



## Bilaga till rapport

1 (6)

Dialektisk beteendeterapi och Mentaliseringsbaserad terapi

- Effekter hos personer utan diagnosen Emotionellt instabilt personlighetsyndrom

- 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 6 Referenslista över systematiska översikter som lästs i fulltext

Avramchuk O, Hlyvanska O. Comparative Analysis of Modern Methods of Psychotherapy for Patients with Borderline Personality Disorder. *European Journal of Interdisciplinary Studies*. 2018;10(1):50-61. Available from: <https://doi.org/10.24818/ejis.2018.04>.

Bahji A, Pierce M, Wong J, Roberge JN, Ortega I, Patten S. Comparative Efficacy and Acceptability of Psychotherapies for Self-harm and Suicidal Behavior Among Children and Adolescents: A Systematic Review and Network Meta-analysis. *JAMA Network Open*. 2021;4(4):e216614-e. Available from: <https://doi.org/10.1001/jamanetworkopen.2021.6614>.

Bahji A, Wong J, Khalid-Khan S. Psychotherapy for borderline personality disorder in adolescents: systematic review and meta-analysis. *European Psychiatry*. 2019;56:S30. Available from: <https://doi.org/10.1016/j.eurpsy.2019.01.003>.

Buerger A, Vloet TD, Haber L, Geissler JM. Third-wave interventions for eating disorders in adolescence - systematic review with meta-analysis. *Borderline personality disorder and emotion dysregulation*. 2021;8(1):20. Available from: <https://doi.org/10.1186/s40479-021-00158-6>.

Byrne G, Murphy S, Connon G. Mentalization-based treatments with children and families: A systematic review of the literature. *Clinical Child Psychology and Psychiatry*. 2020;25(4):1022-48. Available from: <https://doi.org/10.1177/1359104520920689>.

Chang PGRY, Delgadillo J, Waller G. Early response to psychological treatment for eating disorders: A systematic review and meta-analysis. *Clinical Psychology Review*. 2021;86. Available from: <https://doi.org/10.1016/j.cpr.2021.102032>.

Chen S-Y, Cheng Y, Zhao W-W, Zhang Y-H. Effects of dialectical behaviour therapy on reducing self-harming behaviours and negative emotions in patients with borderline personality disorder: A meta-analysis. *Journal of psychiatric and mental health nursing*. 2021;28(6):1128-39. Available from: <https://doi.org/10.1111/jpm.12797>.

Correa-Ramírez M. Dialectical behaviour therapy (DBT) skills training group for borderline personality disorder a scoping review and a feasibility study of an intervention in a public hospital in Santiago de Chile. 2024;85.

---

Cristea IA, Gentili C, Cotet CD, Palomba D, Barbui C, Cuijpers P. Efficacy of psychotherapies for borderline personality disorder: A systematic review and meta-analysis. *JAMA Psychiatry*. 2017;74(4):319-28. Available from: <https://doi.org/10.1001/jamapsychiatry.2016.4287>.

D'Anci KE, Uhl S, Giradi G, Martin C. Treatments for the Prevention and Management of Suicide: A Systematic Review. *Annals of internal medicine*. 2019;171(5):334-42. Available from: <https://doi.org/10.7326/M19-0869>.

Daniela M, Robinson L, Gordon G, Werthmann J, Campbell IC, Schmidt U. The outcomes of mindfulness-based interventions for Obesity and Binge Eating Disorder: A meta-analysis of randomised controlled trials. *Appetite*. 2021;166. Available from: <https://doi.org/10.1016/j.appet.2021.105464>.

Debska E, Kyriakopoulos M, Guglani S, Ougrin D. Psychological interventions for children and adolescents with borderline personality disorder features - Systematic review. *European Psychiatry*. 2020;63:S192. Available from: <https://doi.org/10.1192/j.eurpsy.2020.5>.

DeCou CR, Comtois KA, Landes SJ. Dialectical Behavior Therapy Is Effective for the Treatment of Suicidal Behavior: A Meta-Analysis. *Behavior therapy*. 2019;50(1):60-72. Available from: <https://doi.org/10.1016/j.beth.2018.03.009>.

