Clinical Trial Protocol
Iranian Registry of Clinical Trials

25 Oct 2026

Group therapy based on mentalization and dialectical behavior on attachment styles, mentalization, social cognition, and clinical symptoms in patients with borderline personality disorder

Protocol summary

Study aim
Effectiveness of group therapy based on mentalization and dialectical behavior on attachment styles, mentalization, social cognition, and clinical symptoms in patients with borderline personality disorder

Design
The research method in this study is pre-test type, post-test and two-month follow-up true experimental design with control group. Placing in groups is random.

Settings and conduct
The intervention was carried out at Hafez Hospital. The intervention was performed in the daily hospital. Meetings were held twice a week. Participants were randomly assigned to groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria 1) age range 18 to 25 2) having at least primary school education 3) having received diagnosis of borderline personality disorder based on DSM5 4) get diagnosis of borderline personality disorder as a primary diagnosis; Exclusion criteria 1)substance dependency (but not substance abuse) 2)psychiatric admission during treatment 3)receive any other psychotherapy

Intervention groups
All three groups receive drug therapy. Interventtion group 1: In addition to medication, receives a group therapy based on mentalization. Interventions lasted 10 weeks. sessions were held twice a week and every session last two hours. Interventtion group 2: In addition to medication, receives group therapy based on dialectical behavioral. Interventions lasted 10 weeks. sessions were held twice a week and every session last two hours. Control group: Just receive drug therapy. No individual or group psychotherapy intervention.

Main outcome variables
borderline personality disorder severity

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190417043303N1**
Registration date: **2019-06-08, 1398/03/18**
Registration timing: **retrospective**

Last update: **2019-06-08, 1398/03/18**
Update count: **0**

Registration date
2019-06-08, 1398/03/18

Registrant information

Name
Leila Khabir

Name of organization / entity
Shiraz University

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-03-07, 1396/12/16

Expected recruitment end date
2018-05-21, 1397/02/31

Actual recruitment start date
2018-03-07, 1396/12/16

Actual recruitment end date
2018-06-21, 1397/03/31

Trial completion date

2019-02-19, 1397/11/30

Scientific title
Group therapy based on mentalization and dialectical behavior on attachment styles, mentalization, social cognition, and clinical symptoms in patients with borderline personality disorder

Public title
Group therapy based on mentalization and dialectical behavior in patients with borderline personality disorder

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
age range 18 to 25 having at least primary school education having received diagnosis of borderline personality disorder based on DSM5 get diagnosis of borderline personality disorder as a primary diagnosis

Exclusion criteria:
substance dependency (but not substance abuse) psychiatric admission during treatment receive any other psychotherapy

Age
From **18 years** old to **25 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**
Actual sample size reached: **36**

Randomization (investigator's opinion)
Randomized

Randomization description
To perform the division (conventionally) the intervention groups and control group were named A, B and C. Then, 60 numbers of the random numbers table were selected by computer; if the first number was between 1 to 3 it was identified as A (MBT intervention group), first numbers from 4 to 6 were identified as B (DBT intervention group), and first numbers from 7 to 9 were identified as C (control group).

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences

Street address
Shiraz University of Medical Sciences, Zand street

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Shiraz

Province
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71348-14336

Approval date
2018-06-20, 1397/03/30

Ethics committee reference number
IR.SUMS.REC.1397.639

Health conditions studied

1

Description of health condition studied
borderline personality disorder

ICD-10 code
F60.3

ICD-10 code description
Borderline personality disorder

Primary outcomes

1

Description
borderline personality disorder severity

Timepoint
before, immediately and two month after the intervention

Method of measurement
borderline personality disorder severity index

Secondary outcomes

1

Description
attachment styles

Timepoint
before, immediately and two month after the intervention

Method of measurement
Revised Adult Attachment Scale

2

Description
mentalization

Timepoint
before, immediately and two month after the intervention

Method of measurement

Reflective Functioning Questionnaire

3

Description
social cognition
Timepoint
before, immediately and two month after the intervention
Method of measurement
‘Reading the Mind in the Eyes’’ Test Revised Version

Intervention groups

1

Description
First intervention group: group therapy based on mentalization: The aim of treatment based on mentalization is to establish balance in problems of patients with borderline personality disorder by enhancing the ability to be aware of mental status under anxiety conditions and to activ their secure attachment style. Interventions lasted 10 weeks. sessions were held twice a week and every session last two hours. Sessions contain: Concept of mentalization, The concept of problems with mentalizing, Why do we have emotions and what are the basic types?, How do we register and regulate emotions? Relationship between mentalising and emotions., The significance of attachment relationships?, Relationship between attachment and mentalization, The concept of personality disorder and borderline personality disorder, Mentalization-based treatment. Relationship among Anxiety, attachment and mentalizing, Relationship among Depression, attachment and mentalizing.
Category
Treatment - Other

2

Description
Second intervention group: group therapy based on dialectical behavior: This treatment was developed to work with patients with borderline personality who had a history of suicide and not improved by conventional cognitive behavioral therapy. This treatment is based on the acquisition of skills and behavioral shaping. Interventions lasted 10 weeks. sessions were held twice a week and every session last two hours. Session contain some skills in domain mindfulness, emotion regulation, distress tolerance and relationship effectiveness. Mindfulness skills such as: training state of mind, paying attention to what the world, body and mind is doing, paying all of your attention to one thing at a time. Distress tolerance skills such as: explain about distress tolerance goals, use of distracting, calming yourself and thinking about your choices for surviving bad times, use of breathing, smiling and focusing in accepting reality. Emotion regulation skills such as: explain about emotion regulation, identifying emotions, benefit of emotions, keeping control of your emotions, change how you feel by acting differently. Relationship effectiveness skills such as: explain about goals of relationship effectiveness, the reason of use relationship effectiveness skills, keeping good relationships.
Category
Treatment - Other

3

Description
Control group: no psychological intervention: Subjects in this group did not receive psychological interventions individually or in groups.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Hafez hospital
Full name of responsible person
Leila Khabir
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3

Recruitment center
Name of recruitment center
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Shiraz University

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
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Full name of responsible person
Leila Khabir

Position
PhD student

Latest degree
Master

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information.
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable