

Borderline Personality Disorder and suicidal risk regarding impulsivity and metacognition dimensions

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Objectives & Background :

This study evaluate BPD's patients functioning examining the links between metacognitive functioning and impulsivity facets for suicidal risk. Impulsivity is supposed to encourage suicide but recent studies prove it wrong¹. Compared to impulsivity facets, negative affects and negative rumination² were more significant. Inherently repetitive negative cognitions have been linked to thoughts of suicide and suicide attempts^{3,4} making cognitive processes a core feature for suicidal risk. For suicidal issues, BPD is a big concern.

Materials and Methods:

Population: 190 BPD patients (mean age=39.95 years, 9 males and 181 female). **Measures:** UPPS-S for impulsivity, MCQ30 for metacognition, BPQ for borderline personality traits and Sdq-r for suicide risk.

Results :

Comparison of from literature datas showed significant differences on all metacognitive measures MCQ30 scores⁵, UPPS scores⁶. Correlation analysis showed a link between positive urgency and metacognitive dimensions and only related to Cognitive self confidence

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

Negative thinking correlation:

- Negative Urgency $r=,373^{***}$
- Positive Urgency $r=,245^{**}$
- Lack of premeditation $r=,171^*$
- Sensation seeking $r=,212^*$
- UPPS $r=,314^{***}$

MCQ30 Global score:

- Negative urgency $r=,266^{***}$
- Sentation seeking $r=,273^{***}$
- UPPS $r=,218^*$

Metacognition

Impulsivity

Suicide correlation:

- Cognitive self consciousness $r= -0,292$ $p=0,041$

Suicide

Suicide correlation to impulsivity:

- Positive Urgency: $r=-0,241^*$
- UPPS : $r=-,215^*$

Regarding the BPQ's score correlation, we found a correlation with Positive thinking $r=,187$ and Need of control $r=,255^{***}$. Sdq-r correlated to Suicide dimension $r=,434^{***}$ Predicting suicidal risk from all the correlated dimension only pointed out the impact of suicide dimension^{***} tendency from BPQ (beta=.398).

Perspectives:

This results confirms the poor link between impulsivity and suicide. Linking suicide to negative emotion impulses appears to be a false belief. Positive emotions based urgency is directly related to suicide. Working on positive urgency needs to be done carefully as it could increase suicidal risk. Further research is needed to asses the importance of cognitive processes: is rumination the key⁷? What is the role of self consciousness ? What is the role of insight and it's impact in BPD's suicidal risk ? Positive Urgency is remarkably linked to metacognitive issues but doe's it makes impulsivity's dimension central in suicidal risk in BPD ?

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