Lifestyle Changes: Regular exercise, a healthy diet, and sufficient sleep can help manage symptoms. Did you know? 1.6% of the adult U.S. population has BPD, but that number may be as high as 5.9%. Nearly 75% of people diagnosed with BPD are women. Borderline Personality Disorder is a complex condition that requires a multifaceted approach for management and treatment. Understanding the DSM-5 criteria is crucial for accurate diagnosis and effective treatment planning. While the disorder presents significant challenges, with the right support and treatment strategies, individuals with BPD can lead fulfilling lives. Take this mental health test. It's quick, free, and you'll get your confidential results instantly. Mental health conditions are real, common, and treatable. If you or someone you know thinks you are suffering from borderline personality disorder then take this quick online test or click to learn more about the condition. Take Test Learn more Take the Free BPD Self-Check Based on DSM-5-TR criteria for borderline personality disorder. No sign-up required. Instant results. This is not a substitute for professional diagnosis or care from a licensed mental health provider. Check out our ADHD screener at www.dothaveadhd.org Navigating our emotional world can often be challenging, especially when faced with intense, fluctuating feelings that seem hard to comprehend. Thus, we designed our user-friendly Borderline Personality Disorder Test to help you peel back the layers of your emotional experiences and guide you toward a deeper understanding of yourself. This test for Borderline Personality Disorder (BPD Test), rooted in psychological science, promises a sensitive approach to help you navigate through your emotional world, providing a step towards enlightenment and self-improvement. Understanding Borderline Personality Disorder (BPD) Borderline Personality Disorder (BPD) is a complex mental health condition that affects emotional regulation, interpersonal relationships, and self-image. People with BPD often experience mood swings, difficulty maintaining stable relationships, and impulsive behaviors. This BPD test is designed to help you identify symptoms of borderline personality disorder and encourage you to seek professional support if necessary. The test is not a substitute for a diagnosis. BPD, including its symptoms, should always be evaluated by a licensed mental health professional using the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) criteria. Who Is This BPD Test For? This test is designed for individuals who experience frequent mood swings or emotional instability, have difficulty maintaining relationships due to intense feelings or fears, are curious about their symptoms of BPD and want to explore whether they align with the diagnostic criteria. If you're concerned about your mental health, taking this test could be a step toward better understanding your experiences. How Accurate Is This Test? This test uses general symptoms based on the criteria for borderline personality disorder outlined in the DSM-5. However, only a qualified and licensed mental health professional can confirm a diagnosis of BPD. Use this test as an initial diagnostic tool, not as a definitive conclusion. Symptoms of Borderline Personality Disorder (BPD) Borderline Personality Disorder can present differently in individuals. Common symptoms include: Emotional instability and frequent mood swings. Intense fears of abandonment or rejection. Impulsive behaviors that may impact one's quality of life. Unstable self-image or a lack of clear identity. If you identify with these symptoms of BPD, this test can help you reflect on your experiences and guide you toward professional help. Treatment Options for BPD Treatment for Borderline Personality Disorder often involves a combination of therapy and support. Dialectical Behavior Therapy (DBT): This evidence-based approach is one of the most effective treatments for BPD. It focuses on building emotional regulation skills, improving relationships, and reducing self-destructive behaviors. Medication may help manage specific symptoms, such as mood swings or anxiety. Lifestyle adjustments and self-care strategies can further improve your quality of life. A diagnosed BPD treatment plan tailored by a licensed mental health professional can significantly improve outcomes. Why Take This Borderline Personality Disorder Test? This test can help you reflect on possible symptoms of borderline personality disorder. Gain a better understanding of the diagnostic criteria for BPD. Take the first step toward seeking help from a licensed mental health professional. Why Choose Our Borderline Personality Disorder Test? Our Borderline Personality Disorder Test is a diagnostic tool developed in alignment with the Diagnostic and Statistical Manual of Mental Disorders (DSM) guidelines, recognized by the American Psychiatric Association. It is designed to identify the symptoms of BPD accurately. It is a preliminary step before consulting a licensed mental health professional. Frequently Asked Questions (FAQs) 1. Can this test diagnose me with Borderline Personality Disorder? No. Only a diagnosis from a licensed mental health professional can confirm BPD based on the DSM-5's diagnostic criteria. 