

Scoring Borderline Symptom List – Short Form (BSL-23)

10.09.2023

Sum:	36
Mean:	1.6
Percentile Rank*:	31
Global Well-being:	70 %

0 not at all, 1 a little, 2 rather, 3 much, 4 very strong

N = 560 Patients with Borderline Personality Disorder

* The BSL-23 values were calculated from the BSL-95, so they have to be regarded as preliminary. As soon as the sample of original BSL-23 assessments is available in adequate size, they will be replaced

Please follow these instructions when answering the questionnaire: In the following table you will find a set of difficulties and problems which possibly describe you. Please work through the questionnaire and decide how much you suffered from each problem in the course of the last week. In case you have no feelings at all at the present moment, please answer according to how you *think you might have felt*. Please answer honestly. **All questions refer to the last week. If you felt different ways at different times in the week, give a rating for how things were for you on average.**
Please be sure to answer each question.

In the course of last week ...

It was hard for me to concentrate	a little
I felt helpless	much
I was absent-minded and unable to remember what I was actually doing	very strong
I felt disgust	not at all
I thought of hurting myself	rather
I didn't trust other people	very strong
I didn't believe in my right to live	rather
I was lonely	much
I experienced stressful inner tension	not at all
I had images that I was very much afraid of	very strong
I hated myself	not at all
I wanted to punish myself	a little
I suffered from shame	rather

In the course of last week ...

My mood rapidly cycled in terms of anxiety, anger, and depression	rather
I suffered from voices and noises from inside or outside my head	a little
Criticism had a devastating effect on me	a little
I felt vulnerable	rather
The idea of death had a certain fascination for me	a little
Everything seemed senseless to me	not at all
I was afraid of losing control	not at all
I felt disgusted by myself	much
I felt as if I was far away from myself	not at all
I felt worthless	not at all

Now we would like to know in addition the quality of your **overall** personal state in the course of the last week. 0 % means **absolutely down**, 100 % means **excellent**. Please check the percentage which comes closest.

70 %

(very bad)

(excellent)

BSL - Supplement: Items for Assessing Behavior

During the last week ...

I hurt myself by cutting, burning, strangling, headbanging etc.	Not at all
I told other people that I was going to kill myself	Not at all
I tried to commit suicide	4-6 times
I had episodes of binge eating	Daily or more often
I induced vomiting	Not at all
I displayed high-risk behavior by knowingly driving too fast, running around on the roofs of high buildings, balancing on bridges, etc.	4-6 times
I got drunk	4-6 times
I took drugs	2-3 times
I took medication that had not been prescribed or if had been prescribed, I took more than the prescribed dose	once
I had outbreaks of uncontrolled anger or physically attacked others	4-6 times
I had uncontrollable sexual encounters of which I was later ashamed or which made me angry.	4-6 times