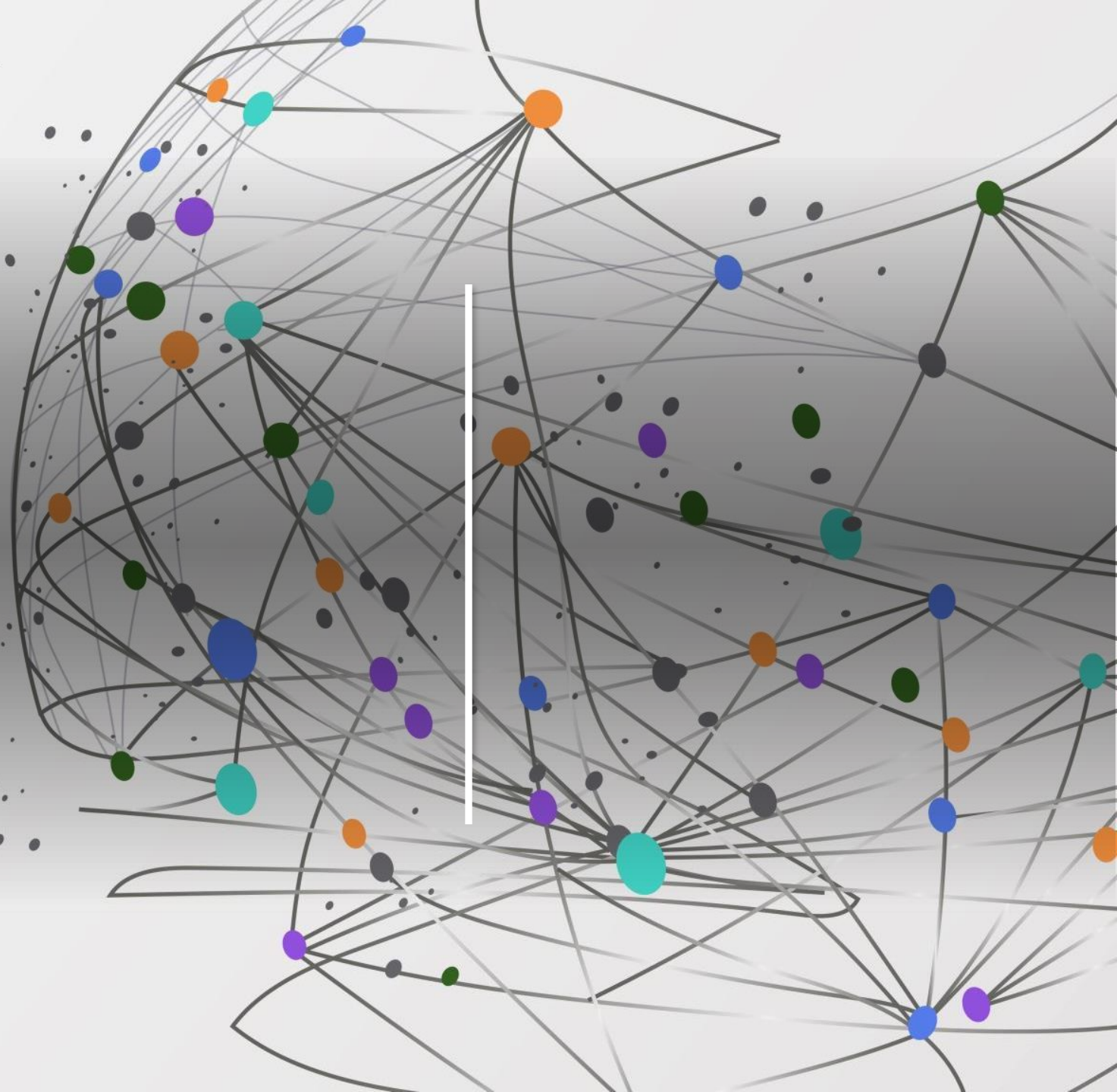