2. What are the common symptoms of BPD? Common symptoms of borderline personality disorder include emotional instability, impulsive behaviors, unstable relationships, and self-image issues. 3. What is Dialectical Behavior Therapy (DBT)? DBT is a specialized therapeutic approach that helps individuals with BPD improve their emotional regulation and interpersonal skills. It is considered a leading treatment option for this condition. 4. Why should I seek professional help? BPD, including its unstable and relational challenges, can significantly impact your quality of life. A professional can create a personalized plan to address your needs effectively. Expert Insight Dr. Marsha Linehan, a psychologist and author, significantly impacted our understanding of BPD through her development of Dialectical Behavior Therapy (DBT). Her work illustrates that understanding and managing our emotional world is pivotal for personal growth and healthy relationships. Engaging with this test propels you to a journey towards greater self-understanding and wellness. By diving into our Borderline Personality Disorder Quiz (BPD Quiz), you take a courageous step towards unearthing your emotional depth, providing a foundational step towards enhanced self-awareness and improved mental wellness. Your journey is deeply personal; every effort is a testament to your strength and desire for a harmonious life. Features of the Borderline Personality Disorder Test Comprehensive Assessment: The test covers a wide range of symptoms associated with BPD, including mood swings, unstable relationships, and feelings of emptiness. Alignment with DSM Criteria: Developed in line with the latest DSM criteria, ensuring a reliable and valid diagnostic approach. Confidential and Secure: Privacy and confidentiality of your responses are guaranteed. Instant Feedback: Receive immediate insights upon completion of the test. Resource for Mental Health Professionals: An invaluable tool for therapists and counselors in diagnosing BPD. How the Test Helps Identifying Symptoms of BPD: Helps in recognizing the various symptoms associated with BPD, such as intense anger, mood swings, and unstable relationships. Differentiating from Other Disorders: Distinguishes BPD symptoms from other related conditions like Bipolar Disorder, Depression, Anxiety, and Binge Eating. Guiding Towards Professional Help: Encourages seeking advice from a licensed mental health professional for a comprehensive diagnosis and treatment. The Role of Environmental Factors in BPD Our test acknowledges the influence of environmental factors in the development and manifestation of BPD symptoms. Understanding these factors is crucial in the holistic management of the disorder. Recommendations to prevent it: Engage in mindful activities, journaling, or therapeutic interventions like Dialectical Behavior Therapy (DBT) that can help manage intense emotions and cultivate emotional stability. Important Note: This test is meant to provide insights but is not a substitute for professional diagnosis. For comprehensive insights and strategies, consult a healthcare professional. Let's Recap! The Borderline Personality Disorder Test is a helpful tool to explore whether you may have symptoms that align with the criteria for borderline personality disorder. However, it's essential to remember that an official diagnosis can only be made by a licensed mental health professional. Early intervention, whether through therapy like Dialectical Behavior Therapy (DBT) or other methods, can improve your overall quality of life. If you suspect you have BPD or are struggling with your mental health, consider reaching out to a trusted professional today. Report Who is this for? Is it accurate? FAQs Do you have traits of BPD? This quiz cannot provide a diagnosis, but it can help you learn more about your symptoms. Borderline personality disorder (BPD) can affect every aspect of a person's life because it affects how someone views themselves and behaves around other people. Common symptoms of BPD can include an unstable self-image, distorted perception of relationships, and challenges regulating emotions and behaviors. BPD is one of 10 personality disorders. Living with the symptoms of BPD can be challenging, but with the right treatment plan, you can reduce your symptoms and live a happy and stable life. The first step is getting an accurate diagnosis. This brief, time-saving questionnaire is designed for anyone who thinks they may be experiencing symptoms of borderline personality disorder. The statements below will help you determine whether you may need additional help and professional support for your