Delaquis CP, Joyce KM, Zalewski M, Katz LY, Sulymka J, Agostinho T, et al. Dialectical behaviour therapy skills training groups for common mental health disorders: A systematic review and meta-analysis. *Journal of Affective Disorders*. 2022;300:305-13. Available from: <https://doi.org/10.1016/j.jad.2021.12.062>.

Eeles J, Walker DM. Mindfulness as taught in Dialectical Behaviour Therapy: A scoping review. *Clinical psychology & psychotherapy*. 2022;29(6):1843-53. Available from: <https://doi.org/10.1002/cpp.2764>.

Flaherty HB. Treating adolescent nonsuicidal self-injury: A review of psychosocial interventions to guide clinical practice. *Child & Adolescent Social Work Journal*. 2018;35(1):85-95. Available from: <https://doi.org/10.1007/s10560-017-0505-5>.

Gillespie C, Murphy M, Joyce M. Dialectical Behavior Therapy for Individuals With Borderline Personality Disorder: A Systematic Review of Outcomes After One Year of Follow-Up. *Journal of personality disorders*. 2022;36(4):431-54. Available from: <https://doi.org/10.1521/pepi.2022.36.4.431>.

Glenn CR, Esposito EC, Porter AC, Robinson DJ. Evidence Base Update of Psychosocial Treatments for Self-Injurious Thoughts and Behaviors in Youth. *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*. 2019;48(3):357-92. Available from: <https://doi.org/10.1080/15374416.2019.1591281>.

Harvey LJ, Hunt C, White FA. Dialectical behaviour therapy for emotion regulation difficulties: A systematic review. *Behaviour Change*. 2019;36(3):143-64. Available from: <https://doi.org/10.1017/bec.2019.9>.

---

Iyengar U, Snowden N, Asarnow JR, Moran P, Tranah T, Ougrin D. A further look at therapeutic interventions for suicide attempts and self-harm in adolescents: An updated systematic review of randomized controlled trials. *Frontiers in Psychiatry*. 2018;9. Available from: <https://doi.org/10.3389/fpsy.2018.00583>.

Jørgensen MS, Storebø OJ, Stoffers-Winterling JM, Faltinsen E, Todorovac A, Simonsen E. Psychological therapies for adolescents with borderline personality disorder (BPD) or BPD features-A systematic review of randomized clinical trials with meta-analysis and Trial Sequential Analysis. *PLoS one*. 2021;16(1):e0245331. Available from: <https://doi.org/10.1371/journal.pone.0245331>.

Katakis P, Schlieff M, Barnett P, Rains LS, Rowe S, Pilling S, et al. Effectiveness of outpatient and community treatments for people with a diagnosis of 'personality disorder': systematic review and meta-analysis. *BMC Psychiatry*. 2023;23(1). Available from: <https://doi.org/10.1186/s12888-022-04483-0>.

Kliem S, Kröger C, Kosfelder J. Dialectical behavior therapy for borderline personality disorder: A meta-analysis using mixed-effects modeling. *Journal of Consulting and Clinical Psychology*. 2010;78(6):936-51. Available from: <https://doi.org/10.1037/a0021015.1037/a0021015.supp> (Supplemental).

Kothgassner OD, Goreis A, Robinson K, Huscsava MM, Schmahl C, Plener PL. Efficacy of dialectical behavior therapy for adolescent self-harm and suicidal ideation: A systematic review and meta-analysis. *Psychological Medicine*. 2021;51(7):1057-67. Available from: <https://doi.org/10.1017/S0033291721001355>.

Lakeman R, King P, Hurley J, Tranter R, Leggett A, Campbell K, et al. Towards online delivery of Dialectical Behaviour Therapy: A scoping review. *International journal of mental health nursing*. 2022;31(4):843-56. Available from: <https://doi.org/10.1111/inm.12976>.

Linardon J, Fairburn CG, Fitzsimmons-Craft EE, Wilfley DE, Brennan L. The empirical status of the third-wave behaviour therapies for the treatment of eating disorders: A systematic review. *Clinical Psychology Review*. 2017;58:125-40. Available from: <https://doi.org/10.1016/j.cpr.2017.10.005>.

