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## **DBT como tratamiento de primera elección para pacientes con Trastorno Límite de Personalidad (TLP), crónicamente suicidas y con conductas auto lesivas sin intencionalidad suicida (CASIS).**

Avigliani, Cintia Carolina.

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# DBT COMO TRATAMIENTO DE PRIMERA ELECCIÓN PARA PACIENTES CON TRASTORNO LÍMITE DE PERSONALIDAD (TLP), CRÓNICAMENTE SUICIDAS Y CON CONDUCTAS AUTO LESIVAS SIN INTENCIONALIDAD SUICIDA (CASIS)

Avigliani, Cintia Carolina  
Buenos Aires, Argentina.

## RESUMEN

El presente poster es el resultado de una revisión bibliográfica metodológica. Se analizaron ensayos randomizados controlados, publicados desde 1991 hasta 2022 inclusive, acerca de todas las investigaciones de tratamiento DBT (terapia dialéctico comportamental) en su formato completo, grupo de habilidades completo o ambos adaptados completos. Fueron excluidas las investigaciones que no contaban con un grupo control diferente a DBT y estudios que indagaban enfermedades en lugar de trastornos mentales. La búsqueda bibliográfica se realizó a partir de: Google Scholar, Pubmed y ReaserchGate utilizando las siguientes palabras clave: "Randomized Controlled Trial", "RCT", "DBT", "Dialectical Behaviour Therapy". Como resultado se obtuvieron 45 RCTs que demuestran que DBT es una terapia con fuerte evidencia científica para tratar: Trastorno límite de personalidad (TLP), pacientes crónicamente suicidas y consultantes con conductas autolesivas sin intencionalidad suicida (CASIS). Por último ha demostrado ser eficaz para muchos otros trastornos mentales y sintomatología, para los cuales no había sido pensada originalmente.

## Palabras clave

DBT RCT - TLP CASIS - Crónicamente suicidas - Revisión bibliográfica

## ABSTRACT

DBT AS A FIRST LINE TREATMENT FOR CONSULTANTS WITH BORDERLINE PERSONALITY DISORDER (BPD), CHRONICALLY SUICIDAL AND SELF-INJURING

This poster is the result of a methodological bibliographic review. Randomized controlled trials, published from 1991 to 2022 inclusive, were analyzed on DBT (dialectical behavior therapy) full treatment, skills-only DBT, or both fully adapted. Research that did not have a control group other than DBT and studies that investigated diseases rather than mental disorders were excluded. The bibliographic search was carried out from: Google Scholar, Pubmed and ReaserchGate using the following keywords: "Randomized Controlled Trial", "RCT", "DBT", "Dialectical Behavior Therapy". As a result, 45 RCTs that shows DBT is a therapy with

strong scientific evidence to treat: Borderline Personality Disorder (BPD), chronically suicidal patients and consultants with self-injurious behaviors without suicidal intent. Finally, it has proved to be effective for many other mental disorders and symptoms, for which it had not been originally intended.

## Keywords

Borderline personality disorder - Self-injurious behaviors without suicidal intent - DBT RCT

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