

Dialectical Behavioural Therapy dosage and its consequences on impulsivity and suicidal risk in a French sample: a preliminary study

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Objectives:

Borderline personality disorder (BPD) is characterized by many symptoms, particularly impulsive ones, which can lead to one or more suicide attempts **a, b, c, d**. Involvement in structured care protocols (DBT, CBT) seems to be the key. Dialectical and Behavioral Therapy (DBT) management has shown its effectiveness but this therapy is sometimes difficult to implement due to its duration. We modified this treatment structure to create a 6 months program mixing DBT and cognitive behavioral therapy. We start to validate the effectiveness of this program.

Background:

Borderline Personality Disorder (BPD) is a core issue for assessing suicidal risk. Impulsivity often creates therapeutical difficulties in BPD treatment.

Materials & Methods:

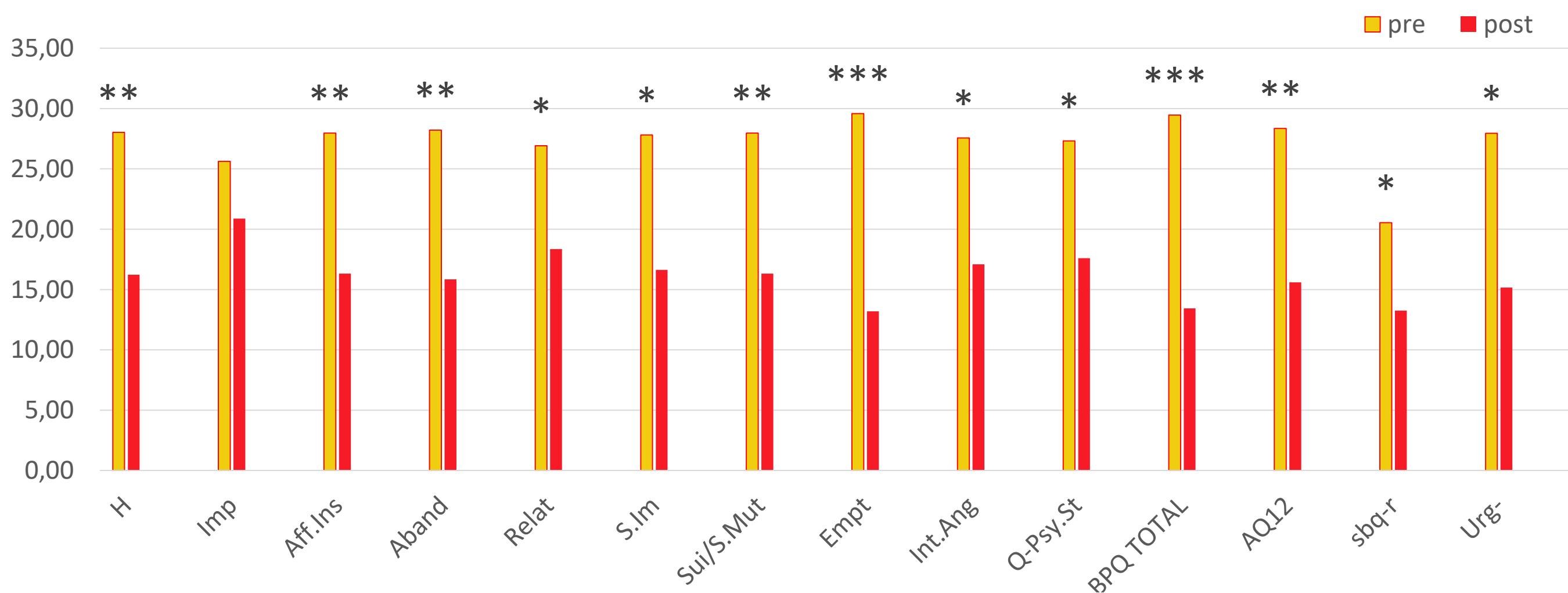
32 women with BPD were recruited from our daily care center (mean age=42 years) from DSM-5 criterion. We measured Impulsivity (UPPS), Aggression (AQ12), Hopelessness (H), Borderline dimension (BPQ) and suicidal risk (SBQ-r).

Results :

Globally, BPQ score was highly correlated to Despair^{***} ($r=.473$), Aggression^{***} ($r=.677$) and Impulsivity dimensions (negative Urgency^{***} $r=.622$; positive urgency^{**} $r=.357$; Lack of premeditation^{**} $r=.365$ and sensation seeking^{**} $r=.342$). Surprisingly, regarding suicide SBQ-r wasn't correlated to BPQ level but only with Positive Urgency level^{**} ($r=-.435$) and lack of perseverance^{**} ($r=-.316$).

Pre/post evaluation

*:p<.05, **:p<.005,***:p<.001



Conclusions and perspectives:

This treatment reduced impulsivity, aggression, suicidal risk and BPD symptoms. Impulsivity work need to be implemented carefully to work on positive emotion without creating negative effects. Further research is needed to measure the impact of this therapy dosage on male sample. A new protocol just started in France, we hope the first results by early 2020.

Références:

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