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The Magnification of "Personality" in Borderline Personality Disorder

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Introduction

Borderline Personality Disorder (BPD) is clinically defined as a pervasive pattern of instability in interpersonal relationships, self-image, and affects, and marked impulsivity, beginning by early adulthood (5th ed.; DSM–5; American Psychiatric Association, 2013). An estimated prevalence of BPD is 1.6% among the general population with women consisting of 75% and does not include those misdiagnosed and overdiagnosed (Chapman et al., 2021). Due to the current stigmatization, the actual prevalence cannot be known despite research findings of no gender differences in BPD (Sansone & Sansone, 2011). Society has attributed many negativities to the disorder and those diagnosed or with symptoms alone as it is possible for people to experience behaviors of BPD without having a diagnosis. However, there are many positives of having BPD such as being more open minded and having higher academic success. Society needs to promote such ideas instead of spreading harmful biases towards people with BPD to help end the stigmatization. Is Borderline Personality Disorder truly a disorder of personality or is it just a different personality? This project will be used to assess the relationship between individual constructs of borderline personality disorder r and positive and/or desirable traits and behaviors as well as assessing the prevalence of BPD behaviors among college students.

Empirical Question

What behaviors associated with borderline personality disorder are the most prevalent among college-aged students?

PROPOSED METHOD

Participants

We will solicit adults 18 years of age or older to participate. The sampling frame will be list-serves and emails. To obtain more participants, we will solicit through social media accounts and not exclude those from outside the Pacific University community. We anticipate a total sample of 100 participants, with 68 percent female and 32 percent male, consistent with the demographic population of college students at Pacific University.

Materials

The materials for this study include a standard demographic measure as well as the following published, cited measures:

Sensation-Seeking Scale (SSS-V) assesses sensation-seeking tendencies and impulsivity on a 40-item dichotomous option questionnaire (Zuckerman, 1994).

State Self-Esteem Scale (SSES) assesses different components of self-esteem and feelings regarding self-image on a 20-item self-report 5-point Likert agreement scale (Heatherton & Polivy, 1991).

Social and Personal Identities Scales (SIPI) assesses sense of self and feelings regarding self-image on a 16-item self-report 9-point Likert-like agreement scale (Nario-Redmond et al., 2004).

Functional Idiographic Assessment Template – Q (FIAT-Q) assesses self-identity on an 111-item self-report 6-point Like-like scale (Darrow et al., 2014).

Trait Emotional Intelligence Questionnaire Short Form (TEIQ-SF) assesses emotional awareness and intelligence on a 30-item self-report 7-point Likert-like agreement scale (Petrides, 2009).

NEO Five-Factor Inventory (NEO-FFI) assesses the Big-5 personality traits: (N) Neuroticism, (E) Extraversion, (O) Openness to Experience, (A) Agreeableness, and (C) Conscientiousness on a 60-item self-report 5-point Likert agreement scale (Costa & McCrae, 1992).

McLean Screening Instrument for Borderline Personality Disorder (MSI-BPD) is a 10-point dichotomous yes/no self-report screening instrument for measuring borderline personality disorder (BPD) (Zanarini et al., 2003).

From the demographic survey data, sampling frames will develop based on certain criteria categories from the survey. Appropriate statistical analyses will be completed using the Statistical Package for the Social Sciences (SPSS) version 28.0.

PROPOSED RESULTS

In order to assess the relationship between individual constructs of borderline personality disorder and positive and/or desirable traits and behaviors, we will conduct a Pearson's r correlation across the scores from each measure as well as convergent measures and the total scores from the MSI-BPD and use Cronbach's alpha to measure internal consistency of the NEO-FFI.. Results conducted from these five construct measures will be used in comparison to demographic variables. We will use the total scores from McLean's Screening Instrument for BPD and NEO Five-Factor Theory Inventory results in comparison to these demographic variables as well as GPA.

Conclusion

Our anticipated results are that the scores from the individual construct measures will be consistent with a high prevalence of certain behaviors associated with borderline personality disorder among college students. The goal of the anticipated results is to demonstrate the need for the reframing of BPD as well as behaviors associated in a positive way. Also, we hope to convey that it is possible to have symptoms associated with borderline personality disorder without necessarily having the disorder and to not let this deter people in any way. Additionally, we hope that our anticipated results will encourage and empower those with this disorder to adapt a positive mindset while aiding in the termination of the harmful stigmatization of BPD.

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