



3rd International Congress on Borderline Personality Disorder and Allied Disorders. Tailoring treatments to different developmental pathways and phenomenologies. 16 – 18 October 2014, Rome



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.alvareztomas@gmail.com

OBJECTIVE

**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)

10-YEAR FOLLOW-UP STUDY

Spanish BPD Sample

- **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

AGE of 1th BPD Diagnosis

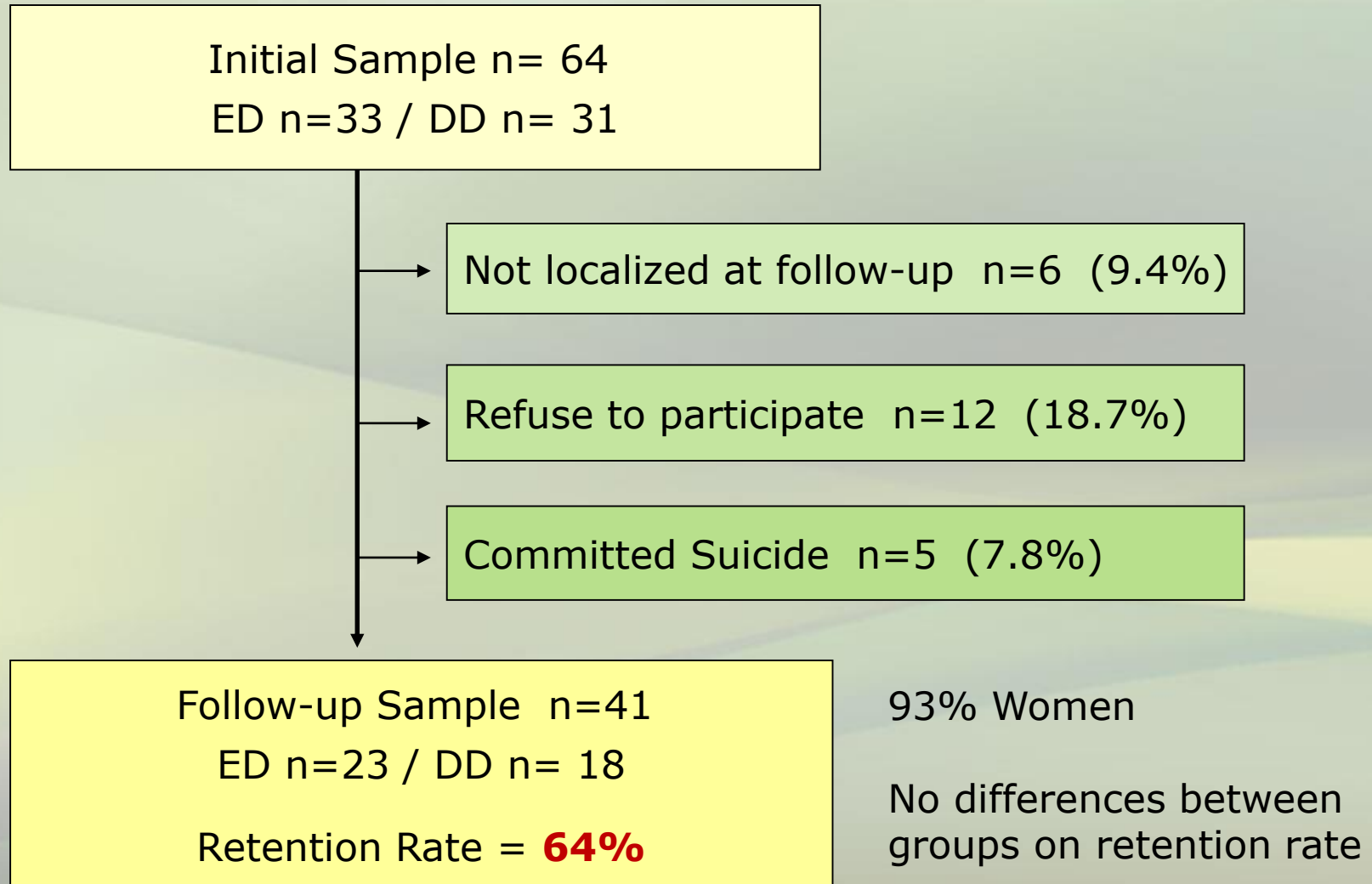
*At what age were you first
given the diagnosis of
BPD by a specialist?*

