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and connect**

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A scoping review of programs that address the daily living functioning of people diagnosed with borderline personality disorder (BPD)

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Occupational
Therapy
Australia

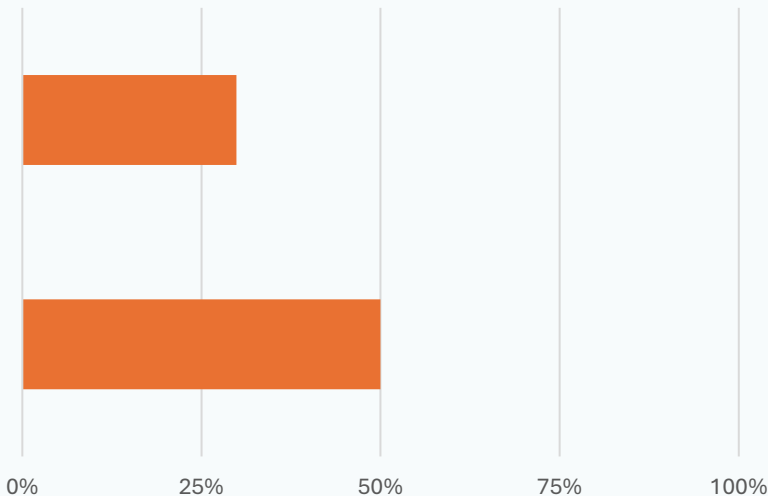


Introduction

- Borderline personality disorder (BPD) is a severe and prevalent mental illness
- BPD is complex and challenging to treat
- Psychotherapy is currently recommended as the mainstay treatment

(Storebø et al. 2020)

Drop out (29.9%)



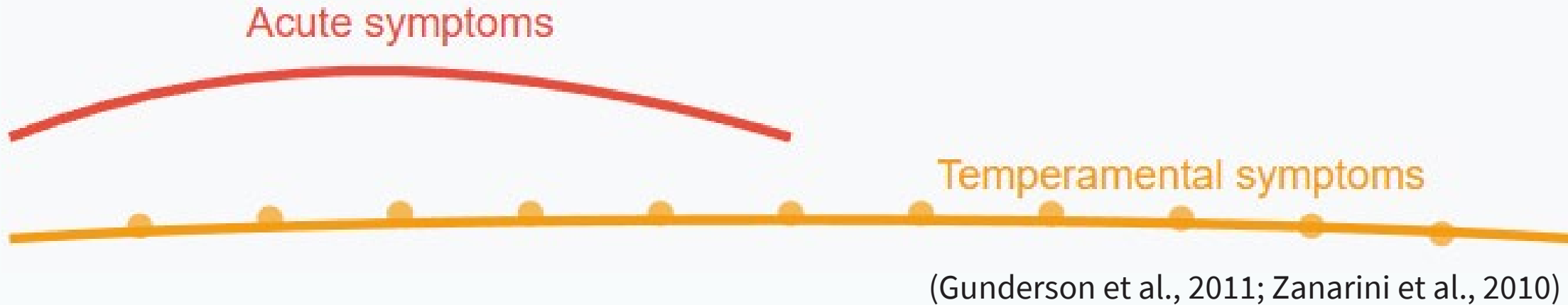
Iliakis et al. (2021)

Woodbridge et al. (2020)

Treatment response (50%)



Introduction

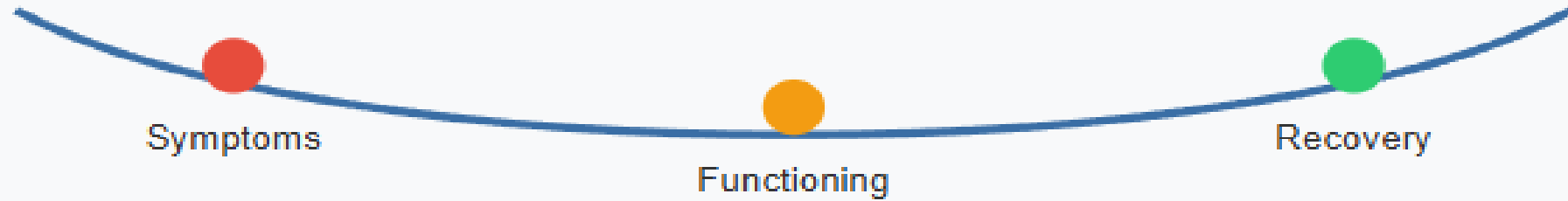


- Continued difficulties with ‘psychosocial functioning’
- Rely on disability benefits and remain in psychotherapy/psychiatric services