symptoms. A mental health professional can also help you figure out if your issues might be a symptom of BPD and recommend treatment if needed. This online screening is not a definitive tool. It's not designed to diagnose BPD or take the place of a professional diagnosis. You can, however, use this test as a self-screening tool to track your moods. It might also show your doctor how your symptoms have changed from one visit to the next. Only a trained medical professional, such as a doctor or mental health professional, can help you determine the next best steps for you. There are nine criteria symptoms of BPD. To be diagnosed with BPD, you must display at least five of the following symptoms: viewing relationships in extremes (e.g., everything is either all good or all bad) challenges controlling anger frequent mood changes (i.e., periods of intense anger, depression, or anxiety) recurrent suicidal ideation chronic feelings of emptiness acting impulsively in at least two ways that could be potentially harmful (e.g., spending money, substance use, reckless driving, or binge eating) paranoia or dissociation, which is often brief and related to times of extreme stress a lack of sense of self (e.g., a dramatic shift in big life aspects such as your career, life goals, or values) fear of abandonment This assessment generally involves an interview, multiple questionnaires, and taking a medical history. A physical exam or bloodwork may also be done to rule out other health conditions that could be causing your symptoms. No. Only a healthcare or mental health professional can accurately diagnose a mental health condition. There's no single cause of BPD, which means many different factors can potentially cause it to develop. Genetics. Certain genes may make you more vulnerable to developing BPD. The environment. Environmental triggers include experiencing childhood trauma. Your brain. Abnormal brain structures may play a role. Chemicals. Changes in neurotransmitter levels in your brain, especially serotonin, may be involved. If you have high functioning BPD — aka "quiet" BPD — you may try to hide your symptoms from others. You may direct your thoughts, feelings, and behaviors inward rather than outward so others can't see them. Quiet BPD isn't an official clinical diagnosis but is instead considered a subtype of BPD. Borderline personality is a condition characterized by difficulties in regulating emotion. People who have borderline elements feel emotions intensely and have a hard time returning to a stable sense of self after an emotionally triggering event. While not everyone who has borderline syndrome suffers from Borderline Personality Disorder, the lifetime prevalence rate of BPD is about 6% of the adult population. Based on diagnostic criteria from the DSM-5 and the diagnostic screening tool developed by Dr. Zanarini and colleagues, this test assesses the degree to which you demonstrate borderline symptoms. Do you have borderline traits? For each of the following items, indicate your level of agreement below. The IDRLabs Borderline Personality Test (IDR-BPT™) is the property of IDRLabs International. The IDR-BPT is based on the American Psychological Association's diagnostic criteria, and the McLean screening instrument developed by Dr. Mary Zanarini. IDRLabs International and the IDR-BPT is not associated with any of these researchers or their related organizations. The IDRLabs Borderline Personality Test utilizes research from psychology professor Mary Zanarini, as well as DSM-5 diagnostic criteria, to produce this free online test. BPD consistently presents as difficult to diagnose due to ongoing stigma and the disorder's similarity to other mental health conditions; Dr. Zanarini's McLean screening instrument demonstrates one step toward improving diagnostic efficacy and subsequent treatment of affected individuals. The Borderline Personality Test was developed by professionals certified in the delivery and interpretation of numerous psychological measures, and who have worked in various fields of psychology, including psychopathology and personality testing. Free online tests such as the Borderline Personality Test are intended to be informative and educational first considerations of the concept being measured; they should not, therefore, be understood to be a concrete answer regarding components of one's personality or psychological state. This test is to be used exclusively for screening purposes—a mental health diagnosis can only be made by a psychiatrist or other mental health professional. Though developed and statistically validated by professionals, free online tests such as this one cannot provide professional assessments, results, or recommendations of any kind. As the publishers of this free online borderline personality disorder test, which allows you to screen yourself for the signs of this mental health condition in adults that may otherwise remain unrecognized, we have strived