Linardon J, Gleeson J, Yap K, Murphy K, Brennan L. Meta-analysis of the effects of third-wave behavioural interventions on disordered eating and body image concerns: implications for eating disorder prevention. *Cognitive behaviour therapy*. 2019;48(1):15-38. Available from: <https://doi.org/10.1080/16506073.2018.1517389>.

Malda-Castillo J, Browne C, Perez-Algorta G. Mentalization-based treatment and its evidence-base status: A systematic literature review. *Psychology and psychotherapy*. 2019;92(4):465-98. Available from: <https://doi.org/10.1111/papt.12195>.

Mann JJ, Michel CA, Auerbach RP. Improving suicide prevention through evidence-based strategies: A systematic review. *The American Journal of Psychiatry*. 2021;178(7):611-24. Available from: <https://doi.org/10.1176/appi.ajp.2020.20060864>.

Marr CJ. What is the effectiveness of dialectical behaviour therapy in the treatment of high-risk behaviours in adolescents?: A systematic review: The relationship between early life stress, amygdala reactivity and coping behaviour across the life span: An FMRI study. 2023;84.

Mungo A, Hein M, Hubain P, Loas G, Fontaine P. Impulsivity and its Therapeutic Management in Borderline Personality Disorder: a Systematic Review. *The Psychiatric quarterly*. 2020;91(4):1333-62. Available from: <https://doi.org/10.1007/s11126-020-09845-z>.

Nawaz RF, Reen G, Bloodworth N, Maughan D, Vincent C. Interventions to reduce self-harm on in-patient wards: Systematic review. *BJPsych Open*. 2021;7. Available from: <https://doi.org/10.1192/bjo.2021.41>.

Oud M, Arntz A, Hermens MLM, Verhoef R, Kendall T. Specialized psychotherapies for adults with borderline personality disorder: A systematic review and meta-analysis. *Australian and New Zealand Journal of Psychiatry*. 2018;52(10):949-61. Available from: <https://doi.org/10.1177/0004867418791257>.

Rameckers SA, Verhoef REJ, Grasman RPPP, Cox WR, van Emmerik AAP, Engelmoer IM, et al. Effectiveness of Psychological Treatments for Borderline Personality Disorder and Predictors of Treatment Outcomes: A Multivariate Multilevel Meta-Analysis of Data from All Design Types. *Journal of Clinical Medicine*. 2021;10(23):5622. Available from: <https://doi.org/10.3390/jcm10235622>.

Rozakou-Soumalia N, Dârvariu Ş, Sjögren JM. Dialectical Behaviour Therapy Improves Emotion Dysregulation Mainly in Binge Eating Disorder and Bulimia Nervosa: A Systematic Review and Meta-Analysis. *Journal of personalized medicine*. 2021;11(9). Available from: <https://doi.org/10.3390/jpm11090931>.

Rudge S, Feigenbaum JD, Fonagy P. Mechanisms of change in dialectical behaviour therapy and cognitive behaviour therapy for borderline personality disorder: a critical review of the literature. *Journal of Mental Health*. 2020;29(1):92-102. Available from: <https://doi.org/10.1080/09638237.2017.1322185>.

Sobanski T, Josfeld S, Peikert G, Wagner G. Psychotherapeutic interventions for the prevention of suicide re-attempts: A systematic review. *Psychological Medicine*. 2021;51(15):2525-40. Available from: <https://doi.org/10.1017/S0033291721003081>.

Solmi M, Monaco F, Hojlund M, Monteleone AM, Trott M, Firth J, et al. Outcomes in people with eating disorders: a transdiagnostic and disorder-specific systematic review, meta-analysis and multivariable meta-regression analysis. *World psychiatry : official journal of the World Psychiatric Association (WPA)*. 2024;23(1):124-38. Available from: <https://doi.org/https://dx.doi.org/10.1002/wps.21182>.

