

## Review Article

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**Author for correspondence:**

Kim Setkowski, E-mail: [k.setkowski@i113.nl](mailto:k.setkowski@i113.nl)

# Which psychotherapy is most effective and acceptable in the treatment of adults with a (sub)clinical borderline personality disorder? A systematic review and network meta-analysis

Kim Setkowski<sup>1,2,3</sup> , Christina Palantza<sup>2</sup>, Wouter van Ballegooijen<sup>2,3</sup>, Renske Gilissen<sup>1</sup>, Matthijs Oud<sup>4</sup>, Ioana A. Cristea<sup>5,6</sup>, Hisashi Noma<sup>7</sup>, Toshio A. Furukawa<sup>8</sup>, Arnoud Arntz<sup>9,10</sup>, Anton J. L. M. van Balkom<sup>3</sup> and Pim Cuijpers<sup>2</sup>

<sup>1</sup>Research Department, 113 Suicide Prevention, Amsterdam, the Netherlands; <sup>2</sup>Department of Clinical, Neuro and Developmental Psychology, Vrije Universiteit, Amsterdam, the Netherlands; <sup>3</sup>Department of Psychiatry, Amsterdam UMC, VU University, Amsterdam Public Health research institute, and GGZinGeest Specialized Mental Health Care, Amsterdam, the Netherlands; <sup>4</sup>Department of Treatment, Care and Reintegration, Trimbos Institute, Utrecht, the Netherlands; <sup>5</sup>Department of Brain and Behavioral Sciences, University of Pavia, Pavia, Italy; <sup>6</sup>IRCCS Mondino Foundation, Pavia, Italy; <sup>7</sup>Department of Data Science, The Institute of Statistical Mathematics, Tokyo, Japan; <sup>8</sup>Department of Health Promotion and Human Behavior, Kyoto University Graduate School of Medicine/ School of Public Health, Kyoto, Japan; <sup>9</sup>Department of Clinical Psychological Science, Maastricht University, Maastricht, the Netherlands and <sup>10</sup>Department of Clinical Psychology, University of Amsterdam, Amsterdam, the Netherlands

**Abstract**

A broad range of psychotherapies have been proposed and evaluated in the treatment of borderline personality disorder (BPD), but the question which specific type of psychotherapy is most effective remains unanswered. In this study, two network meta-analyses (NMAs) were conducted investigating the comparative effectiveness of psychotherapies on (1) BPD severity and (2) suicidal behaviour (combined rate). Study drop-out was included as a secondary outcome. Six databases were searched until 21 January 2022, including RCTs on the efficacy of any psychotherapy in adults (≥18 years) with a diagnosis of (sub)clinical BPD. Data were extracted using a predefined table format. PROSPERO ID:CRD42020175411. In our study, a total of 43 studies ( $N = 3273$ ) were included. We found significant differences between several active comparisons in the treatment of (sub)clinical BPD, however, these findings were based on very few trials and should therefore be interpreted with caution. Some therapies were more efficacious compared to GT or TAU. Furthermore, some treatments more than halved the risk of attempted suicide and committed suicide (combined rate), reporting RRs around 0.5 or lower, however, these RRs were not statistically significantly better compared to other therapies or to TAU. Study drop-out significantly differed between some treatments. In conclusion, no single treatment seems to be the best choice to treat people with BPD compared to other treatments. Nevertheless, psychotherapies for BPD are perceived as first-line treatments, and should therefore be investigated further on their long-term effectiveness, preferably in head-to-head trials. DBT was the best connected treatment, providing solid evidence of its effectiveness.

**Introduction**

Borderline personality disorder (BPD) is characterised by severe functional impairments, high levels of distress, and a high risk of suicide (Leichsenring, Leibing, Kruse, New, & Leweke, 2011; Skodol et al., 2002). Although research has found that suicide occurs in up to 10% of all people diagnosed with BPD (APA, 2001; Black, Blum, Pfuhl, & Hall, 2004), lower rates have been reported (Gunderson et al., 2011; Ternes, Frankenburg, Fitzmaurice, & Zanarini, 2019; Zanarini, Frankenburg, Reich, & Fitzmaurice, 2012), suggesting that these percentages might fluctuate across studies (Links, Boursiquot, & Links, 2021). The prevalence rate for attempted suicide, however, is much larger ranging from 55 to 85% (Links, Boursiquot, & Links, 2021). Although most people with BPD experience a high burden of disease, about 85% achieve remission (e.g. not fulfilling DSM-criteria) within 10 years (Gunderson et al., 2011; Zanarini et al., 2007). Evidence-based psychological treatments are perceived as first-line treatments for persons with BPD (Cristea et al., 2017; Oud, Arntz, Hermens, Verhoef, & Kendall, 2018; Storebo et al., 2020), although not one specific treatment is being favoured over the others. There is still an ongoing debate about the comparative efficacy of different types of treatments for adults with BPD.