25.18 years

ED Group \leq 25 years

DD Group $>$ 25 years

SELECTION PROCESS FLOW CHART



TIME COURSE

ED Group - DD Group



PSYCHIATRIC ANTECEDENTS

ED Group - DD Group

	ED Group	DD Group
LIFETIME DIAGNOSES (2 or +)	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%

* * $X^2= 5.66$, $df=1$, $p < 0.05$

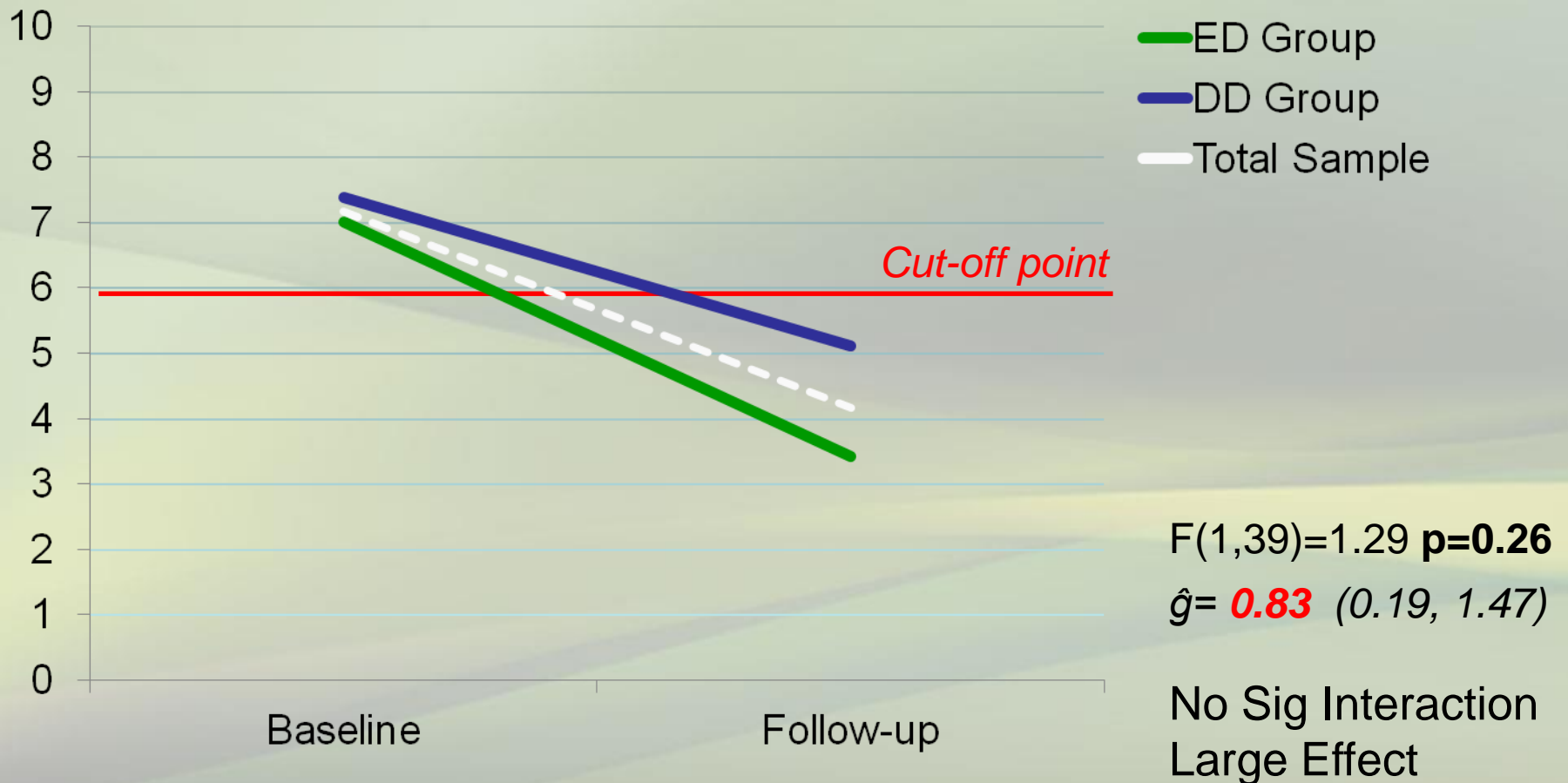
DIFFERENTIAL CLINICAL COURSE

CLINICAL RATES

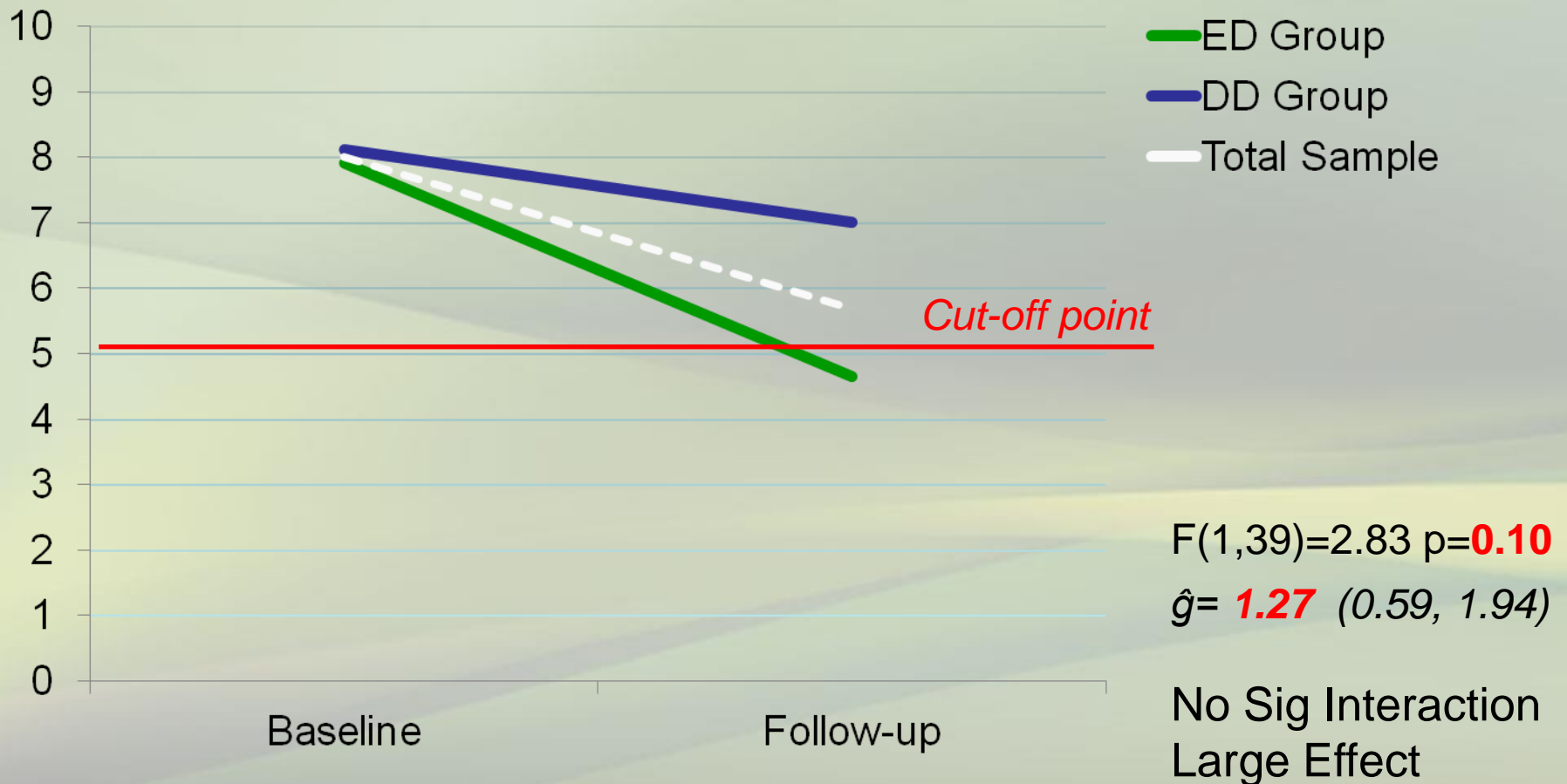
	TOTAL SAMPLE	ED Group	DD Group
SUICIDE RATE	N= 5 7.8%	n= 1 3%	n= 4 13%
CLINICAL REMISSION RATE *	N=26 63.4%	n=16 70%	n=10 56%

