



# BPD Diagnosis and Formulation

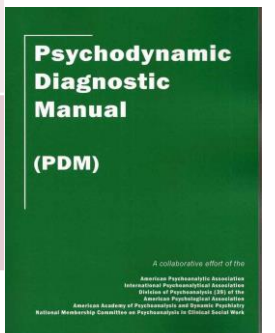
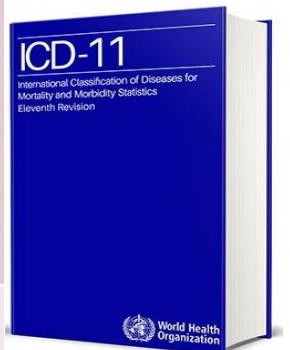
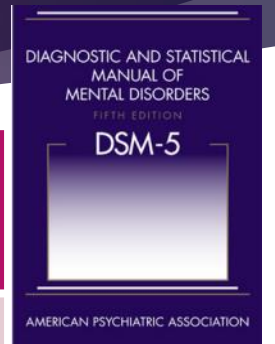
# What is a personality disorder ?

Personality Disorder is an **enduring pattern of inner experience and behaviour** that deviates markedly from the expectation of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and **leads to distress or impairment.**

**(DSM 5)**

# Diagnostic Classifications

Adolf Stern 1938	Borderline Personality Disorder
ICD 10	F 60.3 Emotionally Unstable personality Disorder  60.30 Impulsive type 60.31 Borderline type
ICD 11	6D11.5 Borderline pattern
DSM 5	301.83 Borderline Personality Disorder



# Diagnosis

- ▶ Structured hypothesis driven interview
- ▶ Screening scales : Zanarini
- ▶ Diagnostic scales: SCID

(Structured clinical interview for DSM disorders)



The Zanarini Rating Scale for Borderline Personality Disorder (ZAN-BPD) by Mary C. Zanarini, EdD is a brief clinician administered interview to assess severity and change in BPD symptoms. To score - count the number of yes's. A score of 8 or more is indicative of a diagnosis of Borderline Personality Disorder.

- |  |                |
|--|----------------|
| 1. Have any of your closest relationships been troubled by a lot of arguments or repeated breakups?  | Yes ___ No ___ |
| 2. Have you deliberately hurt yourself physically (e.g., punched yourself, cut yourself, burned yourself)? How about made a suicide attempt?   | Yes ___ No ___ |
| 3. Have you had at least two other problems with impulsivity (e.g., eating binges and spending sprees, drinking too much and verbal outbursts)?  | Yes ___ No ___ |
| 4. Have you been extremely moody?  | Yes ___ No ___ |
| 5. Have you felt very angry a lot of the time? How about often acted in an angry or sarcastic manner?  | Yes ___ No ___ |
| 6. Have you often been distrustful of other people?  | Yes ___ No ___ |
| 7. Have you frequently felt unreal or as if things around you were unreal?   | Yes ___ No ___ |
| 8. Have you chronically felt empty?  | Yes ___ No ___ |
| 9. Have you often felt that you had no idea of who you are or that you have no identity?   | Yes ___ No ___ |
| 10. Have you made desperate efforts to avoid feeling abandoned or being abandoned (e.g., repeatedly called someone to reassure yourself that he or she still cared, begged them not to leave you, clung to them physically)? | Yes ___ No ___ |

STRUCTURED CLINICAL INTERVIEW FOR  
DSM-5® PERSONALITY DISORDERS

SCID-5-PD

INTERVIEW

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# What are the key components : 3 key areas

- ▶ **Affect** (mood dysregulation)
- ▶ **Identity**
- ▶ **Relationships**

Project **AIR**

# Symptoms of BPD: Distorted feelings , thoughts and behavior

Emotion Dysregulation	Cognitive Dysregulation	Self Dysregulation	Interpersonal Dysregulation	Behavioural Dysregulation
Affective instability	Paranoid ideation	Unstable sense of self	Chaotic relationships	Impulsivity
Disproportionate anger <sup>1</sup>	Transient psychotic symptoms and dissociation	Disturbed sense of identity	Fear of abandonment	Parasuicidal behaviours
		Emptiness		

(Spectrum)

BPD	Complex PTSD	MDD	BPAD
Pervasive	Can be stable over time	Episodic	Episodic
Trauma not core feature	<b>Trauma core feature (repeated and prolonged, escape not possible)</b>	Trauma not core feature	Trauma not core feature
<b>Fear of abandonment and rejection</b>	Not core feature	Not core feature	Not core feature
Heightened physiological reactivity when exposed to scripts highlighting themes of abandonment	Peak physiological reactivity when exposed to scripts of traumatic events	Major mood changes during the episodes	Major mood changes during the episodes
<b>Idealisation and devaluation of others</b>	Not core feature	Not core feature	Not core feature
Overlapping symptoms with PTSD	<b>Disturbance in self regulation</b>	Not core feature	Not core feature

