

A Bibliometric and Visualization Analysis of Borderline Personality Disorder Research From 1980 to 2023

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Abstract

Introduction: Borderline Personality Disorder (BPD), a complex mental health condition characterized by emotional instability, impulsive behaviours, and relationship difficulties, has been extensively studied for four decades. Understanding trends, influential contributions, and future directions in BPD research is crucial. This study has analysed BPD research from 1980-2023, focusing on publication trends, citation patterns, and key researchers' contributions. It emphasizes multidisciplinary approach, future research paths, and international collaboration.

Method: The study analysed BPD research using quantitative review metrics, citation analysis, and keyword co-occurrences to identify influential works, major research themes, and key contributions in therapeutic methodologies like Dialectical Behaviour Therapy.

Results: The examination reveals a substantial surge in publications related to BPD, peaking notably in 2021. A staggering total of 76,157 citations signify a burgeoning scholarly interest in understanding and addressing BPD. Notably, Dialectical Behaviour Therapy (DBT) has emerged as a pivotal therapeutic modality, garnering attention for its efficacy. The influence of key academics, particularly Marsha M. Linehan, stands out, shaping prevailing methodologies in therapy.

Conclusion: The analysis of BPD research from 2022 highlights the interdisciplinary nature of the field, involving psychology, psychiatry, neuroscience, and social sciences. It emphasizes the need for more longitudinal studies and diverse populations to improve treatment outcomes.

Keywords: Borderline Personality Disorder, Psychology, Etiology, Therapy, Prevention and Control

Introduction

The contemporary discourse on different disorders impact on humans spans mental health, physical illnesses, and personality disorders, each influencing individuals differently based on the disorder's characteristics, personal health, environment, and support networks. Personality disorders, in particular, significantly affect mental health, social interactions, and occupational functioning. Characterized by persistent, inflexible behavioural and internal experience patterns deviating from societal norms, these disorders cause distress or impairment [1]. Socially, personality disorders hinder relationship formation and maintenance, with behaviours like emotional detachment or manipulation leading to strained relations and social isolation, exacerbating symptoms [2]. Professionally, these disorders negatively impact job performance and career advancement, with difficulties in handling criticism or maintaining social interactions affecting work efficacy [3]. The broader effects include increased healthcare usage, reduced quality of life, and lowered productivity, with substantial societal and economic impacts, including indirect costs like lost job opportunities [4].

BPD, a complex and often distorted mental health condition, has been the subject of extensive scholarly investigation for the last four decades. The original research on BPD

mostly concentrated on its diagnostic criteria and clinical characteristics [5], who underscored the need of comprehending its fundamental elements, such as identity disruption and interpersonal connections. In the 1990s, there was a notable movement in the field towards investigating the causes of borderline personality disorder. Paris [6] emphasised the significance of biological and environmental elements, leading to the development of more sophisticated insights into the illness. In the 21st century, the scope broadened to encompass many methods of treatment. Linehan's [7] creation of Dialectical Behaviour Therapy (DBT) represented a groundbreaking advancement in the treatment of BPD providing a systematic therapy method that integrated cognitive-behavioural techniques with principles of mindfulness. Koons et al. [8] conducted studies that delved deeper into this topic and showed that DBT is useful in reducing self-harm behaviours, which are frequently observed in individuals with borderline personality disorder. In recent years, there has been a growing fascination with the neurological foundations of BPD. The studies conducted by Donegan et al. [9] and Minzenberg et al. [10] investigated the neurological connections between emotional dysregulation and impulsivity in individuals with BPD. Functional Magnetic Resonance Imaging (fMRI) has been used to study brain activity patterns, leading to the development of therapeutic interventions for borderline personality disorder. This analysis, from 2022, highlights the field's growth, citation patterns, and interdisciplinary aspects. The study emphasizes the importance of integrating multiple study domains for better understanding and treatment. It also highlights the need for more longitudinal studies and diverse populations [11].

Bibliometrics is a multidisciplinary field that uses mathematical and statistical methods to quantitatively analyse knowledge dissemination. It combines philology, information science, mathematics, and statistics to study specific subjects. With advancements in technology, bibliometrics helps scholars assess and forecast research trends. This study aimed to understand the structural patterns and citation landscape of publications on BPD. BPD, a prevalent mental health condition characterized by emotional instability, impulsive behaviour, and interpersonal disruptions, demands urgent attention and effective management approaches [3]. BPD causes severe emotional distress, causing mood swings, emptiness, and self-instability, impacting an individual's overall well-being and performance [7]. BPD significantly impacts social and vocational functioning, causing unstable employment and relationships, affecting individuals, families, and colleagues, and causing a ripple effect beyond the individual [2]. BPD patients face a higher risk of self-inflicted damage and suicide, highlighting the need for effective intervention and support [12]. BPD significantly impacts healthcare, leading to high usage and frequent hospitalizations. Economically, it necessitates effective treatment techniques to reduce hospital admissions and improve patient outcomes [4]. DBT, a cognitive-behavioural approach combining

mindfulness exercises, has shown significant efficacy in reducing self-injurious behaviours, suicidal thoughts, and hospitalizations in BPD patients [13]. BPD has psychological, clinical, and societal impacts, causing tense family relationships, decreased workplace efficiency, and increased reliance on social welfare programs, necessitating comprehensive public health initiatives.

