

# The effectiveness of individual schema therapy in older adults with borderline personality disorder: a multiple-baseline study

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The aim of the study is to investigate the effectiveness of schema therapy in older adults with BPD.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Manic and bipolar mood disorders and disturbances
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON46456

### Source

ToetsingOnline

### Brief title

Schema therapy in older adults with borderline personality disorder

### Condition

- Manic and bipolar mood disorders and disturbances

### Synonym

borderline, borderline personality disorder

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Universiteit van Tilburg

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** borderline personality disorder (BPD), older adults, schema therapy

## Outcome measures

### Primary outcome

The primary outcome measure is the credibility of personal, negative core beliefs, which are measured weekly.

### Secondary outcome

Secondary outcome measures are quality of life, psychological distress, early maladaptive schemas, schema modes, severity of BPD symptoms and meeting the criteria for BPD.

## Study description

### Background summary

The treatment of BPD in younger adults has been examined extensively in the past quarter of a century, but there is still a world to discover in treating BPD in older adults. Until 2017, no studies had been published into the treatment of personality disorders in older adults as the main focus of treatment.

### Study objective

The aim of the study is to investigate the effectiveness of schema therapy in older adults with BPD.

### Study design

A multiple baseline design will be used with baseline varying from 4 to 8 weeks. Participants are randomly assigned to baseline length. During baseline no therapeutic interventions will be applied. The next phase consists of ST for BPD and lasts 52 weeks. The final phase is a follow up phase which includes six monthly booster sessions to maintain the effects of ST.

## Intervention

Schema therapy

## Study burden and risks

Schema therapy is proven effective in adults with BPD. Schema therapy is becoming more common practice in the treatment of older adults with BPD. A recent study showed that ST is an effective treatment for older adults with other personality disorders than borderline.

The extra effort asked of participants in comparison to treatment as usual has been minimalized.

In our view participants are not exposed to risks and could profit from the intervention under study.

## Contacts

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

## Inclusion criteria

- 1) a primary diagnosis of BPD, assessed with the Structured Clinical Interview for DSM-5 Personality disorders
- 2) increased scores on the traits negative affectivity, disinhibition, and psychoticism of the Personality Inventory for DSM-5
- 3) absence of chronic somatic comorbidity which seriously affects daily life functioning
- 4) minimum age of 60 years
- 5) willingness to participate in the study.

## Exclusion criteria

- 1) Severe depression
- 2) Bipolar disorder
- 3) Psychotic disorder (other than transient stress-related psychosis, if this overlaps with criterion 9 of BPD)
- 4) IQ under 80
- 5) Substance dependence that needs clinical detoxification
- 6) Neurocognitive disorder expressed by a MMSE-score below 25

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Treatment

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-08-2018
Enrollment:	10
Type:	Anticipated

## Ethics review

Approved WMO

Date: 25-06-2018

Application type: First submission

Review commission: METC Brabant (Tilburg)

## Study registrations

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

No registrations found.

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

No registrations found.

### In other registers

Register	ID
CCMO	NL65141.028.18