# Personality Psychotherapy An Analysis

**Irving B. Weiner, Neal W. Schmitt, Scott  
Highhouse**



## **Personality Psychotherapy An Analysis:**

**Personality and Psychotherapy** John Dollard, Neal Elgar Miller, 1950      **States of Mind** Mardi Jon Horowitz, 2013-12-01      Personality and Psychotherapy John Dollard, Neal E. Miller, 1960      Personality psychotherapy : an analysis in terms of learning, thinking and culture John ; Miller Dollard (Neal E.), 2023      Personality Psychology Janek Musek, 2024-03-21 This book integratively examines theories and models of the most essential findings of personality psychology with the aim of advancing personality knowledge Since much empirical research is applied to very specific problems the larger picture can get lost Rather this book starts from a coherent scientific theoretical framework rather than presenting diverse theories of personality phenomenological empirical psychoanalytic behavioral humanistic and cognitive perspectives without enough critical examination In this book all theories models and perspectives are reviewed and discussed within a unified theoretical framework of psychology Thus historically and conceptually different models can be considered by scientific standards Its insights will be highly relevant to academics students and professional alike

*Qualitative Research Methods in Mental Health and Psychotherapy* David Harper, Andrew R. Thompson, 2011-06-28 This book provides a user friendly introduction to the qualitative methods most commonly used in the mental health and psychotherapy arena Chapters are written by leading researchers and the editors are experienced qualitative researchers clinical trainers and mental health practitioners Provides chapter by chapter guidance on conducting a qualitative study from across a range of approaches Offers guidance on how to review and appraise existing qualitative literature how to choose the most appropriate method and how to consider ethical issues Demonstrates how specific methods have been applied to questions in mental health research Uses examples drawn from recent research including research with service users in mental health practice and in psychotherapy

**The Oxford Handbook of Social Cognition** Donal E. Carlston, 2013-07-25 Social cognition as a field can be characterized as a distinct subarea of social psychology that examines all of the countless cognitive complexities mental representations and processes implicated in interaction as well as an approach to studying interactions in the context of the groups cultures and societies to which they belong Together these two facets of social cognition create one of the most influential and important social sciences to come along in some time Providing a comprehensive review of major topics in the field of social cognition The Oxford Handbook of Social Cognition expresses that excitement and fascination in describing the content and approach that constitute the field today The 43 chapters included in this handbook cover central aspects of the field of social cognition including its history and historically important foundational research areas attribution attitudes impression formation and prejudice stereotyping along with methodology core issues relating to social cognitive representations and processes including those that are visual implicit or automatic and the stages of information processing attention perception memory and judgment along with simulation and thought suppression applications of the social cognition approach to areas of social psychology general psychology and other

disciplines such as marketing law health and politics After more than 30 years the vibrant field of social cognition continues to reign as one of psychology s most dominant approaches The impressive chapters collected in this volume define the field and contribute enormously to our understanding of what social cognition is today

**Meta-analysis of psychotherapy outcome for Personality Disorder** Monica Marie Rudick,2016

Handbook of Language Analysis in Psychology Morteza Dehghani,Ryan L. Boyd,2022-01-05 Recent years have seen an explosion of interest in the use of computerized text analysis methods to address basic psychological questions This comprehensive handbook brings together leading language analysis scholars to present foundational concepts and methods for investigating human thought feeling and behavior using language Contributors work toward integrating psychological science and theory with natural language processing NLP and machine learning Ethical issues in working with natural language data sets are discussed in depth The volume showcases NLP driven techniques and applications in areas including interpersonal relationships personality morality deception social biases political psychology psychopathology and public health

The Oxford Handbook of Quantitative Methods, Vol. 2: Statistical Analysis Todd D. Little,2013-02-01 Research today demands the application of sophisticated and powerful research tools Fulfilling this need The Oxford Handbook of Quantitative Methods is the complete tool box to deliver the most valid and generalizable answers to todays complex research questions It is a one stop source for learning and reviewing current best practices in quantitative methods as practiced in the social behavioral and educational sciences Comprising two volumes this handbook covers a wealth of topics related to quantitative research methods It begins with essential philosophical and ethical issues related to science and quantitative research It then addresses core measurement topics before delving into the design of studies Principal issues related to modern estimation and mathematical modeling are also detailed Topics in the handbook then segway into the realm of statistical inference and modeling with chapters dedicated to classical approaches as well as modern latent variable approaches Numerous chapters associated with longitudinal data and more specialized techniques round out this broad selection of topics Comprehensive authoritative and user friendly this two volume set will be an indispensable resource for serious researchers across the social behavioral and educational sciences