(Gunderson et al., 2011; Kramer et al., 2023; Zanarini et al., 2010a; Zanarini et al., 2010b)



Assessing function

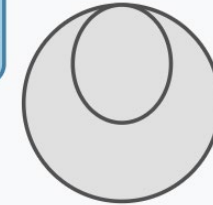


- Researchers use the Global Assessment of Functioning (GAF):
a single score of ‘functioning’ conflated with symptoms (Gold, 2014)
- Symptomatic remission is not functional recovery (Larivière et al., 2015; Ng et al., 2016)
- ‘To work and love’: one emotionally sustaining relationship and full-time
work or study (Grenyer et al., 2022; Gunderson et al., 2011; Miller et al., 2018; Zanarini et al. 2010a)



Daily living functioning

- We need to consider activities & routines in daily life beyond work & love
(Di Bartolomeo et al., 2024; Kernot et al., 2023)
- Difficulties with daily living:
 - Sleeping (King et al., 2024; Wood et al., 2015)
 - Managing home environment (Birken, 2017)
 - Establishing a meaningful routine (Falklöf, 2010; Larivière et al., 2016)





Methods

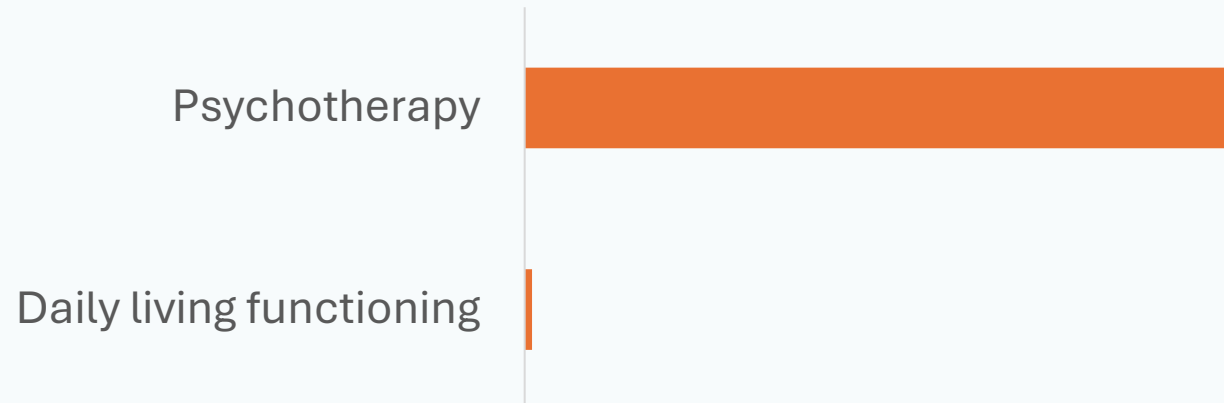
- Scoping review question: ‘What programs are available to support people diagnosed with BPD to address their daily living functioning?’
- Search terms informed using the domains of daily living functioning developed by Desrosiers et al. (2017)
- Eight databases (no limits on date or language)
- Grey literature





