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Groupal dialectical behavioral therapy in supported by Medtep digital platform in borderline personality disorder

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Dialectical Behavioral Therapy (DBT) is an evidence-based program aimed at decreasing impulsive and self-harming behaviors. One part of this treatment is a skills training group, in which participants learn specific techniques to manage behaviors, interact with others and learn how to tolerate painful emotions. During this part of treatment, the focus is primarily on skills acquisition, but may not necessarily provide the chance to strengthen the skills or generalize the skills into day-to-day problems. One possibility to address this issue is to implement a DBT graduate group, in which patients can continue to develop the skills they have learned. General practitioner participates in order to achieve long better results. Conventional approaches to mental health care are insufficient to deal with the magnitude of behavioral and emotional health needs when more than million people face these challenges each year in the Spain. The Gap between Mental Health Needs and services may be an opportunity to develop new support by digital platform. Behavioral health self-management registration not only can facilitate health professional control but empowers patients. This article presents a pilot study for a outpatient DBT graduate group in which 20 patients created specific target goals and then used the skills to work toward these goals, overcome barriers and experience emotions related to life problems using Medtep platform digital.

Results from this study indicate an improvement in mood based on decreases in depression scores on the Patient Health Questionnaire (PHQ-9), reports of achievements of target goals and positive and successful transitions out of therapy. While more information is needed about DBT aftercare programs, this article suggests components of a possible graduate group curriculum by digital platform to help clients continue with the positive momentum gained from the skills training groups.