to make the test as reliable, valid, and complete as possible. Like our other free online tests, the current test is subjected to statistical controls and validation in order to keep the results precise and accurate. The results of our free online borderline personality disorder test are provided "as-is" and should not be interpreted as the equivalent of professional assessment or recommendations. For additional information, please consult our Terms of Service. Personality Disorders A guide to symptoms, treatment, and recovery for BPD Personality Disorders How to recognize BPD in a loved one and improve your relationship Bipolar Disorder Take this short quiz if you think you are bipolar Personality Disorders How to cope with a malignant narcissist Personality Disorders Signs, treatment, and help Personality Disorders Symptoms, treatment, and help Personality Disorders Symptoms, treatment, and help Personality Disorders Symptoms and treatment Borderline personality disorder (aka BPD) is a serious mental health condition, but it's also one of the most misunderstood. The term is often thrown around (especially on social media) to refer to anyone who seems overly-emotional, which is a mischaracterization of what the condition really is. BPD is one type of personality disorder recognized in the "Diagnostic and Statistical Manual of Mental Disorders" (DSM-5-TR). Like other conditions, borderline personality disorder has its own specific set of diagnostic criteria in the DSM. The DSM, which is published by the American Psychiatric Association, is the official source of diagnostic information for psychiatric disorders, including BPD and related conditions. For each disorder, the DSM provides a list of symptoms and specifies how many symptoms are needed (and how severe the symptoms must be) to warrant a particular diagnosis. If you think you or someone you care about may have borderline personality disorder (BPD), it's a great idea to learn more about the condition and the specific criteria that are involved in a diagnosis. Being armed with some information can help you take the next important step: making an appointment for an assessment with a mental health professional. The DSM-5 describes BPD as a pervasive pattern of instability in interpersonal relationships, self-image, and emotion, as well as marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following symptoms. The nine criteria for BPD are: Chronic feelings of emptiness Emotional instability in reaction to day-to-day events (e.g., intense episodic sadness, irritability, or anxiety usually lasting a few hours and only rarely more than a few days) Frantic efforts to avoid real or imagined abandonment Identity disturbance with markedly or persistently unstable self-image or sense of self Impulsive behavior in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating) Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights) A pattern of unstable and intense interpersonal relationships characterized by extremes between idealization and devaluation (also known as "splitting") Recurrent suicidal behavior, gestures, threats, or self-harming behavior Transient, stress-related paranoid ideation or severe dissociative symptoms How many criteria do you need for BPD? To be diagnosed with BPD, you do not need to exhibit "all" nine of the symptoms of borderline personality disorder listed in the DSM-5. A diagnosis requires experiencing at least five of the above symptoms. A team of psychologists and psychiatrists, who are considered experts in BPD, developed the borderline personality disorder DSM-5 symptom criteria. Many of the workgroup members are considered preeminent BPD researchers and work directly with BPD patients. The symptom criteria were established based on the best research available. However, it is important to keep in mind that the criteria may be refined as new research comes to light. The fifth edition of the DSM, DSM-V, was released in 2013 after many years of research and deliberation by experts. The symptom criteria for BPD in the new version remained the same as the previous version, DSM-IV. The latest version of the manual is the DSM-5-TR (text revision). This test includes updates to many diagnostic criteria. However, BPD criteria remain the same in the newest version as they did in the previous version of the DSM-5. There are a number of psychological disorders and medical problems that can cause symptoms very similar to those associated with BPD. That's why it's really important to reach out to a licensed clinician (for example, a therapist or doctor) who can listen to your concerns, conduct a thorough assessment, and make an accurate diagnosis. A complete assessment for BPD may include several components. Your therapist or doctor may ask you to participate in an interview, during which they will ask you questions about your symptoms, physical health, and past and present life situation. They may also ask you to fill out a written questionnaire about BPD symptoms. Finally, if you are willing, your clinician may ask to talk to family or loved ones to get complete information on the ways that your symptoms are affecting you. Your doctor will work closely with you to rule out similar conditions and evaluate your symptoms to determine if you are experiencing a co-occurring condition. BPD often co-occurs with other mental health conditions, including anxiety, bipolar disorder, depression, eating disorders, post-traumatic stress disorder, and substance use disorder. Once you wrap up this assessment process, your clinician will gather all the necessary information to make an accurate diagnosis. Then, they will have a thorough and open conversation about what your diagnosis really means and how you might move forward with your treatment options. If you think you may have BPD, the first step is to find a mental health professional. While they can be hard to find, there are clinicians who are specially trained to treat BPD and answer your questions. Start by asking your primary care doctor for a referral, or check with family and friends to see if they have any recommendations of a local professional with expertise in your condition. Get our printable guide to help you ask the right questions at your next doctor's appointment. If you're interested in learning more about whether the clinician takes your insurance and how many sessions would be covered, and how much the co-pay would be, if you do not have insurance, you may qualify for public assistance programs or services through your state or region's department of mental health or social services. You can also ask your primary care physician for a referral, or look into whether medical centers or universities in your area offer psychiatric or psychological services. In the past, BPD was believed to be very difficult to treat. More recent research indicates that it responds well to treatment and that getting help can reduce the risks associated with self-harm, impulsivity, and suicidal behaviors. In addition to working with a clinician, it may help to educate yourself about the variety of effective treatments available, including medication, psychotherapy, and self-help treatments. Therapy: Therapy is the first-line treatment for BPD, and may involve dialectical behavior therapy (DBT), mentalization-based treatment (MBT), or group therapy. Medication: Medications may sometimes be prescribed to help treat some symptoms of borderline personality disorder. This may include antidepressants, antipsychotics, anti-anxiety medications, and mood stabilizers. Self-help: Stress management strategies can also help with some symptoms of BPD. This can include mindfulness, meditation, and deep breathing. Self-care strategies and mood tracking can also help improve well-being and help people better recognize their emotions and moods. Finally, it is important to know that you are not alone and that with help, people with BPD lead normal and fulfilling lives. Getting a diagnosis and seeking treatment are the first steps toward retaking control over your symptoms. Borderline personality disorder, or BPD, is a mental health condition in which a person experiences extreme emotions, intense challenges with self-esteem, and difficulty forming strong, stable relationships with others. Teenagers with BPD are often angry, impulsive, and quick to believe that other people have wronged them. Young people with BPD often harm themselves, and they have a high risk of suicide. Symptoms of BPD usually show up in the teenage years. Early treatment can help people with BPD manage the disorder better. If you're looking for a free BPD test, you can use our Symptom Checker to help you determine if your child might have BPD. When you answer a few simple questions about your child's behaviors, you'll receive a more specific list of behaviors. If they correspond with the symptoms associated with BPD, it will let you know. If your answers to the quiz suggest another disorder, you'll see that, too. Only a mental health professional can diagnose borderline personality disorder. But if you're looking for an online BPD test, our Symptom Checker can help you know if the behaviors you notice in your child could be signs of BPD or something else. The Symptom Checker was developed in partnership with expert clinicians and is aligned with the Child Mind Institute's rigorous editorial standards and the latest Diagnostic and Statistical Manual (DSM-5). You'll also find links to articles where you can learn more and help you prepare for a conversation with a mental health professional who can diagnose your child. Symptoms of BPD include: Unrealistic or unstable sense of self Believing you're worthless Regularly feeling angry, empty, or hopeless Mood swings Finding it hard to control emotions, especially anger Brief, intense periods of anxiety or depression Fear of being abandoned and making desperate attempts to avoid it Paranoid thinking Quickly changing from loving or admiring someone to disliking or criticizing them Impulsive behavior, such as risky driving, unsafe sex, or alcohol and substance abuse Self-harm Attempting suicide Experts view BPD as a combination of two factors. The first is being highly sensitive or reactive — having a tendency to get upset very easily. This is a matter of the temperament you are born with. And one is a powerful emotion is triggered, it takes kids with BPD longer to return to their emotional baseline. The second is growing up in a household that doesn't help kids learn to handle big emotions. Even the most well-meaning parents may dismiss a child's feelings as inappropriate or over-the-top. For highly reactive kids, the chronic sense of not feeling understood or supported leads them to feel isolated and disconnected. Minor slights — or things misinterpreted as slights — are taken as evidence of abandonment, and the reaction can be swift and intense, causing rifts with friends and parents. Without the skills to manage painful feelings in a more effective way, kids with BPD often find unhealthy alternatives, including substance abuse, risky sex, self-harm, and reckless thrills seeking. A mental health professional must diagnose BPD. To be diagnosed with BPD, a person must have at least five of the symptoms listed above by the time they're a young adult. A diagnostic evaluation by a mental health professional usually includes the use of screening questionnaires and structured clinical interviews. BPD screeners include: McLean Screening Instrument for Borderline Personality Disorder (MSI-BPD) Borderline Symptom List (BSL-23 or BSL-95) Structured clinical interviews include: Structured Clinical Interview for DSM-5 Personality Disorders (SCID-5-PD) International Personality Disorder Examination (IPDE) Diagnostic Interview for Borderlines — Revised (DIB-R) The best treatment for BPD is dialectical behavior therapy (DBT), which was developed to treat it. DBT teaches patients skills to manage their emotions without self-destructive and other dangerous behavior. It's called "dialectical" because it's about learning to balance two things that seem like opposites: the need for acceptance of your feelings and the need for change in how you cope with them. In between therapy sessions, DBT therapists are available to patients by telephone to help them use the skills they've learned to manage difficult situations without resorting to harmful behavior, including suicide attempts. Long-term studies show that DBT works well for kids and teens with BPD. There are no medications to treat BPD. However, medication can sometimes help specific symptoms of BPD, including depression, impulsive behavior, and anxiety. Teens with BPD who are in danger of attempting suicide are sometimes hospitalized for treatment. BPD is driven by fear of abandonment and emotional instability, while narcissistic personality disorder revolves around a sense of superiority, grandiosity, and entitlement. While kids with BPD struggle with deep emotional pain and unstable identity, people with histrionic personality disorder crave attention and are overly emotionally expressive. BPD involves emotional pain and fear of being alone, while antisocial personality disorder involves a selfish and irresponsible behavior that shows a lack of regard for the rights of others. Whereas people with BPD cling to relationships by struggle with instability, those with avoidant personality disorder withdraw from others to avoid rejection. BPD is marked by emotional extremes and impulsivity, while dependent personality disorder is about having difficulty making decisions and depending on others for support. What are the signs of BPD? Symptoms of borderline personality disorder (BPD) include an unstable sense of self, mood swings, impulsive behaviors, intense emotions that are difficult to control, extreme anxiety or depression, fear of abandonment, paranoid thinking, and difficulty maintaining relationships. People with BPD may also engage in self-harm or attempt suicide. These symptoms usually appear in the teenage years, and early treatment can help manage the disorder. Do I have borderline personality disorder? Only a mental health professional can diagnose BPD, but if you're concerned about symptoms in yourself or your child, our Symptom Checker can help identify behaviors linked to BPD. By answering a few simple questions, you'll receive insights into whether the symptoms align with BPD or another condition. While an online test cannot provide a diagnosis, it can help guide you in seeking professional help. How do I get a borderline personality disorder diagnosis? A mental health professional diagnosis BPD based on a clinical evaluation. To be diagnosed, a person must exhibit at least five BPD symptoms by early adulthood. Diagnosis typically involves screening questionnaires like the McLean Screening Instrument (MSI-BPD) and structured clinical interviews such as the Structured Clinical Interview for DSM-5 Personality Disorders (SCID-5-PD). These tools help assess symptoms and determine whether someone meets the criteria for BPD. ADHD & Symptom Tests Borderline personality disorder (BPD) is characterized by severe emotional dysregulation, often resulting in unstable interpersonal relationships, hypersensitivity to rejection, distorted self-image, marked impulsivity, and self-harming behaviors. 