Results

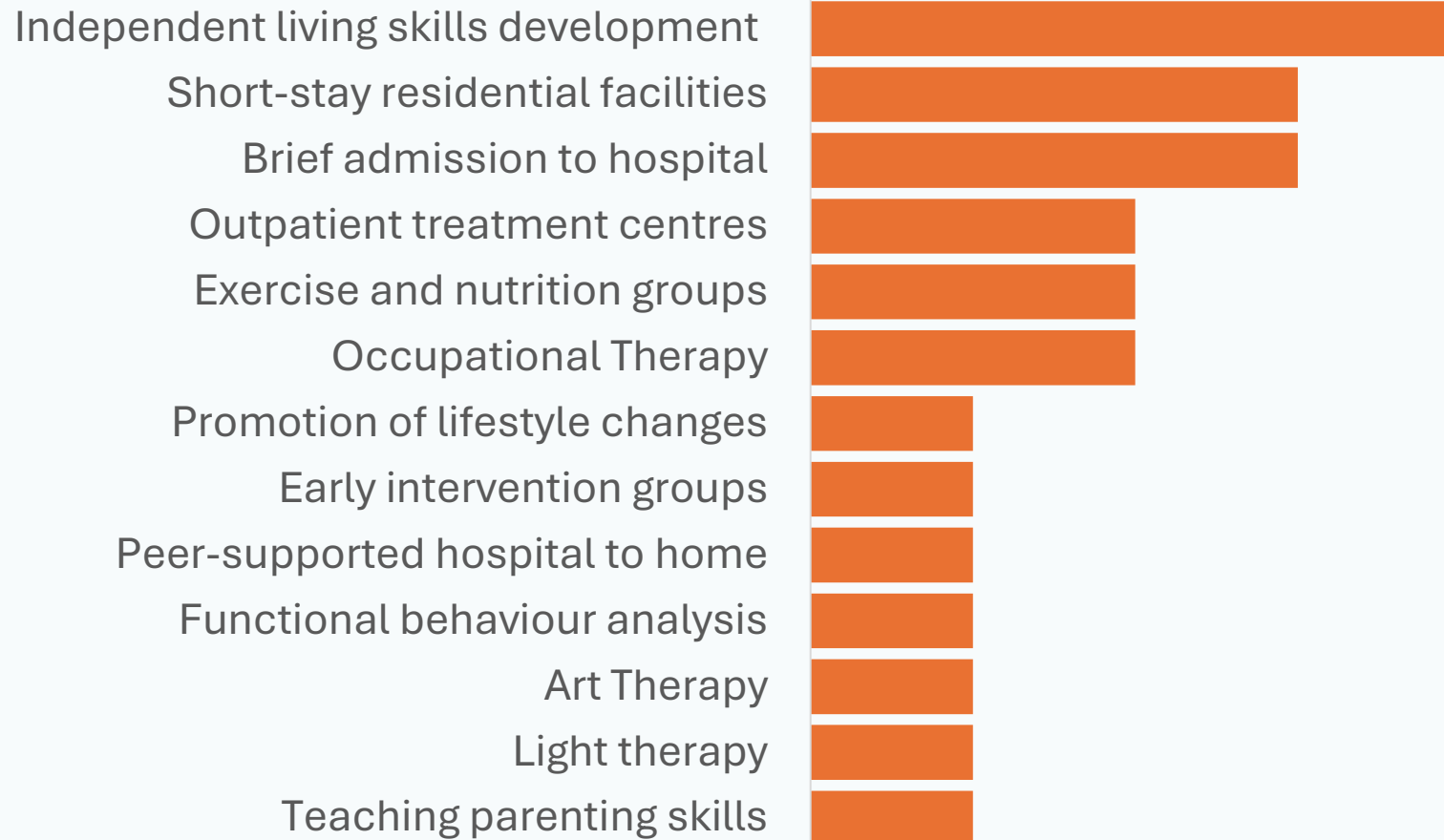
- Only 30 records found since 1987:
 - Quantitative and qualitative research (n = 19)
 - Educational materials (leaflets/webpages) (n = 7)
 - Program summaries (n = 4)
- Contrasted with psychotherapy literature for BPD





Results

Records describing facilitator-led programs





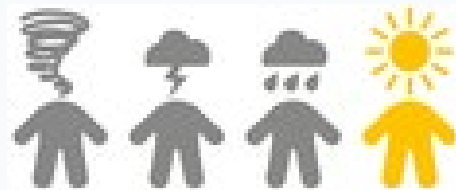
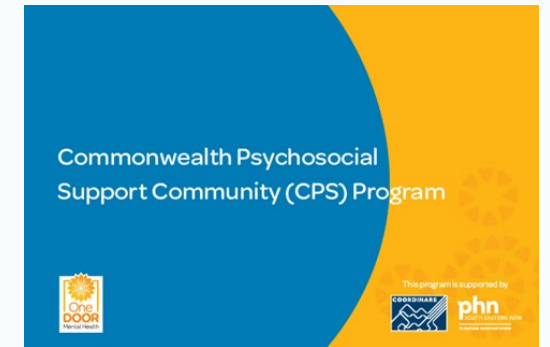
Results

