

## NKR25 Borderline PICO 3 Psykoedukation

## Characteristics of studies

## Characteristics of included studies

## Zanarini 2008

<b>Methods</b>	<b>design:</b> randomised controlled trial
<b>Participants</b>	<p><b>sex:</b> 50/50 females (100%)</p> <p><b>age:</b> 19.3 years on average (SD = 1.4)</p> <p><b>location:</b> USA</p> <p><b>setting:</b> outpatient</p> <p><b>exclusions:</b> current of lifetime schizophrenia, schizoaffective disorder, bipolar I disorder; current substance dependence (except for nicotine dependence); any type of current psychiatric treatment</p> <p><b>level of functioning/severity of illness:</b> mean GAF score at baseline: 53.3, SD = 1.9; i.e. "moderate symptoms (e.g., flat affect and circumstantial speech, occasional panic attacks) OR moderate difficulty in social, occupational, or school functioning (e.g., few friends, conflicts with peers or co-workers)."</p> <p>mean Sheehan Disability Scale-social impairment score about 4.8; mean vocational impairment subscale score was about 4.3. Scores of 5 or higher are regarded elevated and found to be associated with an increased risk of mental disorder and significant functional impairment (Rush 2005).</p> <p><b>BPD diagnosis according to:</b> DSM-IV; all participants were newly diagnosed with BPD</p> <p><b>means of assessment:</b> DIB-R, DIPD-IV (both sets of criteria had to be met for inclusion)</p>
<b>Interventions</b>	<p><b>group 1 (EG):</b> Psychoeducation workshop (PEW; i.e. latest information on BPD aetiology, phenomenology, co-occurring disorders, treatment options, longitudinal course; the workshop took place within a week of diagnostic disclosure)</p> <p><b>group 2 (CG):</b> Waiting List (WL; i.e. subjects were to attend the PEW at the end of the 12-week study)</p> <p><b>duration:</b> 12 weeks</p> <p><b>concomitant psychotherapy:</b> subjects that were in any type of current psychiatric treatment were not eligible for study participation</p> <p><b>concomitant pharmacotherapy:</b> subjects that were in any type of current psychiatric treatment were not eligible for study participation</p>
<b>Outcomes</b>	<p><b>outcomes considered in this review</b></p> <p><b>self-rated:</b> -</p> <p><b>observer-rated:</b> Zanarini rating scale for borderline personality disorder (ZAN-BPD) - impulsivity, Zanarini rating scale for borderline personality disorder (ZAN-BPD) - disturbed relationships score</p> <p><b>time-points used here:</b> week 12 (i.e. post-treatment)</p>
<b>Identification</b>	
<b>Notes</b>	<b>analyses:</b> intention-to-treat analysis based on treatment assignment

## Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Unclear risk	"Using a 3:2 ratio, subjects were either randomized to a workshop that took place within a week of diagnostic disclosure or a waitlist." (Zanarini 2008, p. 286). No further details.
Allocation concealment (selection bias)	Unclear risk	No further details. "Fifty subjects were found to meet study criteria for BPD and five who were interviewed did not. These 50 subjects were either randomized to immediate (N = 30) or delayed (N = 20) psychoeducation." (Zanarini 2008, p. 286) No information given about drop-outs during the study course.
Blinding of participants and personnel (performance bias)	High risk	
Blinding of outcome assessment (detection bias)	Unclear risk	No information given if assessors were blind to treatment allocation.
Incomplete outcome data (attrition bias)	Unclear risk	Unclear
Selective reporting (reporting bias)	High risk	No indication for selective reporting, but Insufficient information to permit judgement of 'Yes' or 'No'.
Other bias	High risk	More attention spent to EG participants.

## Zanarini 2017

<b>Methods</b>	<p><b>Study design:</b> Randomized controlled trial</p> <p><b>Study grouping:</b> Parallel group</p>
<b>Participants</b>	<p><b>Baseline Characteristics</b></p> <p>Psychotherapy</p> <ul style="list-style-type: none"> <li>● Sex, 100% female:</li> <li>● Age, mean: 21.9</li> <li>● Level of functioning/severity of illness: 53.3 (global assessment of functioning)</li> <li>● BPD diagnosis in accordance to: DSM-IV</li> <li>● Concomitant psychotherapy, %: 52.5</li> </ul> <p>Control</p> <ul style="list-style-type: none"> <li>● Sex, % female:</li> </ul>

