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SYSTEMATIC REVIEW OF PSYCHOTHERAPEUTIC TREATMENTS FOR “MINOR” PERSONALITY DISORDERS

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Introduction: Among personality disorders (PDs), antisocial and borderline personality disorder are well-studied. However, the remaining PDs (in the following called “minor PDs”) pose major problems in everyday-health care settings. People affected often present with additional axis-I disorders such as substance-related, mood or anxiety disorders, and are among those most difficult to treat.

Objectives: To systematically review the current evidence of psychotherapeutic treatments for “minor” personality disorders

Methods: In the context of Cochrane Collaboration reviews for Cluster A, B and C PDs, exhaustive literature searches were done to identify the current RCT evidence for PD treatments. The electronic search strategies were extended to identify also non-RCT evidence for minor PD treatments. Retrievals were assessed and evaluated by two reviewers independently.

Results: The current evidence for psychotherapeutic treatments of minor PDs is sparse and based on mixed PD samples with co-morbid axis-I disorders in the majority of cases. Reported outcomes focus on specific axis-I disorders or general measures such as overall functioning.

Conclusions: The current evidence is scarce and does not allow for distinct treatment recommendations but undermines the importance of meeting special demands of PD patients by PD-specific treatments. Possible reasons for the paucity of research in this regard will be discussed, also in the light of future developments after DSM-V.