This study aims to analyse the structural patterns and citation landscape of publications on BPD using bibliometric techniques. It will provide insights into the field's development and current state, using methodologies such as citations, co-citations, geographical distributions, and word frequencies.

Method

The main goal is to analyse and assess the progress and changes in research on BPD during a specific timeframe. This involves evaluating the evolution, expansion, or continuity of research interests and areas of focus over a period. The Scopus database was used to collect a complete collection of literature pertaining to BPD. In this study, time frame studies published from 1980 to the 2023 were investigated in order to capture recent developments while providing historical context.

Scopus Citation Index (SCI) articles from 1980 to 2023 were searched with keywords: ["Borderline Personality Disorder" OR "BPD" OR "Emotionally unstable personality disorder" OR "Impulsive personality disorder" OR "Borderline Personality Disorder" AND "treatment"].

The researchers only included full text articles that were published in English language from 1980 to 2023 years. The subject areas concentrated in Psychology- 1644, Neuroscience- 180, Arts and Humanities- 191, Social Sciences- 183, and Multidisciplinary- 90. The analysis included a total of 2288 published articles.

The researchers excluded a number of articles from the following subject areas: Medicine- 1610, Nursing- 60, Biochemistry, Genetics and Molecular Biology- 58, Pharmacology, Toxicology and Pharmaceuticals- 42, Agricultural and Biological Sciences- 25, Environmental Science- 13, Health Professions- 8, Business, Management and Accounting, Immunology and Microbiology- 6, Computer Science- 3, Chemical Engineering- 2, Physics and Astronomy- 1.

The initial release of VOSviewer occurred in 2009. The development of this project was undertaken by Nees Jan van Eck and Ludo Waltman at the Centre for Science and Technology Studies at Leiden University in the Netherlands. VOSviewer 1.6.16 (Rotterdam, The Netherlands) were used for knowledge mapping and visualization analysis. VOSviewer is a software application designed to create and visualize bibliometric maps. The algorithm generates a map using a co-occurrence matrix [14]. This software was used to analyse the co-occurrence of author's keywords, citation network analysis of sources, network analysis of country productivity, citation analysis of authors in the field of BPD research.

Results

The 2288 publications in the dataset have been cited

76,157 times, with an average of 33.28 citations per item. Figure 1 shows the data spanning from 1980 to 2023 which reflects a robust growth in research publications related to BPD, indicating an escalating academic and clinical interest in the disorder. Starting with a modest number of publications in the 1980s, the field witnessed a gradual ascent through the 1990s. The early 2000s marked a period of steady increase, with the pace

accelerating significantly in the early 2010s as publications exceeded a hundred annually. Following a period of stability, a peak occurred in 2021, hinting at a possible surge in research interest or funding. Overall, the upward trend highlights an expanding recognition of BPD's complexity and a deepening commitment within the psychiatric research community to understanding and addressing this challenging mental health condition.

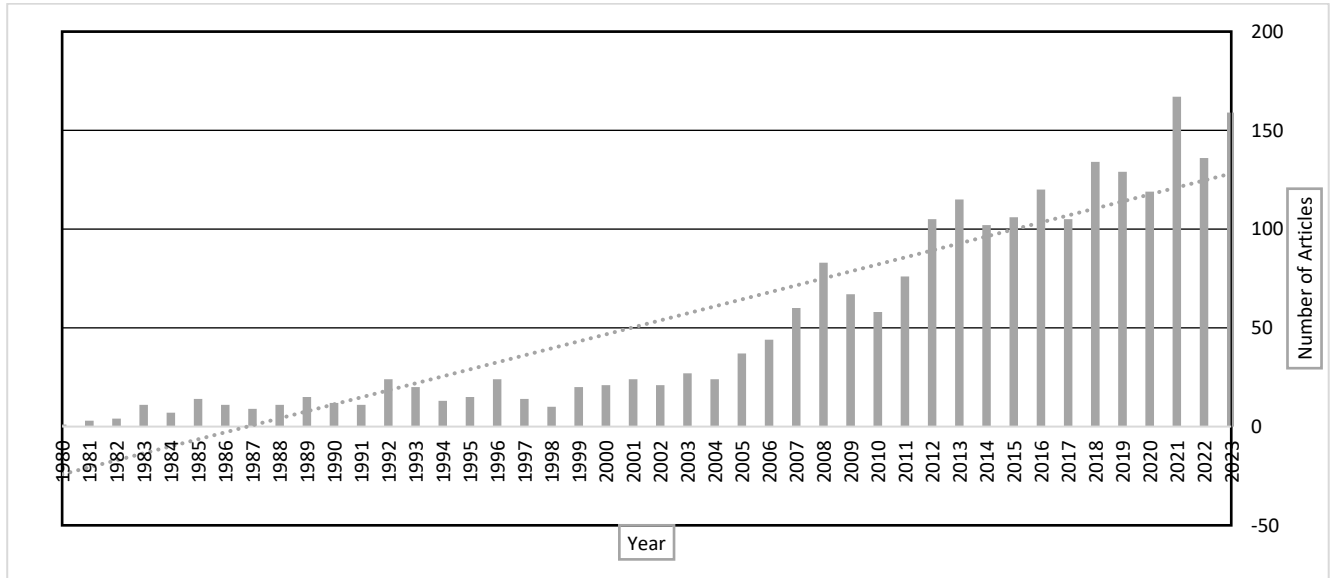


Figure 1. Year wise number of publications.

