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___