

BPD Info Sheet

Prevalence: approximately 2% of population (much more common in younger women)
-higher instance than schizophrenia or bipolar disorder

Nine Criteria for Diagnosis (five need to be present)

1. doing extreme things to avoid abandonment (real or imagined)
2. unstable and intense relationships (idealization and devaluation)
3. unstable self image
4. impulsivity in two areas that are potentially self damaging
(sex, eating, substance abuse, driving, spending, stealing)
5. recurrent suicidal behavior or self harm
6. affect instability-high reactivity of mood
7. feeling empty, worthless
8. inappropriate anger, uncontrollable anger
9. paranoid ideation or dissociative symptoms

-Diagnostic and Statistical Manual of Mental Disorders

P: paranoid ideas

R: relationship instability

A: Anger, affective instability, abandonment issues

I: impulsive behavior, image instability

S: suicidal thoughts, behavior

E: emptiness

Co-morbidity

Impulsivity

Depression

Sexually impulsive, unsafe practices

Gambling addictions

Cutting, self harm

Suicidal thoughts, behavior

Eating disorders

Substance abuse (very high occurrence with BPD)

Potential Causes

Childhood trauma

Sexual abuse (particularly in women with BPD)

Lack of positive family interactions

Possible genetic disposition

Treatment

Psychotherapy, skills training

Medications for co-morbid disorders (antidepressants, etc)