Figure 2 revealed the trend in the sum of citations related to BPD research publications. The early 1980s started with relatively few citations, but there was an early peak in 1983 with 512 citations. Following this, there were several years with modest citation counts until a substantial spike occurred in 1991, with 1,785 citations, suggesting a key development or increased interest in this research area. The following years showed variability, with another notable peak in 1996 (1,680 citations) and a dramatic increase to the highest point in 2006, with 5,515 citations. This peak could indicate groundbreaking research or a paradigm

shift in the understanding or treatment of the disorder that garnered widespread attention. After 2006, there was another significant peak in 2007, but then citations began a general decline. The data shows a sharp decrease after 2015, with a steep drop in the last four years provided, culminating in only 92 citations in 2023. This decline could be due to a myriad of factors, including changes in research focus, shifts in publication practices, or even the consolidation of research findings into fewer, more impactful studies. The grand total of 76,157 citations over this period indicates a robust engagement with BPD research.

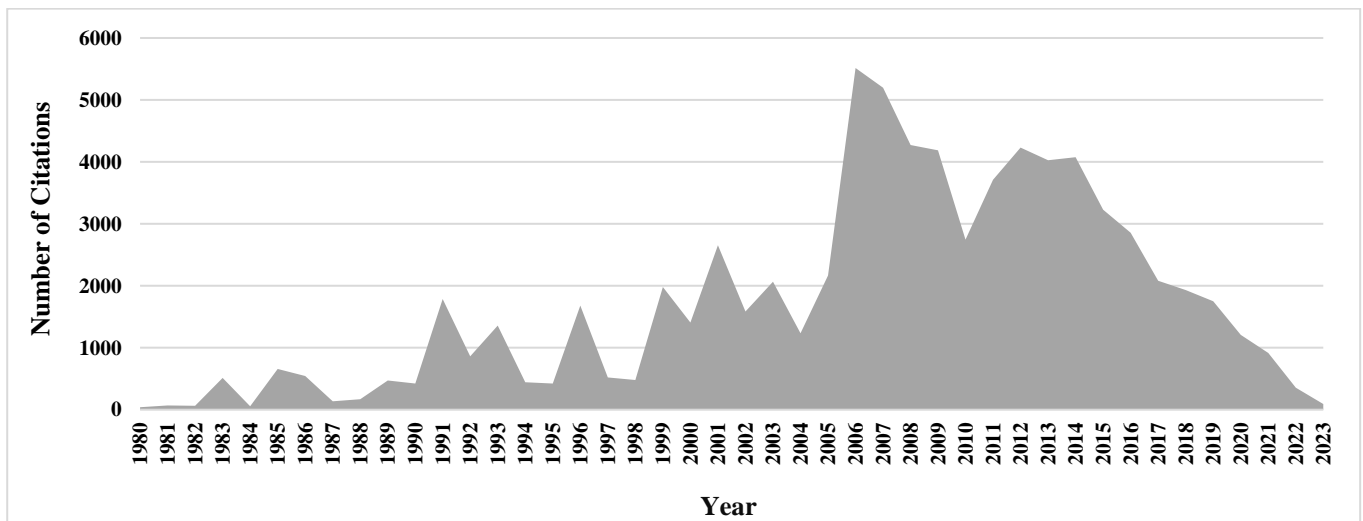


Figure 2. Year wise number of citations.

Table 1. Top 10 Most Productive Journals that Published Articles in the Field of BPD (1980-2023)

SI. No.	Journal Name	Article Count	Journal Citations	Most cited articles of the Journal	Authors	Citations of most cited	Country and	Method And	The tool used	Sample size
1.	Journal of Personality Disorders	154	6581	A screening measure for BPD: The Mclean Screening Instrument for Borderline Personality	Zanarini et al. (2003)	499	USA	The study aimed to	McLean Screening	200
2.	Journal of Affective Disorders	95	2832	Prevalence and comorbidity of dysthymic disorder among psychiatric outpatients.	Markowitz et al. (1992)	139	USA	The study investigated	DSM-III Patient	124
3.	Personality Disorders: Theory, Research, and Treatment	80	1851	The Neurobiology of Mentalizing.	Luyten and Fonagy (2015)	171	UK	To summarize	Functional magnetic	This article does not
4.	Psychiatry Research	79	2102	Prevalence of dissociative disorders among women in the general population.	şar et al. (2007)	165	Turkey	Biobehavioral Switch	Dissociative Disorders	628
5.	Comprehensive Psychiatry	65	3669	Axis I diagnostic comorbidity and borderline personality disorder.	Zimmerman and Mattia (1999)	286	USA	Research has	DSM-IV. SIDP-IV.	409
6.	Borderline Personality Disorder and Emotion Dysregulation	58	662	A research programme to evaluate DBT-PTSD, a modular treatment approach for Complex PTSD after	Bohus et al. (2019)	42	Germany	Randomized controlled	Clinician-Administere	Minimum of 180 female
7.	PLOS ONE	54	1259	Recovery in borderline personality disorder (BPD): A qualitative study of service users'	Katsakou et al. (2012)	77	UK	In-depth semi-	Grounded theory and	48 service users from
8.	Journal of Clinical Psychology	53	832	Comorbid antisocial and borderline personality disorders: Mentalization n-based treatment.	Bateman and Fonagy (2008)	134	UK	The study aimed to	Structured Clinical	40 patients with
9.	Behaviour Research and Therapy	36	2877	Effectiveness of inpatient dialectical behavioral therapy for borderline personality disorder: A controlled	Bohus et al. (2004)	349	Germany	Randomized controlled	Clinician-Administere	sample size of 200
10.	Cognitive and Behavioral Practice	35	1120	Naturalistic evaluation of dialectical behavior therapy-oriented treatment for borderline	Turner (2000)	176	USA	Using a randomized	Blinded, independent	sample size was 24

