

## DSM-5 CLINICIANS' PERSONALITY TRAIT RATING FORM

On the following pages are descriptive definitions of five broad personality *trait domains*, followed by definitions of specific *trait facets* that comprise each domain. All individuals' trait levels fall somewhere on these dimensions, ranging from 'not at all descriptive' to 'extremely descriptive.'

Some personality traits are easily summarized by a single label, whereas others are more complex. Therefore, we have defined each trait dimension, rather than simply providing labels. The extent to which a patient has each defined trait is rated using the scale shown below. The example shown is the second broad trait domain, *Detachment*. Please read the domain definition, think about the patient you are rating, and decide the extent to which the defining characteristics describe the patient.

Depending on the role of personality in patients' clinical pictures, you may rate their traits in one of three ways:

- (1) just the five broad trait domains for a *personality overview*,
- (2) all trait facets for a *comprehensive personality profile*, or
- (3) the five trait domains, followed by the component trait facets comprising each of those domains for which the characteristics describe the patient '2 – Moderately' or '3 – Extremely' well.

Please rate patients' usual personality, what they are like most of the time.

**EXAMPLE: Detachment Domain:** withdrawal from other people and from social interactions.

| 0  | 1                     | 2                         | 3                        |
|--|-----------------------|---------------------------|--------------------------|
| Very little or<br>not at all descriptive | Mildly<br>descriptive | Moderately<br>descriptive | Extremely<br>descriptive |

For this trait, rate the extent to which the patient shows withdrawal from other people and social interactions. Some typical manifestations (facets) include restricted affectivity, depressivity, suspiciousness, withdrawal, anhedonia, and intimacy avoidance; these more detailed and specific facet definitions should be reviewed in rating overall detachment, and rated individually to provide a *comprehensive personality profile* if time permits. If the definition describes the patient very little or not at all, or is just mildly descriptive, rate a 0 or a 1, respectively, whereas if the definition describes the patient moderately or extremely well, rate a 2 or 3, respectively.

## Personality Overview

The five trait domains and the specific trait facets comprising the domains follow. Please review the more detailed and specific facet definitions in rating overall trait domains, and complete a *comprehensive personality profile* if time permits.

|                                   | 0  | 1                     | 2                         | 3  |
|-----------------------------------|--|-----------------------|---------------------------|--|
|                                   | Very little or<br>not at all descriptive | Mildly<br>descriptive | Moderately<br>descriptive | Extremely<br>descriptive   |
| _____ <b>Negative Affectivity</b> |  |                       |                           |  |
| _____ <u>Trait facets:</u>        |  |                       |                           | Experiences negative emotions frequently and intensely<br>Emotional lability, anxiousness, separation insecurity, perseveration, submissiveness, hostility, depressivity, suspiciousness, (lack of) restricted affectivity   |
| _____ <b>Detachment</b>           |  |                       |                           |  |
| _____ <u>Trait facets:</u>        |  |                       |                           | Withdrawal from other people and from social interactions.<br>Restricted affectivity, depressivity, suspiciousness, withdrawal, anhedonia, intimacy avoidance,   |
| _____ <b>Antagonism</b>           |  |                       |                           |  |
| _____ <u>Trait facets:</u>        |  |                       |                           | Engaging in behaviors that put the person at odds with other people.<br>Manipulativeness, deceitfulness, grandiosity, attention seeking, callousness, hostility  |
| _____ <b>Disinhibition</b>        |  |                       |                           |  |
| _____ <u>Trait facets:</u>        |  |                       |                           | Engaging in behaviors on impulse, without reflecting on potential future consequences.<br><i>NOTE: Compulsivity is the opposite of disinhibition and, if present, should be recorded at the facet level as rigid perfectionism in the absence of other disinhibition facets.</i><br>Irresponsibility, impulsivity, distractibility, risk taking, (lack of) rigid perfectionism |
| _____ <b>Psychoticism</b>         |  |                       |                           |  |
| _____ <u>Trait facets:</u>        |  |                       |                           | Unusual and bizarre experiences<br>Unusual beliefs & experiences, eccentricity, cognitive & perceptual dysregulation   |

## Comprehensive Personality Profile

The twenty-five specific trait facets comprising the five domains follow.

| 0  | 1                     | 2                         | 3                        |
|--|-----------------------|---------------------------|--------------------------|
| Very little or<br>not at all descriptive | Mildly<br>descriptive | Moderately<br>descriptive | Extremely<br>descriptive |

**Negative Affectivity:** experiences negative emotions frequently and intensely

*NOTE: Restricted affectivity is listed under the Detachment heading, but the **absence** of this facet trait – i.e., a tendency to have **strong** reactions to emotionally arousing situations, should also be evaluated in rating the overall Negative Affectivity domain*

