

**B. Reneses**<sup>1</sup>, M. Galian<sup>2</sup>, R. Serrano<sup>3</sup>, D. Figuera<sup>4</sup>, A. Fernandez del Moral<sup>4</sup>, M. Fuentes<sup>5</sup>, M. De los Reyes<sup>6</sup>, T. Montalvo<sup>6</sup>, M. Trujillo<sup>7</sup>

<sup>1</sup>Instituto de Psiquiatría, Hospital Clínico San Carlos. Instituto de Investigación Sanitaria. IdISSC, Universidad Complutense ; <sup>2</sup>Instituto de Psiquiatría, Hospital Clínico San Carlos., Madrid, Spain ; <sup>3</sup>Ayuntamiento de Madrid, Area de Salud Pública., Madrid, Spain ; <sup>4</sup>Instituto de Psiquiatría, Hospital Clínico San Carlos. Instituto de Investigación Sanitaria. IdISSC, Madrid, Spain ; <sup>5</sup>Servicio de Medicina Preventiva, Hospital Clínico San Carlos. Instituto de Investigación Sanitaria. IdISSC, Madrid, Spain ; <sup>6</sup>Instituto de Psiquiatría, Hospital Clínico San Carlos, Madrid, Spain ; <sup>7</sup>Department of Psychiatry, New York University. Bellvue Hospital, New York, USA

**Introduction:** Psychotherapy Focused on Psychic Representation (PFPR) is a new time limited dynamic psychotherapy for the treatment of Borderline Personality Disorder. It is a manualized psychodynamic technique based on brief psychoanalytic psychotherapies principles and designed to be applied in the framework of public care services. A randomized and controlled study with a sample of 53 patients was conducted to assess PFPR's efficacy. We are reporting the final results at the end of treatment and at the 6 and 12 months of follow up.

**Methods:** Both groups, the experimental (n=25) and control group (n=28) received treatment as usual. The experimental group received 20 additional PFPR sessions performed by four therapists with homogenous characteristics, specifically trained in this technique. The main outcome variables measures were: Severity global index of SCL-90-R, Barrat Impulsivity Scale scores and Social Adaptation (SASS score). Baseline and conditions at the end of treatment and at the 6 and 12 months of follow up period were compared.

**Results and Conclusions:** Results showed significantly better outcomes for the experimental group in all main variables and in most of the secondary ones at the end of treatment. At 6 months follow up, the significant differences remain in level of impulsivity and some other secondary variables. At 12 months follow up the experimental group shows better results in all variables but only depressive symptoms measurement remains significant.