



## Bilaga till rapport

1 (9)

Dialektisk beteendeterapi och Mentaliseringsbaserad terapi

- Effekter hos personer utan diagnosen Emotionellt instabilt personlighetssyndrom
- Effekter hos personer med bulimi eller hetsättningsstörning
- Effekter av behandling som enbart innehåller färdighetsträning i grupp

Dialectical Behavior Therapy (DBT) and Mentalization-Based Therapy (MBT)

- Effects in patients with self-harming behaviour with and without a diagnosis of Borderline Personality Disorder, and in patients with Bulimia Nervosa or Binge Eating Disorder
- Effects of DBT and MBT that only include group therapy

Rapport 385 (2024)

## Bilaga 4 Sammanställning av risk för bias i inkluderade studier

Studier med låg eller måttlig risk för bias har inkluderats i rapporten. Studier med hög risk för bias har exkluderats.

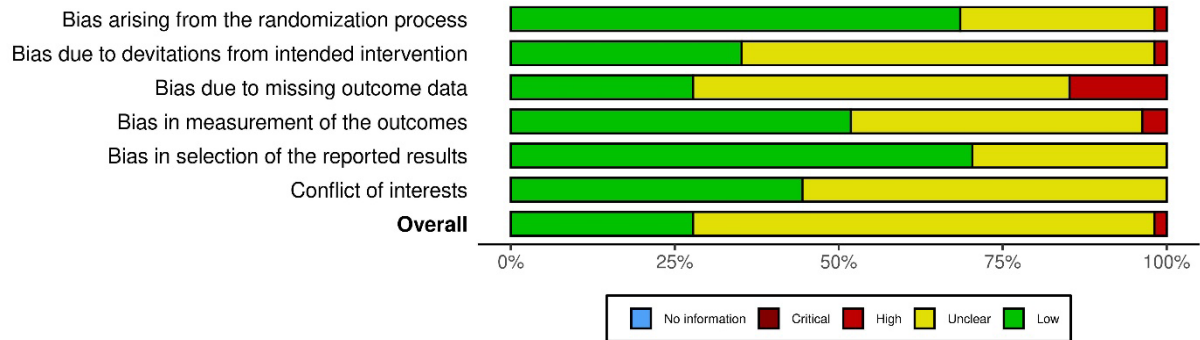
Trafikljusgraf för risk för bias bedömningarna av primärstudierna [1-54].

Study	Risk of bias						Overall
	D1	D2	D3	D4	D5	D6	
Bateman 1999	+	-	+	-	-	+	-
Bateman 2001	+	-	+	-	-	+	-
Bateman 2008	+	-	+	-	+	+	-
Bateman 2009	+	-	-	+	+	-	+
Bateman 2021	+	-	-	+	-	+	-
Beck 2020	+	-	-	+	+	-	+
Bianchini 2019	-	-	-	-	-	+	-
Carlyle 2020	-	-	-	+	+	-	-
Carter 2010	+	-	-	+	+	-	-
Chen 2017	+	+	-	+	+	-	-
Dastan 2020	-	-	+	-	+	-	-
Dixon-Gordon 2015	+	+	-	-	+	+	-
Feigenbaum 2012	-	+	✗	-	+	+	-
Hamid 2020	-	-	-	-	-	-	-
Hill 2011	+	+	-	✗	-	+	-
Jorgensen 2013	-	-	-	-	+	-	-
Jorgensen 2021	+	+	+	+	+	-	+
Jorgensen 2014	-	-	-	-	+	-	-
Klein 2013	-	-	-	-	+	+	-
Koons 2001	-	+	✗	+	-	+	-
Kramer 2016	+	-	-	+	+	+	-
Laurensen 2018	+	+	✗	+	-	-	-
Lin 2019	+	+	+	+	+	+	+
Linehan 1991	-	-	-	-	+	-	-
Linehan 1993	-	-	+	-	+	+	-
Linehan 1994	-	-	+	+	+	+	-
Linehan 1999	-	-	-	+	+	+	-
Linehan 2006	+	+	-	-	+	-	+
Linehan 2015	+	+	-	+	-	-	+
Masson 2013	+	-	-	-	+	+	-
Mazzeo 2016	✗	✗	✗	-	-	-	✗
McMain 2009	+	+	✗	+	+	-	-
McMain 2012	+	+	-	+	-	-	-
McMain 2017	+	-	+	-	+	-	-
Mehlum 2014	+	+	+	+	+	-	+
Mehlum 2016	+	-	-	+	+	-	+
Mehlum 2019	+	+	+	+	+	-	+
Mohamadizadeh 2017	-	-	-	-	-	+	-
Phillips 2018	+	-	-	+	-	-	-
Pistorello 2012	+	+	✗	-	-	+	-
Priebe 2012	+	-	-	-	+	-	-
Rahmani 2018	+	+	+	+	-	-	+
Robinson 2016	+	-	✗	+	+	-	-
Rossouw 2012	+	-	+	+	+	+	+
Safer 2001	+	-	+	✗	+	+	-
Safer 2010	+	+	-	-	+	+	+
Santamarina-Perez 2020	+	-	+	+	+	-	+
Soler 2009	+	+	✗	+	+	+	-
Steuwe 2021	+	+	-	+	+	-	+
Telch 2001	-	-	-	-	-	+	-
Turner 2000	-	-	-	+	+	+	-
vandenBosch 2005	+	-	-	-	+	-	-
Verheul 2003	+	-	-	-	+	-	-
Walton 2020	+	+	-	-	+	-	+

