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A CONTROLLED RANDOMIZED STUDY ON THE EFFICACY OF SHORT-TERM DYNAMIC PSYCHOTHERAPY IN BORDERLINE PERSONALITY DISORDERS (BPD). PRELIMINARY RESULTS

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Introduction: Four psychotherapies have been recognized as effective with scientific evidence for the treatment of BPD, but are long term techniques. It is necessary to explore new time limited psychotherapies in order to be more accessible.

We have developed a specific manualized psychotherapy for BPD named Psychic Representation focused Psychotherapy (PRFP)

Objectives: To assess the efficacy of the PRFP in BPD in an outpatient care setting compared to a control group receiving psychiatric treatment “as usual” in several specific symptoms and in diminishing the disability due to the illness.

Methods: 60 subjects with BPD were randomized to one of the two treatment groups. The study group has received PRFP with 20 sessions on a weekly basis; the control group has received treatment “as usual”. Both groups may receive psychopharmacological treatment. The assessment is done in four time-points: at baseline, after the psychotherapy or conventional treatment (six months), and at a six and twelve month's follow-up period.

Results: Preliminary results of the first 30 patients (control group 17, experimental group 13, without significant differences, Age 18-35 years; 70% women) assessed at the baseline and at the end of the intervention (six months). Experimental group reached a statistically significant clinical improvement over the controls in all measured variables: Scales: SCL-90; Zanzarini ; MDRS; Barrat; STAI anxiety state; Rosenberg self-esteem and SASS social adaptation.

Conclusion: The preliminary results are encouraging and reveal that this method could be effective. This study state the interest in develop more studies about time limited psychotherapy for BPD