

Iowa Personality Disorder Screener

The questions listed below relate to your thoughts and feelings. If the way you have been in recent weeks or months differs from the way you usually are, please answer based on when you were your usual self.

YES NO

1a. Some people find their mood changes frequently - as if they spend every day on an emotional roller coaster. For example, they might switch from feeling angry to depressed to anxious many times a day. Does this sound like you?

1b. If YES, have you been this way most of your life?

2a. Some people prefer to be the center of attention, while others are content to remain on the edge of things. Would you describe yourself as preferring to be the center of attention?

2b. If YES, does it bother you when someone else is in the spotlight?

3a. Do you frequently insist on having what you want right now, even when waiting a little longer would get you something much better?

3b. Do you often get in trouble at work or with friends because you act excited at first but then lose interest in projects and don't follow through?

4. Do you find that most people will take advantage of you if you let them know too much about you?

5a. Do you generally feel nervous or anxious around people?

5b. Do you avoid situations where you have to meet new people?

YES NO

6a. Do you avoid getting to know people because you're worried they may not like you?

6b. If YES, has this affected the number of friends that you have?

YES NO

7a. Do you keep changing the way you present yourself to people because you don't know who you really are?

7b. Do you often feel like your beliefs change so much that you don't know what you really believe any more?

8. Do you often get angry or irritated because people don't recognize your special talents or achievements as much as they should?

9a. Do you often suspect that people you know may be trying to cheat or take advantage of you?

9b. If YES, do you worry about this a lot?

10. Do you tend to hold grudges or give people the silent treatment for days at a time?

11a. Do you get annoyed when friends or family complain about their problems?

11b. Do people complain that you're not very sympathetic to their problems?