

# EARLY AND DELAYED BPD DIAGNOSIS AND ITS RELATIONSHIP TO LONG-TERM REMISSION IN ADULTHOOD

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## Objective

To study long-term remission of borderline personality disorder (BPD) differentially by age of BPD diagnosis detection.

## Introduction

➤ Preventive approaches focus on early detection to facilitate access to specific interventions and thus reduce potential complications over time.

➤ Moreover, previous long-term course studies have identified younger age as a predictor of earlier remission (Zanarini et al. 2006).

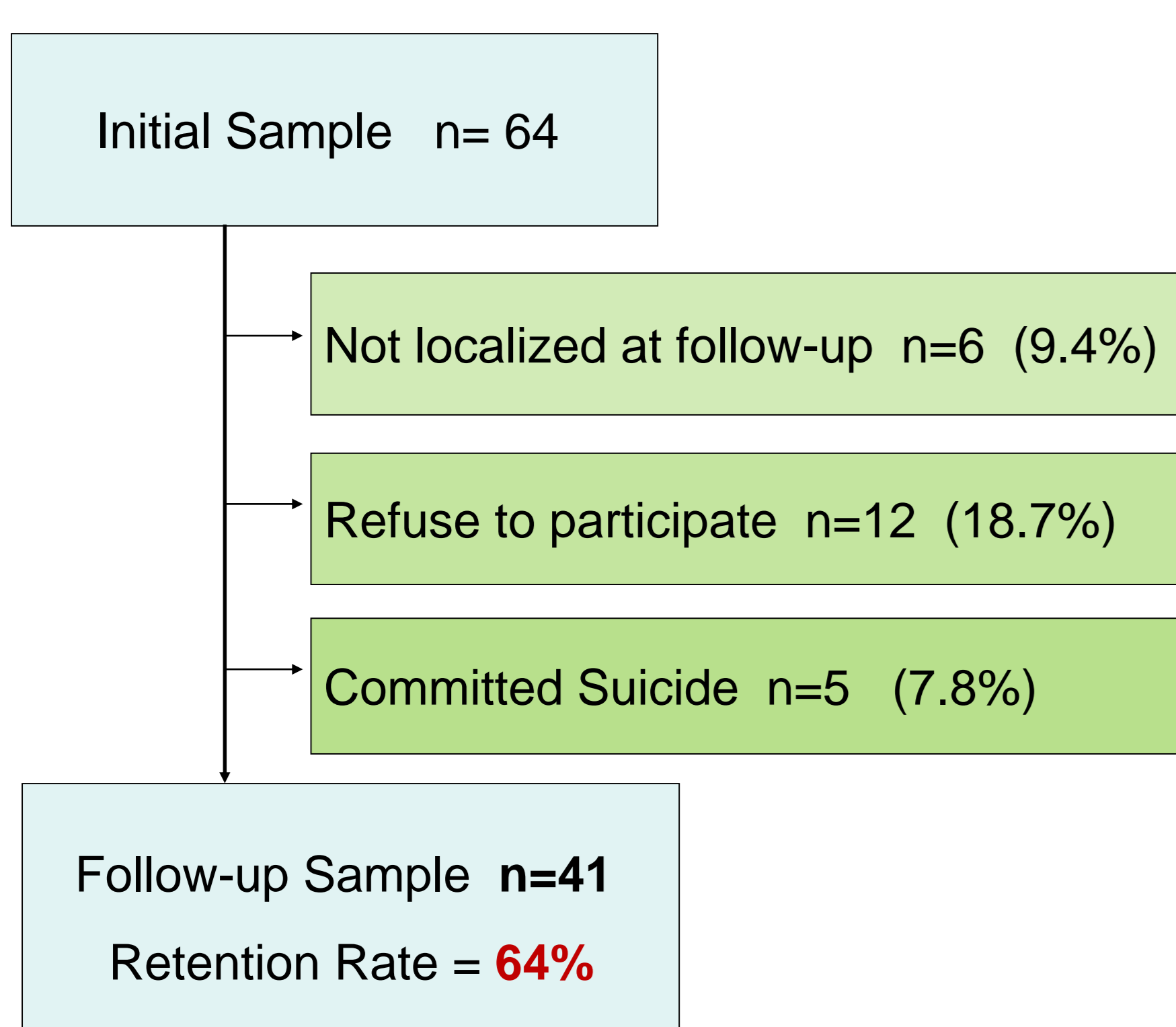
## Methods

The present sample was recruited at Hospital Sant Pau for a 10-year follow-up study on the long-term clinical and functional course of BPD (Alvarez-Tomás, I. et al., 2016).

