



Improvement of resistant symptoms with aripiprazole IM depot (Abilify Maintena) in borderline personality disorder: a description of a series of cases

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Objective: Current data on the pharmacological treatment for Borderline Personality Disorder (BPD) do not allow us to propose an optimal therapeutic strategy. Aripiprazole has a potential role in the pharmacotherapy of BPD (1,2).

Methods: Participants were seven women with diagnosis of borderline personality disorder, aged between 18 and 40 years and with important resistant psychopathological instability mostly in the emotional and impulsive areas. All patients were diagnosed of Borderline Personality Disorder (BPD), they were to be minimal treatment six months to more than 1 year with integrated treatment (pharmacotherapy and psychotherapy - DBT). All patients in the last three months before to start the treatment with Aripiprazole IM depot, had had at least one hospitalization, suicide attempts, self-harm episodes and one major depressive episode. Previously 5 patients had taken oral aripiprazole at doses of 20 mg/day.

Results: Participants began treatment with Abilify Maintena at doses of 400 mg /28 days. They started to present an improvement between the 3 and the 6 months of treatment, decreasing hospitalizations, self-harm episodes and stabilizing mood fluctuations. (table 1)

Table 1

Patient s	Age	Duration of treatment	Hospitalizations	Suicide attempts	Self - harm	Major depressive episodes
Patient 1	18	6 months	No	No	Yes	Yes (1 episode)
Patient 2	25	4 months	No	No	Yes	No
Patient 3	28	5 months	No	No	No	No
Patient 4	40	6 months	No	No	No	No
Patient 5	22	3 months	Yes (1 hospit)	No	No	Yes (1 episode which coincides whit hospitalization)
Patient 6	23	4 months	No	No	No	No
Patient 7	32	6 months	No	No	No	No

Conclusions: Preliminary results showed that the Abilify Maintena may be an effective drug treatment in the control and improvement of resistant symptoms of borderline personality disorder. Studies with a larger sample and of longer duration are required to prove this hypothesis and to be good alternative to current drug options

References

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