Assessment powered by NovoPsych

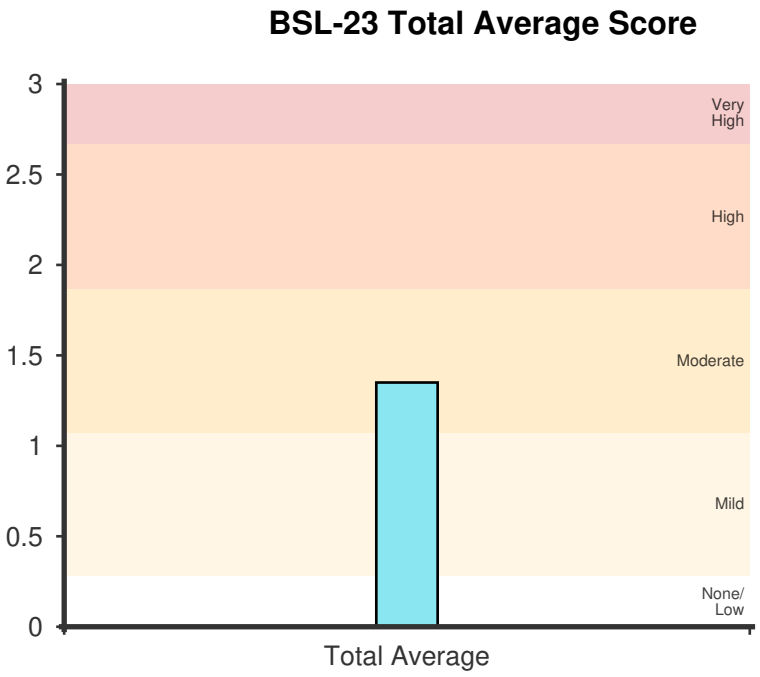
Borderline Symptom List (BSL-23)

Client Name	Generic Client	*Date administered*	4 Dec 2025
Date of birth (age)	1 Jan 1999 (26)	*Time taken*	2 min 39s
Assessor	Dr Emerson Bartholomew		

Results

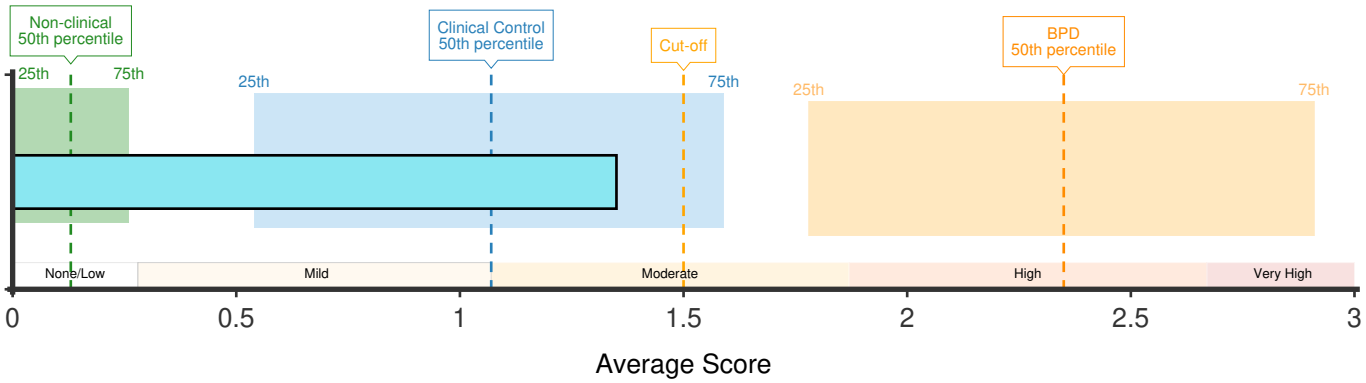
	Average (0-4)	Non-Clinical Percentile	BPD Percentile	Descriptor	Above Cutoff?
Score	1.35	99.9	12.4	Moderate	No

The respondent indicated risk of self-harm. It is recommended to follow suicide risk assessment protocols to determine the nature, severity, and immediacy of the risk.



Client Name	Generic Client

BSL-23 Total Average Score in Comparison to Non-clinical, Clinical Control, and BPD Distributions



Interpretation

The Borderline Symptom List (BSL-23) was administered on 4 December 2025. The client obtained a total average score of 1.35 out of a possible 4.00. This score falls below the clinical screening threshold and is at the 99th percentile compared to a non-clinical sample and the 12th percentile compared to individuals with diagnosed BPD. This indicates moderate borderline-typical symptoms. The client reports notable difficulties across multiple symptom areas characteristic of borderline presentations. These include concentration difficulties *(item 1)*, helplessness *(item 2)*, absent-mindedness *(item 3)*, and inner tension *(item 9)*. While this level indicates that symptom burden is present, some individuals scoring in this range may not meet full diagnostic criteria for BPD.

