**Supplementary Material**

**Supplementary Material A Systematic search**

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| **Databases searched and date range searched:** *General medical databases: (From inception to November 2017)*CINAHL (1960-2017), Embase (1947-2017), PubMed (1966-2017), PreMEDLINE (1966-2017) and PsycINFO (1880-2017) *Topic specific databases (From inception to November 2017):* CENTRAL (1990-2017) |

*PsycInfo*

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| S7 | S5 Methodology: -Systematic Review, -Meta Analysis |
| S6 | S5 AND (rct OR random\*) |
| S5 | S1 AND S4 |
| S4 | S2 OR S3 |
| S3 | CC 3300 OR 331\* OR 335\* OR 337\* OR 338\* OR 3365 |
| S2 | DE "Psychotherapy" OR DE "Adlerian Psychotherapy" OR DE "Adolescent Psychotherapy" OR DE "Analytical Psychotherapy" OR DE "Autogenic Training" OR DE "Behavior Therapy" OR DE "Brief Psychotherapy" OR DE "Brief Relational Therapy" OR DE "Child Psychotherapy" OR DE "Client Centered Therapy" OR DE "Cognitive Behavior Therapy" OR DE "Conversion Therapy" OR DE "Eclectic Psychotherapy" OR DE "Emotion Focused Therapy" OR DE "Existential Therapy" OR DE "Experiential Psychotherapy" OR DE "Expressive Psychotherapy" OR DE "Eye Movement Desensitization Therapy" OR DE "Feminist Therapy" OR DE "Geriatric Psychotherapy" OR DE "Gestalt Therapy" OR DE "Group Psychotherapy" OR DE "Guided Imagery" OR DE "Humanistic Psychotherapy" OR DE "Hypnotherapy" OR DE "Individual Psychotherapy" OR DE "Insight Therapy" OR DE "Integrative Psychotherapy" OR DE "Interpersonal Psychotherapy" OR DE "Logotherapy" OR DE "Narrative Therapy" OR DE "Network Therapy" OR DE "Persuasion Therapy" OR DE "Primal Therapy" OR DE "Psychoanalysis" OR DE "Psychodrama" OR DE "Psychodynamic Psychotherapy" OR DE "Psychotherapeutic Counseling" OR DE "Rational Emotive Behavior Therapy" OR DE "Reality Therapy" OR DE "Relationship Therapy" OR DE "Solution Focused Therapy" OR DE "Supportive Psychotherapy" OR DE "Transactional Analysis" OR DE "Behavior Therapy" OR DE "Aversion Therapy" OR DE "Conversion Therapy" OR DE "Dialectical Behavior Therapy" OR DE "Exposure Therapy" OR DE "Implosive Therapy" OR DE "Reciprocal Inhibition Therapy" OR DE "Response Cost" OR DE "Systematic Desensitization Therapy" OR DE "Cognitive Behavior Therapy" OR DE "Acceptance and Commitment Therapy" OR DE "Gestalt Therapy" OR DE "Empty Chair Technique" OR DE "Group Psychotherapy" OR DE "Encounter Group Therapy" OR DE "Therapeutic Community" OR DE "Humanistic Psychotherapy" OR DE "Client Centered Therapy" OR DE "Hypnotherapy" OR DE "Age Regression (Hypnotic)" OR DE "Ericksonian Psychotherapy" OR DE "Psychoanalysis" OR DE "Adlerian Psychotherapy" OR DE "Brief Relational Therapy" OR DE "Dream Analysis" OR DE "Self Analysis" OR DE "Psychotherapeutic Counseling" OR DE "Family Therapy" OR DE "Cognitive Therapy" OR DE "Cotherapy" OR DE "Couples Therapy" OR DE "Educational Therapy" OR DE "Holistic Health" OR DE "Online Therapy" OR DE "Paradoxical Techniques" OR DE "Pastoral Counseling" OR DE "Phototherapy" OR DE "Psychotherapeutic Processes" OR DE "Countertransference" OR DE "Insight (Psychotherapeutic Process)" OR DE "Negative Therapeutic Reaction" OR DE "Psychotherapeutic Breakthrough" OR DE "Psychotherapeutic Resistance" OR DE "Psychotherapeutic Transference" OR DE "Therapeutic Alliance" OR DE "Psychotherapeutic Techniques" OR DE "Active Listening" OR DE "Animal Assisted Therapy" OR DE "Autogenic Training" OR DE "Brief Relational Therapy" OR DE "Cotherapy" OR DE "Dream Analysis" OR DE "Empty Chair Technique" OR DE "Ericksonian Psychotherapy" OR DE "Guided Imagery" OR DE "Mirroring" OR DE "Morita Therapy" OR DE "Motivational Interviewing" OR DE "Mutual Storytelling Technique" OR DE "Network Therapy" OR DE "Paradoxical Techniques" OR DE "Psychodrama" OR DE "Recreation Therapy" OR DE "Spontaneous Remission" OR DE "Theoretical Orientation" OR DE "Dialectical Behavior Therapy" OR TI ( "Transference Focused Psychotherapy" OR "Schema-Focused Therapy" OR "Dialectical Behavior Therapy" OR "Mentalisation Based Treatment" OR "Mentalization Based Treatment" OR psychotherapy ) OR KW ( "Transference Focused Psychotherapy" OR "Schema-Focused Therapy" OR "Dialectical Behavior Therapy" OR "Mentalisation Based Treatment" OR "Mentalization Based Treatment" OR psychotherapy ) OR AB ( "Transference Focused Psychotherapy" OR "Schema-Focused Therapy" OR "Dialectical Behavior Therapy" OR "Mentalisation Based Treatment" OR "Mentalization Based Treatment" OR psychotherapy ) |
| S1 | DE "Borderline Personality Disorder" OR DE "Borderline States" OR TI borderline OR AB borderline OR KW borderline |

