

Borderline Personality Disorder Websites Reviewed by Kristen Koly

Fleener, P. (2005). BPD Today. *Mental Health Today*. Retrieved on May 18, 2009, from <http://www.borderlinepersonalitytoday.com/main/>

This website offers comprehensive information on Borderline Personality Disorder. It includes a brief description of BPD and includes the DSM-IV criteria for diagnosis. There are links to a bookstore for books on BPD, and a link to a BPD expert, who has a website where people can ask questions and he answers them. The archives from that website are included, which contain many questions that were posed and his answers. On this website, one can find articles and research on BPD, as well as interviews with authors who have written extensively on the subject.

There is a variety of other information, including a description of BPD from the NIMH website, surveys on BPD and an index of clinicians who treat BPD. Like on other websites, there is information on medications, but this website has a link to free medications, which directs the user to a page for medical assistance for people of low-income. Also included is a section for spiritual support.

I found this website very interesting. It was a little crowded and slightly overwhelming with the amount of links that are included, but once I started navigating the links, I found them to be full of useful information. The founder and creator of Mental Health Today is a social worker and had suffered through emotional turmoil for years and states that she is happy to be in remission. She has a passion for putting information on mental health diagnoses out into the world, which is why she decided to create Mental Health Today. Borderline Personality Disorder is one of a handful of diagnoses that she has included on the website, but I could see how the basic information on the Mental Health Today page (much like what is included on the BPD Today page, including spiritual support, and resources for individuals of low-income) could be helpful to anyone dealing with a mental illness in their life. I did not see spiritual support on any other website and this may be incredibly helpful to some individuals, although the spiritual support seems to be Christian-based.

Grohol, J.M. (2007). Symptoms of borderline personality disorder. *Psych Central*. Retrieved on May 18, 2009, from <http://psychcentral.com/lib/2007/symptoms-of-borderlinepersonality-disorder/>

This website begins with the symptoms of BPD. It then highlights details about BPD, including frantic efforts to avoid real or imagined abandonment, unstable and intense relationships and identity disturbance. There is a link to treatment for BPD as well, which includes various forms of psychotherapy including DBT and the importance of the therapeutic relationship when working with this illness. Hospitalization is included as an option for treatment and is discussed in detail more so on this website than on others. Medications is included in the treatment section, as is self-help which is stated to be sometimes overlooked by the medical profession because of a lack of involvement from the medical profession. Self-help

includes trying out new coping skills and emotion regulation with the help from support groups. There is also a link to FAQs on Borderline Personality Disorder.

This website is not as comprehensive as others I have seen, however it provides the general information one would need to understand this illness a little better. The links are clearly marked and I found the website easy to navigate. I think it was helpful to provide a detailed account of hospitalization as a form of treatment, as so many individuals with a severe form of this disorder will be hospitalized at least once during the course of their lives. Hospitalization saves the lives of those with BPD in the way all the psychotherapy in the world simply cannot. It is as important to discuss the intervention-type treatment for BPD as it is to discuss the prevention-type and maintenance treatment.

Mayo Clinic Staff. (2008). Borderline personality disorder. *Mayo Clinic*. Retrieved on May 18, 2009, from <http://www.mayoclinic.com/health/borderline-personality-disorder/DS00442>

This website offers comprehensive information on Borderline Personality Disorder. First, it begins with a definition of the illness. There are links to symptoms, causes, risk factors, when to seek medical advice, tests and diagnosis, complications, treatments and drugs and lifestyle and home remedies. The section on “when to seek medical advice” states that an individual or family member of someone who being dangerously impulsive or self-loathing should contact a doctor or mental health provider. It also mentions that one cannot force someone else to seek help. It includes the DSM-IV diagnostic criteria in the tests and diagnosis section, and states that a psychological evaluation is needed to diagnose this disorder. The complications section details some areas of life that may be negatively affected by BPD. The “lifestyle and home remedies” section details some things that someone living with BPD can do to manage his or her condition and feel better about oneself.

