

Cross-Sectional Study of Borderline Personality Organization and the Effectiveness Evaluation of Transference-Focused Psychotherapy Program

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Introduction

- Existing research indicates that diagnosing **borderline personality disorder (BPD) in adolescence is justified**, and that early diagnosis enables interventions which may reduce symptom severity and support more adaptive coping¹.
- The adolescent version of **Transference-Focused Psychotherapy (TFP-A)** is an evidence-based treatment for adolescents with BPD features, but further **research is needed due to the heterogeneous symptomatology of BPD** and its overlap with other personality disorders².
- This study aimed **to examine symptom characteristics of adolescent BPD** within the dimensional model of personality disorders in a Hungarian sample, and to evaluate the effects of a short, intensive TFP-A program at Bethesda Children's Hospital

Our therapy program

- One week in the 12-week long TFP group at the Mental Health Department of Bethesda Children's Hospital

+ two **individual TFP therapy** sessions each week

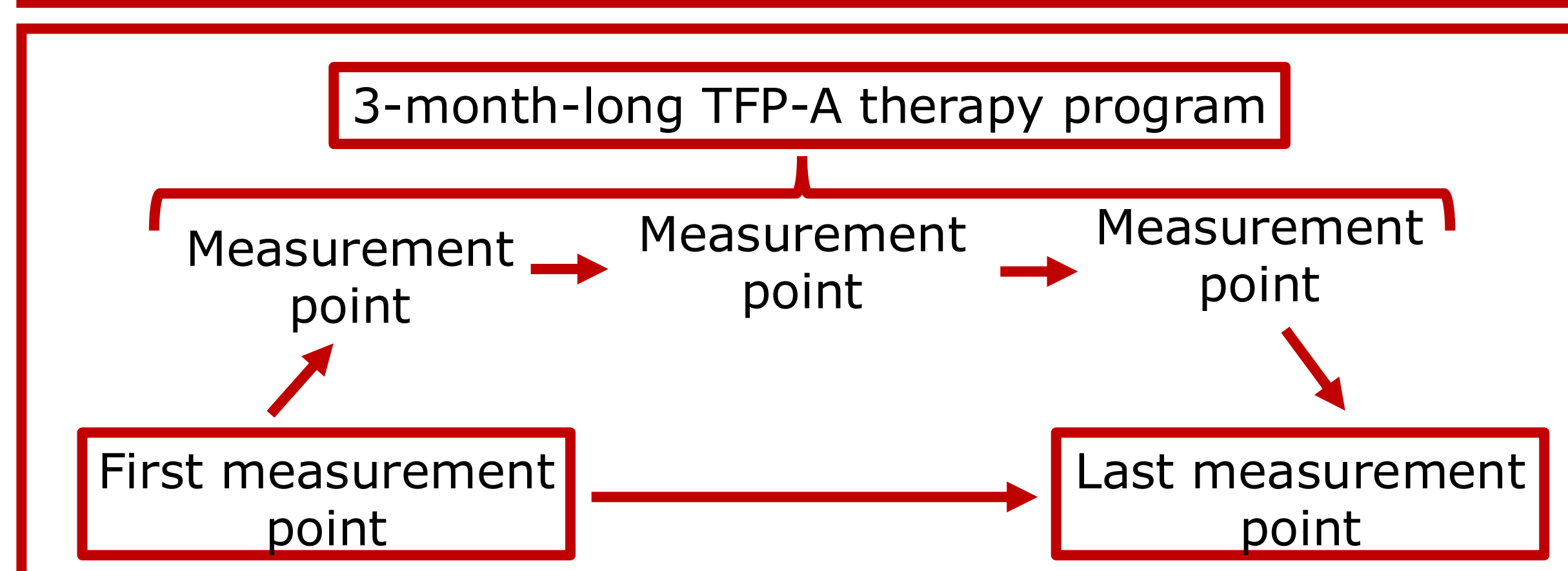
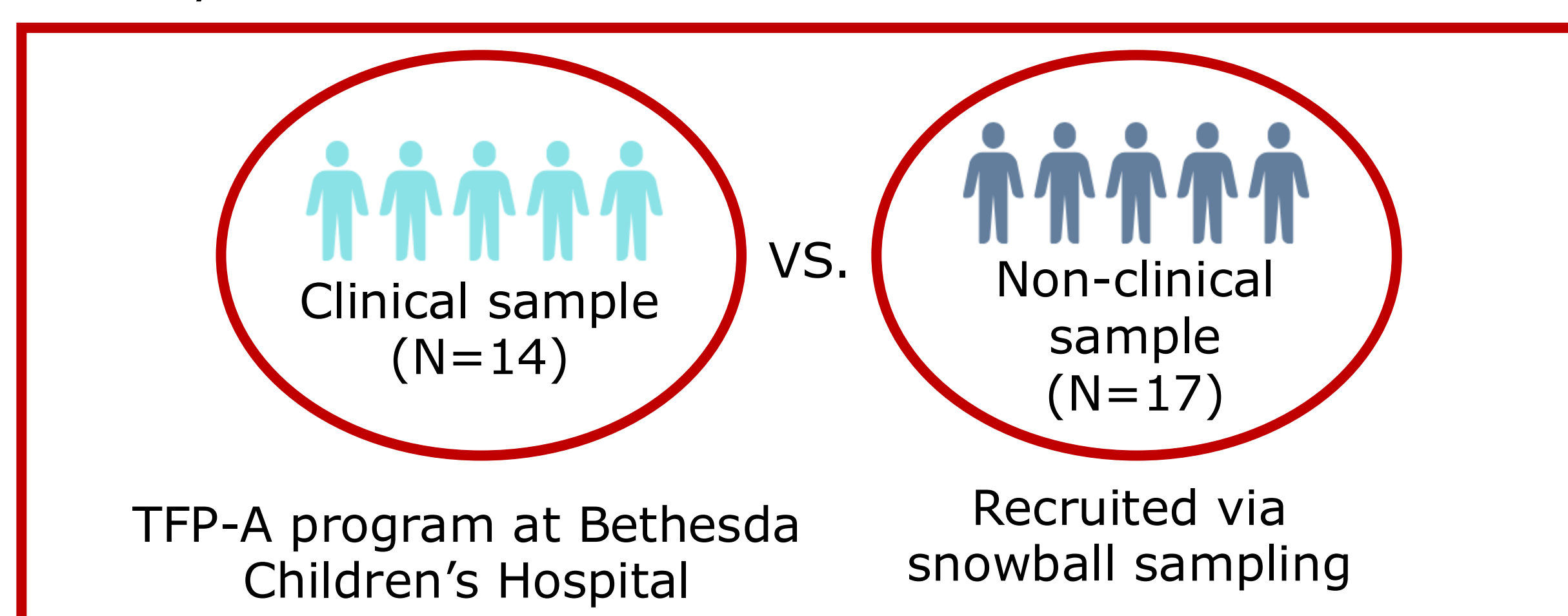
+ **Wall climbing** session every week