*PubMed*

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| [#25](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search systematic[sb] AND (#20) |
| [#24](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search (Therapy/Narrow[filter]) AND (#20) |
| [#20](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search (#9 OR #19) |
| [#19](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search (#8 AND #18) |
| [#18](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search (#14 OR #16 OR #17) |
| [#17](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search "psychological therapies" [tiab] OR "psychological therapy" [tiab] |
| [#16](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search "Dialectical Behavior Therapy" [tiab] OR "Transference Focused Psychotherapy" [tiab] OR "Schema-Focused Therapy" [tiab] OR "Mentalisation Based Treatment" [tiab] OR "Mentalization Based Treatment" [tiab]  |
| [#14](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search "Psychotherapy"[Mesh] |
| [#9](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search ( "Borderline Personality Disorder/diet therapy"[Mesh] OR "Borderline Personality Disorder/prevention and control"[Mesh] OR "Borderline Personality Disorder/psychology"[Mesh] OR "Borderline Personality Disorder/rehabilitation"[Mesh] OR "Borderline Personality Disorder/therapy"[Mesh] ) |
| [#4](http://www.ncbi.nlm.nih.gov/pubmed/advanced) | Search "Borderline Personality Disorder"[Mesh] OR (borderline [tiab] AND (disorder [tiab] OR personality [tiab])) |

*CINAHL*

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| S9 | S7 Limiters - Publication Type: Meta Analysis, Systematic Review |
| S8 | (S5 OR S6) AND (rct OR random\*) |
| S7 | S5 OR S6 |
| S6 | (MH "Borderline Personality Disorder/DH/TH/RH/PC/NU") |
| S5 | S1 AND S4 |
| S4 | S2 OR S3 |
| S3 | TI ( "Transference Focused Psychotherapy" OR "Schema-Focused Therapy" OR "Dialectical Behavior Therapy" OR "Mentalisation Based Treatment" OR "Mentalization Based Treatment" OR psychotherapy ) OR AB ( "Transference Focused Psychotherapy" OR "Schema-Focused Therapy" OR "Dialectical Behavior Therapy" OR "Mentalisation Based Treatment" OR "Mentalization Based Treatment" OR psychotherapy )  |
| S2 | (MH "Psychotherapy+") OR (MH "Behavior Modification+") OR (MH "Hypnosis+") OR (MH "Psychotherapeutic Processes+") OR (MH "Socioenvironmental Therapy+") OR (MH "Support, Psychosocial+") OR (MH "Rehabilitation, Psychosocial+") OR (MH "Transference (Psychology)+") OR (MH "Behavior Therapy+") OR (MH "Cognitive Therapy+") OR (MH "Desensitization, Psychologic+") OR (MH "Relaxation Techniques+") OR (MH "Psychotherapy, Group+") OR (MH "Psychodrama+") OR (MH "Symbolism (Psychology)+")  |
| S1 | MH "Borderline Personality Disorder" OR TI borderline OR AB borderline |

*Cochrane*

ID Search Hits

#1 MeSH descriptor: [Borderline Personality Disorder] explode all trees

#2 borderline:ti,ab,kw (Word variations have been searched)

#3 #1 or #2

#4 MeSH descriptor: [Psychotherapy] explode all trees

#5 "Transference Focused Psychotherapy" or "Schema-Focused Therapy" or "Dialectical Behavior Therapy" or "Mentalisation Based Treatment" or "Mentalization Based Treatment" or psychotherapy:ti,ab,kw (Word variations have been searched)

#6 "psychological therapy" or "psychological therapies" or "psychological intervention\*":ti,ab,kw (Word variations have been searched)