Table 1 and Figure 3 provide a comprehensive overview of influential journals and articles in BPD research. The "Journal of Personality Disorders" With 154 articles and 6581 citations, stands out for its contribution to BPD research. The most cited article by Zanarini et al. [15],

focusing on a screening measure for BPD, underscores the importance of reliable diagnostic tools in the field, garnering 499 citations, reflecting its significant impact on subsequent research and clinical practice. The emphasis of the connection between mood disorders and BPD in

the journal of "Journal of Affective Disorders" The emphasis on is seen in Markowitz et al.'s [16] research on the prevalence and co-occurrence of dysthymic disorder, which has been cited 139 times. This emphasizes the journal's function in investigating the complex characteristics of BPD, specifically its intersection with affective illnesses. The journal "Personality Disorders: Theory, Research, and Treatment" focuses on the theoretical and neurobiological aspects of BPD. It contains 80 articles and has been cited 1851 times. One highly cited work by Luyten and Fonagy [17] explores the mentalizing neurobiology of BPD, with 171 citations. This indicates a growing interest in understanding the brain mechanisms underlying BPD. "Psychiatry Research" is the title of the journal which focuses on a wide spectrum of psychiatric research. Şar et al. [18] are the authors of an extensively referenced paper published in this journal (165 citations), underscoring the journal's role in advancing the knowledge of comorbidities associated with BPD. The study conducted by Zimmerman and Mattia in 1999, which has been cited 286 times, demonstrates the journal's emphasis on the comprehensive aspects of psychiatric disorders. This includes examining how BPD intersects with other mental health conditions. The journal "Borderline Personality Disorder and Emotion Dysregulation" has published 58 articles and has received

662 citations. It has a particular emphasis on the treatment of BPD, as seen by the work of Bohus et al. [20]. Their study on DBT for complex Post-Traumatic Stress Disorder (PTSD) has received 42 citations, demonstrating a specific focus on therapy and strategies for promoting recovery. The qualitative study conducted by Katsakou et al. [21] in the journal of "PLoS ONE" emphasizes the journal's role in advancing patient-centered perspectives and recovery-oriented research in BPD. This article has received 77 citations, further highlighting its significance. The emphasis on therapeutic approaches in the "Journal of Clinical Psychology" is apparent in Bateman and Fonagy's [22] study on mentalization-based treatment for individuals with comorbid antisocial personality disorder and BPD, which has received 134 citations. This study underscores the significance of employing specialized treatment tactics. The controlled experiment conducted by Bohus et al. [23] in the journal of "Behaviour Research and Therapy" with 349 citations highlights the journal's significant role in advancing evidence-based treatment research for BPD. The emphasis of practicality in therapy in the journal of "Cognitive and Behavioural Practice" is seen in Turner's [24] naturalistic evaluation of DBT-oriented treatment, which has received 176 citations. This study underscores the practical implementation of therapeutic procedures in real-world settings.