D1: Bias arising from the randomization process  
 D2: Bias due to deviations from intended intervention  
 D3: Bias due to missing outcome data  
 D4: Bias in measurement of the outcomes  
 D5: Bias in selection of the reported results  
 D6: Conflict of interests

Judgement  
 ✗ High  
 - Some concerns  
 + Low

Sammanställande plot av risk för bias för bedömningarna av primärstudierna [1-54].



Figurerna är gjorda i visualiseringsverktyget robvis [55].

## Referenser

1. Bateman A, Constantinou MP, Fonagy P, Holzer S. Eight-year prospective follow-up of mentalization-based treatment versus structured clinical management for people with borderline personality disorder. *Personality disorders*. 2021;12(4):291-9. Available from: <https://doi.org/10.1037/per0000422>.
2. Bateman A, Fonagy P. Effectiveness of partial hospitalization in the treatment of borderline personality disorder: a randomized controlled trial. *The American journal of psychiatry*. 1999;156(10):1563-9.
3. Bateman A, Fonagy P. Treatment of borderline personality disorder with psychoanalytically oriented partial hospitalization: an 18-month follow-up. *The American journal of psychiatry*. 2001;158(1):36-42.
4. Bateman A, Fonagy P. 8-year follow-up of patients treated for borderline personality disorder: mentalization-based treatment versus treatment as usual. *The American journal of psychiatry*. 2008;165(5):631-8. Available from: <https://doi.org/10.1176/appi.ajp.2007.07040636>.
5. Bateman A, Fonagy P. Randomized controlled trial of outpatient mentalization-based treatment versus structured clinical management for borderline personality disorder. *The American journal of psychiatry*. 2009;166(12):1355-64. Available from: <https://doi.org/10.1176/appi.ajp.2009.09040539>.
6. Beck E, Bo S, Jorgensen MS, Gondan M, Poulsen S, Storebo OJ, et al. Mentalization-based treatment in groups for adolescents with borderline personality disorder: a randomized controlled trial. *Journal of child psychology and psychiatry, and allied disciplines*. 2020;61(5):594-604. Available from: <https://doi.org/10.1111/jcpp.13152>.
7. Bianchini V, Cofini V, Curto M, Lagrotteria B, Manzi A, Navari S, et al. Dialectical behaviour therapy (DBT) for forensic psychiatric patients: An Italian pilot study. *Criminal behaviour and mental health : CBMH*. 2019;29(2):122-30. Available from: <https://doi.org/10.1002/cbm.2102>.
8. Carlyle D, Green R, Inder M, Porter R, Crowe M, Mulder R, Frampton C. A Randomized-Controlled Trial of Mentalization-Based Treatment Compared With Structured Case Management for Borderline Personality Disorder in a Mainstream Public Health Service. *Frontiers in psychiatry*. 2020;11:561916. Available from: <https://doi.org/10.3389/fpsy.2020.561916>.
9. Carter GL, Willcox CH, Lewin TJ, Conrad AM, Bendit N. Hunter DBT project: randomized controlled trial of dialectical behaviour therapy in women with borderline personality disorder. *The Australian and New Zealand journal of psychiatry*. 2010;44(2):162-73. Available from: <https://doi.org/10.3109/00048670903393621>.
10. Chen EY, Cacioppo J, Fettich K, Gallop R, McCloskey MS, Olin T, Zeffiro TA. An adaptive randomized trial of dialectical behavior therapy and cognitive behavior therapy for binge-eating. *Psychological medicine*. 2017;47(4):703-17. Available from: <https://doi.org/10.1017/S0033291716002543>.
11. Dastan B, Afshar Zanjani S, Froueddin Adl A, Habibi M. The effectiveness of dialectical behaviour therapy for treating women with obesity suffering from BED: A feasibility and

