

Borderline Personality Disorder



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Those with Borderline Personality Disorder (BPD) can feel their emotions intensely and for long periods of time. It can be harder for them to return to a baseline after an event that has been triggering. People with BPD feel emotions intensely and for long periods of time. About 1.6% of the US population has BPD, but there may be many more undiagnosed cases.

What are the symptoms?

Signs of BPD include,

- Frantic efforts to avoid being abandoned by friends and family
- Unstable relationships.
- Unstable sense of self
- Not thinking decisions through
- Suicidal and self-harming behavior
- Depression
- Feeling irritable, or anxious for a few hours or days.
- Feeling boredom or emptiness often
- Intense or uncontrollable anger—sometimes followed by guilt
- Dissociative feelings, or when an individual disconnects from their thoughts or identity. Having an “out of body” experience.

What are the causes?

Many factors can cause BPD. Some of these are:

- **Genetics:** BPD can run in families.
- **Traumatic Life Events** such as childhood abuse, neglect or separation may be at an increased risk for BPD.
- **Brain Function:** Some parts of the brain and amount of chemicals in the brain are different for those with BPD.

Diagnosis

There is no single medical test to diagnose BPD, and a diagnosis is not based on one sign. BPD is diagnosed by a mental health professional following an extensive evaluation and interview with previous doctors, friends, and family. To be diagnosed, a person must have at least 5 of the BPD signs listed above.

Treatment

People with BPD are often supported with a combination of treatments. Some of these treatments may include:

- **Medications** such as mood stabilizers, anti-psychotics, anti-depressants, and anti-anxiety medications.
- **Therapy** such as Psychotherapy, Dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT) and metallization-based therapy (MBT)
- **Peer and Family Support**
- **Short term hospitalization**, may be necessary to ensure safety.

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