#7 #4 or #5 or #6

#8 #3 and #7

*EMBASE*

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| #18 | #16 AND ([systematic review]/lim OR [meta analysis]/lim) |
| #17 | #3 OR #15 AND [randomized controlled trial]/lim |
| #16 | #3 OR #15 |
| #15 | #6 AND #14 |
| #14 | #7 OR #12 OR #13 |
| #13 | 'transference focused psychotherapy':ab OR 'schema-focused therapy':ab OR 'dialectical behavior therapy':ab OR 'mentalisation based treatment':ab OR 'mentalization based treatment':ab |
| #12 | 'transference focused psychotherapy':ti OR 'schema-focused therapy':ti OR 'dialectical behavior therapy':ti OR 'mentalisation based treatment':ti OR 'mentalization based treatment':ti |
| #7 | 'psychiatric treatment'/exp |
| #6 | #2 OR #4 OR #5 |
| #5 | borderline:ab AND (personality:ab OR disorder:ab) |
| #4 | borderline:ti AND (personality:ti OR disorder:ti) |
| #3 | #2 AND 'borderline state'/de AND ('disease management'/lnk OR 'prevention'/lnk OR 'rehabilitation'/lnk OR 'therapy'/lnk) |
| #2 | 'borderline state'/exp |
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**Supplementary Material B Continuous measures used in included trials**

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| **Outcome type** | **Scales** |
| Overall BPD severity | Zanarini Rating Scale for Borderline Personality Disorder, DSM-IV diagnostic criteria for BPD, Borderline Personality Disorder Severity Index (BPDSI-IV), Borderline Syndrome Index (BSI) and Borderline Symptom List (BSL), Diagnostic Interview for Borderlines Revised (DIB-R),*(often subscales are also used for single BPD symptoms)* |
| Dissociation/psychoticism | Dissociative Experiences Scale (DES), Brief Psychiatric Rating Scale (BPRS) |
| Interpersonal problems | World Health Organization Quality of Life (WHOQOL-BREF), Inventory of Interpersonal Problems (IIP), Inventory of Interpersonal Problems Circumplex Scales (IIP-C),  |
| Self-harm / self-injury parasuicidality / suicidal behavior / ideation | Suicide Attempt Self-Injury Interview (II), Suicidal Behaviors Questionnaire (SBQ), Suicide and Self-Harm Inventory, Beck Scale for Suicide Ideation (BSS), Target behavior rating (TBR), Lifetime Parasuicide Count (LPC) |
| Anger | Overt Aggression Scale (OAS), State-Trait Anger Expression Inventory (STAXI), TBR |
| Impulsivity and emotional instability | Target behavior rating (TBR) |

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| **Supplementary Material C Defining characteristics of interventions**

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| **Intervention** | **Mean/range contact****(hours)** | **Individual (and group)** | **Mean/range duration****(weeks)** | **Key elements** |
| **Specialized psychotherapies** |
| **Dialectical behaviour therapy (DBT)** | 153 (55-260) | Individual and Group | 46 (20-52) | The therapy is a cognitive behavioural psychotherapy, with psychoeducation, problem solving and acceptance strategies. Patients learn to regulate their emotions and behaviours (suicide attempts, self-injury, non-compliance), by using validation strategies and changing their behaviour. In addition to the individual therapy and group skills training, patients can call with their therapist if needed. |
| **Transference-focused psychotherapy (TFP)** | 87\* | Individual | 52\* | The treatment structure is set in a contract between patient and therapist. The relationship between the two (transference relationship) is an important therapeutic means to explore, confront and interpret. It helps to evaluate and resolve internalized experiences of dysfunctional relationships. The goals is to integrate in a healthy manner the good and bad representations of oneself and of others. |
| **Mentalization-based treatment (MBT)** | 352 (198-507)  | Individual and Group | 87 (78-104) | Goal of this psychoanalytic model with cognitive therapeutic elements is to mentalize (think about oneself in relation to others and to understand others’ state of mind) and develop more adaptive interpersonal behaviours. Psychoeducation is given and the focus of treatment is the relationship with the therapist and other people (in the group therapy). Techniques that are used are mentalizing functional analysis, stop-stand-and-rewind techniques, etc. |
| **Schema (Focused) Therapy (ST)** | 96 (53-117)# | Individual and Group (n=6) | 191 (35-78)# | Working with schema modes (pervasive patterns of thinking, feeling, and behaving) is essential, with the aim of therapy to not be affected by dysfunctional ones. Psychoeducation and training of emotional awareness and distress management is important. Behavioural, cognitive, and experiential techniques are predominately used. |
| Controls  |
| **General psychiatric management (GPM) derived from the American Psychiatric Association (APA)** | 52 | Individual | 52 | The therapy consists of case management, dynamically informed psychotherapy, and symptom-targeted medication management.   |
| **Structured clinical management (SCM)** | NR | Individual and Group | 78 | The counselling consists of preventing non-compliance, case-management, support and problem solving therapy.  |
| **Client-centred Therapy (CCT)** | NR | Individual and Group | 52 | Is a model of supportive treatment, aiding patients in self-control, reflection to reduce stress and prevent relapse.  |
| **Schema (Focused) Therapy (ST) + therapist telephone availability (TTA)** | 18 | N/A | 12 | See SFT and therapist telephone availability outside office hours in case of crisis |
| **DBT-S Dialectical Behaviour therapy, skills training plus case management** | 40 | Group | 52 | Standard DBT without the individual therapy component, but case management was added.  |
| **DBT-I Dialectical Behaviour therapy, individual therapy plus activities group** | 31.7 | Individual | 52 | Standard DBT without all forms of group and individual skills training, but activity-based support group was added. |
| **DBT+Dialectical Behaviour Therapy Prolonged Exposure protocol** | 5.8 | Individual and Group | 52 | Standard DBT combined with in vivo exposure and imaginal exposure followed by processing of the exposure experience as the central treatment components. Extra components were added to manage complexities of PTSD treatment in general and in combination with DBT treatment of persons with BPD . |
| **Dialectical Behaviour Therapy for Post-traumatic Stress Disorder** | 5.9 | Individual and Group | 20 | Standard DBT combined with trauma focused interventions. Which includes psychoeducation, identifying their own cognitive, emotional and behavioural escape strategies, trauma-focused cognitive and exposure-based interventions and acceptance of trauma-related facts and on psychosocial aspects. |
| # the trial of GIESEN-BLOO2006 ([34](#_ENREF_34)) is not included, therapy continued until it was succesfull (max for 3 years)N/A = not applicable |