- pilot study. *Clinical Psychologist*. 2020;24(2):133-42. Available from: <https://doi.org/10.1111/cp.12197>.
12. Dixon-Gordon KL, Chapman AL, Turner BJ. A preliminary pilot study comparing dialectical behavior therapy emotion regulation skills with interpersonal effectiveness skills and a control group treatment. *Journal of Experimental Psychopathology*. 2015;6(4):369-88. Available from: <https://doi.org/10.5127/jep.041714>.
  13. Feigenbaum JD, Fonagy P, Pilling S, Jones A, Wildgoose A, Bebbington PE. A real-world study of the effectiveness of DBT in the UK National Health Service. *The British journal of clinical psychology*. 2012;51(2):121-41. Available from: <https://doi.org/10.1111/j.2044-8260.2011.02017.x>.
  14. Hamid N, Molajegh RR, Bashlideh K, Shehniyailagh M. The comparison of effectiveness of dialectical behavioral therapy (DBT) and schema therapy (ST) in reducing the severity of clinical symptoms (disruptive communication, emotional deregulation and behavioral deregulation) of borderline personality disorder. *Pakistan Journal of Medical and Health Sciences*. 2020;14(2):1354-63.
  15. Hill DM, Craighead LW, Safer DL. Appetite-focused dialectical behavior therapy for the treatment of binge eating with purging: a preliminary trial. *The International journal of eating disorders*. 2011;44(3):249-61. Available from: <https://doi.org/10.1002/eat.20812>.
  16. Jorgensen CR, Freund C, Boye R, Jordet H, Andersen D, Kjolbye M. Outcome of mentalization-based and supportive psychotherapy in patients with borderline personality disorder: a randomized trial. *Acta psychiatrica Scandinavica*. 2013;127(4):305-17. Available from: <https://doi.org/10.1111/j.1600-0447.2012.01923.x>.
  17. Jorgensen MS, Storebo OJ, Bo S, Poulsen S, Gondan M, Beck E, et al. Mentalization-based treatment in groups for adolescents with Borderline Personality Disorder: 3- and 12-month follow-up of a randomized controlled trial. *European child & adolescent psychiatry*. 2021;30(5):699-710. Available from: <https://doi.org/10.1007/s00787-020-01551-2>.
  18. Jørgensen CR, Bøye R, Andersen D, Døssing Blaabjerg AH, Freund C, Jordet H, Kjølbjerg M. Eighteen months post-treatment naturalistic follow-up study of mentalization-based therapy and supportive group treatment of borderline personality disorder: Clinical outcomes and functioning. *Nordic Psychology*. 2014;66(4):254-73. Available from: <https://doi.org/10.1080/19012276.2014.963649>.
  19. Klein AS, Skinner JB, Hawley KM. Targeting binge eating through components of dialectical behavior therapy: preliminary outcomes for individually supported diary card self-monitoring versus group-based DBT. *Psychotherapy (Chicago, Ill)*. 2013;50(4):543-52. Available from: <https://doi.org/10.1037/a0033130>.
  20. Koons CR, Robins CJ, Lindsey Tweed J, Lynch TR, Gonzalez AM, Morse JQ, et al. Efficacy of dialectical behavior therapy in women veterans with borderline personality disorder. *Behavior Therapy*. 2001;32(2):371-90. Available from: [https://doi.org/10.1016/S0005-7894\(01\)80009-5](https://doi.org/10.1016/S0005-7894(01)80009-5).
  21. Kramer U, Pascual-Leone A, Berthoud L, de Roten Y, Marquet P, Kolly S, et al. Assertive Anger Mediates Effects of Dialectical Behaviour-informed Skills Training for Borderline Personality Disorder: A Randomized Controlled Trial. *Clinical psychology & psychotherapy*. 2016;23(3):189-202. Available from: <https://doi.org/10.1002/cpp.1956>.

