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BORDERLINE PERSONALITY AND QUALITY OF LIFE

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Introduction: The borderline personality disorder is the most frequent personality disorder in psychiatry.

It causes significant changes in social, family and professional functioning, which can sometimes be severe enough to cause an alteration of quality of life for these patients.

Objective: To assess the quality of life among people with borderline personality in order to improve patients' care.

Methods: A retrospective study on 25 patients hospitalized in our hospital during the period between 2006 and 2008.

Results: In 92% of our sample, there is a social impact, represented by social and family isolation (64% of cases), separations, divorces (28%). 40% of patients are in a good economical level. 56% of the sample had no education beyond high school, only 36% were able to attend college. In 96% of cases, the symptoms have affected the education and occupation with dropout in 56%, fragile employability in 28% and job loss in 12%.

Conclusion: BPD sounds significantly on the social and professional integration of patients, so consequently on the quality of life. Pharmacological treatment alone is not enough. Individual psychotherapy and group rehabilitation activities can contribute to improving the quality of life of borderline subjects.