

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates

Scenario

Rhona Anderson is a 28-year-old woman who has been referred for assessment by her GP. She had presented to her GP expressing suicidal ideation.

She has an extensive psychiatric history, with numerous admissions, and minor self-harm.

Instructions

Take a history of symptoms of emotionally unstable personality disorder, borderline type. Do not inquire into early life experiences.

**PLEASE REMEMBER TO HAND YOUR IDENTITY LABEL TO THE
EXAMINER**

Station Number

AFFIX CANDIDATE
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History Taking: Borderline Personality Disorder

CANDIDATE No:.....

Instructions for Patients

Answer questions based on the following scenario.

Do not volunteer information unless asked.

This station tests the candidate's ability to take a history from a patient.

You are Rhona Anderson, a 28-year-old single woman.

Key Attributes

You are upset, anxious, and agitated. You are emotional throughout the interview, ranging from anger to tearfulness. You find it difficult to sit still, and are prone to extreme displays of emotion.

Key Dialogue

Presenting Problem

You phoned your GP because you were going to kill yourself. Your boyfriend had been drinking again, and had come back late from a party. You were upset and an argument developed. You said that you would take an overdose, and he told you that he didn't care. You erupted, throwing ornaments at him, and you smashed a vase. You stormed upstairs and started gathering tablets. You thought that you wanted "out", and called your GP.

Current symptoms

You feel very down and want to die. You felt okay yesterday, and had a good day at the weekend. Your mood has been up and down, but hasn't been low persistently. You have been sleeping okay, and your appetite has been the same as usual – it tends to vary. You have been able to enjoy yourself up until the last day or so, when you have been arguing with your boyfriend.

Current circumstances

You live with your boyfriend of seven months. You have quite a turbulent relationship, and argue frequently. You work in a local clothes shop, where you are assistant manager. You get on well with your colleagues and enjoy your job.

Personal/ Past History

- You remember your mood as always being up and down. You often find your mood goes right down after something bad happens in your life.
- You often feel "empty" and without feeling. You find yourself feeling "bored" a lot of the time. Life often seems pointless. You hate this feeling.

- You have always tended to act quite impulsively/ “on the spur of the moment”. You often spend a lot of money on clothes to cheer yourself up.
- You have a “temper on you” and you sometimes “go beserk” and smash things up, especially when there are problems in your relationships. You can’t control yourself and just “see red”. It’s like you are watching it on television, and you feel “cut-off”. It’s like “being a zombie”
- You have lost count of previous relationships. You tend to go “full on” when you meet someone, but it often doesn’t work out. Your relationships are intense sexually, but frequently end up in arguments. You have had a number of violent relationships. Your longest relationship was 2 years, although most last a few months.
- You hate being alone, and find it difficult to not be in a relationship. You think that sometimes you end up in a new relationship “on the rebound”. When the relationship is breaking down, you will often “do anything” to stop it falling apart.
- You sometimes feel that other people are against you and talking about you behind your back, often out of spite. You don’t believe this at the current time, but you are distrustful of people.

- You have had a number of previous jobs. You have done lots of different things, but your current job is your longest (14 months). You often fall out with your boss, or just “get bored” and can’t be bothered going in. You have been fired from a couple of jobs for poor attendance.

Past psychiatric history

- You have been admitted about six times in the last three years. You become “suicidal” when your relationships break down. You have taken three overdoses before (Paracetamol), which were impulsive. You were drunk on two of those occasions. You took about 16 tablets because that’s how many were in the packets.

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History Taking: Borderline Personality Disorder

CANDIDATE No:.....

Instructions for Examiners

***REMEMBER TO ASK THE STUDENT FOR THEIR IDENTITY LABEL AND
AFFIX IT TO THE TOP OF THE MARK SHEET.***

This station tests the following areas:

1. Knowledge of the symptoms of borderline personality disorder.
2. Ability to take a history of symptoms of borderline personality disorder.
3. Skills in relating to someone in distress.

Station Number

Examiner's Name:

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AFFIX CANDIDATE
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CANDIDATE No:.....

History Taking: Borderline Personality Disorder

Marking Sheet

Please circle the appropriate mark for each criterion. The standard expected is that of a psychiatric Senior House Officer.

Criterion	Performed competently	Performed, but not fully competent	Not performed		
Approach to the patient – Rapport, empathy, and style	2	1	0		
Symptoms of emotionally-unstable personality disorder, impulsive type (one point for each, up to a maximum of 5):					
• Unpredictability (acts without thinking)	1	½	0		
• Quarrelsome (conflicts with others)	1	½	0		
• Explosivity (outbursts of anger or violence)	1	½	0		
• Desultory (changing goals frequently)	1	½	0		
• Unstable and capricious mood	1	½	0		
Symptoms of emotionally-unstable personality disorder, borderline type (one point for each, up to a maximum of 5):					
• Poor self-image	1	½	0		
• Relationship crisis (unstable & intense relationships)	1	½	0		
• Fear of abandonment	1	½	0		
• Self harm	1	½	0		
• Feelings of emptiness	1	½	0		
Symptoms of depression	2	1	0		
Other symptoms:					
• Paranoid symptoms	1	½	0		
• Dissociative symptoms	1	½	0		
Overall Approach to Task	4	3	2	1	0

Score (Max 20)

Overall Grading of station

Clear Pass

Borderline

Clear Fail