

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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. Intervention 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. Intervention 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

Country

Iran (Islamic Republic of)

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Email address

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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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Postal code

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

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 activate 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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Recruitment center

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3

Recruitment center

Name of recruitment center

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Full name of responsible person

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Seyed Mojtaba Zebarjad

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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

Other areas of specialty/work

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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