

IDESPAIRR: A Mnemonic for Diagnosing BPD	
DSM-5 Criteria	Suggested Diagnostic Questions
I Identity disturbance	“Do you have a sense of where you’re going in life?”
D Disordered mood	“Do you find that your mood changes a lot in the course of the day?”
E Emptiness	“Do you feel empty inside, as if there’s nothing there?”
S Suicidality	“Have you ever thought of suicide, and have you made an attempt?”
P Paranoia	“Do you feel when you’re outside that strangers are looking at you, commenting on you, and probably criticizing you?”
A Abandonment intolerance	“When you start a relationship, do you feel that you’re going to be dumped from day one?”
I Impulsivity	“Have you engaged in reckless behavior involving money, sex, driving, drugs or alcohol, or eating?”
R Rage	“Would people describe you as having a short temper?” “Do you lose control when you get mad?”
R Relationship problems	“What happens to you in a close relationship?”

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