

BORDERLINE PERSONALITY DISORDER (BPD)

BY SOPH N:



TRAITS OF BPD

- relationships with others are very intense and aggressive
- extremely impulsive or higher likelihood of engaging in risky behaviors.
- many ups and downs in how they see themselves
- can be paranoid or easily stressed.

CAUSES OF BPD

Family history and genetics play a big role in the likelihood of developing BPD. Genetics and brain structure can easily influence people who have BPD, since their brain structures are different from others in impulse control and other areas. There are also environmental factors in childhood that can influence this illness, especially in dysfunctional houses.

OCCURANCE

- 70% of people suffering from bpd have at least one suicide attempt
- 8-10% will succeed
- women are more likely to be diagnosed, but men are also easily misdiagnosed under a different illness.
- 20% of people with BPD are also bipolar
- 71% of people with BPD have experienced intense trauma at one point in their lives.

COGNITIVE BEHAVIORAL THERAPY (CBT)

This type of therapy helps teach people suffering from BPD how to change core beliefs that are unhealthy and damaging towards self and others. There has been studies showing that CBT can help mood swings, anxiety, and more self-harming behaviors or emotions.

DIALECTICAL BEHAVIOUR THERAPY (DBT)

This type of therapy involves group or individual treatment made specifically for people suffering from BPD. The main goal of dialectical behavior therapy is to teach people with BPD how to safely manage and control their emotions. This also helps maintain or make healthy future relationships with others.

MENTALIZATION-BASED THERAPY (MBT)

This type of therapy involves talking to a therapist to help find out or identify your own thoughts or feelings. This helps create a new perspective on situations and difficulties in someone's life. It tries to make people think before reacting.

MEDICATIONS

There are currently no medications that have proven successful in treating people with BPD. Sometimes doctors will prescribe medications to help with the comorbid mental disorders such as depression or anxiety with medications for that type of illness.

HOSPITALIZATION

During intense mood swings, either depression or mania, hospitalization may be required in order to keep someone safe from self-injury or injuring others. There are more resources at the hospitals dedicated to helping people suffering with BPD to keep them safe.

CITATIONS

- Borderline personality disorder - Diagnosis and treatment - Mayo Clinic. (2022, December 13). <https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/diagnosis-treatment/drc-20370242>
- Borderline Personality Disorder. (n.d.). National Institute of Mental Health (NIMH). <https://www.nimh.nih.gov/health/topics/borderline-personality-disorder>