

Example for calculation of the BSL-I Score

Item No.	Item Title	Symptom Frequency	Distress/ Intensity (R)	Behavioral Consequences	Impairment in daily life
		Dimension 1 (D1)	Dimension 2 (D2)	Dimension 3 (D3)	Dimension 4 (D4)
1	Aversive Inner Tension	2	3		
2	Mood Swings	3	3		
3	Emotional Numbness	1	2		
4	Shame & Guilt	3	4		
5	Self-Loathing or Self-Hatred	2	2		
6	Irritability & Anger	4	3	3	
7	Helplessness	3	4		
8	Dissociation	2	2		
9	Urge to Self-Harm	1	3	2	
10	Suicidal Thoughts	3	2	3	
11	Perceived Threat	2	2		
12	Loneliness	3	3		
13	Abandonment	1	4		
14	Identity: Coherence and Consistency	2	3		
15	Emptiness	4	2		
16	Judgment uncertainty	1	2		
17	Worthlessness	2	3		
18	Fear of Failure	1	3		
19	Negative Body-Self	3	3		
20	Difficulties with Trust	2	2		
21	Social Exclusion & Humiliation	0	4		
22	Alienation	2	1		
23	Intrusions and Flashbacks	2	2		
24	(Pseudo)-Hallucinations	1	1		
25	Behavior Control	2	1	3	
26	Hope and Confidence (R)	2	1		
27	Meaningfulness (R)	2	3		
28	Life Satisfaction (R)	1	2		
29	Joy or Happiness (R)	3	4		
30	Security and Comfort (R)	2	1		
Overall functioning item					
31	Impairment in daily life				
	Daily practical skills				3
	Social contacts				4
	Profession / Training / School				2
Dimension scores		$D1 = \frac{\sum_{i=1}^{30} I_i}{30}$ $D1 = \frac{65}{30} = 2.17$	$D2 = \frac{\sum_{i=1}^{30} I_i}{30}$ $D2 = \frac{79}{30} = 2.63$	$D3 = \frac{\sum_{i=1}^4 I_i}{4}$ $D3 = \frac{11}{4} = 2.75$	$D4 = \frac{\sum_{i=1}^3 I_i}{3}$ $D4 = \frac{9}{3} = 3$
Scale score		$M = \frac{\sum_{i=1}^4 D_i}{4} = \frac{2.17+2.63+2.75+3}{4} = \frac{10.55}{4} = 2.63 \text{ (very high)}$			

Calculation Sheet for the Borderline Symptom List – Interview (BSL-I) Score

Item No.	Item Title	Symptom Frequency	Distress/ Intensity (R)	Behavioral Consequences	Impairment in daily life	
		Dimension 1 (D1)	Dimension 2 (D2)	Dimension 3 (D3)	Dimension 4 (D4)	
1	Aversive Inner Tension					
2	Mood Swings					
3	Emotional Numbness					
4	Shame & Guilt					
5	Self-Loathing or Self-Hatred					
6	Irritability & Anger					
7	Helplessness					
8	Dissociation					
9	Urge to Self-Harm					
10	Suicidal Thoughts					
11	Perceived Threat					
12	Loneliness					
13	Abandonment					
14	Identity: Coherence and Consistency					
15	Emptiness					
16	Judgment uncertainty					
17	Worthlessness					
18	Fear of Failure					
19	Negative Body-Self					
20	Difficulties with Trust					
21	Social Exclusion & Humiliation					
22	Alienation					
23	Intrusions and Flashbacks					
24	(Pseudo)-Hallucinations					
25	Behavior Control					
26	Hope and Confidence (R)					
27	Meaningfulness (R)					
28	Life Satisfaction (R)					
29	Joy or Happiness (R)					
30	Security and Comfort (R)					
Overall functioning item						
31	Impairment in daily life					
	Daily practical skills					
	Social contacts					
	Profession / Training / School					
Dimension scores		$D1 = \frac{\quad}{30} =$	$D2 = \frac{\quad}{30} =$	$D3 = \frac{\quad}{4} =$	$D4 = \frac{\quad}{3} =$	
Scale score		$M = \frac{\sum_{i=1}^4 D_i}{4} = \frac{\quad}{4} =$				
Severity Degree	0 – 0.91 none/minimal	0.92 – 1.40 mild	1.41 – 1.89 moderate	1.90 – 2.38 high	2.39 – 2.87 Very high	2.88 - 4 Extremely high