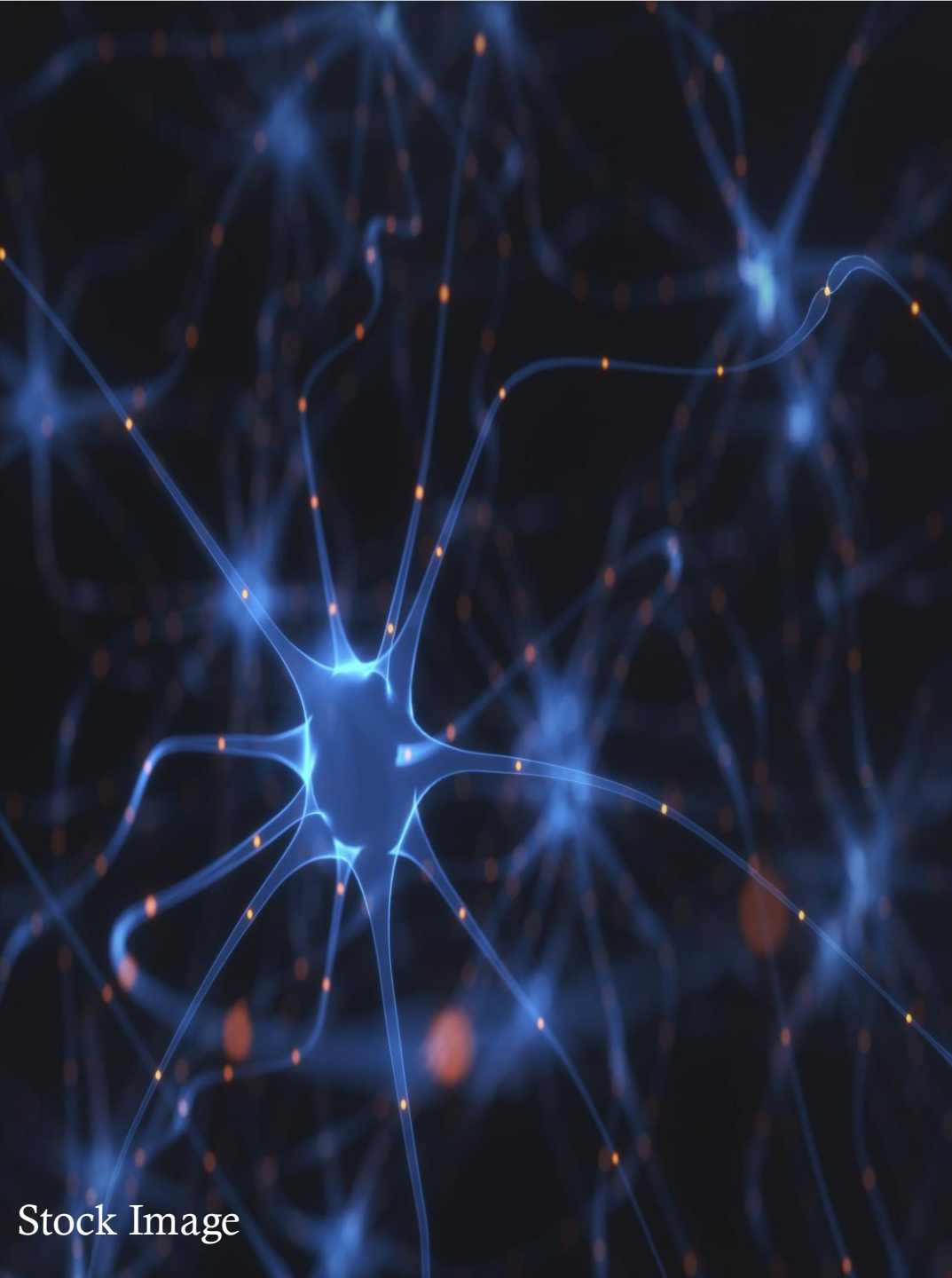

