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Compliance to Dbt Skills Training Among a Sample of Egyptian Female Patients with Borderline Personality Disorder

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Introduction : Dialectical Behavior Therapy (DBT) is a comprehensive psychosocial treatment developed by Marsha Linehan and originally designed for persons meeting criteria for Borderline Personality Disorder (BPD). DBT contains four treatment modes that are designed to address core problems of BPD. The four modes of treatment include individual therapy, skills training group, phone consultation and therapist consultation meeting.

The skills training group is organized as 120-150 minutes group, weekly, for 6 months. Four modules are taught across the six months period which are core mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

Although psychotherapeutic interventions are always the first line of treatment for BPD in most guidelines but adherence to therapy have been always a major problem.

Objectives: Assessment of patient's compliance to DBT skills training group.

Aim: The aim of the current study was to estimate drop out rate in the first Egyptian DBT skills training group over one year.

Methods: Fifteen female patients diagnosed with BPD were recruited to DBT skills training over one year. Drop out rates were calculated based on the rule of being out of therapy if the patient misses four consecutive sessions for no obvious reason.

Results: Three patients only out of 15 dropped out of treatment (20%). Twelve patients could complete the full six month DBT skills training or are still currently engaged in treatment.

Conclusion : Although this was the first time to teach DBT skills in Arabic, DBT skills training group among Egyptian female patients with BPD had a high compliance rates.