|       |                              |   |
|-------|------------------------------|---|
| _____ | <b>Emotional lability</b>    | Unstable emotional experiences and frequent mood changes; emotions that are easily aroused, intense, and/or out of proportion to events and circumstances.  |
| _____ | <b>Anxiousness</b>           | Intense feelings of nervousness, tenseness, or panic in reaction to diverse situations; worry about the negative effects of past unpleasant experiences and future negative possibilities; feeling fearful, apprehensive, or threatened by uncertainty; fears of falling apart, losing control, or embarrassment. |
| _____ | <b>Separation insecurity</b> | Fears of rejection by – and/or separation from – significant others, associated with fears of excessive dependency and complete loss of autonomy.   |
| _____ | <b>Perseveration</b>         | Persistence at tasks long after the behavior has ceased to be functional or effective; continuance of the same behavior despite repeated failures.  |
| _____ | <b>Submissiveness</b>        | Adaptation of one's behavior to the interests and desires of others   |
| _____ | <b>Hostility</b>             | Persistent or frequent angry feelings; anger or irritability in response to minor slights and insults; mean, nasty, or vengeful behavior.   |
| _____ | <b>Depressivity</b>          | Frequent feelings of being down, miserable, and/or hopeless; difficulty recovering from such moods; pessimism about the future; pervasive shame; feelings of inferior self worth; thoughts of suicide and suicidal behavior.  |
| _____ | <b>Suspiciousness</b>        | Expectations of -- and heightened sensitivity to -- signs of interpersonal ill-intent or harm; doubts about loyalty and fidelity of others; feelings of persecution   |

**Detachment:** withdrawal from other people and from social interactions.

*NOTE: Because they are rated earlier, as part of Negative Affectivity, Depressivity and Suspiciousness are not listed again under the Detachment heading, but should be evaluated in rating the overall Detachment domain*

- |       |                               |   |
|-------|-------------------------------|---|
| _____ | <b>Restricted affectivity</b> | Little reaction to emotionally arousing situations; constricted emotional experience and expression; indifference or coldness.                                    |
| _____ | <b>Withdrawal</b>             | Preference for being alone to being with others; reticence in social situations; avoidance of social contacts and activity; lack of initiation of social contact. |
| _____ | <b>Anhedonia</b>              | Lack of enjoyment from, engagement in, or energy for life's experiences; deficits in the capacity to feel pleasure or take interest in things.                    |
| _____ | <b>Intimacy avoidance</b>     | Avoidance of close or romantic relationships, interpersonal attachments, and intimate sexual relationships.   |

**Antagonism:** engaging in behaviors that put the person at odds with other people

*NOTE: Because it is rated earlier, as part of Negative Affectivity, Hostility is not listed again under the Antagonism heading, but should be evaluated in rating the overall Antagonism domain*

|       |                          |  |
|-------|--------------------------|--|
| _____ | <b>Manipulativeness</b>  | Frequent use of subterfuge to influence or control others; use of seduction, charm, glibness, or ingratiation to achieve one's ends.                               |
| _____ | <b>Deceitfulness</b>     | Dishonesty and fraudulence; misrepresentation of self; embellishment or fabrication when relating events.  |
| _____ | <b>Grandiosity</b>       | Feelings of entitlement, either overt or covert; self-centeredness; firmly holding to the belief that one is better than others; condescending toward others.      |
| _____ | <b>Attention seeking</b> | Excessive attempts to attract and be the focus of the attention of others; admiration seeking.   |
| _____ | <b>Callousness</b>       | Lack of concern for feelings or problems of others; lack of guilt or remorse about the negative or harmful effects of one's actions on others; aggression; sadism. |

**Disinhibition:** engaging in behaviors on impulse, without reflecting on potential future consequences.

*NOTE: Compulsivity is the opposite of disinhibition and, if present, should be recorded at the facet level as rigid perfectionism in the absence of other disinhibition facets.*

|  |   |
|--|---|
| _____ <b>Irresponsibility</b>              | Disregard for – and failure to honor – financial and other obligations or commitments; lack of respect for – and lack of follow through on – agreements and promises.   |
| _____ <b>Impulsivity</b>                   | Acting on the spur of the moment in response to immediate stimuli; acting on a momentary basis without a plan or consideration of outcomes; difficulty establishing and following plans; a sense of urgency and self-harming behavior under emotional distress  |
| _____ <b>Distractibility</b>               | Difficulty concentrating and focusing on tasks; attention is easily diverted by extraneous stimuli; difficulty maintaining goal-focused behavior.   |
| _____ <b>Risk taking</b>                   | Engagement in dangerous, risky, and potentially self-damaging activities, unnecessarily and without regard to consequences; boredom proneness and thoughtless initiation of activities to counter boredom; lack of concern for one's limitations and denial of the reality of personal danger   |
| _____ <b>(lack of) Rigid perfectionism</b> | Rigid insistence on everything being flawless, perfect, without errors or faults, including one's own and others' performance; sacrificing of timeliness to ensure correctness in every detail; believing that there is only one right way to do things; difficulty changing ideas and/or viewpoint; preoccupation with details, organization, and order. |

*NOTE: Rigid Perfectionism reflects Compulsivity, which is the opposite of disinhibition and is therefore located in the disinhibition domain. If present, compulsivity should be recorded at the facet level as a higher rigid perfectionism score accompanied by lower scores on other disinhibition facets.*

**Psychoticism:** unusual and bizarre experiences

|   |   |
|---|---|
| _____ <b>Unusual beliefs and experiences</b>        | Thought content that is viewed by others as bizarre or idiosyncratic, unusual experiences of reality.   |
| _____ <b>Eccentricity</b>                           | Odd, unusual, or bizarre behavior or appearance; saying unusual or inappropriate things.  |
| _____ <b>Cognitive and Perceptual dysregulation</b> | Odd or unusual thought processes; vague, circumstantial, metaphorical, over-elaborate, or stereotyped thought or speech; odd experiences in various sensory modalities. |