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## Interpersonal psychotherapy for borderline personality disorders: Studies of efficacy

Borderline Personality Disorder (BPD) is a severe psychiatric disorder characterized by a pervasive instability in affects, impulse, and sense of self and interpersonal relationships. The guidelines for the treatment of BPD highlight the role of disorder-specific psychotherapies. Interpersonal psychotherapy was adapted for BPD patients by Markowitz (IPT-BPD). The efficacy of this treatment was studied at the University of Turin in patients who received a combination of IPT-BPD with an antidepressant. Results showed that combined treatment was superior to antidepressant alone on BPD core symptoms (disturbed interpersonal relationships, affective instability, and impulsive dyscontrol). It was also more effective on anxiety and on subjective perception of quality of life [2010].

1. The increased effects of combined therapy were mostly maintained during 2 years of follow-up [2016]
2. Bellino and Bozzatello proposed an ameliorated version of IPT-BPD (IPT-BPD-R) with a prolonged duration of treatment, a stronger support of patients during crises, a maintenance phase, and interpersonal counseling for family members [2015]
3. The efficacy of IPT-BPD-R as single treatment was assessed by a controlled study. The study indicated a significant decrease of general psychopathology, specific BPD symptoms, and social functioning in comparison with control patients in waiting list [2020]
4. In addition, the clinical and functional effects of IPT-BPD-R were found related to functional changes of brain areas (temporal parietal junction and anterior cingulate cortex) observed at fMRI with a task of autobiographical memory (self-referential processing and mentalization) [2021]
5. A clinical trial is currently underway to evaluate a model proposed for interpersonal group therapy of BPD patients. In particular, the effects of the association of group therapy with individual IPT are compared with individual IPT alone and initial results indicate promising results in terms of improvement of BPD symptoms, social functioning, interpersonal problems, and mentalization. These findings will be discussed considering literature in this field [2022].

### Recent Publications

1. Bellino, S., Rinaldi, C., & Bogetto, F. (2010). Adaptation of interpersonal psychotherapy to borderline personality disorder: a comparison of combined therapy and single pharmacotherapy. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 55(2), 74–81.
2. Bozzatello, P., & Bellino, S. (2016). Combined therapy with interpersonal psychotherapy adapted for borderline personality disorder: A two-years follow-up. *Psychiatry research*, 240, 151–156.

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3. Bozzatello, P., & Bellino, S. (2015). Interpersonal Psychotherapy Adapted for Borderline Personality Disorder (IPT-BPD): A Review of Available Data and a Proposal of Revision. *Journal of Psychology & Psychotherapy*, 2015, 5:6

**Biography**

Silvio Bellino was born in Turin, Italy, on 27 April 1965. He graduated at the University of Turin in 1990/91 and specialized in Psychiatry in 1995/96. He became Researcher of Psychiatry at the Department of Neuroscience in October 2001 and was charged of the Centre for Personality Disorders in January 2007. He is Associate Professor of Psychiatry from July 2015. He teaches psychiatry at the School of Medicine and at Schools of Medical Specialization of the University of Turin. His studies were focused on clinics and pharmacotherapy of personality disorders, mood and anxiety disorders, and on interpersonal psychotherapy of major depression and personality disorders. He presented the results in Italian and international congresses and published many articles in Italian and international indexed journals. He was Editor in Chief of *Current Psychopharmacology* and President of the Italian Society of Interpersonal Psychotherapy.

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