Australian programs

Mental Health Prevention and Recovery Care



The Royal
Australian &
New Zealand
College of
Psychiatrists

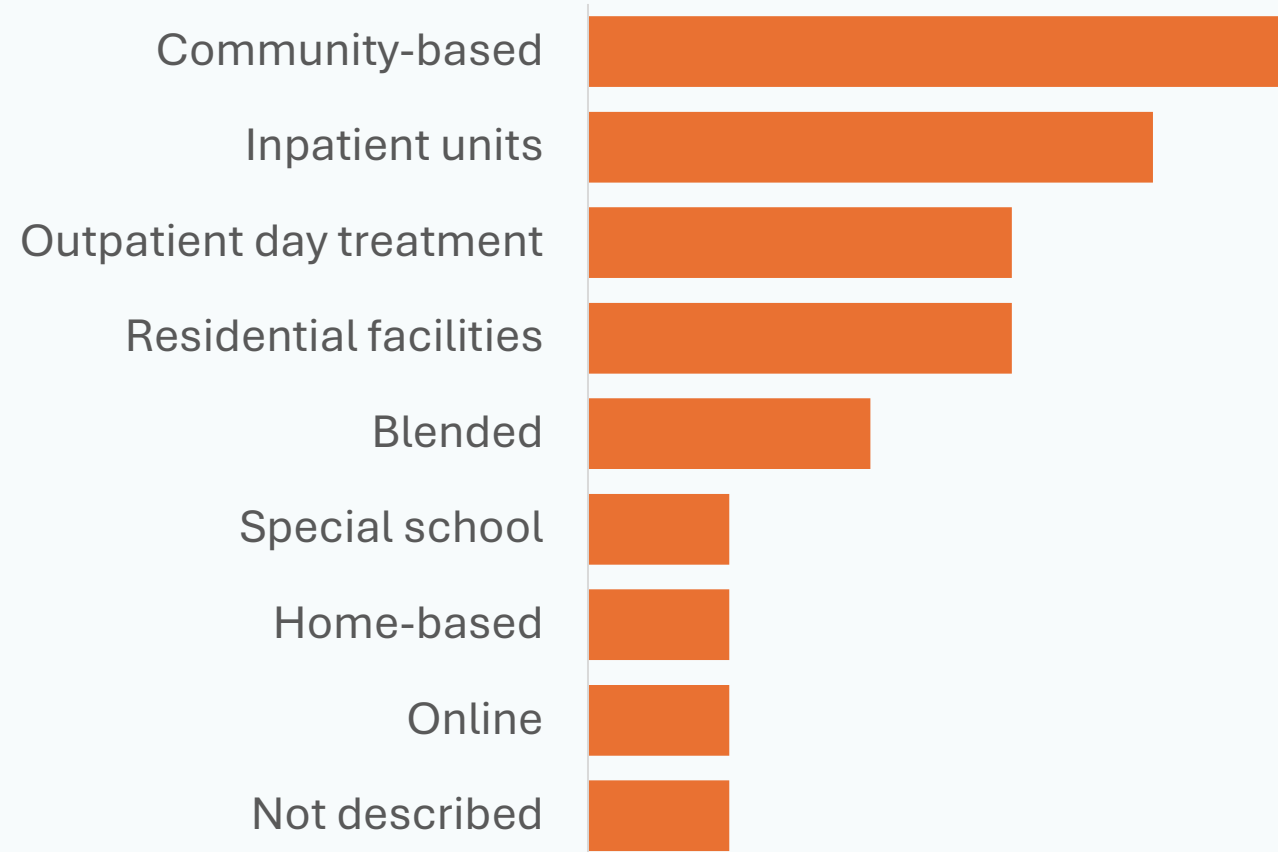


PROJECT AIR
A PERSONALITY DISORDERS STRATEGY



Results

Settings and modalities



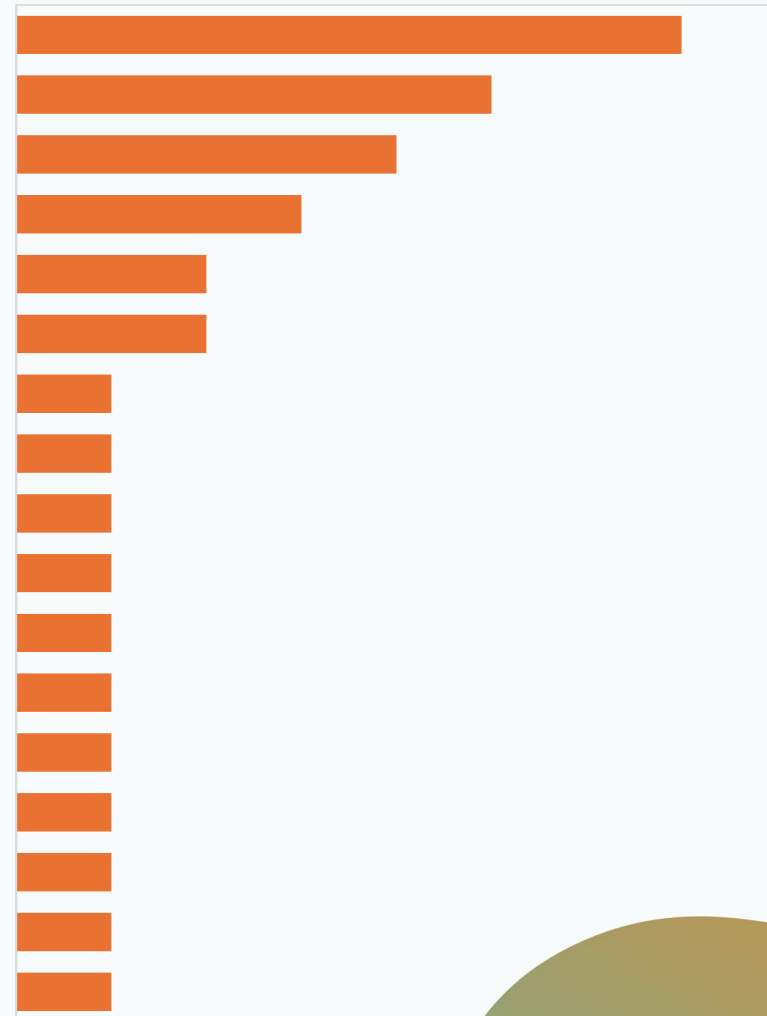
- Individual (n = 7)
- Groups (n = 6)
- Both (n = 6)



Approaches (often combined)

- Rehabilitation
- Recovery-orientated
- Psychotherapy
- Crisis management and autonomy
- Mind-body medicine
- Stepped care
- Art Therapy
- Behavioural analysis and modification
- Chronobiology
- Developmental frame of reference
- Early intervention
- Empowerment
- Parenting education
- Physical activity (team sport)
- Symptom management
- Systems theory
- Transitional care

