

Abstract

Borderline personality disorder (BPD) has high prevalence in young adults and is one of the most commonly diagnosed personality disorders (Stone, 1990; Widiger & Trull, 1993). The aim of present research was to identify the relationship between borderline personality traits, alexithymia, impulsivity and personality traits of neuroticism, extroversion and conscientiousness. Multistage sampling technique was used on a sample of $N=1000$, males and females from different universities of Lahore. For borderline personality traits, Borderline Personality Questionnaire (BPQ) was used. For alexithymia and impulsivity, Toronto Alexithymia Scale (TAS-20) and Barratt Impulsiveness Scale (BIS-11) were used, respectively. For personality traits, three subscales of International Personality Item Pool (IPIP); Neuroticism, Conscientiousness and Extroversion were used. The results indicated that alexithymia, impulsivity and personality traits of neuroticism, extroversion and conscientiousness accounted for 38% variance in borderline personality. Neuroticism was negatively correlated with borderline traits, impulsivity, alexithymia, conscientiousness and extroversion. Gender differences were observed in alexithymia, neuroticism, extroversion and conscientiousness. Last born and only child were more vulnerable to borderline personality problem. In conclusion, birth order, impulsivity, alexithymia and personality traits of neuroticism, extroversion and conscientiousness are good predictors of borderline traits in university students.