

## **How is BPD diagnosed?**

The diagnosis is made based on the person's lifelong mental health history and with reference to DSM IV criteria.

The client will usually be well known to the clinician and will have a good working relationship.

Tentative discussions will introduce BPD criteria to the client – DBT (The Endeavour Programme) Information Leaflet can be used to assist exploring this diagnosis with the client.

Formal assessment instruments can be administered by a clinical psychologist which can lend further support to the diagnosis. These assessments are usually self-report measures such as:

- Borderline Symptom Checklist 23
- Personality assessments such as the Millon Clinical Multi-axial Inventory III or
- Structured clinical interview such as the SCID II (Structured Clinical Interview for DSM IV-Axis II)