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**Supplementary Material D Outcomes at post-treatment**

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| *Outcome* | *(Sub-)analysis* | *Trials**(reference)* | *N* | *ES [95% CI]* | *Heterogeneity: Chi² (p value); I²* | **Intervention length** *(weeks)* | *Quality**(GRADE)*  |
| SMD below zero or a RR below one means the treatment (condition) was more effective than the comparator (condition) |
| **1. Specialized psychotherapy versus Treatment as Usual (TAU)** |
| **Overall BPD severity** | **Total** | **4** | **151** | **SMD= -0.75 [-1.30, -0.13]]** | **7.18, (P = 0.07); 58%** | **20-52** | **Low b d** |
|  | DBT | ([Koons et al., 2001](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_24); [Priebe et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_39))  | 90 | SMD= -0.36 [-0.78, 0.05] | 0.03, (P = 0.86); 0% | 26-52 |  |
|  | DBT-PTSD | ([Steil et al., 2011](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_41)) | 33 | SMD= -0.85 [-1.57, -0.13] | N/A | 20 |  |
|  | SFT-Group | ([Farrell et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_15)) | 28 | SMD= -1.66 [-2.54, -0.78] | N/A | 35 |  |
| **SINGLE BPD SYMPTOM** |
| **Anger** | **DBT** | ([Koons et al., 2001](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_24); [Feigenbaum et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_16); [Linehan et al., 1994](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_31))  | **87** | **SMD= -0.48 [-1.10, 0.13]** | **3.79, (P = 0.15); 47%** | **26-52** | **Low d** |
| **Suicidal behaviour** | **MBT-PH** | ([Bateman and Fonagy, 1999a](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_2)) | **38** | **RR= 0.08 [0.01, 0.58]]** | **N/A** | **78** | **Low d**  |
| **Suicidal behaviour** | **DBT** | ([Koons et al., 2001](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_24); [Feigenbaum et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_16)) | **61** | **SMD= -0.35 [-2.06, 1.35]** | **8.52, (P = 0.004); 88%** | **26-52** | **Very Low b d**  |
| **Self-injury** | **Total** | **7** | **314** | **SMD= -0.33 [-0.57, -0.09]** | **3.93, (P = 0.69); 0%** | **26-78** | **Moderate d** |
|  | DBT | ([Koons et al., 2001](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_24); [Feigenbaum et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_16); [Linehan et al., 1991](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_28); [Priebe et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_39); [Van Den Bosch et al., 2005](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_47)) | 225 | SMD= -0.40 [-0.66, -0.13] | 1.45, (P = 0.83); 0% | 26-52 | Moderate d  |
|  |  | ([Carter et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_8)) | 51 | RR= 1.11 [0.78, 1.57] | N/A | 26 |  |
|  | MBT-PH | ([Bateman and Fonagy, 1999a](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_2)) | 38 | RR= 0.44 [0.24, 0.81] | N/A | 78 |  |
| **Dysfunctional interpersonal patterns** | **Total** | **2** | **117** | **SMD= -1.35 [-2.91, 0.21]** | **24.80, (P < 0.00001); I² = 92%** | **26-78** | **Very Low b d**  |
|  | MBT-PH | ([Bateman and Fonagy, 1999a](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_2)) | 38 | SMD= -2.22 [-3.04, -1.39] | N/A | 78 |  |
|  | SFT-Group | ([Farrell et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_15)) | 28 | SMD= -1.94 [-2.87, -1.02] | N/A | 35 |  |
|  |  DBT | ([Carter et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_8)) | 51 | SMD= 0.04 [-0.54, 0.61] | N/A | **26** |  |
| **Dissociation/psychoticism** | **Total** | **2** | **104** | **SMD= -0.74 [-1.86, 0.38]** | **5.49, (P = 0.02); 82%** | **20-35** | **Very Low b d**  |
|  | SFT-Group | ([Farrell et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_15)) | 28 | SMD= -1.37 [-2.21, -0.53] | N/A | 35 |  |
|  | DBT-PTSD | ([Steil et al., 2011](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_41)) | 74 | SMD= -0.22 [-0.68, 0.23] | N/A | **20** |  |
| **Affective instability** | **SFT-Group** | ([Farrell et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_15)) | **28** | **SMD= -1.41 [-2.26, -0.57]** | **N/A** | **35** | **Very Low a d**  |
| **Impulsivity** | **SFT-Group** | ([Farrell et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_15)) | **28** | **SMD= -1.92 [-2.85, -1.00]** | **N/A** | **35** | **Very Low a d**  |