22. Laurensen EMP, Luyten P, Kikkert MJ, Westra D, Peen J, Soons MBJ, et al. Day hospital mentalization-based treatment v. specialist treatment as usual in patients with borderline personality disorder: randomized controlled trial. *Psychological medicine*. 2018;48(15):2522-9. Available from: <https://doi.org/10.1017/S0033291718000132>.
23. Lin T-J, Ko H-C, Wu JY-W, Oei TP, Lane H-Y, Chen C-H. The Effectiveness of Dialectical Behavior Therapy Skills Training Group vs. Cognitive Therapy Group on Reducing Depression and Suicide Attempts for Borderline Personality Disorder in Taiwan. *Archives of suicide research : official journal of the International Academy for Suicide Research*. 2019;23(1):82-99. Available from: <https://doi.org/10.1080/13811118.2018.1436104>.
24. Linehan MM, Armstrong HE, Suarez A, Allmon D, Heard HL. Cognitive-behavioral treatment of chronically parasuicidal borderline patients. *Archives of general psychiatry*. 1991;48(12):1060-4.
25. Linehan MM, Comtois KA, Murray AM, Brown MZ, Gallop RJ, Heard HL, et al. Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder. *Archives of general psychiatry*. 2006;63(7):757-66.
26. Linehan MM, Heard HL, Armstrong HE. Naturalistic follow-up of a behavioral treatment for chronically parasuicidal borderline patients. *Archives of general psychiatry*. 1993;50(12):971-4.
27. Linehan MM, Korslund KE, Harned MS, Gallop RJ, Lungu A, Neacsiu AD, et al. Dialectical behavior therapy for high suicide risk in individuals with borderline personality disorder: a randomized clinical trial and component analysis. *JAMA psychiatry*. 2015;72(5):475-82. Available from: <https://doi.org/10.1001/jamapsychiatry.2014.3039>.
28. Linehan MM, Schmidt H, 3rd, Dimeff LA, Craft JC, Kanter J, Comtois KA. Dialectical behavior therapy for patients with borderline personality disorder and drug-dependence. *The American journal on addictions*. 1999;8(4):279-92.
29. Linehan MM, Tutek DA, Heard HL, Armstrong HE. Interpersonal outcome of cognitive behavioral treatment for chronically suicidal borderline patients. *The American journal of psychiatry*. 1994;151(12):1771-6.
30. Masson PC, von Ranson KM, Wallace LM, Safer DL. A randomized wait-list controlled pilot study of dialectical behaviour therapy guided self-help for binge eating disorder. *Behaviour research and therapy*. 2013;51(11):723-8. Available from: <https://doi.org/10.1016/j.brat.2013.08.001>.
31. Mazzeo SE, Lydecker J, Harney M, Palmberg AA, Kelly NR, Gow RW, et al. Development and preliminary effectiveness of an innovative treatment for binge eating in racially diverse adolescent girls. *Eating behaviors*. 2016;22:199-205. Available from: <https://doi.org/10.1016/j.eatbeh.2016.06.014>.
32. McMMain SF, Guimond T, Barnhart R, Habinski L, Streiner DL. A randomized trial of brief dialectical behaviour therapy skills training in suicidal patients suffering from borderline disorder. *Acta psychiatrica Scandinavica*. 2017;135(2):138-48. Available from: <https://doi.org/10.1111/acps.12664>.
33. McMMain SF, Guimond T, Streiner DL, Cardish RJ, Links PS. Dialectical behavior therapy compared with general psychiatric management for borderline personality disorder:

- clinical outcomes and functioning over a 2-year follow-up. *The American journal of psychiatry*. 2012;169(6):650-61. Available from: <https://doi.org/10.1176/appi.ajp.2012.11091416>.
34. McMain SF, Links PS, Gnam WH, Guimond T, Cardish RJ, Korman L, Streiner DL. A randomized trial of dialectical behavior therapy versus general psychiatric management for borderline personality disorder. *The American journal of psychiatry*. 2009;166(12):1365-74. Available from: <https://doi.org/10.1176/appi.ajp.2009.09010039>.
  35. Mehlum L, Ramberg M, Tormoen AJ, Haga E, Diep LM, Stanley BH, et al. Dialectical Behavior Therapy Compared With Enhanced Usual Care for Adolescents With Repeated Suicidal and Self-Harming Behavior: Outcomes Over a One-Year Follow-Up. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2016;55(4):295-300. Available from: <https://doi.org/10.1016/j.jaac.2016.01.005>.
  36. Mehlum L, Ramleth R-K, Tormoen AJ, Haga E, Diep LM, Stanley BH, et al. Long term effectiveness of dialectical behavior therapy versus enhanced usual care for adolescents with self-harming and suicidal behavior. *Journal of child psychology and psychiatry, and allied disciplines*. 2019;60(10):1112-22. Available from: <https://doi.org/10.1111/jcpp.13077>.
  37. Mehlum L, Tormoen AJ, Ramberg M, Haga E, Diep LM, Laberg S, et al. Dialectical behavior therapy for adolescents with repeated suicidal and self-harming behavior: a randomized trial. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2014;53(10):1082-91. Available from: <https://doi.org/10.1016/j.jaac.2014.07.003>.
  38. Mohamadizadeh L, Makvandi B, Pasha R, Bakhtiarpour S, Hafezi F. Comparing of the effect of Dialectical Behavior Therapy (DBT) and Schema Therapy (ST) on reducing mood activity and suicidal thoughts in patients with borderline personality disorder. *Acta Medica Mediterranea*. 2017;2017(6):1025-31. Available from: [https://doi.org/10.19193/0393-6384\\_2017\\_6\\_162](https://doi.org/10.19193/0393-6384_2017_6_162).
  39. Philips B, Wennberg P, Konradsson P, Franck J. Mentalization-Based Treatment for Concurrent Borderline Personality Disorder and Substance Use Disorder: A Randomized Controlled Feasibility Study. *European addiction research*. 2018;24(1):1-8. Available from: <https://doi.org/10.1159/000485564>.
  40. Pistorello J, Fruzzetti AE, Maclane C, Gallop R, Iverson KM. Dialectical behavior therapy (DBT) applied to college students: a randomized clinical trial. *Journal of consulting and clinical psychology*. 2012;80(6):982-94. Available from: <https://doi.org/10.1037/a0029096>.
  41. Priebe S, Bhatti N, Barnicot K, Bremner S, Gaglia A, Katsakou C, et al. Effectiveness and cost-effectiveness of dialectical behaviour therapy for self-harming patients with personality disorder: a pragmatic randomised controlled trial. *Psychotherapy and psychosomatics*. 2012;81(6):356-65. Available from: <https://doi.org/10.1159/000338897>.
  42. Rahmani M, Omid A, Asemi Z, Akbari H. The effect of dialectical behaviour therapy on binge eating, difficulties in emotion regulation and BMI in overweight patients with binge-eating disorder: A randomized controlled trial. *Mental Health and Prevention*. 2018;9:13-8. Available from: <https://doi.org/10.1016/j.mhp.2017.11.002>.
  43. Robinson P, Hellier J, Barrett B, Barzdaitiene D, Bateman A, Bogaardt A, et al. The NOURISHED randomised controlled trial comparing mentalisation-based treatment for eating disorders (MBT-ED) with specialist supportive clinical management (SSCM-ED)