* Clinical Remission: DIB-R < 6 for 2 years

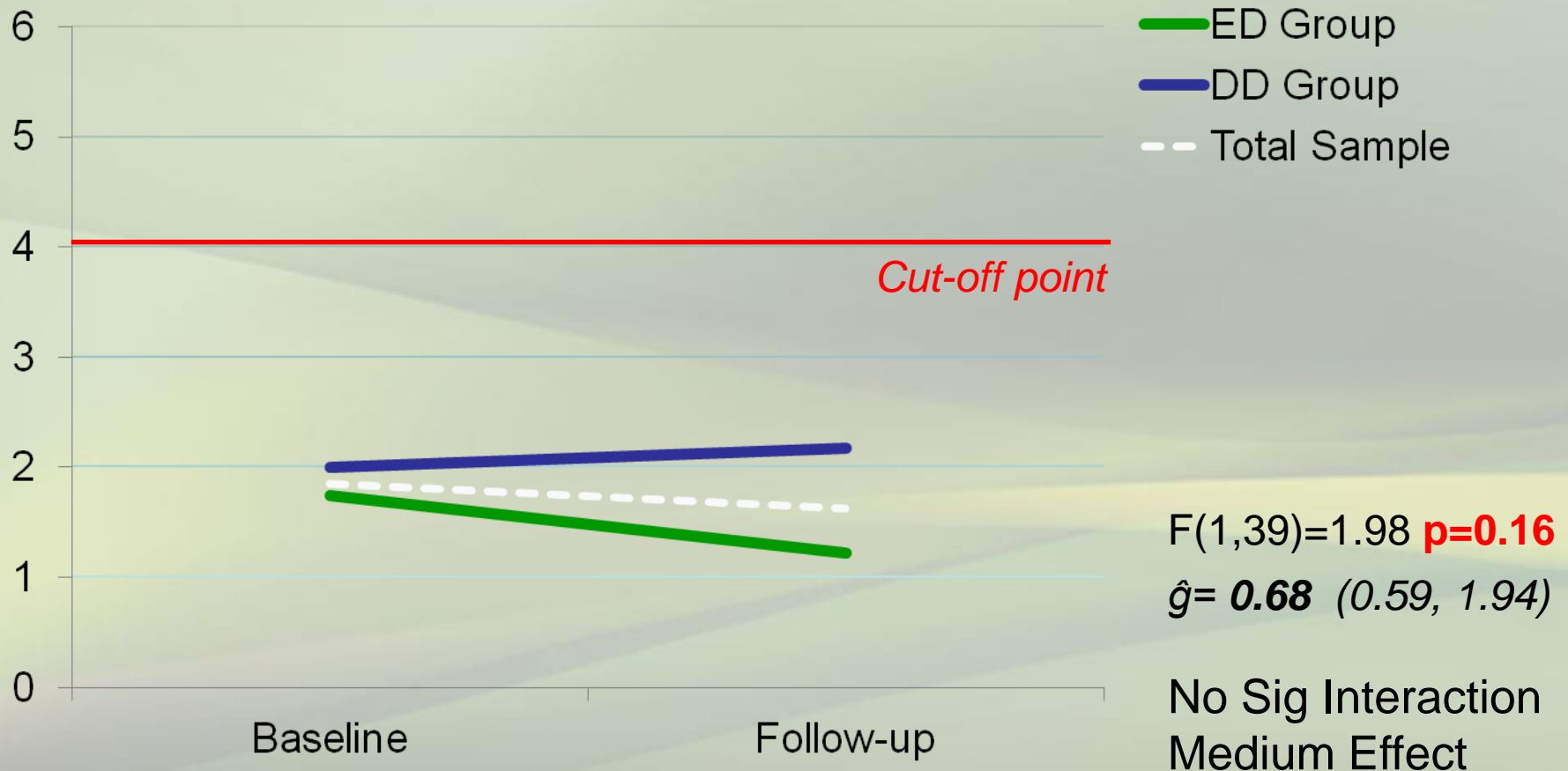
BPD Criteria - DIB-R Total Score



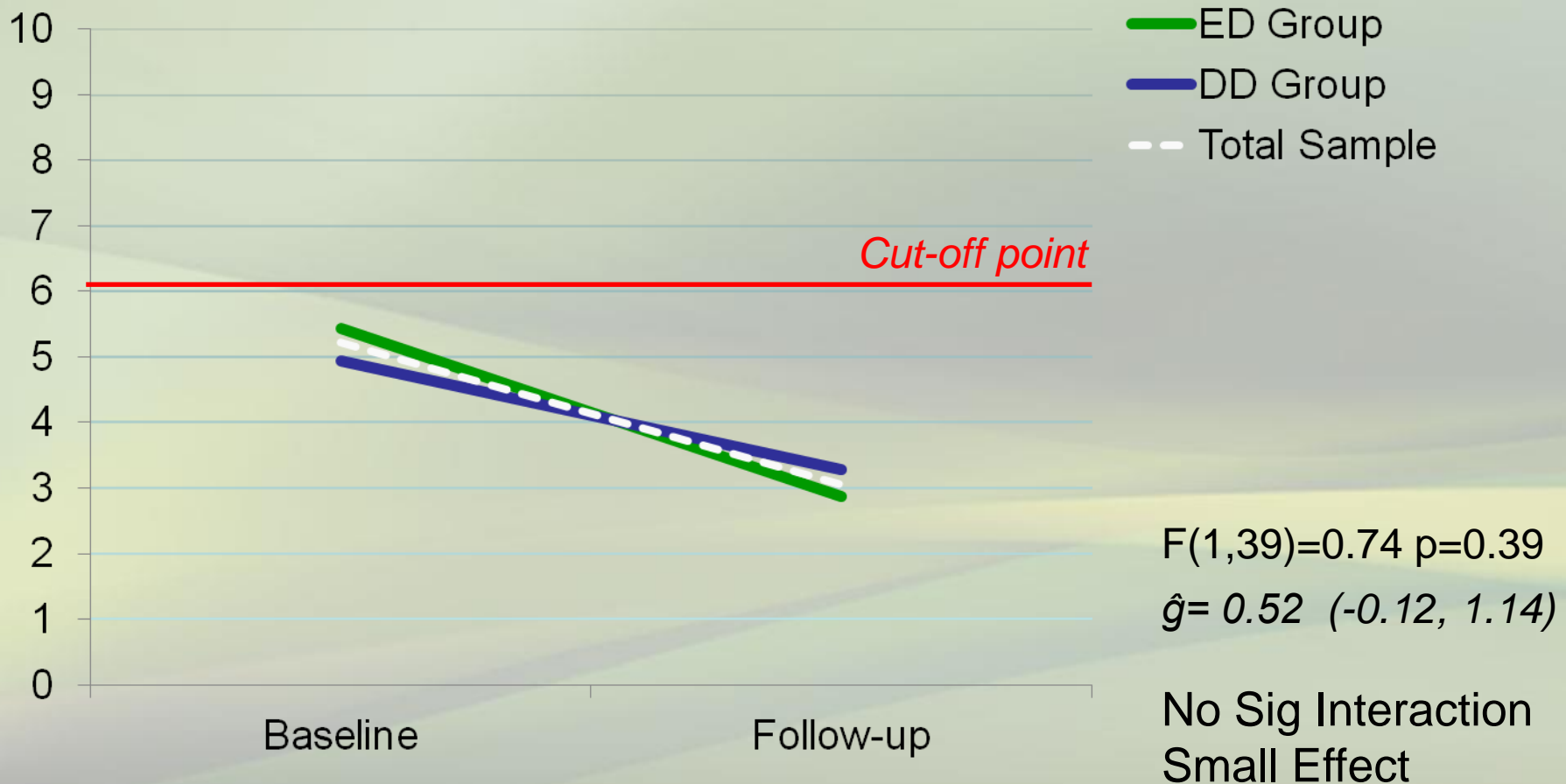