+ **Parents** participated in private **consultations** with the child therapists every two weeks and took part in a group parent consultation with other parents on a monthly basis

Tuesday	Thursday
Group therapy	Drama therapy
Art therapy	Project group
Hospital school	Lunch
Music therapy	Verbal group

Methods

- We conducted a cross-sectional and longitudinal study with adolescents **aged 14–18 years**. Independent samples t-tests were used to compare clinical and non-clinical groups and matched subgroups. TFP-A efficacy was examined using a single-case design with assessments every two weeks.



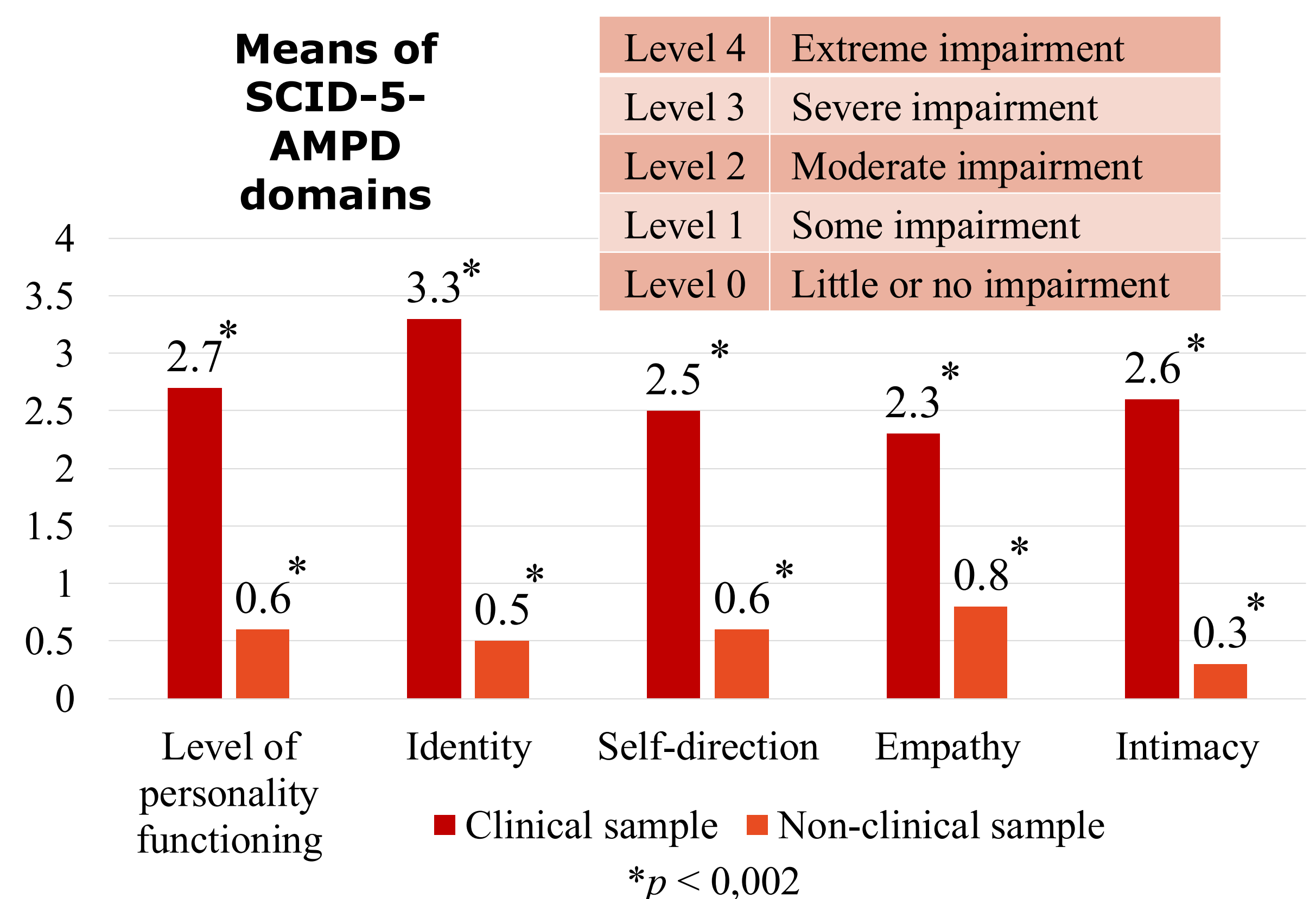
Instruments

- All participants underwent the Structured Clinical Interview for DSM-5-AMPD (**SCID-5-AMPD**) and a battery of questionnaires assessing quality of life, self-injury, identity development, personality functioning, mentalization, and emotion regulation³.

Results

Comparison of the clinical and non clinical samples among borderline personality features in adolescents

- Clinical participants showed significantly higher psychopathology, greater impairment in **mentalization, emotion regulation, identity, personality functioning**, and more pronounced BPD features than non-clinical adolescents.



Effectiveness of TFP-A program

- By the end of therapy, the patients demonstrated **improved quality of life, reduced self-harm, and better access to emotion regulation strategies**, with some mixed changes in identity and mentalization and relative stagnation in personality functioning and BPD trait

Summary

- Significant differences with large effect sizes were found between groups in personality functioning, identity, intimacy, and borderline traits. Borderline **personality disorder features are identifiable in adolescent clinical samples** using both classical symptom measures and dimensional approaches.
- SCID-5-AMPD may be applicable for assessing adolescents.** Further investigation of its psychometric properties among Hungarian adolescents is essential for future use.

- TFP-A therapy **showed positive effects**, suggesting that it may be an effective treatment for adolescents with BPD; however, further research is needed to confirm these findings.

References

