

MacLean Screening Instrument for BPD

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____

A score of 7 or higher in the MacLean Screening Instrument is a useful BPD cutoff (Indicative of BPD) with 81% sensitivity and 89% specificity. Recent literature by Zimmerman & Balling (2021) suggest a slightly lower cutoff score of 5 or 6 for 90% sensitivity.