1.2 About 1.6% of the population has BPD.3 Women are more likely to be diagnosed with BPD than are men, though researchers believe that BPD is often underdiagnosed and/or overlooked in men due to gender bias, treatment reluctance among male patients, and other factors.4 BPD falls under Cluster B personality disorders, which are marked by dramatic, overly emotional, and/or erratic thinking and behavior.1 "People with borderline personality disorder tend to view things in extremes, such as in all good or all bad," according to Dr. Stephanie Stepp, an associate professor of psychology and psychiatry at the University of Pittsburgh, who specializes in BPD. "Their opinions of other people can change very quickly. An individual who might seem a friend one day may be considered an enemy or a traitor the next. And these shifting feelings can lead to intense and unstable relationships." BPD symptoms, she says, often appear during periods of extreme stress, usually involving interpersonal events. BPD often co-occurs with other conditions, including anxiety, depression, other personality disorders, and even attention deficit hyperactivity disorder (ADHD).5 In fact, researchers estimate that between 30% to 60% of individuals with BPD also have ADHD.6 BPD, especially if untreated, is highly distressing and impairing. Compared to the general population, individuals with BPD are at greater risk for suicidal behavior and suicide attempts.7 If you or someone you know is in crisis and needs help, dial or text 988 to connect to a trained counselor from the National Suicide Prevention Lifeline. Call 911 if you or someone you know is in immediate danger. If you suspect that you have symptoms of BPD, answer the questions below and share the results with a licensed mental health professional who is experienced in diagnosing and treating psychiatric disorders. This self-test was adapted from the McLean Screening Instrument for Borderline Personality Disorder (MSI-BPD) and from criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). It is designed to screen for the possibility of BPD, and it is for personal use only. This test is not intended as a diagnostic tool. Only a licensed mental health professional can diagnose BPD. Can't see the self-test questions above? Click here to open this test in a new window. Borderline Personality Disorder: Next Steps 1 American Psychiatric Association. (2013). Borderline personality disorder. In *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.). 2 Chapman J, Jamil RT, Fleisher C. Borderline Personality Disorder. (Updated 2022 May 2). 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Borderline personality disorder (BPD) and attention deficit hyperactivity disorder (ADHD) revisited – a review-update on common grounds and subtle distinctions. *Borderline Personality Disorder and Emotion Dysregulation*, 8(1), 22. 7 Grio, C. M., & Udo, T. (2021). Association of Borderline Personality Disorder Criteria With Suicide Attempts Among US Adults. *JAMA Network Open*, 4(5), e219389. Tags: diagnosing adults, personality disorders, self-test Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit — provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Borderline Personality Disorder (BPD) is a complex and often misunderstood mental health condition. A BPD test is an essential tool for identifying traits and behaviors commonly associated with this condition. We aim to provide you with an accurate, user-friendly, and insightful BPD test experience to help you better understand yourself or someone you care about. A BPD test is a self-assessment tool designed to screen for symptoms of Borderline Personality Disorder. It examines core traits such as: ● Emotional instability. ● Impulsivity. ● Fear of abandonment. ● Relationship challenges. ● Identity disturbances. The test typically includes a series of questions about emotional responses, behaviors, and interpersonal patterns. While the test is not a diagnostic tool, it offers valuable insights into whether you might benefit from professional evaluation or support. Key Features of a BPD Test ● Insightful: Identifies patterns in your emotions and relationships. ● Accessible: Easy to take from the comfort of your own home. ● Preliminary: Provides a starting point for understanding BPD-related traits. Why Use a BPD Test? Understanding emotional and relational challenges is the first step toward self-awareness and growth. Here are some reasons to consider using a BPD test: 1. Gain Self-Awareness A BPD test helps you reflect on your emotional patterns, triggers, and coping mechanisms. For example: ● Do you experience frequent mood swings? ● Are your relationships often intense or unstable? Identifying these traits can lead to a deeper understanding of yourself. 