**Handbook of Psychology, Industrial and Organizational Psychology** Irving B. Weiner,Neal W. Schmitt,Scott Highhouse,2012-10-16 Psychology is of interest to academics from many fields as well as to the thousands of academic and clinical psychologists and general public who can t help but be interested in learning more about why humans think and behave as they do This award winning twelve volume reference covers every aspect of the ever fascinating discipline of psychology and represents the most current knowledge in the field This ten year revision now covers discoveries based in neuroscience clinical psychology s new interest in evidence based practice and mindfulness and new findings in social developmental and forensic psychology

**Research Grants Index** National Institutes of Health (U.S.). Division of Research Grants,1965

**Social Psychology** Robbie Sutton,Karen Douglas,2019-11-12 The eagerly anticipated second edition of this popular textbook

captures the excitement and relevance to everyday life of the fascinating and fast moving field of social psychology This book is a comprehensive and lively guide to the subject that extensively reappraises classic studies highlights cutting edge areas of research and provides fascinating examples of how social psychological theory and research apply to a wide range of real world issues such as fake news internet addiction and cyberbullying Innovative interactive features including exploring further activities applying social psychology exercises and student project spotlights place the student experience at the heart of this book Its engaging and inclusive approach helps students to develop a strong and nuanced understanding of key topics in social psychology and also encourages broader skills that will help not only in their studies but their future careers This is the ideal textbook for students studying social psychology New to this Edition Thoroughly revised to highlight the most up to date research in the discipline and re appraise classic studies theories and perspectives on topics such as obedience bystander intervention and the Stanford Prison Experiment The introductory chapter includes a new guide to critical thinking which outlines theory and research on what critical thinking involves and provides useful guidance for students on how to become effective critical thinkers Important coverage of the reproducibility of social psychological research More examples of how social psychological theory and research apply to current real world issues such as fake news internet addiction human animal relations intergroup conflict cyberbullying and politics Up to date coverage of the impact of online communication and social media on social psychological phenomena A distinctive final chapter summarising key points of wisdom in social psychology and skills that students can gain from their studies Accompanying online resources for this title can be found at [bloomsburyonlineresources.com/social-psychology-2e](https://www.bloomsburyonlineresources.com/social-psychology-2e) These resources are designed to support teaching and learning when using this textbook and are available at no extra cost

*ICMLG2013 Proceedings of the International Conference on Management, Leadership and Governance*, 2013

The Corsini Encyclopedia of Psychology and Behavioral Science, Volume 1 W. Edward Craighead, Charles B. Nemeroff, 2001 Encyclopedia

Psychometrics and Psychological Assessment Carina Coulacoglou, Donald H. Saklofske, 2017-06-19 Psychometrics and Psychological Assessment Principles and Applications reports on contemporary perspectives and models on psychological assessment and their corresponding measures It highlights topics relevant to clinical and neuropsychological domains including cognitive abilities adaptive behavior temperament and psychopathology Moreover the book examines a series of standard as well as novel methods and instruments along with their psychometric properties recent meta analytic studies and their cross cultural applications Discusses psychometric issues and empirical studies that speak to same Explores the family context in relation to children s behavioral outcomes Features major personality measures as well as their cross cultural variations Identifies the importance of coping and resilience in assessing personality and psychopathology Examines precursors of aggression and violence for prediction and prevention

*The SAGE Handbook of Industrial, Work & Organizational Psychology*, 3v Deniz S Ones, Neil Anderson, Chockalingam Viswesvaran, Handan Kepir Sinangil, 2021-08-04 The second edition of this best selling

Handbook presents a fully updated and expanded overview of research providing the latest perspectives on the analysis of theories techniques and methods used by industrial work and organizational psychologists Building on the strengths of the first edition key additions to this edition include in depth historical chapter overviews of professional contexts across the globe along with new chapters on strategic human resource management corporate social responsibility diversity stress emotions and mindfulness in the workplace environmental sustainability at work aging workforces among many others Providing a truly global approach and authoritative overview this three volume Handbook is an indispensable resource and essential reading for professionals researchers and students in the field Volume One Personnel Psychology and Employee Performance Volume Two Organizational Psychology Volume Three Managerial Psychology and Organizational Approaches