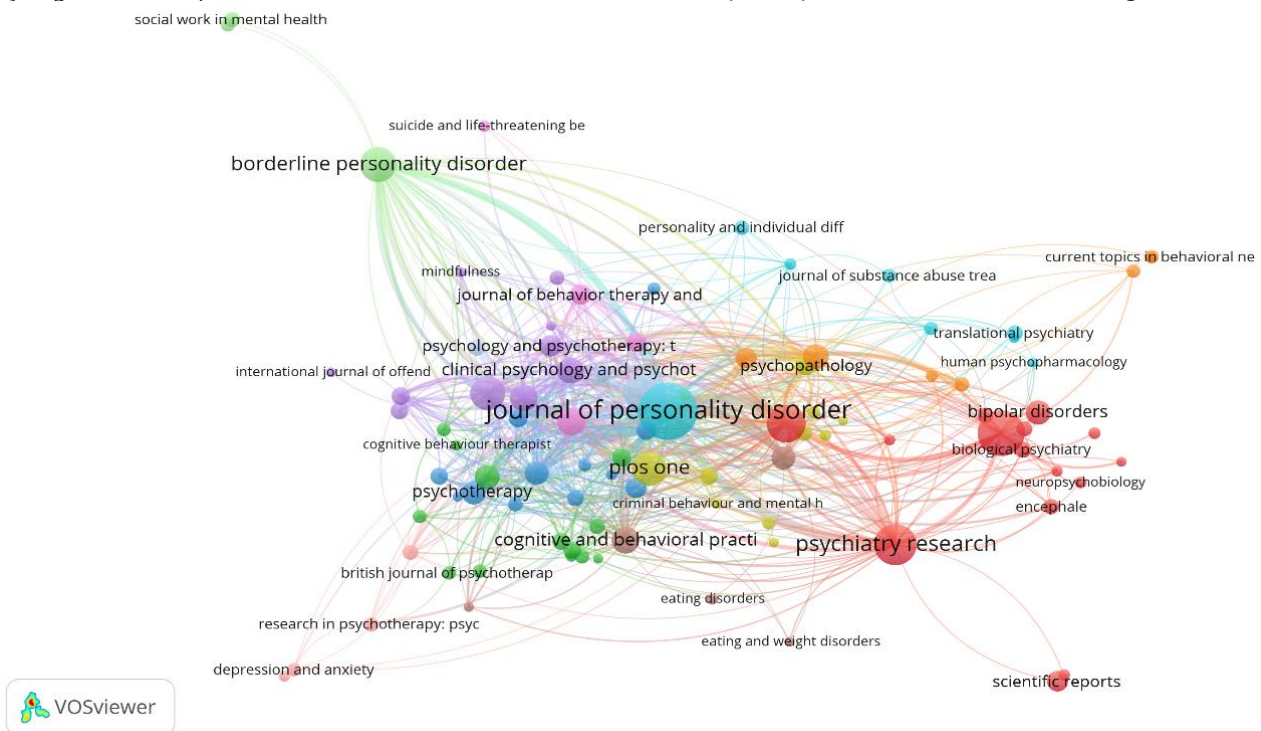


Figure 3. Citation network analysis of sources in the field of BPD.

Table 2 revealed the most influential research on BPD over the past four decades. It includes pivotal studies by Merikangas et al. [25], which expanded our understanding of the prevalence of bipolar disorder, showing a higher incidence than previously recognized. Linehan et al. [7, 13, 28, 29] made significant contributions, particularly in establishing DBT as a more effective treatment for BPD compared to traditional methods, and in demonstrating its long-term efficacy. Fonagy et al. [26] provided insights

into the connection between attachment patterns and psychiatric conditions like BPD. Giesen-Bloo et al. [27] and Levy et al. [30] compared different psychotherapies, showing the superiority of schema-focused therapy and the effectiveness of transference-focused psychotherapy in improving attachment security and reflective function in BPD patients. Gunderson et al. [31] offered a long-term view, revealing high remission rates but persistent social functioning challenges in BPD. Lastly, Klonsky and Glenn

[32] validated the Inventory of Statements About Self-injury (ISAS) as a comprehensive tool for assessing non-suicidal self-injury. This compilation of studies highlights

the evolution in understanding and treating BPD, underlining the need for continued research and specialized treatment approaches.

Table 2. Top 10 Most Cited Articles of BPD and their Findings (1980-2023)

Rank	Title	Authors	Citations	Findings
1.	Lifetime and 12-month prevalence of bipolar spectrum disorder in the national comorbidity survey replication. [25]	Merikangas et al. (2007)	1875	The study reveals that bipolar disorder is more common than thought, affecting 4.5% of people in varying degrees, often co-occurring with anxiety, and is frequently undertreated.
2.	Cognitive-Behavioral Treatment of Chronically Parasuicidal Borderline Patients. [7]	Linehan et al. (1991)	1615	The study found that dialectical behavior therapy was more effective than usual treatment in reducing parasuicidal behaviors and hospitalizations in women with borderline personality disorder, although it showed no significant difference in depression, hopelessness, suicidal thoughts, or reasons for living.
3.	Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder. [13]	Linehan et al. (2006)	1429	The study showed that dialectical behavior therapy (DBT) is more effective than treatment by expert psychotherapists in reducing suicide attempts, hospitalizations, and emergency visits for women with suicidal behavior and borderline personality disorder.
4.	The relation of attachment status, psychiatric classification, and response to psychotherapy. [26]	Fonagy et al. (1996)	939	The study found that psychiatric patients, especially those with anxiety, depression, eating disorders, and borderline personality disorder, often exhibit problematic attachment patterns, with a notable link between unresolved trauma and borderline personality disorder.
5.	Outpatient psychotherapy for borderline personality disorder randomized trial of schema-focused therapy vs transference-focused psychotherapy. [27]	Giesen-Bloo et al. (2006)	895	The study found that both schema-focused therapy (SFT) and transference-focused psychotherapy (TFP) effectively reduce symptoms of borderline personality disorder over three years, but SFT is more effective in improving overall psychopathology and quality of life.
6.	Dialectical behavior therapy for patients with borderline personality disorder and drug-dependence. [28]	Linehan et al. (1999)	750	The study demonstrated that Dialectical Behavior Therapy (DBT) is more effective than usual treatment in reducing drug abuse and improving overall and social adjustment in drug-dependent women with borderline personality disorder.
7.	Naturalistic Follow-up of a Behavioral Treatment for Chronically Parasuicidal Borderline Patients. [29]	Linehan et al. (1993)	637	The study found that the benefits of dialectical behavior therapy (DBT) over usual treatment for borderline personality disorder, including reduced parasuicidal behavior, inpatient days, and anger, and improved global functioning and social adjustment, were maintained during a 1-year posttreatment follow-up.
8.	Change in attachment patterns and reflective function in a randomized control trial of transference-focused psychotherapy for borderline personality disorder. [30]	Levy et al. (2006)	620	The study found that after one year, transference-focused psychotherapy (TFP) significantly improved attachment security and reflective function in patients with borderline personality disorder, unlike dialectical behavior therapy or supportive psychotherapy.
9.	Ten-year course of borderline personality disorder: Psychopathology and function from the collaborative longitudinal personality disorders study. [31]	Gunderson et al. (2011)	549	The 10-year study found that while 85% of patients with borderline personality disorder (BPD) experience remission, relapse rates are low, but they continue to face severe and persistent challenges in social functioning compared to those with other personality disorders or major depressive disorder.
10.	Assessing the Functions of Non-suicidal Self-injury: Psychometric Properties of the Inventory of Statements about Self-injury (ISAS). [32]	Klonsky and Glenn (2008)	543	The study validates the Inventory of Statements About Self-injury (ISAS) as a reliable and comprehensive tool for assessing the interpersonal and intrapersonal functions of non-suicidal self-injury, showing strong correlations with clinical and contextual factors.

