

Borderline Personality Disorder

Borderline personality disorder (BPD) is a psychiatric condition characterized by instabilities in personal relationships, self-image, and behavior. It impacts the way a person thinks and feels and can create problems in everyday life. Borderline personality disorder typically begins by early adulthood and may gradually get better with age.



Signs & Symptoms

Individuals diagnosed with borderline personality disorder have a deep fear of abandonment or instability and may have trouble being alone. Inappropriate anger, impulsiveness and frequent mood swings are also common symptoms. Someone with a borderline personality disorder may have:

- An intense fear of abandonment
- Patterns of unstable relationships
- Intense, long-lasting mood swings
- Loss of contact with reality
- Long periods of stress-paranoia

Causes & Risk Factors

The cause of BPD is unknown but have been shown to develop from genetics, and environmental factors such as child abuse or neglect. Risk factors can include:

- Social stress
- Hereditary predisposition
- Separation from parent or caregiver at a young age

Diagnosis & Treatment

Diagnosis of BPD consists of a detailed interview with the patient's physician that discusses signs and symptoms, psychological evaluation, and medical history. A diagnosis of borderline personality disorder is usually made in younger adults because the signs and symptoms of BPD may go away as children get older and become more emotionally mature. Treatment plans typically include only psychotherapy, but occasionally medication may be used if a medical professional deems it necessary. There are many types of psychotherapy that have been found to be effective such as dialectical behavior therapy, schema-focused therapy, and mentalization-based therapy.

Source – Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder>