CLINICIAN SURVEY RESULTS

All results are given as percentages unless otherwise stated.

1. Gender

|  |  |
| --- | --- |
| Male | Female |
| 55.7 | 44.3 |

2. Grade / profession

|  |  |
| --- | --- |
| Consultant | 69.8 |
| Staff grade | 7.1 |
| Associate specialist | 3.1 |
| Post MRCPsych trainee | 11.7 |
| Pre MRCPsych trainee | 8.2 |

3. What proportion of your caseload has a primary diagnosis of*:*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | <5% | 5%-25% | 25-50% | >50% |
| Bipolar disorder | 22.2 | 60.1 | 16.1 | 1.6 |
| Borderline personality disorder | 26.7 | 56.0 | 13.4 | 3.8 |

4. In what proportion of your assessments are Bipolar Disorder and Borderline Personality Disorder likely differential diagnoses?

|  |  |  |  |
| --- | --- | --- | --- |
| <5% | 5%-25% | 25-50% | >50% |
| 27.3 | 47.1 | 20.1 | 5.5 |

5. How confident do you feel in discriminating between Bipolar Disorder and Borderline Personality Disorder?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all confident | Somewhat confident | Confident | Very confident | Extremely confident |
| 1.8 | 22.5 | 46.2 | 24.0 | 5.5 |

6. How often do you encounter patients with Bipolar or Borderline Personality Disorder where there has been disagreement between professionals about the diagnosis?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Rarely | Occasionally | Fairly frequently | Frequently |
| 0.7 | 8.8 | 39.0 | 42.3 | 9.2 |

7 In your experience, what are the TWO most common reasons for this disagreement?

|  |  |
| --- | --- |
| Inconsistent history | 38.1 |
| Clinician background / bias | 36.8 |
| Patients presenting in crisis | 21.2 |
| Validity of 'soft' bipolar diagnoses | 49.8 |
| Reliance on previous diagnoses | 38.3 |

8 In your opinion, to what extent are the following features indicative of BIPOLAR DISORDER?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not at all  | a little | Moderately | strongly | very strongly |
| Racing thoughts | 0.4 | 7.9 | 32.8 | 47.6 | 11.4 |
| Onset during adolescence | 21.6 | 38.6 | 30.2 | 8.8 | 0.7 |
| Identity disturbance | 54.0 | 38.6 | 6.4 | 0.5 | 0.4 |
| Inflated self-esteem | 2.7 | 9.9 | 32.1 | 44.3 | 11.0 |
| Drug/alcohol misuse | 17.0 | 40.3 | 34.4 | 7.7 | 0.5 |
| Persistent low mood | 16.5 | 32.4 | 28.4 | 18.7 | 4.0 |
| Erratic/risky behaviour | 2.4 | 20.0 | 44.5 | 28.9 | 4.2 |
| Fear of abandonment | 69.2 | 26.9 | 3.5 | 0.0 | 0.4 |
| Hostility | 10.3 | 39.0 | 39.4 | 10.6 | 0.7 |
| Paranoid ideation | 7.7 | 37.5 | 40.8 | 12.1 | 1.8 |
| Unstable personal relationships | 24.2 | 51.8 | 20.3 | 3.1 | 0.5 |
| Suicidal behaviour | 5.3 | 31.5 | 47.4 | 14.1 | 1.6 |
| Family history of the disorder | 1.1 | 3.5 | 23.6 | 49.1 | 22.7 |
| Elated mood | 0.0 | 1.1 | 10.6 | 52.0 | 36.3 |
| Mood instability | 6.0 | 35.0 | 32.6 | 20.3 | 6.0 |
| More talkative than usual | 0.5 | 7.3 | 30.2 | 50.2 | 11.7 |
| Irritability | 1.8 | 12.6 | 43.2 | 36.8 | 5.5 |
| Agitation | 2.2 | 18.7 | 45.4 | 29.5 | 4.2 |
| Distractibility | 2.6 | 12.1 | 34.1 | 45.1 | 6.2 |
| Early life trauma | 38.3 | 51.1 | 9.9 | 0.7 | 0.0 |
| Repeated help seeking behaviour | 43.2 | 48.4 | 7.1 | 1.1 | 0.2 |
| Impulsivity | 6.4 | 33.7 | 39.9 | 18.1 | 1.8 |
| Decreased need for sleep | 0.4 | 2.2 | 15.0 | 52.6 | 29.9 |
| Non suicidal self harm | 37.5 | 51.3 | 8.4 | 2.7 | 0.0 |

