# Effectivity of outpatient schemafocused therapy for patients with a borderline personality disorder: a pilot study

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To compare the effectivity of individual SFT as described by Giesen-Bloo et al (2006) versus group SFT in patients with borderline personality disorder in an outpatient setting.

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| **Ethical review** | Approved WMO |
| **Status** | Recruiting |
| **Health condition type** | Personality disorders and disturbances in behaviour |
| **Study type** | Interventional |

## Summary

### ID

NL-OMON31733

**Source**
ToetsingOnline

**Brief title**
Outpatient group SFT for BPD

### Condition

- Personality disorders and disturbances in behaviour

**Synonym**
Borderline personality disorder

**Research involving**
Human

### Sponsors and support

**Primary sponsor:** riagg-Maastricht
**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** BPD, group therapy, Schemafocused therapy, treatment effectivity

## Outcome measures

### Primary outcome

semi-structured interview: Borderline Pesonality Disorder Severity Index-IVth edition (BPDSI-IV). Measurements take place pre-treatment and during therapy every six months until 6 months post treatment of group therapy.

### Secondary outcome

Self report questionnaires assessing quality of life (EuroQol and WhoQol), general psychopathologic dysfunction (SCL90), and specific SFT-concepts (Young Schema Questionnaire and Schema Modi Inventory-Revised).

# Study description

### Background summary

The present study is a continuation of a previous study on the effectivity of outpatient treatment of Borderline Personality Disorder (BPD) by means of Schema Focused Therapy (SFT) as presented by Giesen-Bloo (2006). In this study SFT proved to be effective in reducing borderline personality disorder-specific and general psychopathologic dysfunctioning and in improving quality of life. Due to long duration of the therapy, treatment is costly and waitinglists are long. Because of these reasons SFT has been implemented in group therapy in several institutions for mental health care in the Netherlands. As far as we know, the effectivity of this group-SFT has not been studied so far.

### Study objective

To compare the effectivity of individual SFT as described by Giesen-Bloo et al (2006) versus group SFT in patients with borderline personality disorder in an outpatient setting.

### Study design

Design: A pilotstudy about treatment effectivity: two group design in which historical data of the individual SFT are being compared with the data from the group-SFT (to be collected in the future years).

**Intervention**

Patients receive one group session and one individual session on a weekly basis (the individual sessions are continued as long as nessary to facilitate group sessions, these will be phased out as soon as possible) , over a period of two years.
In both sessions (group as well as individual) schema focused interventions will be applied and will be tuned by intervision of therapists on a two weekly basis.

**Study burden and risks**

Over a period of 30 months 6 measurements will take place, that take six hours each. Every measurement will be divided over two sessions. The total extent of the burden will be approximately 36 hours. There are no risks in attending the questionnaire assessment.

# Contacts

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# Trial sites

## Listed location countries

Netherlands

# Eligibility criteria

**Age**
Adults (18-64 years)
Elderly (65 years and older)

## Inclusion criteria

Diagnosis of Borderline Personality Disorder, by means of clinical (semi-structured) interview (Borderline personality Disorder Severity Index-IVth edition, score>20)
Speaking and writing of Dutch language
18-60 years old

## Exclusion criteria

Diagnosis of mental disorders which interfere with regular treatment or group treatment: psychotic disorders, subthreshold narcicistic personality disorder or anti social personality disorder, addiction when detoxification is needed, mentally dsabled persons

# Study design

## Design

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|---|---|
| Study phase: | 2 |
| Study type: | Interventional |
| Masking: | Open (masking not used) |
| Control: | Uncontrolled |
| Primary purpose: | Treatment |

## Recruitment

NL

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|---|---|
| Recruitment status: | Recruiting |
| Start date (anticipated): | 04-09-2008 |
| Enrollment: | 20 |
| Type: | Actual |

# Ethics review

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| Approved WMO Date: | 28-05-2008 |
| Application type: | First submission |
| Review commission: | METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht) |

# Study registrations

## Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

ID: 26741
Source: Nationaal Trial Register
Title:

## In other registers

| Register | ID |
|---|---|
| CCMO | NL20841.068.07 |
| Other | nog niet toegekend |
| OMON | NL-OMON26741 |