

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 ___