2. Explore Relationship Dynamics If you struggle with interpersonal conflicts or fear of abandonment, the test can provide clarity about how these issues affect your relationships. This insight can help you build stronger, healthier connections. 3. Prepare for Professional Evaluation If you suspect you might have BPD, the test can serve as a conversation starter with a psychologist or psychiatrist. Sharing your test results with a professional can streamline the diagnostic process. 4. Support Others The BPD test isn't just for self-reflection—it can also help you understand and empathize with loved ones who may exhibit BPD traits. Learning about their experiences can foster stronger relationships and better communication. Why We Are Better We go beyond a basic BPD test to offer a comprehensive and user-focused experience. Here's why we stand out: 1. Scientifically Based Our test is built on established psychological principles and aligns with the DSM-5 criteria for Borderline Personality Disorder. You can trust that our test is both accurate and reliable. 2. User-Friendly Design We've designed our platform to be intuitive and accessible for everyone, whether you're tech-savvy or not, taking the test is straightforward and stress-free. 3. Detailed Insights Unlike generic online quizzes, our BPD test provides detailed feedback and actionable insights. You'll receive a personalized report that highlights your results and suggests next steps. 4. Confidentiality We prioritize your privacy. Your test results are stored securely and shared only with you. You can explore your mental health in a safe and supportive environment. 5. Continuous Support Our website doesn't just stop at the test. We provide additional resources, including articles, guides, and connections to professional services, to help you navigate your mental health journey. Taking a BPD test is simple and effective if you follow these steps: 1. Choose the Right Test Start by selecting a reputable and scientifically based test like ours. Avoid overly simplified quizzes that lack grounding in psychological principles. 2. Find a Quiet Space Take the test in a calm, distraction-free environment. This ensures you can focus on the questions and answer thoughtfully. 3. Answer Honestly The accuracy of your BPD test results depends on your honesty. Reflect on your actual experiences rather than what you think the "ideal" answer should be. 4. Review Your Results Once you've completed the test, carefully read through your results. Identify areas of strength and challenge, and consider how these align with your personal experiences. 5. Take Action If your results indicate a moderate to high likelihood of BPD traits, consider the following steps: ● Consult a mental health professional for a formal evaluation. ● Explore therapeutic options like Dialectical Behavior Therapy (DBT). ● Use self-help strategies to improve emotional regulation and relationships.FAQ1. What is the purpose of a BPD test? A BPD test is a tool for identifying traits and behaviors that align with Borderline Personality Disorder. It provides insights into emotional and relational patterns but is not a diagnostic instrument. 2. Can the BPD test diagnose me? No, the test cannot provide a formal diagnosis. Only a licensed mental health professional can diagnose BPD after a comprehensive evaluation. 3. Is the BPD test accurate? Our test is based on DSM-5 criteria and reviewed by professionals to ensure accuracy. However, its reliability depends on your honesty when answering. 4. What should I do after taking the test? If your results indicate a high likelihood of BPD traits, consult a mental health professional for further evaluation and guidance. 5. Can I use the test to understand others? Yes, the test can help you empathize with loved ones who exhibit BPD-related traits. However, avoid using the test to label or diagnose others. 6. How long does the test take? Our BPD test typically takes 10-20 minutes to complete, depending on the number of questions and your pace. 7. Is my information private? Absolutely. Your test results are confidential and stored securely. We prioritize your privacy and ensure your data is protected. Take the First Step Today Understanding your emotional and relational patterns is a powerful tool for personal growth. Our BPD test is here to help you explore your mental health with accuracy, empathy, and actionable insights. Whether you're seeking clarity for yourself or trying to support someone you care about, our test is the perfect starting point. Take the test today and start your journey toward greater self-awareness and emotional well-being. With us, you're never alone on the path to understanding.