Figure 4 shows the keyword co-occurrence analysis network diagram. All keywords were included in the analysis. Among all 3201 keywords, the top 232 were displayed for mapping. The top 20 co-occurring keywords have been shown in Table 3. BPD ranks first, indicating that it is a widely debated subject with the highest frequency of co-occurrence and link strength, emphasising its importance in the current study. The DBT, a targeted intervention for BPD, is ranked as the second most effective method, highlighting its significance and efficacy in controlling the disease. Additional phrases such as Bipolar Disorder, Psychotherapy, and Depression are present in the list, suggesting that these subjects are commonly linked to BPD study. The inclusion of terminology such as Emotion Regulation, Adolescents, Suicide, and Self-Harm indicates significant areas of concern and emphasis in the investigation of BPD and its associated diseases. In general, the table illustrates the interrelatedness of BPD with different psychiatric diseases, treatment approaches, and patient characteristics, underscoring the intricate nature of diagnosing and managing personality disorders.

Figures 5 and 6 display the productivity of countries in the analysis of BPD using a network design. The analysis encompassed all countries. Out of the total of 134 countries, only the highest-ranking 38 were shown for the purpose of mapping. Table 4 displays the rankings of the top 10 countries. Table 4 presents a comprehensive overview of research productivity and influence worldwide, with a particular emphasis on a certain, undisclosed discipline. The United States demonstrates clear superiority in all parameters, boasting the highest

number of documents, citations, and total link strength. This reflects its leading position in worldwide research and its influential role within this subject. The United Kingdom, Germany, Canada, and Australia exhibit a robust presence in research contributions and international collaborations, as indicated by their citations and link strength. These indicators encompass not just the quantity of research generated, but also its calibre and the degree to which it is acknowledged and utilised by the international academic community. Europe's prominent role in influencing and defining the discourse in this field is underscored by the participation of countries such as Germany, the United Kingdom, Netherlands, Switzerland, Italy, Spain, and France. Their combined research productivity, references, and interconnectedness highlight a strong academic framework and a cooperative research environment that goes beyond national boundaries. The positions of Canada and Australia highlight the global diversity of research leadership, as these countries play crucial roles in advancing and sharing knowledge in the field. The Netherlands and Switzerland, albeit smaller in terms of geography and population compared to other countries on the list, demonstrate remarkable research impact, suggesting a high degree of research efficiency and international collaboration. The diverse aggregate link strength among nations signifies the interdependence of research communities and the magnitude of their impact on the international arena. This table not only showcases the distribution of academic brilliance across different regions but also emphasises the significance of collaborative networks in promoting innovation and sharing knowledge internationally.