| **Dropout** | **Total** | **10** | **486** | **RR=** **1.54 [0.70, 3.38]** | **37.07, (P < 0.0001); I² = 76%** | **20-78** | **Low b d**  |
|  | DBT | ([Koons et al., 2001](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_24); [Feigenbaum et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_16); [Linehan et al., 1994](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_31); [Van Den Bosch et al., 2005](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_47); [Priebe et al., 2012](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_39); [Carter et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_8); [Linehan et al., 1991](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_28))  | 377 | RR= 2.23 [0.79, 6.27] | 37.75, (P < 0.00001); 84% | **26-52** |  |
|  | DBT-PTSD | ([Steil et al., 2011](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_41)) | 33 | RR= 0.82 [0.34, 1.97] | N/A | **20** |  |
|  | SFT-Group | ([Farrell et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_15)) | 32 | RR= 0.11 [0.01, 1.91] | N/A | 35 |  |
|  | MBT-PH | ([Bateman and Fonagy, 1999a](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_2)) | 44 | RR= 1.00 [0.23, 4.42] | N/A | 78 |  |
| **2. Specialized psychotherapy versus Community Treatment by Experts (CTBE)** |
| **Overall BPD severity** | **Total** | **2** | **170** | **SMD= -0.47 [-0.78, -0.16]** | **0.45, (P = 0.50); 0%** | **52-104** | **Moderate d** |
|  | MBT | ([Jorgensen et al., 2013](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_22)) | 66 | SMD= -0.33 [-0.84, 0.17] | N/A | 104 |  |
|  | TFP | ([Doering et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_13)) | 104 | SMD= -0.55 [-0.95, -0.16] | N/A | 52 |  |
| **SINGLE BPD SYMPTOM** |
| **Suicidal behaviour** | **Total** | **2** | **193** | **SMD= -0.18 [-0.52, 0.15]** | **0.25, (P = 0.62); 0%** | **52** | **Low d** |
|  | TFP | ([Doering et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_13)) | 104 | **RR= 0.64 [0.27, 1.51]** | **N/A** | **52** | **Low d** |
|  | DBT | ([Linehan et al., 2006](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_29)) | 89 | **SMD= -0.12 [-0.54, 0.30]** | **N/A** | **52** | **Low d** |
| **Self-injury** | TFP | ([Doering et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_13)) | 104 | **RR= 1.09 [0.84, 1.40]** | **N/A** | **52** | **Low d**  |
| **Dysfunctional interpersonal patterns** | MBT | ([Jorgensen et al., 2013](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_22)) | 66 | **SMD= -0.15 [-0.65, 0.36]** | **N/A** | **104** | **Very Low a d** |
| **Dropout** | **Total** | **3** | **316** | **RR=** **0.62 [0.39, 0.99]** | **7.39, (P = 0.02); 73%** | **52-104** | **Low b d** |
|  | DBT | ([Linehan et al., 2006](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_29)) | 101 | RR= 0.43 [0.28, 0.67] | N/A | 52 |  |
|  | TFP | ([Doering et al., 2010](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_13)) | 104 | RR= 0.57 [0.39, 0.85] | N/A | 52 |  |
|  | MBT | ([Jorgensen et al., 2013](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_22)) | 111 | RR= 0.97 [0.65, 1.46] | N/A | 104 |  |
| **3. Specialized psychotherapy versus protocolized psychological treatment** |
| **Overall BPD severity** | **DBT versus GPM** | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | **180** | **SMD= -0.04 [-0.33, 0.25]** | **N/A** | **52** | **Low d**  |
| **SINGLE BPD SYMPTOM** |
| **Suicidal behaviour** | **Total** | **2** | **311** | **RR= 0.43 [0.03, 5.85]** | **9.08, (P = 0.003); 89%** | **52-78** | **Very Low b c** |
|  | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 177 | RR= 1.48 [0.55, 3.99] | N/A | **52** | Low d |
|  | MBT-PH or out vs SCM | ([Bateman and Fonagy, 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_3)) | 134 | RR= 0.11 [0.03, 0.46] | N/A | **78** | Moderate d |
| **Suicidal behaviour** | **Total** | **3** | **85** | **SMD= -0.11 [-0.79, 0.57]** | **4.63, (P = 0.10); 57%** | **52** | **Low c d**  |
|  | DBT vs CCT | ([Turner, 2000](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_46)) | 24 | SMD= -0.87 [-1.71, -0.02] | N/A | 52 | Low d |
|  | DBT vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 28 | SMD= 0.26 [-0.51, 1.02] | N/A | 52 | Very Low a d |
