

To be released with the upcoming antisocial, histrionic, narcissistic, and borderline workbook in 2015

Cluster B Client Assessment

When working with personality disorders, especially Cluster B clients, we know there is a high probability of treatment errors and misdiagnosis due to the complexity of symptom presentation. For example, approximately 40% of individuals with borderline personality were misdiagnosed as compared with only 10% of patients with other disorders (Ruggero, C.J., et al., 2010). If we cannot determine the true diagnosis, we end up with significant treatment difficulties. The worksheet below is designed to assist clinicians in better determining the Cluster B diagnosis.

The statements below are not limited to criteria but symptoms and behaviors that are highly indicative of four distinct, but at times overlapping, disorders.

Directions: Circle the time period(s) when the behavior presented itself. If it was never displayed, circle Never, if it was displayed in the past – meaning not currently, circle Past, and if it is a behavior currently being displayed, circle Present. See below on scoring.

1. Unsentimental or emotional in outlook	Never	Past	Present
2. Insensitive toward others	Never	Past	Present
3. Angry or distressed over minor separation or relationship stressor	Never	Past	Present
4. Tends to express or describe emotions as larger than they really are	Never	Past	Present
5. Tends to be shallow and insincere	Never	Past	Present
6. Engages in self-sabotaging behaviors	Never	Past	Present
7. Craves novelty and stimulation in situations and relationships	Never	Past	Present
8. Tends to do things suddenly and without careful thought	Never	Past	Present
9. Takes advantage of others to gain concern from caretakers	Never	Past	Present
10. Tends to see relationships as much more intimate than they actually are (and quickly – met someone yesterday, they are their new best friend)	Never	Past	Present
11. Lack of self-value or purpose	Never	Past	Present

12. Willing to look weak or fragile to gain attention	Never	Past	Present
13. Likes to win the attention or admiration of others, but does not have serious feelings for them	Never	Past	Present
14. Concerned only with what is obvious or apparent	Never	Past	Present
15. Short-term (i.e., hours) psychotic symptoms due to stressful emotional reaction	Never	Past	Present
16. Self-image is intact	Never	Past	Present
17. Move between dependency and emotional seductiveness/manipulation to control partner	Never	Past	Present
18. Excessive feeling of self-respect and deserving to be respected by other people for some achievement	Never	Past	Present
19. Has difficulty understanding and/or sharing another person's experiences and emotions	Never	Past	Present
20. Seeming to be impressive or intended to be impressive but not reality-based or practical	Never	Past	Present
21. Does not know who he/she is or what he/she believes in	Never	Past	Present
22. Looks down on others for possessing emotional awareness and understanding of the feelings of other people	Never	Past	Present
23. Discounts the feelings and values of others	Never	Past	Present
24. Has an appearance that attracts attention to obtain love, care, and/or attention	Never	Past	Present
25. Difficulty achieving emotional intimacy and depth in romantic/sexual relationships (tends to be superficial)	Never	Past	Present
26. Unfairly or cynically using another person or group for profit or advantage	Never	Past	Present
27. Needs constant attention, praise and gifts from others	Never	Past	Present
28. Continuous and/or intensive fear of significant other leaving and never returning	Never	Past	Present

0 = Never, 1 = Past, 2 = Present

Scoring: Use the scale below to quantify your answers. Score all four Cluster B personality disorders. Write the score for the response below the question number from the worksheet in the table below. The highest score indicates the disorder or traits is/are present. Two equivalent scores may indicate comorbidity.

0 = Never, 1 = Past, 2 = Present

Antisocial Personality Disorder	1	5	8	14	19	23	26	Total
Narcissistic Personality Disorder	2	13	16	18	20	22	27	
Histrionic Personality Disorder	4	7	10	12	17	24	25	
Borderline Personality Disorder	3	6	9	11	15	21	28	

ASPD or related traits = 7 or greater

NPD or related traits = 7 or greater

HPD or related traits = 3-6 (scores above 6 are indicative of borderline features and traits)

BPD or related traits = 7 or greater