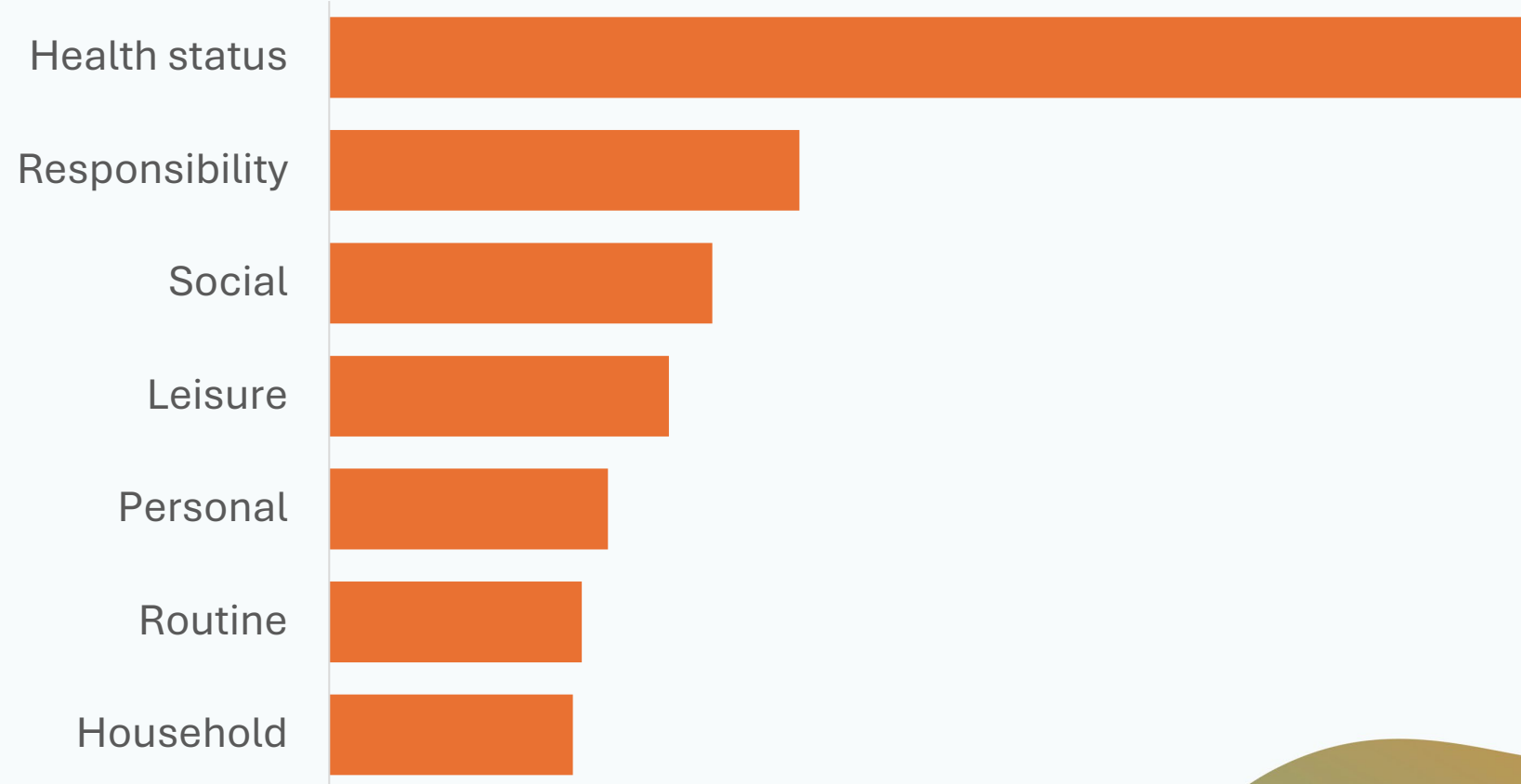
Results





Results

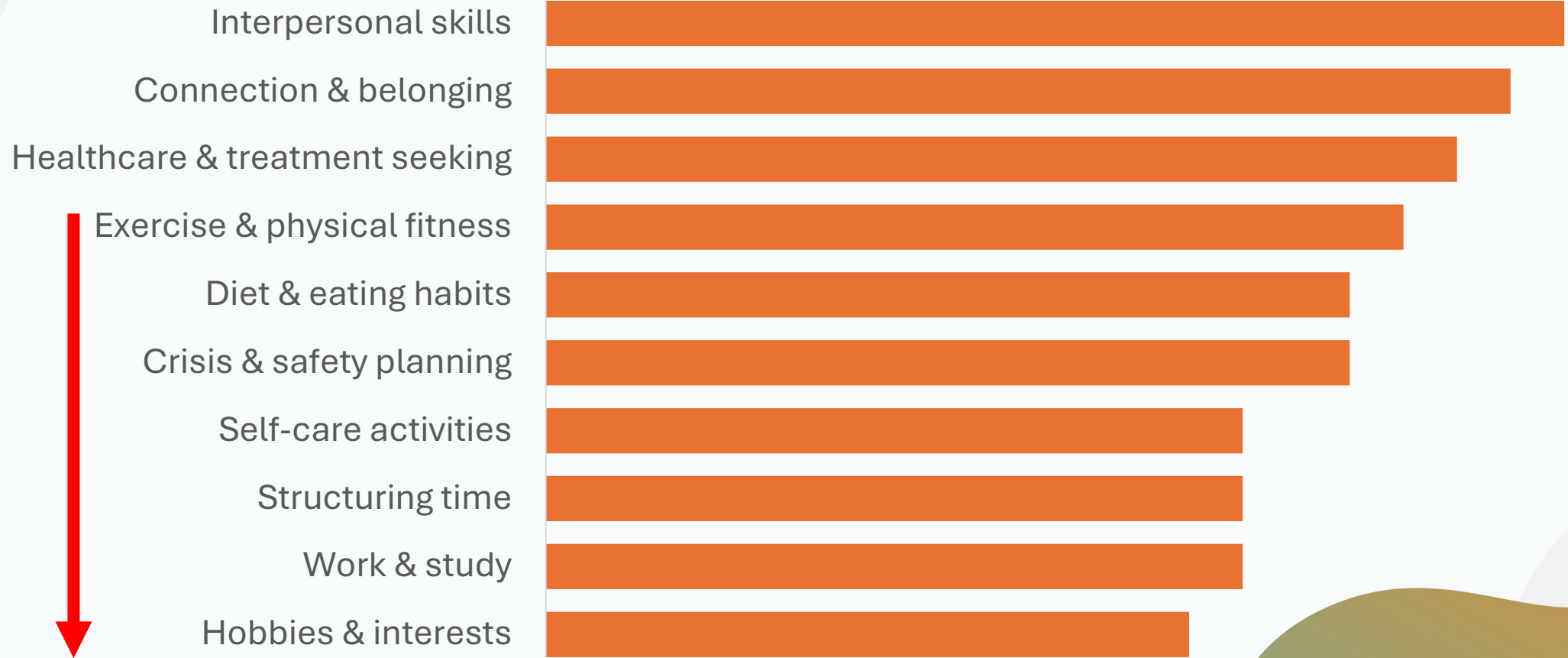
Domains of daily living addressed





Results

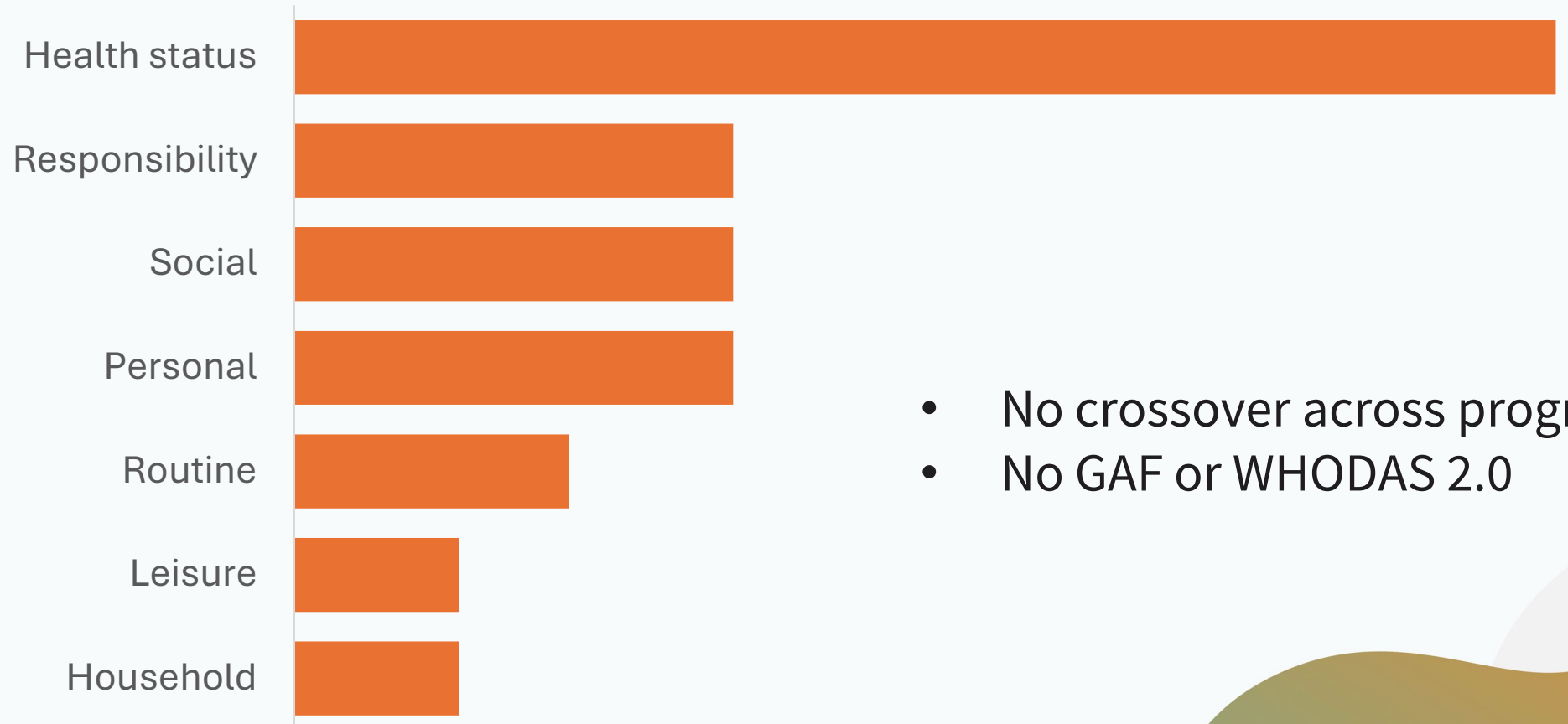
Top 10 domains of daily living





Results

31 measures evaluating functioning

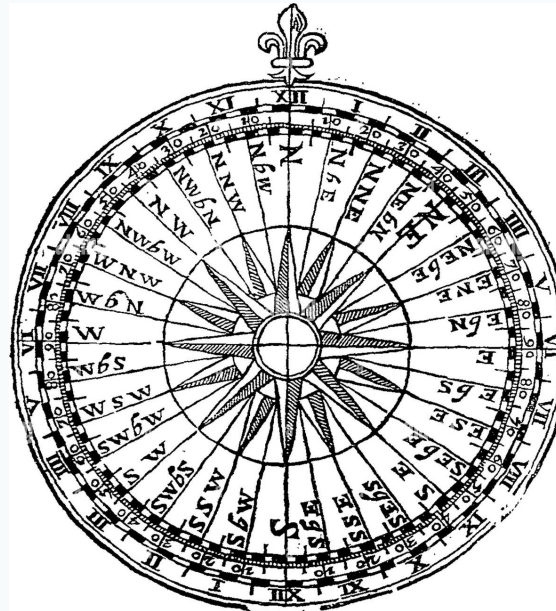


- No crossover across programs