	<ul style="list-style-type: none"> <li>● Age, mean: 20.9</li> <li>● Level of functioning/severity of illness: 53.5 (global assessment of functioning)</li> <li>● BPD diagnosis in accordance to: DSM-IV</li> <li>● Concomitant psychotherapy, %: 50.0</li> </ul> <p><b>Included criteria:</b> Subjects were included if they met both DIB-R and DSM-IV criteria for BPD.</p> <p><b>Excluded criteria:</b> Excluded if they met current or lifetime criteria for schizophrenia or schizoaffective disorder</p> <p><b>Pretreatment:</b> Rate of substance abuse was higher in treatment group compared to control (43% vs. 20%), as well as being hospitalized for psychiatric reasons (10% vs. 0%)</p>
<b>Interventions</b>	<p><b>Intervention Characteristics</b></p> <p>Psychotherapy</p> <ul style="list-style-type: none"> <li>● Description: A program with the latest information on BPD aspects</li> <li>● Length of treatment: 12 months</li> </ul> <p>Control</p> <ul style="list-style-type: none"> <li>● Description: Nothing described</li> <li>● Length of treatment: 12 months</li> </ul>
<b>Outcomes</b>	<p>Social functioning, SAS</p> <p>Borderline severity (Zanarini rating scale, total score)</p> <p>Impact of symptoms (Sheehan disability scale)</p> <p>Drop-out</p> <p>Interpersonal problems (Zanarini, interpersonal score)</p>
<b>Identification</b>	<p><b>Sponsorship source:</b> Supported by grant MH095818</p> <p><b>Country:</b> USA</p> <p><b>Comments:</b> Clinical trials NCT01719731</p> <p><b>Authors name:</b> Zanarini</p> <p><b>Institution:</b> McLean Hospital, dep. of psychiatry</p> <p><b>Email:</b> zanarini@mclean.harvard.edu</p> <p><b>Address:</b> McLean hospital, 115 Mill St. Belmont, MA 02478</p>
<b>Notes</b>	

## Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Low risk	Judgement Comment: Computer-generated list by study statistician, half of subjects allocated to each group, unclear how this was accomplished
Allocation concealment (selection bias)	Unclear risk	Judgement Comment: unclear how
Blinding of participants and personnel (performance bias)	High risk	Judgement Comment: After diagnosis disclosure, each subject found out which group she had been randomly assigned to
Blinding of outcome assessment (detection bias)	High risk	Judgement Comment: Subjects not blinded6 self-report measures ZAN-BPD, Severity over time (borderline), Sheehan Disability scale, CUDOS (depression), CUDOS (anxiety), Weissman Social Adj Scale
Incomplete outcome data (attrition bias)	Low risk	Judgement Comment: intervention complete sample 39/40 og i control 38/40.
Selective reporting (reporting bias)	Low risk	Judgement Comment: Protokol registreret i clinical trials
Other bias	Low risk	No apparent sources of bias

## Footnotes

## Characteristics of excluded studies

## Antonsen 2017

Reason for exclusion	Wrong intervention
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## Chanen 2015

Reason for exclusion	trial protocol
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## Day 2017

Reason for exclusion	Wrong patient population
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## Fruzzetti 2014

Reason for exclusion	Book chapter
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## Grenyer 2018

Reason for exclusion	Wrong patient population
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**Lay 2015**

Reason for exclusion	Wrong patient population
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**Lay 2018**

Reason for exclusion	Wrong patient population
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**McMurrin 2016**

Reason for exclusion	Wrong patient population
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**McMurrin 2017**

Reason for exclusion	Wrong patient population
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**Pearce 2017**

Reason for exclusion	Wrong patient population
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**Thylstrup 2015**

Reason for exclusion	Wrong patient population
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**Thylstrup 2017**

Reason for exclusion	Wrong patient population
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Footnotes

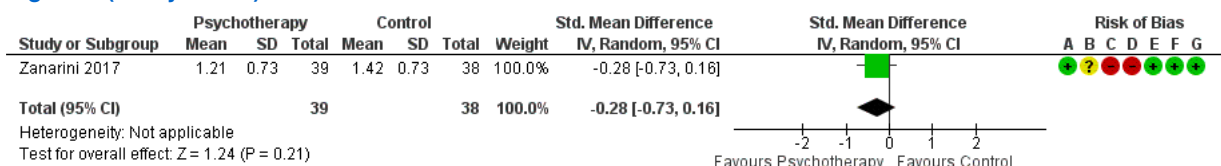
**Data and analyses**

**1 Psychotherapy vs Control**

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Social functioning (SAS + FAST). End of treatment	1	77	Std. Mean Difference (IV, Random, 95% CI)	-0.28 [-0.73, 0.16]
1.3 Borderline severity (Zanarini rating scale, total score + BSL-23). End of treatment	1	77	Std. Mean Difference (IV, Random, 95% CI)	-0.42 [-0.87, 0.03]
1.5 General functioning (Sheehan disability scale). End of treatment	1	77	Mean Difference (IV, Fixed, 95% CI)	-1.90 [-5.20, 1.40]
1.6 Interpersonal problems (Zanarini, interpersonal score + "stormy relationships"). End of treatment	2	127	Std. Mean Difference (IV, Random, 95% CI)	-0.45 [-0.96, 0.07]
1.7 Drop-out	1	80	Risk Ratio (IV, Random, 95% CI)	0.50 [0.05, 5.30]