|  | TFP vs SPT | **(**[Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 33 | SMD= 0.20 [-0.53, 0.92] | N/A | 52 | Very Low a d |
| **Self-injury** | **Total** | **2** | **122** | **RR= 0.80 [0.42, 1.55]** | **4.93, (P = 0.03); 80%** | **52-78** | **Very Low b c d** |
|  | DBT versus GPM | ([McMain et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)) | 177 | RR= 1.09 [0.79, 1.50] | N/A | 52 | Low d |
|  | MBT-PH or out vs SCM | ([Bateman and Fonagy, 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_3)) | 134 | RR= 0.56 [0.34, 0.92] | N/A | 78 | Moderate d |
| **Self-injury** | DBT vs CCT | ([Turner, 2000](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_46)) | 24 | SMD= -1.28 [-2.17, -0.38] | N/A | **52** | **Low d** |
| **Dissociation/psychoticism** | DBT vs CCT | ([Turner, 2000](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_46)) | 24 | SMD= -1.11 [-1.98, -0.24] | N/A | **52** | **Low d**  |
| **Anger** | **Total** | **4** | **265** | **SMD= -0.08 [-0.38, 0.22]** | **3.51, (P = 0.32); 15%** | **52** | **Low c d**  |
|  | DBT versus GPM | ([McMain et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)) | 180 | SMD= -0.03 [-0.32, 0.26] | N/A | 52 | Low d |
|  | DBT vs CCT | ([Turner, 2000](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_46)) | 24 | SMD= -0.79 [-1.62, 0.05] | N/A | 52 | Low d |
|  | DBT vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 28 | SMD= -0.03 [-0.78, 0.73] | N/A | 52 | Very Low a d |
|  | TFP vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 33 | SMD= 0.22 [-0.51, 0.94] | N/A | 52 | Very Low a d |
| **Dysfunctional interpersonal patterns** | **Total** | **8** | **314** | **SMD= -0.53 [-1.33, 0.28]** | **12.18, (P = 0.0005); 92%** | **52-78** | **Very Low b c d** |
|  | DBT versus GPM | ([McMain et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)) | 180 | SMD= -0.12 [-0.42, 0.17] | N/A | 52 | Low d |
|  | MBT-PH or out vs SCM | ([Bateman and Fonagy, 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_3)) | 134 | SMD= -0.95 [-1.30, -0.59] | N/A | 78 | Moderate d |
| **Affective instability** | **DBT versus GPM** | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | **180** | **SMD= -0.05 [-0.34, 0.24]** | **N/A** | **52** | **Low d** |
| **Impulsivity** | **Total** | **4** | **227** | **SMD= -0.05 [-0.52, 0.41]** | **6.78, (P = 0.08); 56%** | **52** | **Very Low b c d** |
|  | DBT versus GPM | ([McMain et al., 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)) | 180 | SMD= 0.11 [-0.19, 0.40] | N/A | 52 | Low d |
|  | DBT vs CCT | ([Turner, 2000](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_46)) | 24 | SMD= -1.05 [-1.92, -0.19] | N/A | 52 | Low d |
|  | DBT vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 27 | SMD= 0.21 [-0.56, 0.98] | N/A | 52 | Very Low a d |
|  | TFP vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 34 | SMD= 0.22 [-0.51, 0.94] | N/A | 52 | Very Low a d |
| **Dropout** | **Total** | **4** | **265** | **RR= 1.06 [0.81, 1.40]]** | **3.37, (P = 0.50); 0%** | **52-78** | **Low c d** |
|  | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 180 | RR= 1.03 [0.71, 1.49] | N/A | 52 |  |
|  | DBT vs CCT | ([Turner, 2000](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_46)) | 24 | RR = 0.50 [0.16, 1.55] | N/A | 52 |  |
|  | MBT-PH or out vs SCM | ([Bateman and Fonagy, 2009](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_3)) | 134 | RR = 1.05 [0.59, 1.87]] | N/A | 78 | Low d |
|  | DBT vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 44 | RR = 1.87 [0.76, 4.56] | N/A | 52 | Very Low a d |
|  | TFP vs SPT | ([Clarkin et al., 2007](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)) | 46 | RR = 1.29 [0.40, 4.18]] | N/A | 52 | Very Low a d |
| **4. Dialectical behavior therapy vs Transference-focused psychotherapy (TFP)** |
| **Suicidal behavior** | **DBT vs TFP** | **(**[**Clarkin et al., 2007**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)**)** | **39** | **SMD= 0.13 [-0.51, 0.76]** | N/A | **52** | **Very Low a d**  |
| **Anger** | **DBT vs TFP** | **(**[**Clarkin et al., 2007**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)**)** | **39** | **SMD= -0.23 [-0.86, 0.41]** | N/A | **52** | **Very Low a d**  |
| **Impulsivity** | **DBT vs TFP** | **(**[**Clarkin et al., 2007**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)**)** | **39** | **SMD= 0.02 [-0.62, 0.66]** | N/A | **52** | **Very Low a b**  |
