

The effectiveness of dialectical behavioral group therapy (based on mindfulness, distress tolerance, emotion regulation) on symptoms of borderline personality disorder among college students in Zanzan province

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Introduction: This study aimed to investigate the effectiveness of dialectical behavioral group therapy (based on mindfulness distress tolerance, emotion regulation) on symptoms of borderline personality disorder among college students in Zanzan Province.

Method: Two hundreds volunteer students across the Zanzan province Universities completed The MCMI-III. Finally, ten persons with symptom of borderline personality disorders were selected as an experimental group. The experimental group trained 10 sessions of the skills including fundamental pervasive consciousness, distress tolerance and emotion regulation.

Result: The results of paired t-test showed that there is significant difference between the symptoms of borderline personality disorder before and after the treatment ($t=10.2$, $p<0.01$, $d=4.43$). The Cohen effect level (Cohen's $d=4.43$) showed that the intervention had great influence. The results showed that there was a significant difference between emotional tolerance ($t=9.704$, $p<0.01$, $d=3.367$), distress tolerance ($t=12.281$, $p<0.01$, $d=4.11$) and fundamental pervasive consciousness ($t=9.428$, $p<0.01$, $d=3.424$) in patients with borderline personality disorder symptoms before and after the treatment.

Conclusion: The results showed that the training of dialectical behavioral group therapy skills significantly decreased the symptoms of borderline personality disorder.

Biography

Mehdi Dehestani is currently a Professor of Psychology at the Department of Psychology in Payam-e-Noor University, Iran.

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