**Figures**

**Figure 1 (Analysis 1.1)**

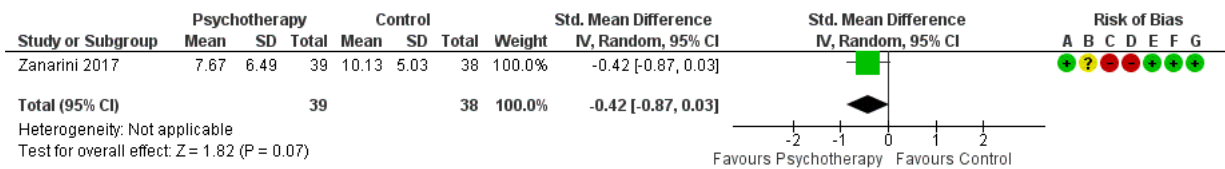


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

Forest plot of comparison: 1 Psychotherapy vs Control, outcome: 1.1 Social functioning (SAS + FAST). End of treatment.

Figure 3 (Analysis 1.3)

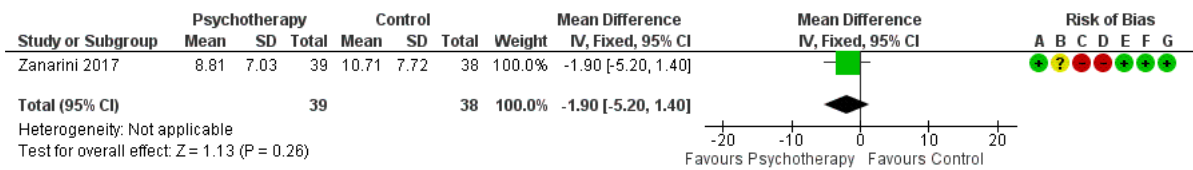


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

Forest plot of comparison: 1 Psychotherapy vs Control, outcome: 1.3 Borderline severity (Zanarini rating scale, total score + BSL-23). End of treatment.

Figure 5 (Analysis 1.5)

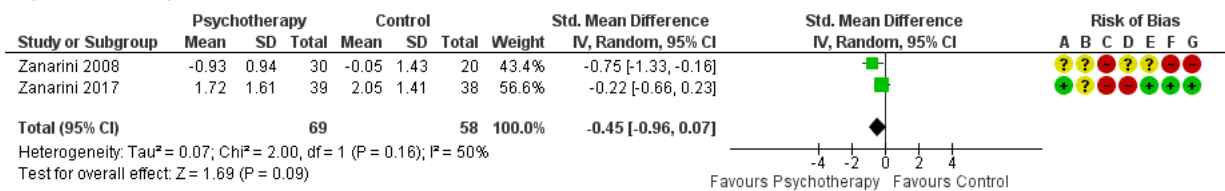


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

Forest plot of comparison: 1 Psychotherapy vs Control, outcome: 1.5 General functioning (Sheehan disability scale). End of treatment.

Figure 6 (Analysis 1.6)

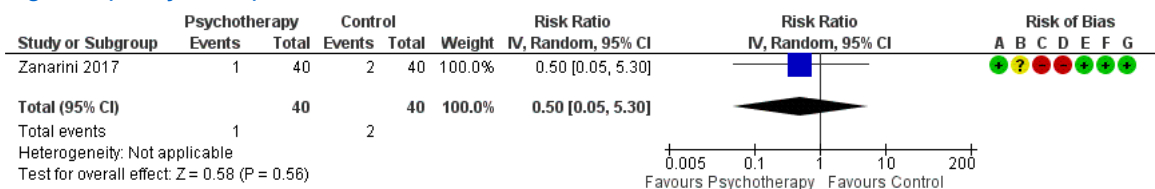


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

Forest plot of comparison: 1 Psychotherapy vs Control, outcome: 1.6 Interpersonal problems (Zanarini, interpersonal score + "stormy relationships"). End of treatment.

Figure 7 (Analysis 1.7)



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

Forest plot of comparison: 1 Psychotherapy vs Control, outcome: 1.7 Drop-out.