Applied Social Psychology A Global Perspective V.K. Kool, Rita Agrawal, 2006 Applied Psychology A Global Perspective Is An Exceptional Book In Many Ways First It Is A Pioneering Work In Covering The Global Issues As Compared To Other Books On The Subject That Are Narrowly Focussed On Either The Western Or The Non Western Issues Second It Covers Many Vital Topics Such As Technology And Religion That Are Not Covered In The Other Available Books On Applied Social Psychology And Last But Not The Least Important The Book Deals With Real Applied Issues Involving Interventions A Problem In Many Non Western Publications That Fail To Distinguish Between Basic Applicable Applicability And Applied Issues Of Social Psychology And Mislabel Many Among Them As Applied I Commend The Authors For Their Diligence In Presenting The Facts Collected From Researches In Many Countries Omar Sayeed Dean Of Research Nitie Mumbai In The Past Two Decades Several Books Have Been Written On Applied Social Psychology The Focus Primarily Being On Research And Its Interpretation In The Western Countries With A Clear Distinction Being Made Between Basic Research In Social Psychology And The Applicable Applicability And Applied Nature Of The Findings This Latter Issue Has However Not Always Been Appreciated By Many Scholars In Non Western Parts Of The World As A Result Scholars Of Social Psychology In Non Western Regions Of The World Have Frequently Erred In Their Judgment Of What Constitutes The Applied Nature Of Social Psychology Secondly Applied Social Psychology Depends A Great Deal On Intervention Programs That Not Only Invite Work Beyond The Basic Applicable And Applicability Aspects But Also Are Costly To Implement And Time Consuming Due To Both These Reasons Most Of The Books From The Non Western Countries Fall Short Of The True Applied Aspects Of Social Psychology In This Respect Applied Social Psychology A Global Perspective Is A Pioneering Book Dealing With Applied Social Psychology From Both The Western And The Non Western Perspectives The Book Also Points Out The Limits Of Non Western Social Psychological Findings Claimed As Applied Though Lacking The Support Of Intervention Programs At The Same Time The Problems Issues And Challenges In Intervening At The Cross Cultural Level Have Been Succinctly Dealt With In Writing This Book The Authors Have Gone Beyond The Topics Found In Traditional Text Books Of Applied Social Psychology For Example Applied Social Psychology Of The Environment Health Law Education Consumer Behavior Etc And Have Also

Focused On Two Extremely Important Areas Of Our Life That Have Otherwise Remained Neglected In Most Books On Applied Social Psychology These Are The Realms Of Technology And Religion Another Important Addition Is A Chapter On Aggression And Non Violence Overall This Book Presents A Wide Range Of Topics That Describe How Social Psychology Can Be Applied To Daily Life And Its Problems It Is Expected That This Book Will Not Only Serve As An Ideal Textbook For Undergraduate And Postgraduate Students But Will Also Prove Informative And Useful For Researchers And Professionals From Various Walks Of Life

Clinical Forensic Psychology Carlo Garofalo, Jelle J. Sijtsema, 2022-01-01 This book represents a comprehensive collection of theoretical and empirical work at the nexus of clinical and forensic psychology written by world renowned experts in the field It is among the first books in the field to focus entirely on clinical psychological science applied to the understanding and treatment of offending Part I addresses the main theoretical and clinical models used to explain and predict antisocial behavior spanning biological cognitive experimental individual differences and interpersonal perspectives Part II focuses on forms of psychopathology associated with an increased tendency to offend with the emphasis on describing the clinical constructs most relevant for forensic psychology Each chapter describes the clinical characteristics of one form of psychopathology their assessment their links with antisocial behavior and treatment considerations Part III focuses on different types of offense or offender groups as starting points This perspective has relevance since many criminal justice and forensic mental health systems allocate offenders to interventions based on their index offense or history of offenses Finally Part IV addresses the application of clinical psychology in the service of assessment and treatment in forensic settings It includes the state of the art on diagnostic and risk assessment as well as both widely used and recently developed interventions This book is an excellent resource for students at both Bachelor s and Master s level while also representing a comprehensive handbook for experienced researchers and practitioners

The Psychology of Behaviour at Work Adrian Furnham, 1997 This comprehensive textbook adopts a psychological perspective to take a fresh look at organisational behaviour It is a suitable undergraduate psychology text providing both the necessary grounding for the student and a realistic backdrop

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