I think this website is helpful in gaining information on BPD. It is easy to use and clear. I especially like the section on lifestyle and home remedies. Not only did this website offer information on the illness, but it gave suggestions on what someone living with BPD can do at home to improve his or her quality of life. I think it is very important to empower individuals with BPD and this website offers information that the person can do without the help of a doctor, or anyone else for that matter. If I were working with someone with this disorder, I would want to print out the list that is included under the “lifestyle and home remedies” section of the document so that he or she can look at it every day and feel empowered.

NIMH: Borderline Personality Disorder. (2009). Retrieved on May 18, 2009, from <http://www.nimh.nih.gov/health/publications/borderline-personality-disorder-fact-sheet/index.shtml>

This website gives a brief overview of Borderline Personality Disorder (BPD). It focuses on the signs, symptoms, treatments and research findings. It states the BPD is a serious mental illness and that unstable moods, interpersonal relationships, self-image and behavior are characteristic of the disorder. Symptoms are listed, including manic-like symptoms that last only hours, or at most, one day. Impulsive behaviors and unstable patterns of social relationships

characterize symptoms as well. As far as treatment goes, this website states that it has improved in recent years. Dialectical behavior therapy (DBT) was developed specifically for the treatment of BPD. Mood stabilizers and antidepressants are used for some people with BPD who are depressed or suffer from very labile mood.

Recent research findings are included as well. It is thought that both genetic and environmental factors play a role in the development of BPD, although the direct cause is unknown. The NIMH funded research that has shown that people who are predisposed to impulsive aggression have impaired regulations of the neural circuits that modulate emotion. There is even more scientific research included on this website that may help scientists figure out the cause of this illness, or something to help it. As for future progress for this illness, research is testing the efficacy of combining medication and behavioral treatments (like DBT). Researchers are also examining the correlation between childhood abuse and other stress in BPD on brain hormones.

I believe that this website is very helpful. It is a brief overview, so, of course, no one should plan to diagnose someone solely based on the information presented here. The National Institute of Mental Health (NIMH) is a credible source for this information and the references they list at the bottom of the page support the information presented. The diagnostic criteria from the DSM-IV is not included on the website, an inclusion which would make this website even more thorough. That being said, if all the disorders in the DSM had websites that gave the diagnostic criteria, there would be no need to buy the book!

Wikipedia: Borderline Personality Disorder. (2009). Retrieved on May 18, 2009, from http://en.wikipedia.org/wiki/Borderline_personality_disorder

This website includes a detailed description of BPD, including a general description similar to the one on the NIMH website and a quote from the DSM-IV about diagnosing the illness in children under the age of 18. It includes a history of the disorder and the DSM-IV criteria for diagnosis. It also mentions Emotionally-Unstable Personality Disorder – Borderline Type, which is the World Health Organization's ICD-10 diagnosis, and the diagnosis of Impulsive Personality Disorder (IPD), which is the Chinese Society of Psychiatry's CCMD diagnosis. Comorbidity with other disorders, prevalence and etiology, including childhood abuse and genetics, were included. Under the section on treatment, they describe psychotherapy, including dialectical behavior therapy, cognitive behavioral therapy and marital and family therapy to name a few. As for medications, they include information on antidepressants and antipsychotics. This website includes difficulties in treatment as well.

We have all been warned against using Wikipedia as a reliable Internet source. That being said, I believe the information on this website is thorough and provides extra information that other websites may not include. Of course, one must be wary of the information found on any website, especially Wikipedia since it can be updated by anyone with Internet access. There was a lot of information included, and it would require a lot of reading to get from one end of the document to the other. From what I have learned in class, though, the information given here seems to match that which I know and provides extra information as well. I would feel comfortable using the source if I were compiling research on this disorder, as long as I recognized that I would need to confirm the information included here.