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

SYMPTOMS OF BORDERLINE PERSONALITY DISORDER

By Georgia Shelton



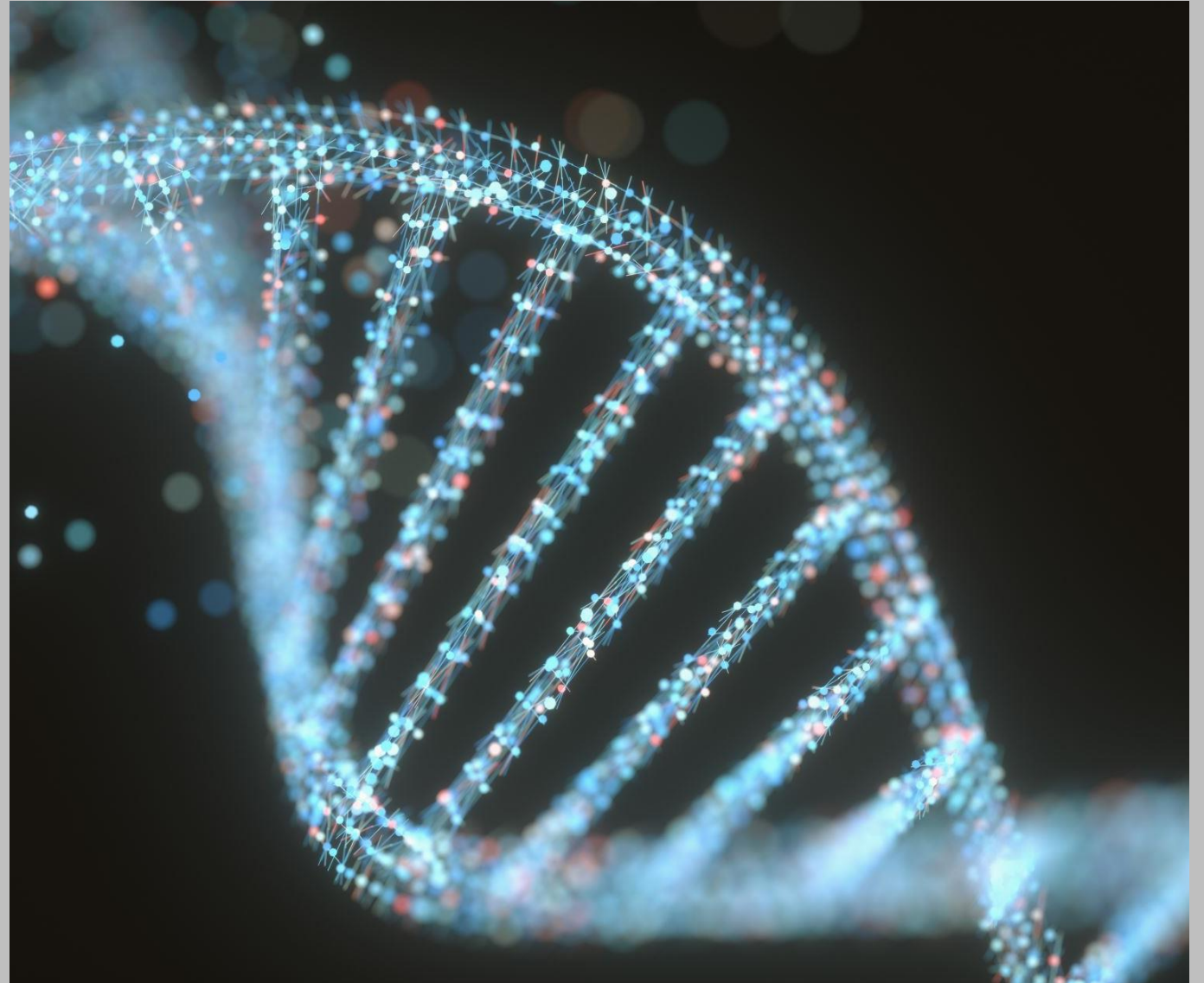


DIAGNOSIS REQUIREMENTS

- Symptoms are normally present by early adulthood (Leichsenring et al., 2024) but can start to show in early adolescence (American Psychiatric Association, 2024).
- The DSM 5 (American Psychiatric Association, 2022) requires that a person shows at least 5 of the nine symptoms of borderline personality disorder to be diagnosed (American Psychiatric Association, 2024).
- Each of the nine symptoms come under one of 3 categories these being self-identity disturbance, emotion deregulation and interpersonal problems (Mendez-Miller et al., 2022).

SYMPTOMS:

- Unstable and intense relationships (American Psychiatric Association, 2024).
- Feeling suicidal and Self-injury (Maasss, 2019).
- Go to extreme efforts to stop someone they love from leaving them (Leichsenring et al., 2011).
- Impulsive and risky behaviour can also be present normally experiencing two areas of behaviour that can cause damage to themselves (Leichsenring et al., 2024).
- This can be where individuals are more likely to get involved in dangerous activities and can be involved in substance abuse. For example, taking drugs (American Psychiatric Association, 2024).



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SYMPTOMS:

- Self-Image Issues (Maass, 2019).
 - High levels of sadness and anxiety that normally only last for a few hours and not normally for days.
 - They can experience emptiness which is feeling that they have not got any purpose in life (American Psychiatric Association, 2024).
 - High levels of anger
 - Thoughts that create stress and paranoia in their lives
 - Experience dissociation, which is the feeling of not feeling like they are real (American Psychiatric Association, 2024).
-

EFFECTS ON DAILY LIFE

As individuals with BPD struggle to regulate and handle their changing emotions it can be difficult to handle their daily tasks and life (Napolitano et al., 2021).

In comparison to someone living without a mental illness, individuals with BPD tend to show higher levels of emotional instability whereas people without BPD tend to have more regulated emotions (Houben et al., 2016).

People living with BPD find it hard to keep their emotions regulated (American Psychiatric Association, 2024).

Due to them having mood swings that they find hard to manage this creates strains in relationships and can cause stress in them and their loved one's daily lives (American Psychiatric Association, 2024).

EFFECTS ON DAILY LIFE

- Healthcare staff have sometimes been seen as giving someone with BPD negative reactions, which therefore can cause damaging affects to the individual who is diagnosed (Tedesco et al., 2023).
- This then can also lead to individuals' diagnosis's being missed or becoming diagnosed with something else such as depression or ADHD (Tedesco et al., 2023).
- Although there is still stigma there has been massive improvements in recent times, has seen earlier diagnosis of borderline personality disorder which therefore helps individuals (Tedesco et al., 2023).
- It is quite common in people with BPD to have other mental health problems such as eating disorders (Mendez-Miller et al., 2022).



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CONCLUSION

Overall, people living with borderline personality disorder experience a lot of different symptoms that can affect their daily lives and relationships (American Psychiatric Association, 2024). As discussed previously, the DSM 5 (American Psychiatric Association, 2022), requires anyone being diagnosed with BPD to display at least 5 of the 9 symptoms. Relationships can be impacted as people with borderline personality disorder tend to have the fear that someone they love is going to leave them causing strain in relationships (Maass, 2019). So, to conclude, BPD is a complex mental illness causing many symptoms in someone diagnosed with the disorder.

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