| **dropout** | **DBT vs TFP** | **(**[**Clarkin et al., 2007**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_9)**)** | **39** | **RR= 2.07 [1.04, 4.10]** | N/A | **52** | **Very Low a d**  |
| **5. Schema(-focused) therapy (ST) versus Transference-focused psychotherapy (TFP)** |
| **Overall BPD severity** | **ST vs TFP** | **(**[**Giesen-Bloo et al., 2006**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_17)**)** | **86** | **SMD= -0.45 [-0.87, -0.02]** | N/A | **156** | **Low d** |
| **Dropout** | **ST vs TFP** | **(**[**Giesen-Bloo et al., 2006**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_17)**)** | **88** | **RR= 0.52 [0.30, 0.92]** | N/A | **156** | **Low d** |
| **6. Schema(-focused) therapy (ST) versus SFT + TTA** |
| **Overall BPD severity** | **ST vs ST + TTA** | **(**[**Nadort et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_35)**)** | **61** | **SMD= 0.13 [-0.51, 0.76]** | N/A | **78** | **Low d** |
| **Dropout** | **ST vs ST + TTA** | **(**[**Nadort et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_35)**)** | **62** | **RR= 0.91 [0.35, 2.41]** | N/A | **78** | **Low d** |
| **7. DBT versus DBT Prolonged Exposure Protocol (DBT-PEP)** |
| **Suicidal behaviour** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | **18** | **N/A** | **N/A** | **52** | **N/A** |
| **Self-injury** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | 18 | SMD= 0.05 [-0.93, 1.03] | N/A | **52** | **Low d**  |
| **Dissociation/psychoticism** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | 18 | SMD= 0.28 [-0.71, 1.27] | N/A | **52** | **Low d** |
| **Dropout** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | **18** | **RR= 1.35 [0.60, 3.05]** | **N/A** | **52** | **Low d** |
| **8. DBT versus DBT-S (skills training plus case management)** |
| **Suicidal ideation** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.22 [-0.27, 0.70]** | N/A | **52** | **Low d**  |
| **Suicidal behavior** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.21 [-0.28, 0.69]** | N/A | **52** | **Low d** |
| **Suicidal behavior** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.33 [0.65, 2.73]** | N/A | **52** | **Low d** |
| **Self-injury** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.02 [-0.47, 0.50]** | N/A | **52** | **Low d** |
| **Self-injury** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.06 [0.69, 1.62]** | N/A | **52** | **Low d** |
| **Dropout** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.50 [0.25, 1.01]** | N/A | **52** | **Low d** |
| **9. DBT versus DBT-I (individual therapy plus activities group)** |
| **Suicidal ideation** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.07 [-0.41, 0.55]** | N/A | **52** | **Low d** |
| **Suicidal behaviour** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.13 [-0.36, 0.61]** | N/A | **52** | **Low d** |
| **Suicidal behaviour** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.80 [0.45, 1.44]** | N/A | **52** | **Low d** |
| **Self-injury** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= -0.39 [-0.88, 0.09]** | N/A | **52** | **Low d** |
| **Self-injury** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.90 [0.61, 1.34]** | N/A | **52** | **Low d** |
| **Dropout** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.62 [0.29, 1.29]** | N/A | **52** | **Low d** |
| **10. DBT-I versus DBT-S** |
| **Suicidal ideation** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.12 [-0.37, 0.60]** | N/A | **52** | **Low d** |
| **Suicidal behaviour** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.10 [-0.38, 0.58]** | N/A | **52** | **Low d** |
| **Suicidal behaviour** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.67 [0.85, 3.26]** | N/A | **52** | **Low d** |
| **Self-injury** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.39 [-0.10, 0.88]** | N/A | **52** | **Low d** |
| **Self-injury** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.17 [0.78, 1.75]** | N/A | **52** | **Low d** |
| **Dropout** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.81 [0.47, 1.41]** | N/A | **52** | **Low d**  |
| a Risk of bias, b Inconsistency, c Indirectness, d Imprecision, e Publication/Reporting Bias N/A = not applicable; SMD = Standardized mean difference ; RR = Risk Ratio;  |