Stoffers-Winterling JM, Storebø OJ, Kongerslev MT, Faltinsen E, Todorovac A, Jørgensen MS, et al. Psychotherapies for borderline personality disorder: A focused systematic review and meta-analysis. *The British Journal of Psychiatry*. 2022;221(3):538-52. Available from: <https://doi.org/10.1192/bjp.2021.204>.

Stoffers-Winterling JM, Storebø OJ, Pereira Ribeiro J, Kongerslev MT, Völm BA, Mattivi JT, et al. Pharmacological interventions for people with borderline personality disorder. *Cochrane*

Database of Systematic Reviews. 2022(11). Available from:  
<https://doi.org/10.1002/14651858.CD012956.pub2>.

Storebø OJ, Stoffers-Winterling JM, Völlm BA, Kongerslev MT, Mattivi JT, Jørgensen MS, et al. Psychological therapies for people with borderline personality disorder. Cochrane Database of Systematic Reviews. 2020(5). Available from:  
<https://doi.org/10.1002/14651858.CD012955.pub2>.

Tanvir Z, Bokhari MZ, Kareem R, Butt MG. THE EFFECTIVENESS OF DBT COMPARED TO OTHER PSYCHOLOGICAL THERAPIES IN PATIENTS WITH A DUAL DIAGNOSIS OF PTSD AND BPD: A SYSTEMATIC REVIEW. *Journal of Population Therapeutics and Clinical Pharmacology*. 2023;30(18):1121-33. Available from:  
<https://doi.org/10.53555/jptcp.v30i18.3245>.

Valentine SE, Bankoff SM, Poulin RM, Reidler EB, Pantalone DW. The use of dialectical behavior therapy skills training as stand-alone treatment: A systematic review of the treatment outcome literature. *Journal of Clinical Psychology*. 2015;71(1):1-20. Available from:  
<https://doi.org/10.1002/jclp.22114>.

Vasile D, Vasiliu O. Evidence-based therapeutic management of binge-eating disorder. *European Psychiatry*. 2021;64:S351. Available from:  
<https://doi.org/10.1192/j.eurpsy.2021.941>.

Villalongo Andino M, Garcia KM, Richey JA. Can dialectical behavior therapy skills group treat social anxiety disorder? A brief integrative review. *Frontiers in psychology*. 2023;14:1331200. Available from:  
<https://doi.org/https://dx.doi.org/10.3389/fpsyg.2023.1331200>.

Vogel EN, Singh S, Accurso EC. A systematic review of cognitive behavior therapy and dialectical behavior therapy for adolescent eating disorders. *Journal of eating disorders*. 2021;9(1):131. Available from: <https://doi.org/10.1186/s40337-021-00461-1>.

Vogt KS, Norman P. Is mentalization-based therapy effective in treating the symptoms of borderline personality disorder? A systematic review. *Psychology and Psychotherapy: Theory, Research and Practice*. 2019;92(4):441-64. Available from:  
<https://doi.org/10.1111/papt.12194>.

Waitz C, Tebbett-Mock A, D'Angelo E, Reynolds EK. Dialectical Behavior Therapy in Inpatient and Residential Settings for Adolescents: A Systematic Review. *Evidence-Based Practice in Child & Adolescent Mental Health*. 2021;6(4):497-515. Available from:  
<https://doi.org/10.1080/23794925.2021.1970052>.

Witt KG, Hetrick SE, Rajaram G, Hazell P, Taylor Salisbury TL, Townsend E, et al. Psychosocial interventions for self-harm in adults. Cochrane Database of Systematic Reviews. 2021(4). Available from: <https://doi.org/10.1002/14651858.CD013668.pub2>.

Witt KG, Hetrick SE, Rajaram G, Hazell P, Taylor Salisbury TL, Townsend E, et al. Interventions for self-harm in children and adolescents. The Cochrane database of systematic

reviews. 2021;3:CD013667. Available from:  
<https://doi.org/10.1002/14651858.CD013667.pub2>.

Yiu HW, Rowe S, Wood L. A systematic review and meta-analysis of psychosocial interventions aiming to reduce risks of suicide and self-harm in psychiatric inpatients. *Psychiatry research*. 2021;305:114175. Available from:  
<https://doi.org/10.1016/j.psychres.2021.114175>.

---