

EFFECTS OF PSYCHOLOGICAL INTERVENTION VERSUS PHARMACOLOGICAL TREATMENT IN PATIENTS WITH BORDERLINE PERSONALITY DISORDER DURING EMOTIONAL INSTABILITY CRISIS

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The SCL-90-R assesses the presence of 90 symptoms and determines their intensity on an easy scale to apply in less than 15 minutes, and it is very useful to measure (after a first evaluation) the progress of a patient under treatment (before, during and after) to help measure changes in symptoms such as depression or anxiety specially.

Borderline Personality Disorder is characterized by emotional instability, extremely polarized and dichotomous thinking, impulsivity and chaotic interpersonal relationships. " Combined treatment with psychotropic drugs and psychotherapy, often does not prevent consultations in crisis situations. The most common symptoms they present can be measured with the **SCL-90R inventory**, in the items of **anxiety, depression and hostility**.

Objective:

To compare the efficacy of the psychological intervention in Borderline Personality Disorders (BPD) patients versus the adjustment of psychotropic drugs in emergency situations, in order to avoid changes in the usual pharmacological treatment of these patients.

Background:

Patients with BPD are complex patients who frequently ask for attention in reaction to personal conflicts ("crisis") and demand soothing medication to solve the situation. Some common psychotropic drugs used are benzodiazepines (BZP) and antidepressants, which involve risks of self-medication, abuse or impulsive intake.

SCL-90R-Scale

- Somatizations (SOM)
- Obsessions (OBS)
- Interpersonal sensitivity (SI)
- **Depression (DEP)**
- **Anxiety (ANS)**
- **Hostility (HOS)**
- Phobic Anxiety (FOB)
- Paranoid Ideation (PAR)
- Psychoticism (PSIC)

Materials and Methods:

Sample of 20 patients with TPB between 18 and 45 years.

- Symptoms Scale-Check-List-90-R (SCL-90), seven symptoms selected for anxiety and depression.
- Score levels: 0-9 points (mild symptoms), 10-19 (moderate), 20-28 (severe).
- Techniques of brief psychotherapy in "crisis" situation during the attention.
- After the intervention, patients with score >20 points are referred to their Mental Health Center preferably for re-evaluation.

Results:

- Scores SCL-90-R between 14 and 28 points (average: 20.9 points).
- Most of patients exceeded 20 points in the emergency room (60%); after attention only 2 patients (10%).
- Nearly 50% of patients required pharmacological treatment (benzodiazepines or antipsychotics) during the crisis.
- About 40% (39% of women, 43% of men) required pharmacological adjustment after psychological intervention.

As a conclusion, the application of SCL-90-R in outpatient consultation, shows us that the scores decrease after the moment of "crisis". Sometimes, it is necessary to administer medication promptly (anxiolytics), but these symptoms do not always require a change of treatment in these patients. Moreover, brief psychotherapy techniques could be considered an useful method in the initial treatment of BPD patients with emotional instability.

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