**Supplementary Material E Outcomes at follow-up**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Outcome* | *(Sub-)analysis* | *Trials**(reference)* | *N* | *ES [95% CI]* | *Heterogeneity: Chi² (p value); I²* | **Intervention length** *(weeks)* | *Quality**(GRADE)*  |
| SMD below zero or a RR below one means the treatment (condition) was more effective than the comparator (condition) |
| **2. Specialized psychotherapy versus Community Treatment by Experts (CTBE)** |
| **Overall BPD severity** | MBT | ([Jorgensen et al., 2013](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_22)) | 54 | SMD= -0.12 [-0.70, 0.47] | N/A | 182 | **Very Low a d** |
| **SINGLE BPD SYMPTOM** |
| **Dysfunctional interpersonal patterns** | MBT | ([Jorgensen et al., 2013](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_22)) | 54 | SMD= -0.24 [-0.82, 0.35] | N/A | 182 | **Very Low a d** |
| **3. Specialized psychotherapy versus protocolized psychological treatment** |
| **Overall BPD severity** | **DBT versus GPM** | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | **180** | **SMD= 0.27 [-0.02, 0.57]** | **N/A** | **156** | **Low d**  |
| **SINGLE BPD SYMPTOM** |
| **Suicidal behaviour** | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 177 | RR= 0.63 [0.26, 1.55] | N/A | **156** | **Low d** |
| **Self-injury** | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 177 | RR= 0.81 [0.50, 1.30] | N/A | **156** | **Low d** |
| **Anger** | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 180 | SMD= 0.37 [0.07, 0.66] | N/A | **156** | **Moderate d** |
| **Dysfunctional interpersonal patterns** | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 180 | SMD= 0.25 [-0.04, 0.55] | N/A | **156** | **Low d** |
| **Affective instability** | **DBT versus GPM** | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | **180** | **SMD= 0.24 [-0.05, 0.54]** | **N/A** | **156** | **Low d** |
| **Impulsivity** | DBT versus GPM | **(**[**McMain et al., 2009**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_32)**)** | 180 | SMD= 0.09 [-0.20, 0.38] | N/A | **156** | **Low d** |
| **7. DBT versus DBT Prolonged Exposure Protocol (DBT-PEP)** |
| **Suicidal behaviour** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | **18** | **N/A** | **N/A** | **65** | **Low d** |
| **Self-injury** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | 18 | SMD= -0.28 [-1.26, 0.71] | N/A | **65** | **Low d** |
| **Dissociation/psychoticism** | DBT vs DBT-PEP | **(**[**Harned et al., 2014**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_19)**)** | 18 | SMD= 0.35 [-0.64, 1.34] | N/A | **65** | **Low d** |
| **8. DBT versus DBT-S (skills training plus case management)** |
| **Suicidal ideation** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.42 [-0.06, 0.91]** | N/A | **104** | **Low d** |
| **Suicidal behaviour** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.46 [-0.03, 0.95]** | N/A | **104** | **Low d** |
| **Suicidal behaviour** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.33 [0.07, 1.53]** | N/A | **104** | **Low d** |
| **Self-injury** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD=** **-0.09 [-0.58, 0.39]** | N/A | **104** | **Low d** |
| **Self-injury** | **DBT versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.00 [0.59, 1.70]]** | N/A | **104** | **Low d** |
| **9. DBT versus DBT-I (individual therapy plus activities group)** |
| **Suicidal ideation** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.18 [-0.30, 0.66]** | N/A | **104** | **Low d** |
| **Suicidal behavior** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= -0.64 [-1.14, -0.14]** | N/A | **104** | **Low d** |
| **Suicidal behavior** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.29 [0.06, 1.27]** | N/A | **104** | **Low d** |
| **Self-injury** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= -0.34 [-0.82, 0.15]** | N/A | **104** | **Low d** |
| **Self-injury** | **DBT versus DBT-I** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.15 [0.66, 2.03]** | N/A | **104** | **Low d** |
| **10. DBT-I versus DBT-S** |
| **Suicidal ideation** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.21 [-0.27, 0.70]** | N/A | **104** | **Low d** |
| **Suicidal behaviour** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.90 [0.39, 1.41]** | N/A | **104** | **Low d** |
| **Suicidal behaviour** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 1.17 [0.44, 3.10]** | N/A | **104** | **Low d** |
| **Self-injury** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **SMD= 0.24 [-0.24, 0.72]** | N/A | **104** | **Low d** |
| **Self-injury** | **DBT-I versus DBT-S** | **(**[**Linehan et al., 2015**](file:///H%3A%5CMy%20Documents%5CArtikel%20borderline%5CLAATSTE%20VERSIE%5CSubmitting%20to%202018%20april%20AUSTRALIAN%20AND%20NEW%20ZEALAND%20JOURNAL%20OF%20PSYCHIATRY%5CSpecialized%20psychotherapies%20for%20adults%20with%20BPD%203.docx#_ENREF_30)**)** | **66** | **RR= 0.87 [0.49, 1.52]]** | N/A | **104** | **Low d** |
| a Risk of bias, b Inconsistency, c Indirectness, d Imprecision, e Publication/Reporting Bias N/A = not applicable; SMD = Standardized mean difference ; RR = Risk Ratio;  |

**Supplementary Material F Forest plot Overall BPD severity at Post treatment**

Specialized psychotherapy versus Treatment as Usual (TAU)



Specialized psychotherapy versus Community Treatment by Experts (CTBE)



Specialized psychotherapy versus Protocolized psychotherapy

