

PDS-ICD-11

Please select the one statement for each area that best describes you in general

1. Identity

- I often have no sense of who I am, especially when I am with other people
- I am sometimes confused about who I am, especially when I am with other people
- I have a stable sense of who I am
- My sense of who I am is generally too fixed and restricted (e.g., in relation to work or to another person)
- My sense of who I am is overly restricted and unchangeable no matter the circumstances

2. Self-worth

- Most of the time I feel worthless which affects how I relate to other people
- I often have a hard time feeling good about myself which sometimes affects how I relate to other people
- I usually feel good about myself
- I often feel I am better than others which affects how I relate to other people
- I feel superior to others which affects how I relate to other people

3. Self-perception

- I have no strengths
- I have few strengths
- I have a good sense of my strengths and weaknesses
- I have few weaknesses or limitations
- I have no weaknesses or limitations

4. Goals

- I am rarely able to set and follow goals
- I sometimes find it hard to set and follow goals
- I have no problem setting and following realistic goals
- I sometimes find it hard to change my goals even when they will be too difficult to achieve
- I regularly find it hard to change my goals even when they will be nearly impossible to achieve

5. Interest in relationships

- I have no interest in being with others and do anything to avoid them
- I have little interest in being with others and therefore avoid them
- I have a good balance of being by myself and being with others
- I sometimes feel upset when not around others
- I often feel upset when not around others

6. Perspective-taking

- I never think about other people's thoughts and feelings
- I often do not think about other people's thoughts and feelings
- I can easily relate to other people's thoughts and feelings
- I often think too much about how others think and feel
- I always think too much into how others think and feel

PDS-ICD-11

7. Mutuality in relationships

- People always complain that I am too selfish in relationships
- People have sometimes complained that I am too selfish in relationships
- I am able to establish and maintain close and mutually satisfying relationships
- I am sometimes unable to end relationships, even when they are harmful to me
- I am rarely able to end relationships, even when they are harmful to me

8. Disagreement management

- I often get into disagreements with others that cause serious relationship problems
- I sometimes get into disagreements with others that cause relationship problems
- I am able to manage disagreements in relationships in a cooperative manner
- I often avoid disagreements by giving into others, even if I will be worse off
- I avoid disagreements and conflicts with others at any cost

9. Emotional control and expression

- I often cannot control my emotions which causes serious problems with others
- I sometimes have trouble controlling my emotions which causes some problems with others
- I am generally able to control and express my emotions in an appropriate way
- People sometimes complain that I don't express emotions
- People often complain that I never express emotions at all

10. Behavioral control

- I often act so rashly or impulsively that it causes serious problems
- I sometimes act on impulse without considering the consequences, which causes problems
- I am generally able to be spontaneous while keeping appropriate control of my actions
- I am sometimes so controlled in my actions that I don't get the same out of life as others do
- I am often so over-controlled in my actions that I hardly get anything out of life

PDS-ICD-11

11. Experience of reality during stress

- My experience of situations is usually accurate when feeling stressed out
- My experience of situations is somewhat distorted when feeling stressed out (e.g., expecting the worst to happen, feeling rejected when criticized by others)
- I sometimes lose touch with what is real when feeling stressed out (e.g., suspicious, feeling disconnected from reality, or things around me are like in a dream)
- I often lose touch with reality when feeling stressed out (e.g., extreme suspiciousness, seeing or hearing things that other people can't, having out-of-body experiences)

12. Harm to self

- I never harm myself
- I rarely harm myself
- I sometimes harm myself
- I often harm myself

13. Harm to others (intentional or unintentional)

- I never harm others
- I rarely harm others
- I sometimes harm others
- I often harm others

14. In thinking about your answers to the above, how much do they cause problems in important areas of your life (e.g., personal, family, social, education, work)?

- Not at all
- A little
- Moderately
- A lot

PDS-ICD-11

Personality Disorder Severity ICD-11 (PDS-ICD-11) Scale

Scoring instruction

Items 1-10 are scored 2 – 1 – 0 – 1 – 2

Items 11-14 are scored 0 – 1 – 2 – 3

The PDS-ICD-11 is scored by summing scores for all 14 items (sum score ranges from 0 to 32).

Note. In cases where the respondent selects more than one answer to an item, the answer with highest score counts.

Citing PDS-ICD-11

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Development and translation

The PDS-ICD-11 scale was developed according to the WHO ICD-11 Clinical Descriptions and Diagnostic Guidelines (CDDG) for determining the presence and severity of personality disturbance. This was achieved through collaboration between the following two bodies:

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