

Borderline Personality Disorder and Emotion Regulation

Effects of emotion-focused vs. cognitive schema therapy interventions on emotion regulation deficits in borderline personality disorder - associations between clinical efficacy, brain network function and local glutamate/GABA metabolism

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Supplementary material - Information on assessment tools, reliability criteria and classification of Reliable Change Index (RCI) results

Abbreviation	Inventory	Information	Reliability (Cronbach's alpha)	Test-retest reliability
PF-TK (s)	Patient Questionnaire Day-Clinic Jena (Patientenfragebogen Tagesklinik)	Standardized assessment of patient's case history, including psychiatric/psychotherapeutic history		
SEFP assessed with STIP-5.1 (c)	Levels of Personality Functioning Scale (LPFS) (Criterion A) (Skala zur Erfassung des Funktionsniveaus der Persönlichkeit) assessed with the Semi-Structured Interview for Personality Functioning DSM-5 (STIP-5.1)	Measures the impairments in personality functioning (Criterion A); enabling a dimensional assessment of the general severity of personality pathology (English version: Levels of Personality Functioning Scale, LPFS)	$\alpha=.94$ to $.97$ (Hutsebaut et al., 2017)	not available so far
PID-5 (s)	Personality Inventory for DSM-5 (Criterion B) (Persönlichkeits-Inventar für DSM-5)	Assessment of maladaptive personality traits	domain scales: $\alpha=.84$ to $.96$; facets: $\alpha=.72$ to $.96$ (Al-Dajani et al., 2015)	$r_{tt}=.92$ to $.95$ (Dhillon & Bagby, 2015)
BPDSI-IV (c)	Borderline Personality Disorder Severity Index (fourth edition)	DSM-IV based semi-structured interview that assesses frequency and severity of borderline manifestations during the last three months; interview is appropriate for repeated measurements and therefore for treatment evaluation.	$\alpha=.96$ (Kröger et al., 2013)	$r_{tt}=.72$ to $.77$ (Arntz et al. 2003)
EHI (s)	Edinburgh Handedness Inventory	Most widely used handedness inventory	$\alpha=.95$ (Veale, 2014)	
IDA-R	Integrierte Diagnose der ADHS im Erwachsenenalter	Well-established screening instrument for ADHD in adulthood	$\alpha=.86$ (Retz et al., 2013)	
WAIS-IV	Wechsler Adult Intelligence Scale (fourth version)	Well-established scale to assess cognitive ability in adults	$\alpha=.97$ (Wechsler, 2008)	
CTQ (s)	Childhood Trauma Questionnaire	Screening measure for history of childhood maltreatment	$\alpha=.94$ (Wingenfeld et al., 2013)	
ERI (s)	Emotion Regulation Inventory (Emotionsregulations-Inventar)	Follows the Process Model of Emotion Regulation proposed by James Gross; primary outcome measure	$\alpha=.82$ (König, 2011)	$r_{tt}=.62$ to $.80$ (König, 2011)
FSVV (s)	Questionnaire concerning self-harming behavior (Fragebogen zu selbstverletzendem Verhalten) (modified version)	Gathers information about nature of self-harming behavior, triggers, consequences, indirect methods and destabilizing factors; primary outcome measure	not available so far	$r_{tt}=.63$ to $.84$ (frequency) (Reicherzer & Brandl, 2011)
BSL-95 (s)	Borderline Symptom List (Borderline-Symptom-Liste)	Self-rating instrument for specific assessment of borderline-typical symptomatology; sensitivity for change according to therapy; secondary outcome measure (BPD-specific)	$\alpha=.97$ (Bohus et al., 2007)	$r_{tt}=.84$ (Bohus et al., 2007)
IIP-D (s)	Inventory of Interpersonal Problems (Inventar zur Erfassung interpersonaler Probleme)	Measures distress arising from interpersonal sources; secondary outcome measure (BPD-specific)	$\alpha=.71$ to $.82$ (Horowitz et al., 2000)	$r_{tt}=.81$ to $.90$ (Horowitz et al., 2000)
FGG (s)	Questionnaire of thoughts and feelings (Fragebogen zu Gedanken und Gefühlen)	Assessment of borderline-specific cognitions; based on cognitive models and Linehan's biosocial model of BPD; secondary outcome measure (BPD-specific)	$\alpha=.97$ (Renneberg & Seehausen, 2010)	$r_{tt}=.96$ in BPD (Renneberg & Seehausen, 2010)

SMI (s)	Schema Mode Inventory (118 item version) (<u>Schema-Modus-Inventar</u>)	Measures the presence and intensity of the 14 schema modes; secondary outcome measure (BPD-specific)	$\alpha=.85$ (Reiss et al., 2011)	$r_{tt}=.84$ (Lobbestael et al., 2010)
YSQ-s3r (s)	Young Schema Questionnaire (third version, short form)	Measure of early maladaptive schemas (that are theoretically and empirically linked with personality disorder features); secondary outcome measure (BPD-specific)	$\alpha=.70$ to $.91$ for 17 of the 18 scales (Kriston et al., 2012)	$r_{tt}=.70$ to $.89$ for 17 of the 18 schemas (Phillips et al., 2017)
BDI-II (s)	Beck Depression Inventory-II (<u>Beck Depressionsinventar-II</u>)	Assessing the intensity of depressive symptoms ; items are congruent with the depression criteria of the DSM-IV	$\alpha=.84$ to $.90$ (Kühner et al, 2007)	$r_{tt}=.78$ (Kühner et al, 2007)
SCL-90-R (s)	Symptom Checklist-90-Revised	Evaluation/Screening of general psychopathology within the past 7 days	$\alpha=.96$ to $.98$ (Franke, 2002)	$r_{tt}=.69$ to $.92$ (Franke, 2002)
FEP-2 (s)	Questionnaire to evaluation psychotherapeutic processes (<u>Fragebogen zur Evaluation von Psychotherapieverläufen</u>)	Monitoring of change and progress in psychotherapeutic and psychiatric interventions; measures 4 dimensions of therapeutic outcome	$\alpha=.74$ to $.94$ (Lutz et al., 2009)	$r_{tt}=.69$ to $.77$ (Lutz et al., 2009)
INEP (s)	Inventory for the Assessment of Negative Effects of Psychotherapy (<u>Inventar zur Erfassung Negativer Effekte von Psychotherapie</u>)	self-report instrument for assessing negative effects of psychotherapy	$\alpha=.86$ (Ladwig et al, 2014)	

Proposed terms to classify the Reliable Change Index and Clinical Significance (Wise, 2004)

<i>Reliable Change Indexes</i>	<i>Clinical Significance and Normative Change Criterion</i>			
	Confidence Levels (%)	Change of 2 SDs	Change of 1 SD	Change of 0.5 SD
1.96	95	Recovered	(+) Response	(+) Minimal Response
1.28	90	Remitted	(+) Response	(+) Minimal Response
0.84	80	Improved	(+) Partial Response	(+) Minimal Response
-0.84	80	Mildly Deteriorated	(-) Partial Response	(-) Minimal Response
-1.28	90	Moderately Deteriorated	(-) Response	(-) Minimal Response
-1.96	95	Deteriorated	(-) Response	(-) Minimal Response