- No GAF or WHODAS 2.0



Discussion

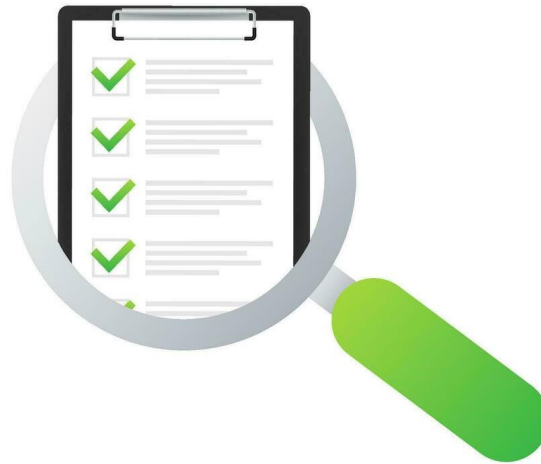
Lack of consistency in the delivery, content and focus of programs that address the daily living functioning of people diagnosed with BPD





Discussion

**More robust evidence-base for rehabilitation programs
needed using valid and reliable outcome measures**





Discussion

Address broader domains of daily living functioning

Interpersonal skills
Connection & belonging
Healthcare & treatment seeking
Exercise & physical fitness
Diet & eating habits
Crisis & safety planning
Self-care activities
Structuring time
Work & study
Hobbies & interests





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