Affective Features



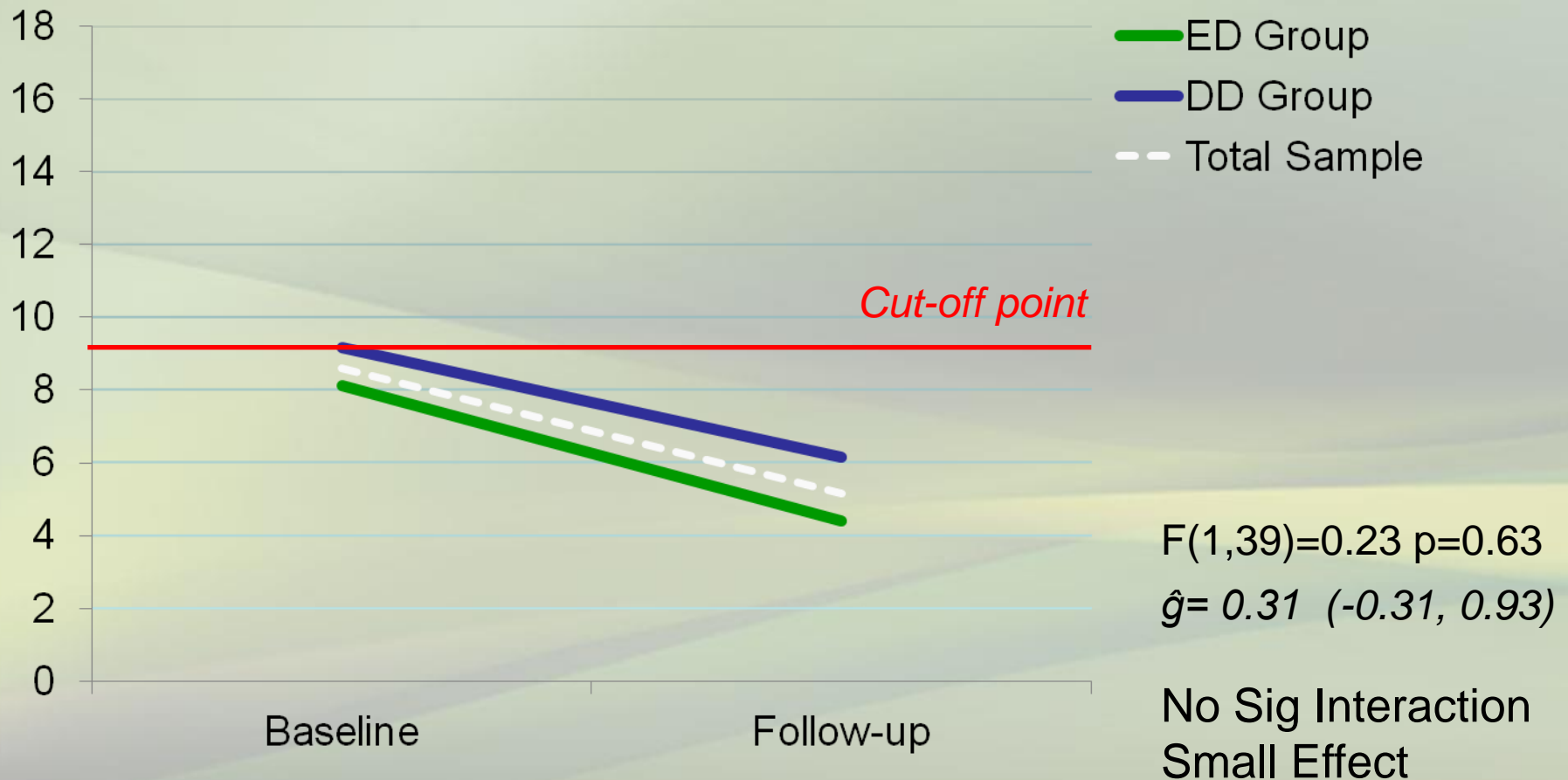
Cognitive Features



Impulsive Features



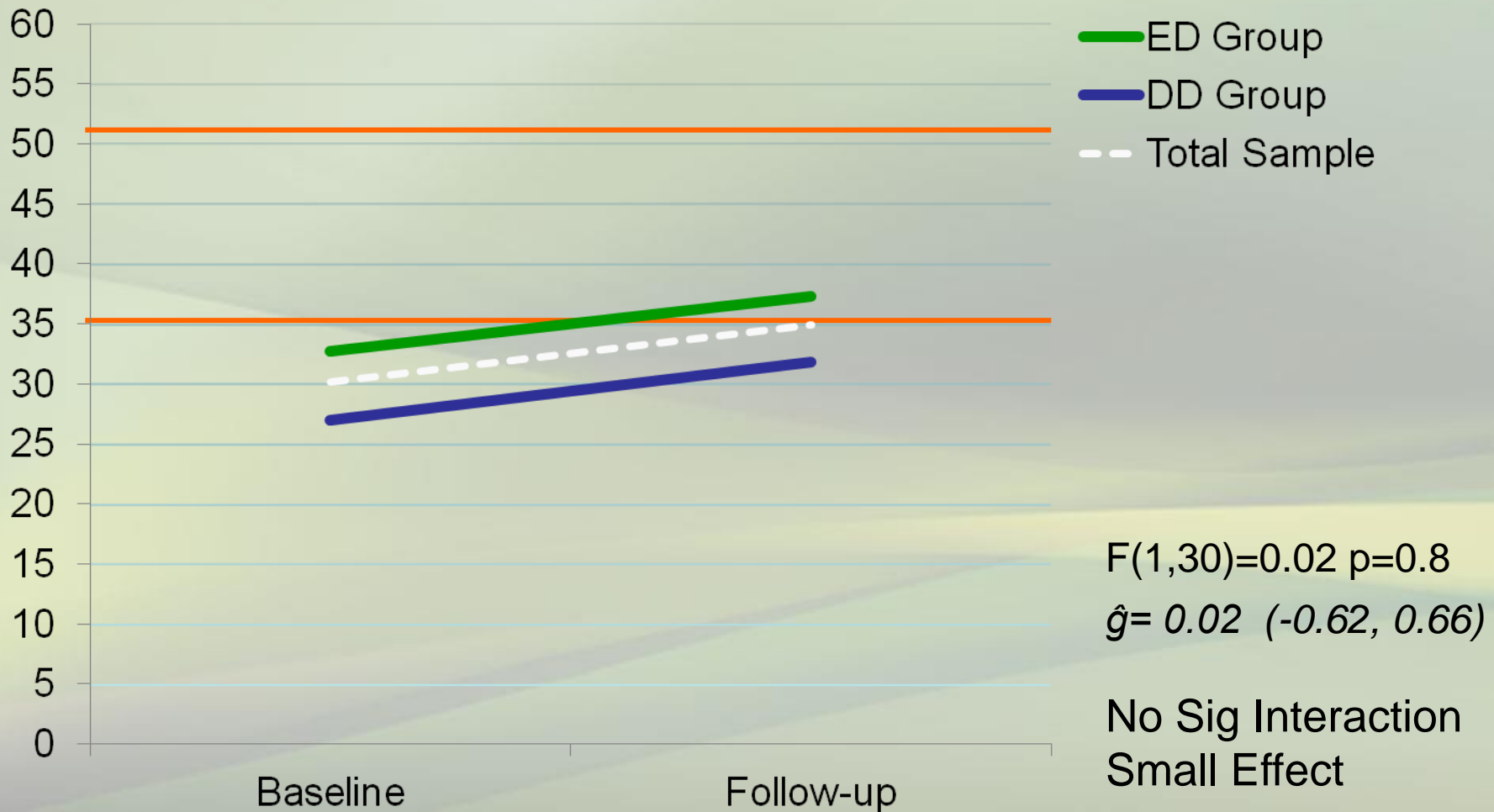
Interpersonal Features



DIFFERENTIAL FUNCTIONAL COURSE

		Pre	Post
Married/ In a relationship	ED Group	48%	70%
	DD Group	50%	44%
Unemployed	ED Group	52%	52%
	DD Group	22%	50%
Receiving Social Benefits	ED Group	22%	35%
	DD Group	17%	56%

Social Functioning - SASS



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