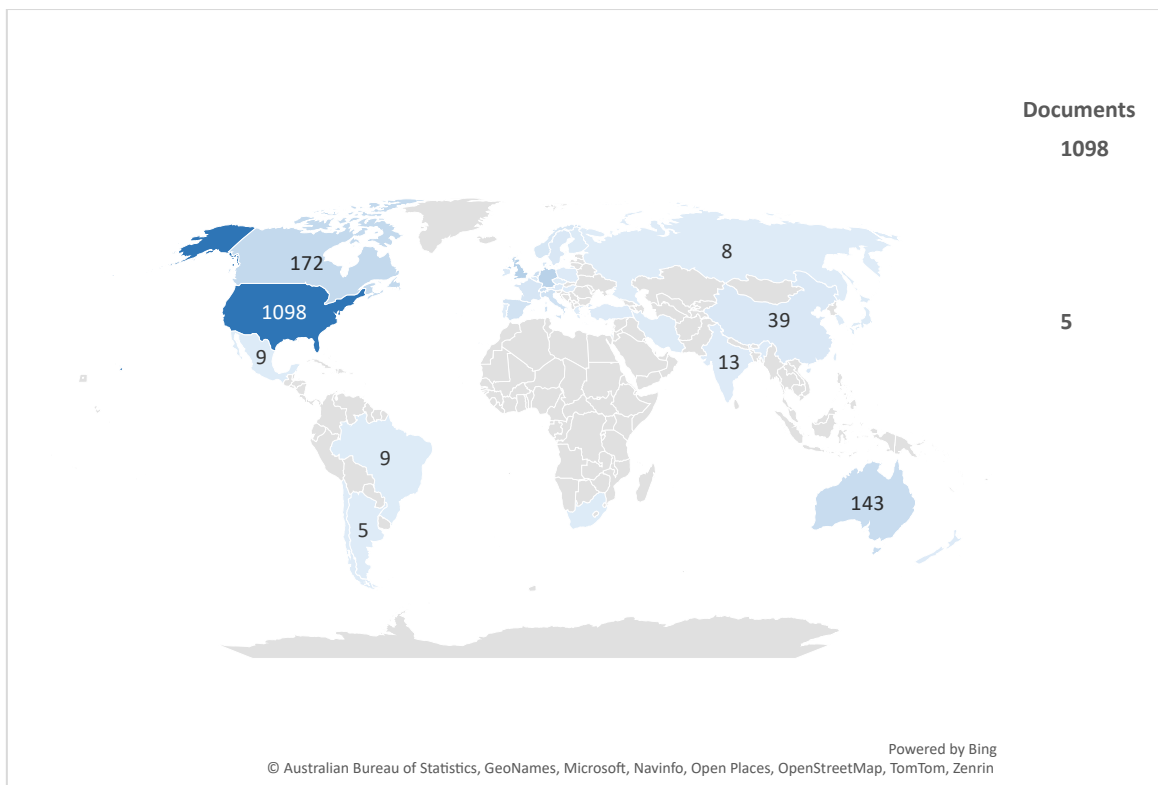


Figure 5. Global research production in the field of BPD (1980-2023).

Table 4. Top 10 Most Productive Countries

Rank	Country	Documents	Citations	Total link strength
1	United States	1098	47603	1859
2	United Kingdom	258	8105	915
3	Germany	233	7566	985
4	Canada	172	4914	622
5	Australia	143	2915	394
6	Netherlands	123	4245	550
7	Switzerland	114	4542	636
8	Italy	96	2306	349
9	Spain	88	1851	309
10	France	56	1206	261

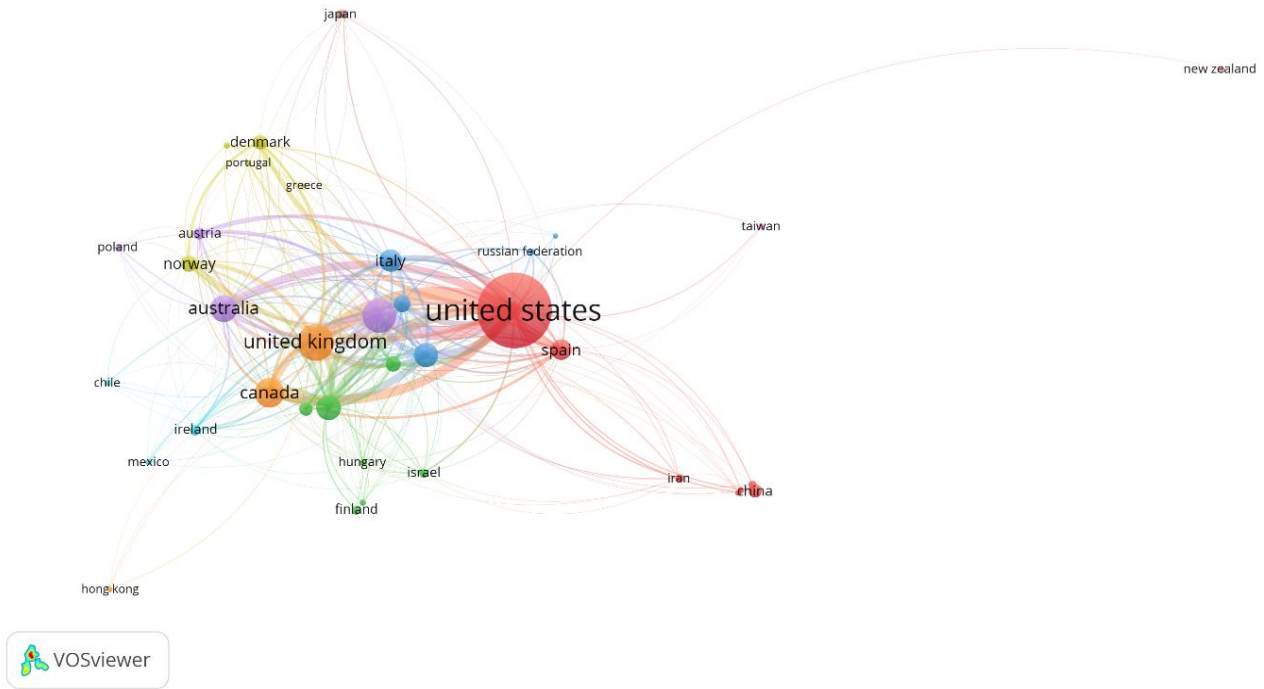


Figure 6. Network analysis of countries productivity in the field of BPD.

Table 5. Top 20 Most Cited Authors

Rank	Author	Documents	Citations	Total link strength
1	Linehan, marsha m.	41	7533	294
2	Fonagy, peter	33	3210	356
3	Angst, jules	8	2323	74
4	Zanarini, mary c.	17	2313	33
5	Korslund, kathryn e.	9	1917	41
6	Arntz, arnoud	23	1902	443
7	Gunderson, john g.	11	1827	30
8	Comtois, katherine anne	13	1816	88
9	Bohus, martin	19	1625	469
10	Zimmerman, mark	19	1390	82
11	Spinhoven, philip	9	1336	268
12	Giesen-bloo, josephine	6	1315	258
13	Van dyck, richard	7	1314	268
14	Gratz, kim l.	24	1174	59
15	Baldessarini, ross j.	14	1151	14
16	Frankenburg, frances r.	11	1117	18
17	Schmahl, christian	17	1114	419
18	Rizvi, shireen l.	22	1090	56
19	Mcglashan, thomas h.	6	1057	6
20	Clarkin, john f.	21	1051	121

