

What is identity?

Values • Roles • Personality • Continuity

What is i_en_ity?

Values • Roles • Personality • Continuity

Patient descriptions of their identity

“[Like I’m]
disappearing, that
I’m no longer
being.”

“[Like a] ghost
masquerading as a
human.”

“[Like] not being
able to navigate
who I am.”

Self-Concept and Identity Measure

Swedish validation

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Originally developed by Kaufman et al. 2015
Validated in Swedish by James et al. 2023



Identity Disturbance in Personality Disorder

- Central to personality disorders
 - Criterion A (Self-functioning) in DSM-5 AMPD
 - Essential feature in ICD-11
- Heterogeneous presentations:
 - Externalizing (e.g., anger, unstable relationships)
 - Internalizing (e.g., identity problems, emptiness)



The Self-Concept and Identity Measure



Kaufman et al. (2015)

A dimensional measure of identity functioning

- Consolidated identity “I always have a good sense of what is important to me”
- Disturbed identity “I imitate other people instead of being myself”
- Lack of identity “I am broken”

Used in ongoing research, including:

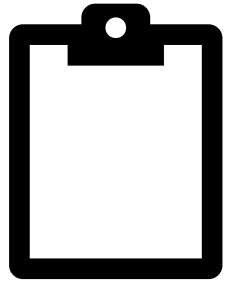
- Gender dysphoria
- Identity development (BUP)
- DBT treatment outcomes

Key features:

- Captures both healthy and pathological identity
- Includes novel dimension - Lack of Identity



How could SCIM be used clinically?



Clinical use

- More detailed assessment of identity
- Exploring identity in therapy
- Identifying patients not responding to treatment

Lack of Identity (ongoing work):

- Predicts onset of self-harm
- Predicts recurrence (relapse)
- Potential predictor of self-harm



Clinical takeaways

- Identity disturbance is **multidimensional**
- Identity-related difficulties may be more prominent in **internalising presentations of PD**
- Identity can be assessed **more systematically**
- Lack of Identity may signal risk for **onset and recurrence of self-harm**



Swedish version of the Self-Concept and Identity Measure available via fbanken



Contact

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