- for patients with eating disorders and symptoms of borderline personality disorder. *Trials*. 2016;17(1):549. Available from: <https://doi.org/10.1186/s13063-016-1606-8>.
44. Rossouw TI, Fonagy P. Mentalization-based treatment for self-harm in adolescents: a randomized controlled trial. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2012;51(12):1304-13.e3. Available from: <https://doi.org/10.1016/j.jaac.2012.09.018>.
  45. Safer DL, Robinson AH, Jo B. 'Outcome from a randomized controlled trial of group therapy for binge eating disorder: Comparing dialectical behavior therapy adapted for binge eating to an active comparison group therapy' [Behavior Therapy 41 (2010) 106–120]: Erratum. *Behavior Therapy*. 2010;41(3):432-. Available from: <https://doi.org/10.1016/j.beth.2010.04.001>.
  46. Safer DL, Telch CF, Agras WS. Dialectical behavior therapy for bulimia nervosa. *The American journal of psychiatry*. 2001;158(4):632-4.
  47. Santamarina-Perez P, Mendez I, Singh MK, Berk M, Picado M, Font E, et al. Adapted Dialectical Behavior Therapy for Adolescents with a High Risk of Suicide in a Community Clinic: A Pragmatic Randomized Controlled Trial. *Suicide & life-threatening behavior*. 2020;50(3):652-67. Available from: <https://doi.org/10.1111/sltb.12612>.
  48. Soler J, Pascual JC, Tiana T, Cebria A, Barrachina J, Campins MJ, et al. Dialectical behaviour therapy skills training compared to standard group therapy in borderline personality disorder: a 3-month randomised controlled clinical trial. *Behaviour research and therapy*. 2009;47(5):353-8. Available from: <https://doi.org/10.1016/j.brat.2009.01.013>.
  49. Steuwe C, Berg M, Beblo T, Driessen M. Narrative Exposure Therapy in Patients With Posttraumatic Stress Disorder and Borderline Personality Disorder in a Naturalistic Residential Setting: A Randomized Controlled Trial. *Frontiers in psychiatry*. 2021;12:765348. Available from: <https://doi.org/10.3389/fpsy.2021.765348>.
  50. Telch CF, Agras WS, Linehan MM. Dialectical behavior therapy for binge eating disorder. *Journal of consulting and clinical psychology*. 2001;69(6):1061-5.
  51. Turner RM. Naturalistic evaluation of dialectical behavior therapy-oriented treatment for borderline personality disorder. *Cognitive and Behavioral Practice*. 2000;7(4):413-9. Available from: [https://doi.org/10.1016/S1077-7229\(00\)80052-8](https://doi.org/10.1016/S1077-7229(00)80052-8).
  52. van den Bosch LMC, Koeter MWJ, Stijnen T, Verheul R, van den Brink W. Sustained efficacy of dialectical behaviour therapy for borderline personality disorder. *Behaviour research and therapy*. 2005;43(9):1231-41.
  53. Verheul R, Van Den Bosch LMC, Koeter MWJ, De Ridder MAJ, Stijnen T, Van Den Brink W. Dialectical behaviour therapy for women with borderline personality disorder: 12-month, randomised clinical trial in The Netherlands. *The British journal of psychiatry : the journal of mental science*. 2003;182:135-40.
  54. Walton CJ, Bendit N, Baker AL, Carter GL, Lewin TJ. A randomised trial of dialectical behaviour therapy and the conversational model for the treatment of borderline personality disorder with recent suicidal and/or non-suicidal self-injury: An effectiveness study in an Australian public mental health servic. *The Australian and New Zealand journal of psychiatry*. 2020;54(10):1020-34. Available from: <https://doi.org/10.1177/0004867420931164>.



55. McGuinness LA, Higgins JPT. Risk-of-bias VISualization (robvis): An R package and Shiny web app for visualizing risk-of-bias assessments. *Research Synthesis Methods*. 2020;n/a(n/a). Available from: <https://doi.org/10.1002/jrsm.1411>.