Risk of Self-harm or Suicide

The respondent indicated risk of self-harm or suicide based upon the following items:
- *5. I thought of hurting myself (A little)*
- *12. I wanted to punish myself (A little)*

It is recommended to follow suicide risk assessment protocols to determine the nature, severity, and immediacy of the risk.

The client rated their overall wellbeing over the past week as 30%. This reflects poor subjective wellbeing, suggesting the client is experiencing considerable distress that is likely impacting their daily functioning.

Scoring and Interpretation Information

The average score of items (range 0 to 4) is calculated, with a higher score indicating greater impairment. The total average score is computed by summing responses to all 23 items and dividing by 23. Scores can be calculated for respondents who complete at least 21 of the 23 items.

Six grades of symptom severity were defined by Kleindienst et al. (2020) based upon the distribution of scores in a large calibration sample of individuals with BPD (n = 241). The severity categories are based on standard deviation units from the mean score of the calibration sample:

Client Name	Generic Client

- None/Low: 0 - 0.27
- Mild: 0.28 - 1.06
- Moderate: 1.07 - 1.86
- High: 1.87 - 2.66
- Very High: 2.67 - 3.46
- Extremely High: 3.47 - 4

Scores of 1.50 or higher indicate responses consistent with BPD, with empirical data showing this cut-off score discriminates between BPD patients and individuals with other clinical psychopathology. A lower threshold of 0.64 provides optimal discrimination between individuals with BPD and healthy controls.

Three percentile comparisons are provided, comparing the respondent's score to: (1) a healthy control group (n = 356; no history of psychopathology), (2) a clinical control group (n = 176; individuals with Axis I disorders but no BPD diagnosis), and (3) a BPD group (n = 317; met DSM-5 diagnostic criteria for BPD) from Kleindienst et al. (2020). A percentile of 50 means the client has scored at the typical level compared with the comparative group.

An average score of 1.50 corresponds to a percentile of 17 compared to the BPD group and a percentile above 99 compared to the healthy control group, indicating this score is typical for someone with BPD but extreme compared to someone without a psychiatric diagnosis.

There is an additional question (Item 24) that provides an indication of the client's perspective on their overall wellbeing, but it is not included in the overall score. The rating on this last question (from 0 to 100) is strongly correlated with specific indicators of wellbeing for BPD patients, including self-perception, affect regulation, self-destruction, dysphoria, loneliness, intrusions, and hostility (Bohus et al., 2007).

On first administration, a bar graph displays the total average score with severity range bands for reference. A comparison graph is also presented showing the respondent's score relative to the BPD diagnosed group, the clinical control group, and those without any psychiatric diagnosis. On multiple administrations, a line graph tracks the total average score over time to visualise changes in symptom severity.

Client Responses

		Not at all	A little	Rather	Much	Very strong
1	It was hard for me to concentrate	**0**	**1**	**2**	**3**	**4**
2	I felt helpless	**0**	**1**	**2**	**3**	**4**
3	I was absent-minded and unable to remember what I was actually doing	**0**	**1**	**2**	**3**	**4**

Client Name	Generic Client

Client Responses (cont.)

		Not at all	A little	Rather	Much	Very strong
4	I felt disgust	0	1	**2**	3	4
5	I thought of hurting myself	0	**1**	2	3	4
6	I didn't trust other people	**0**	1	2	3	4
7	I didn't believe in my right to live	**0**	1	2	3	4
8	I was lonely	**0**	1	2	3	4
9	I experienced stressful inner tension	0	1	2	**3**	4
10	I had images that I was very much afraid of	**0**	1	2	3	4
11	I hated myself	0	**1**	2	3	4
12	I wanted to punish myself	0	**1**	2	3	4
13	I suffered from shame	0	**1**	2	3	4
14	My mood rapidly cycled in terms of anxiety, anger, and depression	0	1	2	**3**	4
15	I suffered from voices and noises from inside and/or outside my head	**0**	1	2	3	4
16	Criticism had a devastating effect on me	**0**	1	2	3	4
17	I felt vulnerable	**0**	1	2	3	4
18	The idea of death had a certain fascination for me	**0**	1	2	3	4
19	Everything seemed senseless to me	0	**1**	2	3	4
20	I was afraid of losing control	0	**1**	2	3	4
21	I felt disgusted by myself	0	**1**	2	3	4
22	I felt as if I was far away from myself	0	1	2	**3**	4

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Client Name	Generic Client

Client Responses (cont.)

		Not at all	A little	Rather	Much	Very strong
23	I felt worthless	0	1	2	3	4

		Very Bad 0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100% Excellent
24	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.	0	10	20	30	40	50	60	70	80	90	100