# Formulation

- ▶ Why
- ▶ How
- ▶ What are the components





# Formulation

- ▶ **Descriptive : What happened?**
  - ▶ **Cross sectional picture:** psychological distress
  - ▶ **Longitudinal picture:** mood, identify , relationship difficulties
- ▶ **Etiological: Why did it happen?**
  - ▶ **Vulnerabilities** : genetic , brain abnormalities attachment difficulties (biparental neglect), trauma
  - ▶ **Link** : evidence base
- ▶ **Treatment-prognostic : What can be done about it and how?**

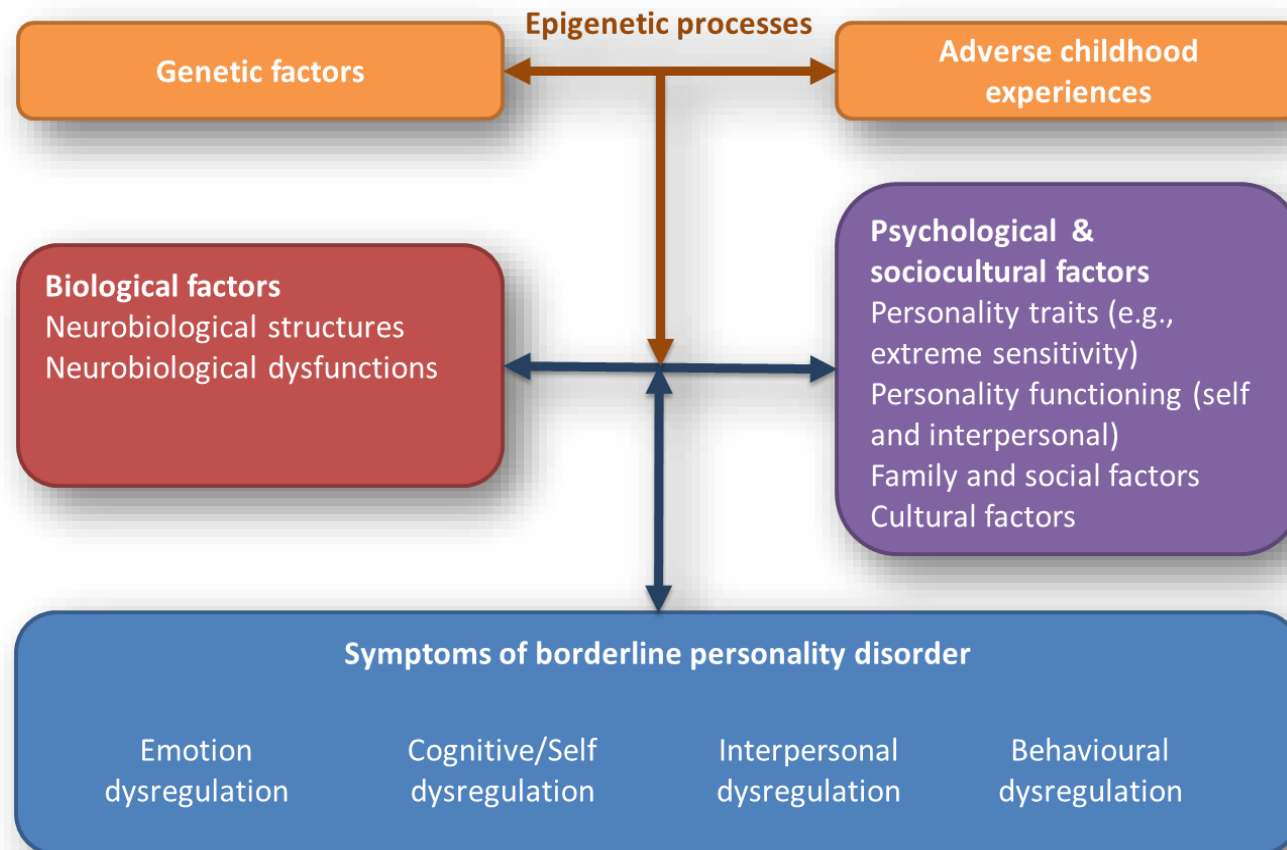
# Vulnerabilities/predisposing factors

- ▶ **Psychological vulnerabilities**

- ▶ Attachment e.g. : insecure anxious attachment style .  
Preoccupied , cry out loud for help , the caregiver was inconsistent

- ▶ **Biological vulnerabilities** 40-60%

# Relationship between biological and environmental factors



# Epistemic trust in the context of attachment relationships

## Core vulnerability

(Recent extensions of mentalization theory have included this hypothesis)

- ▶ Reduced capacity for epistemic trust in the context of attachment relationships may represent a core vulnerability for the development of borderline personality disorder (BPD).

# References

- ▶ Gunderson JG, Singer MT. Defining borderline patients: an overview. The American Journal of Psychiatry. 1975 Jan.
- ▶ Spectrum - Spectrum Personality Disorder Service for Victoria ([spectrumbpd.com.au](http://spectrumbpd.com.au)) (state-wide service)
- ▶ Resources - University of Wollongong – UOW
- ▶ Clinical Practice Guideline - Borderline Personality Disorder | NHMRC (The clinical practice guidelines for clinicians)