
FEUP
Healthy Minds

You deserve it



Contacts

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Psychological support by appointment:

Mondays to Fridays, from 9:30 to 15:30

ORIENTATION AND INTEGRATION OFFICE

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Borderline Personality Disorder (BPD)



Borderline Personality Disorder (BPD) is the most known among personality disorders and is a disorder of mood and how a person interacts with others.

Generally, someone with BPD differs significantly from some people in the way they think, understand, feel or relate with others.

Symptoms

BPD symptoms can be broadly grouped into **4 main areas**:

- **Emotional instability** (the psychological term for this is "affective dysregulation")
- **Disturbed patterns of thinking or perception** (cognitive distortions or perceptual distortions)
- **Impulsive behaviour**
- **Intense but unstable relationships with others**

BPD symptoms can go from light to **severe** and usually emerge in **adolescence**, persisting in **adulthood**.

BPD **causes are not clear** and seem to result from a **combination** of **genetics** and **environmental factors**. People with BPD come from different backgrounds, but most of them may have experienced some sort of **trauma** or **childhood neglect**.

Comorbidities

Many people with BPD have other mental health conditions or behavioral associated problems, such as:

- **Alcohol or drug use**
- **General Anxiety Disorder**
- **Bipolar Disorder**
- **Depression**
- **Eating Disorders** (e.g. anorexia or bulimia)
- **Other personality disorder** (e.g. Antisocial Personality Disorder)

BPD can be a severe condition and many people in this case may manifest self-harm behaviors or attempt suicide.

If you believe you are experiencing BPD symptoms **speak to a Professional** (Psychiatrist, Psychologist, General Practitioner), as **many people with this condition benefit from medical and/or psychological treatment**.

Such professionals may ask you about how you feel, your recent behavior and about the impact your symptoms have on your life quality.

