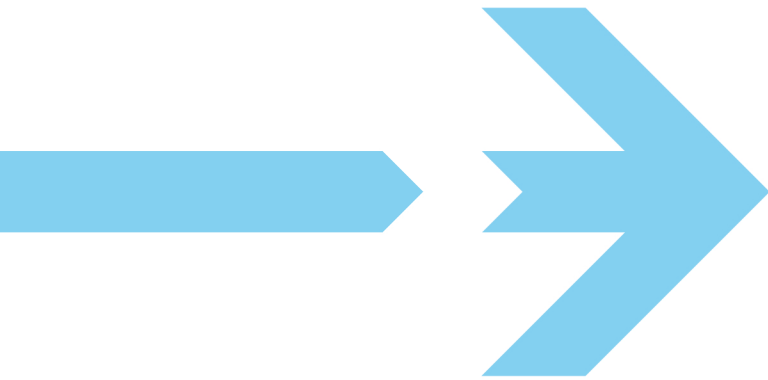


What is Borderline Personality Disorder?

People with borderline personality disorder are impulsive, prone to mood swings and erratic behaviours. They are also easily depressed and tend to class things in black and white terms. The central feature of BPD is instability, afflicting patients with mood swings, troubled relationships, frequent self-harm, and a rollercoaster emotional life.



BPDWORLD



Where to find us

Visit our website www.bpdworld.org for information, advice and support

Helpline: 0870 005 3273
Talk to an understanding volunteer

Info line: 0870 005 6787

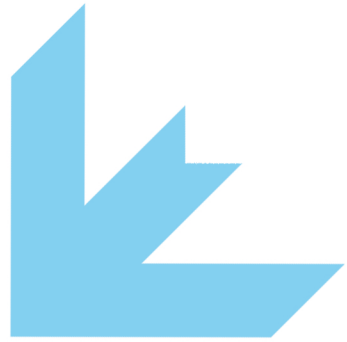
Causes of BPD

There are many suggested causes of borderline personality disorder, but no definite answer. We would say this disorder is caused by child abuse and neglect. Others would suggest it is an abnormality of the brain.



WWW.BPDWORLD.ORG
BPDWORLD
Providing Information, Advice & Support to
those affected by Personality Disorder
0870 005 6787





What *effects* may this have on your day to day life?

- Poor impulse control (spending, reckless driving)
- Relationship difficulties (abandonment, stalking behaviour, possessiveness, jealousy)
- Bouts of depression, psychosis, self-harm and suicidal thoughts or intentions
- Paranoia
- Drink / drug addictions
- Mood swings (either very high in mood or very low)
- Confusion
- Uncontrollable anger
- No real sense of self, sexuality confusion, out of body experiences
- Black and white thinking (wonderful / terrible – love / hate)



Diagnostic Criteria

A persuasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicate by five (or more) of the following:

- Frantic efforts to avoid real or imagined abandonment
- A pattern of unstable and intense interpersonal relationships characterised by alternating between extremes of idealisation and devaluation
- Identity disturbance markedly and persistently unstable self-image or sense of self
- Impulsivity in at least two areas that are potentially self-damaging (e.g. spending, sex, substance abuse, reckless driving, binge eating)
- Recurrent suicidal behaviour, gestures, or threats, or self mutilating behaviour
- Affective instability due to a marked reactivity of mood (e.g. intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
- Chronic feelings of emptiness
- Inappropriate, intense anger or difficulty controlling anger (e.g. frequent displays of temper, constant anger, recurrent physical fights)
- Transient, stress-related paranoid ideation or severe dissociative symptoms



Treatment for BPD

Psychotherapy is the most common treatment for BPD, but there are also some pharmaceutical approaches to control the symptoms, as well as the use of techniques developed for post-traumatic stress disorder (PTSD), and more recently, dialectical behaviour therapy (DBT). DBT has shown the highest success rate but this is hardly surprising due to it being designed specifically for those with this diagnoses.

The Facts

- Borderline personality disorder is the most commonly diagnosed personality disorder
- It is estimated that between 2-3% of the general population are affected
- 75% of people diagnosed with BPD are female
- People diagnosed with BPD will often also have other psychiatric diagnoses
- Between 40-71% of BPD patients report having been sexually abused, usually by a non-caregiver
- One in ten people with BPD will commit suicide