10 In your opinion, to what extent are the following features indicative of BORDERLINE PERSONALITY DISORDER?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not at all (%) | a little | Moderately | strongly | very strongly |
| Racing thoughts | 24.2 | 56.4 | 17.4 | 2.0 | 0.0 |
| Onset during adolescence | 2.4 | 10.6 | 27.8 | 45.2 | 13.9 |
| Identity disturbance | 1.3 | 2.2 | 15.6 | 56.6 | 24.4 |
| Inflated self-esteem | 48.5 | 35.9 | 12.3 | 2.7 | 0.5 |
| Drug/alcohol misuse | 3.1 | 11.5 | 42.5 | 37.0 | 5.9 |
| Persistent low mood | 8.1 | 27.1 | 39.6 | 23.3 | 2.0 |
| Erratic/risky behaviour | 1.3 | 5.9 | 36.3 | 45.4 | 11.2 |
| Fear of abandonment | 0.9 | 0.9 | 9.0 | 44.7 | 44.5 |
| Hostility | 3.1 | 16.7 | 46.7 | 27.5 | 6.0 |
| Paranoid ideation | 7.0 | 34.6 | 47.8 | 9.5 | 1.1 |
| Unstable personal relationships | 0.4 | 0.5 | 7.5 | 46.0 | 45.6 |
| Suicidal behaviour | 1.5 | 7.9 | 29.5 | 44.7 | 16.5 |
| Family history of the disorder | 13.0 | 43.2 | 30.8 | 11.5 | 1.5 |
| Elated mood | 32.6 | 52.7 | 12.8 | 1.5 | 0.4 |
| Mood instability | 1.3 | 2.9 | 19.0 | 49.1 | 27.7 |
| More talkative than usual | 24.8 | 49.5 | 14.1 | 1.5 | 0.2 |
| Irritability | 3.5 | 20.9 | 47.3 | 25.8 | 2.6 |
| Agitation | 4.4 | 27.8 | 45.2 | 20.3 | 2.2 |
| Distractibility | 19.8 | 46.7 | 25.5 | 7.0 | 1.1 |
| Early life trauma | 1.3 | 3.1 | 11.2 | 41.9 | 42.5 |
| Repeated help seeking behaviour | 0.9 | 2.6 | 14.7 | 47.1 | 34.8 |
| Impulsivity | 0.5 | 3.7 | 16.1 | 50.7 | 28.9 |
| Decreased need for sleep | 44.7 | 45.8 | 7.7 | 1.5 | 0.4 |
| Non suicidal self-harm | 1.1 | 2.7 | 10.4 | 41.6 | 44.1 |

12 To what extent do you agree with the following statements?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | strongly disagree | disagree | neutral | agree | strongly agree |
| Diagnostic criteria fit with my observations of patients with Bipolar Disorder. | 0.4 | 3.3 | 12.3 | 69.6 | 14.5 |
| Diagnostic criteria fit with my observations of patients with Borderline Personality Disorder. | 0.4 | 2.7 | 22.2 | 64.3 | 10.4 |
| Diagnostic criteria are useful to me in discriminating between Bipolar Disorder and Borderline Personality Disorder. | 1.8 | 9.7 | 24.5 | 55.1 | 8.8 |
| Rather than diagnostic criteria, I prefer to use an impressionistic or vignette approach to the diagnosis of Bipolar Disorder | 13.0 | 41.4 | 31.0 | 13.7 | 0.9 |
| Rather than diagnostic criteria, I prefer to use an impressionistic or vignette approach to the diagnosis of Borderline Personality Disorder | 11.0 | 30.8 | 31.7 | 23.8 | 2.7 |
| The diagnosis of Bipolar Disorder should involve categorization on the basis of severity. | 1.5 | 13.6 | 25.1 | 48.7 | 11.2 |
| The diagnosis of Borderline Personality Disorder should involve categorization on the basis of severity. | 3.3 | 16.1 | 32.6 | 40.3 | 7.7 |

13 Do you have access to specialized services for:

|  |  |
| --- | --- |
| Bipolar disorder (‘yes’) | Borderline personality disorder (‘yes’) |
| 24.7 | 48.2 |

14 Does access to specialized services influence whether you make a diagnosis of Bipolar Disorder or Borderline Personality Disorder?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | a little  | moderately | substantially | greatly |
| 76.2 | 12.3 | 6.8 | 2.9 | 1.8 |

16 How often do you seek third party information (e.g. from family or friends) when assessing someone with:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Almost always | Most of the time | Half the time | Occasionally | Almost never/never |
| Bipolar disorder | 24.5 | 42.0 | 17.9 | 13.0 | 1.5 |
| Borderline personality disorder | 23.4 | 35.3 | 20.3 | 18.5 | 2.4 |

18 In patients with Bipolar Disorder, how often do you give a diagnosis of comorbid Borderline Personality Disorder?

|  |  |  |  |
| --- | --- | --- | --- |
| Fairly frequently | Occasionally | Rarely | Never |
| 5.7 | 47.4 | 39.2 | 7.7 |

19 In your opinion, are Bipolar Disorder and Borderline Personality Disorder part of the same illness spectrum?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Definitely | Probably | Neutral | Unlikely | Definitely not |
| 1.3 | 10.6 | 18.5 | 50.5 | 19.0 |