DIFFERENTIAL LONG-TERM COURSE RELATED TO EARLY AND DELAYED DIAGNOSIS OF BORDERLINE PERSONALITY DISORDER

IRENE ALVAREZ-TOMÁS
PhD Student Universitat de Barcelona
Hospital de la Santa Creu i Sant Pau

Contact: irene.alvareztomás@gmail.com
The age when the disorder was first diagnosed, could it influence the long-term course of the disorder?
PREVENTION ON BPD

Early DIAGNOSIS

Early TREATMENT

Adverse Outcome

Adaptive Developmental Pathways

Chanen & McCutcheon, Br J Psychiatry, 2013
BPD: A LIFESPAN DEVELOPMENTAL DISORDER

LONGITUDINAL PROSPECTIVE STUDIES BPD

• From adolescence to early adulthood: (Cohen et al, 2005; Bornovalova et al, 2009; Winograd et al, 2008)
  - BPD is a reliable diagnosis in adolescence and adulthood
  - BPD is associated with high clinical and social impairment

• During adulthood: (Zanarini et al, 2006)
  Younger age, predictor of earlier time to remission (10-year)
Naturalistic prospective longitudinal study

Objective:
To study the clinical and functional long-term course of BPD, and its prognostic factors, in the Spanish population.

**Inclusion Criteria:**
- BPD DSM-IV Criteria (SCID-II/DIB-R)
- Age of 18-45 years
- No comorbid unstable axis I disorder
- CGI $\geq 4$

*Soler et al, Am J Psychiatry 2005*
10-YEAR FOLLOW-UP STUDY
Spanish BPD Sample

Measures:

- **Clinical interview**
  Psychiatric History

- **DIB-R Interview**
  (2-years period)

- **SASS** - Social Adaptation Self-evaluation Scale

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**AGE of 1st BPD Diagnosis**

*At what age were you first given the diagnosis of BPD by a specialist?*

25.18 years

- **ED Group ≤ 25 years**
- **DD Group > 25 years**
Initial Sample n= 64
ED n=33 / DD n= 31

Follow-up Sample  n=41
ED n=23 / DD n= 18
Retention Rate = 64%

- Not localized at follow-up  n=6 (9.4%)
- Refuse to participate  n=12 (18.7%)
- Committed Suicide  n=5 (7.8%)

93% Women
No differences between groups on retention rate
TIME COURSE
ED Group - DD Group

- Early BPD Diag: 14.35 years
- ED Group: 20.8 years
- Age 1\textsuperscript{st} Mental Health Intervention: 14.35 years
- Delayed BPD Diag: 21 years
- DD Group: 31.4 years
- Age 1\textsuperscript{st} Mental Health Intervention: 18 years
- Age 1\textsuperscript{st} BPD Diagnosis: 22.6 years
- Age Study Inclusion: 32.3 years
- Age Study Inclusion: 32.3 years
# Psychiatric Antecedents

## ED Group - DD Group

<table>
<thead>
<tr>
<th>Lifetime Diagnoses (2 or +)</th>
<th>ED Group</th>
<th>DD Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood Disorders</td>
<td>35%</td>
<td>72% **</td>
</tr>
<tr>
<td>Substance Use Disorders</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>39%</td>
<td>39%</td>
</tr>
<tr>
<td>Early Childhood Mental Disorders (&lt; 10y)</td>
<td>26%</td>
<td>0%</td>
</tr>
<tr>
<td>Disruptive Behavior/ ADHD</td>
<td>17%</td>
<td>0%</td>
</tr>
</tbody>
</table>

\[ * * \chi^2 = 5.66, \ df=1, \ p < 0.05 \]
## Differential Clinical Course

### Clinical Rates

<table>
<thead>
<tr>
<th></th>
<th>Total Sample</th>
<th>ED Group</th>
<th>DD Group</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Suicide Rate</strong></td>
<td>N= 5</td>
<td>n= 1</td>
<td>n= 4</td>
</tr>
<tr>
<td></td>
<td>7.8%</td>
<td>3%</td>
<td>13%</td>
</tr>
<tr>
<td><strong>Clinical Remission Rate</strong></td>
<td>N=26</td>
<td>n=16</td>
<td>n=10</td>
</tr>
<tr>
<td></td>
<td>63.4%</td>
<td>70%</td>
<td>56%</td>
</tr>
</tbody>
</table>

* Clinical Remission: DIB-R < 6 for 2 years
BPD Criteria - DIB-R Total Score

F(1,39)=1.29 p=0.26
\( \hat{g} = 0.83 \) (0.19, 1.47)
No Sig Interaction
Large Effect
Affective Features

- F(1,39)=2.83 p=0.10
- $\hat{g} = 1.27$ (0.59, 1.94)
- No Sig Interaction
- Large Effect

Graph showing the comparison between ED Group, DD Group, and Total Sample over Baseline and Follow-up periods. The cut-off point is marked on the graph.
Cognitive Features

No Sig Interaction
Medium Effect

F(1,39) = 1.98, p = 0.16
$\hat{g} = 0.68 \ (0.59, 1.94)$

Cut-off point
Impulsive Features

- No Sig Interaction
- Small Effect

- \( F(1,39)=0.74 \) \( p=0.39 \)
- \( \hat{g}=0.52 \) \((-0.12, 1.14)\)

- Cut-off point

- ED Group
- DD Group
- Total Sample

- Baseline
- Follow-up

fppt.com
Interpersonal Features

F(1,39) = 0.23 p = 0.63

$\hat{g} = 0.31 \ (-0.31, 0.93)$

No Sig Interaction
Small Effect

Cut-off point
## Differential Functional Course

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Married/In a relationship</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ED Group</td>
<td>48%</td>
<td>70%</td>
</tr>
<tr>
<td>DD Group</td>
<td>50%</td>
<td>44%</td>
</tr>
<tr>
<td><strong>Unemployed</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ED Group</td>
<td>52%</td>
<td>52%</td>
</tr>
<tr>
<td>DD Group</td>
<td>22%</td>
<td>50%</td>
</tr>
<tr>
<td><strong>Receiving Social Benefits</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ED Group</td>
<td>22%</td>
<td>35%</td>
</tr>
<tr>
<td>DD Group</td>
<td>17%</td>
<td>56%</td>
</tr>
</tbody>
</table>
Social Functioning - SASS

\[ F(1,30)=0.02 \quad p=0.8 \]
\[ \hat{g}= 0.02 \quad (-0.62, 0.66) \]

No Sig Interaction
Small Effect
CONCLUSIONS

• An **early BPD diagnosis** is associated with a greater clinical improvement over time

• A **delayed BPD diagnosis** appears more strongly associated to persistent affective symptoms

• An **early BPD diagnosis** is associated with higher social functioning. These differences remain 10 years

• A **BPD diagnosis** is related to persistent social impairment, compared with the general population
LIMITATIONS

- The Age of first BPD diagnosis measure was self-reported and retrospectively assessed.
- Small group samples.
- These results should be replicated in larger samples.