### Inclusion criteria:

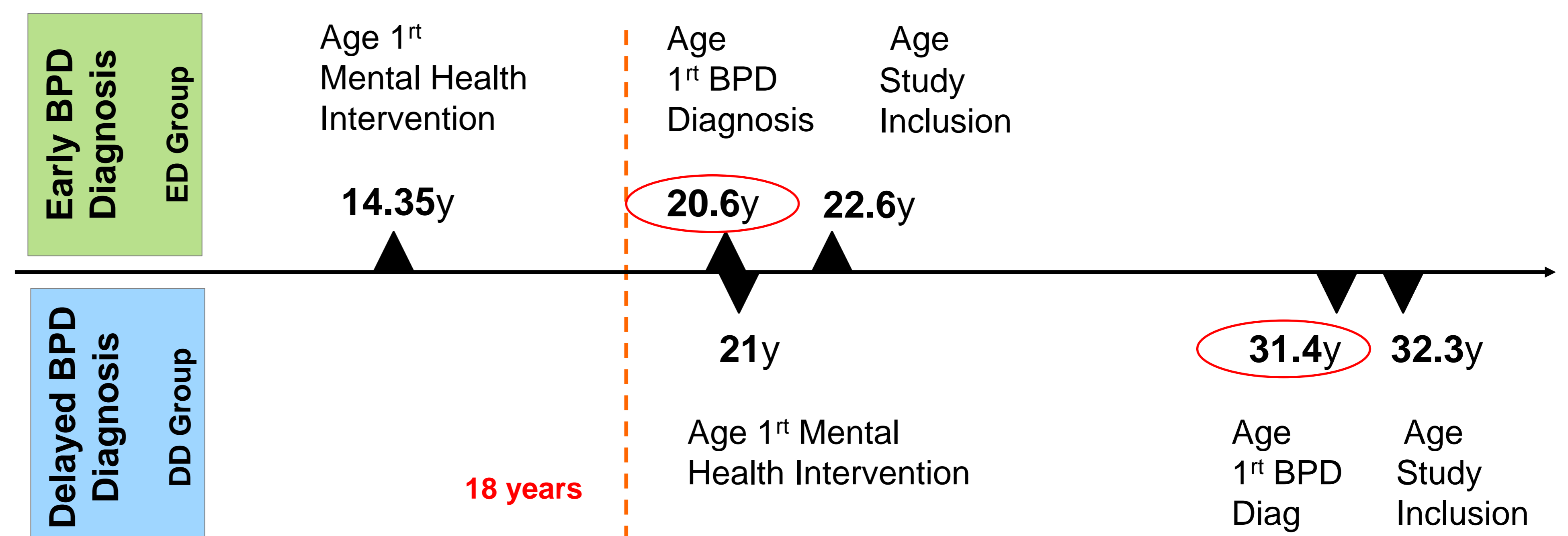
- 1) Diagnosis of BPD (DSM-IV), assessed by SCID-II and DIB-R (Total Score  $\geq 6$ );
- 2) Age of 18-45 years;
- 3) CGI-S score  $\geq 4$ .
- 4) No current diagnosis of schizophrenia, drug-induced psychosis, bipolar and major depressive disorders, alcoholism and other substance disorders, mental retardation or organic syndrome with psychiatric symptoms.

### Participants:



• There were no significant differences between drop-outs and continuers in age, gender, age of 1st BPD diagnosis and BPD severity at baseline.

• Current analyses were run in the follow-up sample (n=41).



### Age of first BPD diagnosis:

- Age of first BPD diagnosis and other psychiatric antecedents were retrospectively reported by participants in a clinical interview.
- According to this variable, two subgroups were defined:
  - Early BPD Diagnosis Group (ED)  $\leq 25$  years
  - Delayed BPD Diagnosis Group (DD)  $>25$  years

### Remission:

- Remission was defined as not meeting BPD criteria by DIB-R and SCID-II in the prior 2-year period.

## Results

### Clinical characteristics in ED-DD Groups:

- Subjects in the ED Group were more likely to have received the first mental health intervention before age 18 than those in the DD Group ( $t = -4.08$ ,  $df=39$ ,  $p < .001$ ).
- Mean age of 1st BPD diagnosis was around 20 years in the ED Group and 31 years in the DD Group.
- Subjects in the DD Group were more likely to present a previous mood disorder than those in the ED Group ( $\chi^2 = 5.66$ ,  $df=1$ ,  $p < 0.05$ ).

	ED Group	DD Group
<b>LIFETIME DIAGNOSES (2 or +)</b>	70 %	61 %
Mood Disorders	35%	72% **
Substance Use Disorders	44%	44%
Eating Disorders	39%	39%
Early Childhood Mental Disorders (< 10y)	26%	0%
Disruptive Behavior/ ADHD	17%	0%

### Long-term remission rate in ED-DD Groups:

	ED Group (n=23)	DD Group (n=18)
<b>REMISSION</b>	15 68.2 %	7 38.9 %
<b>NO REMISSION</b>	7 31.8 %	11 61.1 %

- The ED Group showed a higher remission rate than the DD Group at 10-year follow-up, although it did not reach statistical significance ( $\chi^2 = 3.37$ ,  $p = 0.06$ ).
- The likelihood of long-term BPD remission in the ED Group was 1.75 times greater than in the DD Group (RR = 1.75, IC 95% [0.92, 3.34]), which represented a moderate effect size.

## Conclusions

An early BPD diagnosis might be related to a greater likelihood of remission in the long term.

Subjects with a delayed BPD diagnosis appear more likely to have previously suffered lifetime mood disorders.

These results should be replicated in larger samples.

### References

- [1] M.C. Zanarini, F.R. Frankenburg et al. Prediction of the 10-year course of borderline personality disorder. American Journal of Psychiatry, 163 (2006) 827-832.
- [2] I. Alvarez-Tomás, J. Soler et al. Long-term course of borderline personality disorder: A prospective 10-year follow-up study. Journal of Personality Disorders, 30 (2016) 1-16.