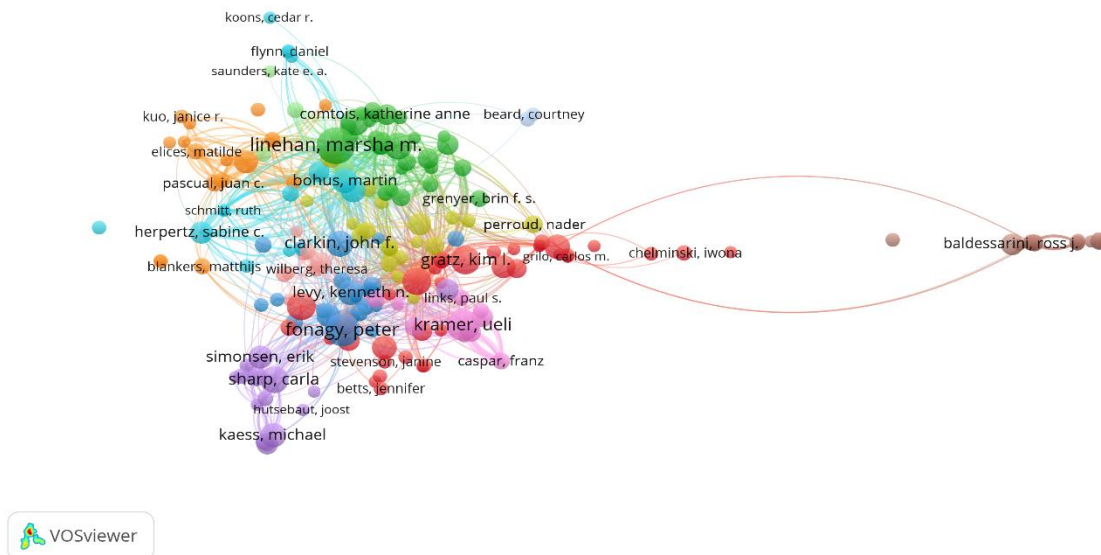


Figure 7. Citation network analysis of authors in the field of BPD.

Figure 7 depicts the citation analysis of authors in the field of BPD through a network structure. Out of the total 7650 authors, only the top 213 were selected and shown for mapping. Table 5 displays the top 20 most cited authors in the field of BPD.

Marsha M. Linehan is highly regarded for her substantial influence, notably in the field of DBT for BPD. This is evident from her extensive citation count and her foundational contributions in this domain. Peter Fonagy's work is mostly centred around attachment theories and mentalization-based treatments. His high overall link strength suggests that his work has a wide range of applications and significant influence. The inclusion of authors such as Jules Angst and Mary C. Zanarini, who have fewer publications but receive a significant number of citations, highlights the significant influence of their research in comprehending and addressing mental health disorders. Arnoud Arntz and Martin Bohus have played important roles in the development and improvement of therapeutic approaches, presumably in the fields of cognitive therapy and DBT, respectively. Their significant total link strengths highlight their central contributions. This table showcases the multifaceted and interrelated contributions of prominent scholars in enhancing the comprehension, management, and theoretical frameworks of mental health concerns. Their combined body of work, which encompasses fundamental treatment methods and the theoretical foundations of psychiatric diseases, highlights the intricate nature of mental health research and the joint endeavour needed to advance the profession.

Discussion

The results of this comprehensive review highlight a significant progression in the field of BPD research, reflecting broader trends observed in similar studies. The surge in publications and citations indicates an increased scholarly interest and an expanding knowledge base, comparable to advancements in other areas of psychiatric research. This growing body of work has been

instrumental in refining diagnostic tools, therapeutic interventions, and theoretical frameworks, contributing to a more sophisticated understanding of BPD. The prominence of journals dedicated to personality and affective disorders in disseminating influential BPD research aligns with trends in other specialized fields where focused publications play a crucial role in advancing knowledge and practice. The emphasis on evidence-based treatments like DBT mirrors the broader movement in mental health towards therapies that are empirically validated and tailored to specific disorders. This shift is significant as it not only enhances treatment efficacy but also underscores the importance of rigorous research in guiding clinical practice. The international collaboration evident in BPD research is a testament to the global recognition of the disorder's complexity and the need for a unified approach to address it. Similar to other areas of medical research, these cross-border efforts facilitate the exchange of innovative ideas and practices, fostering a more integrated and effective response to BPD. This international perspective is essential for developing universally applicable treatment strategies and enhancing patient care worldwide. Overall, the findings of this review underscore the dynamic and evolving nature of BPD research. They highlight the importance of continued investment in high-quality studies and the dissemination of their results through specialized journals and international collaborations. These efforts are crucial for increasing our understanding in regards to BPD and improving outcomes for those affected by this challenging condition.

Conclusion

The main question of this work was to explore the evolution and current state of research on BPD over the past forty years. The review has demonstrated significant advancements in the field, characterized by an increased volume of research, a focus on evidence-based treatments such as DBT, and strong international collaboration. These developments have collectively

enhanced our understanding and management of BPD, highlighting the importance of ongoing research and global cooperation to continue improving therapeutic approaches and patient outcomes.

Conflict of Interest

The authors declare that they have no competing interests.

Ethical Approval

This research took into account all ethical principles.

Acknowledgment

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