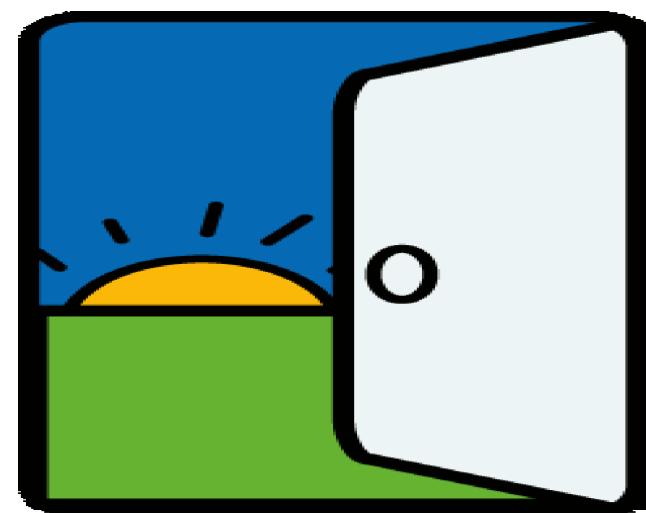


A qualitative exploration of trauma-informed care for individuals with a diagnosis of borderline personality disorder: a service user perspective

Recent meta-analytic evidence has demonstrated a robust association between childhood trauma (abuse and neglect) and 'borderline personality disorder (BPD)', with individuals with BPD three times more likely to report childhood adversity compared to other personality disorders, mood disorders and psychosis (Porter et al., 2020). In 2018, MIND published 'The Consensus Statement for People with Complex Mental Health Difficulties who are diagnosed with a Personality Disorder' (Personality Disorders Commission, 2018). This document highlighted that people with a diagnosis of personality disorder are likely to have experienced past trauma and, as such, advocated a trauma-informed formulation driven whole system approach to care. This was also driven by research showing the marked social inequalities, lack of awareness, neglect, and exclusion of this group who often experience inadequate access to appropriate and effective treatment and services that do not meet their needs. In 2019 The NHS Mental Health Implementation Plan (NHS England, 2019) highlighted the need for 'improved access to high quality, evidence-based care and reduced waits for people with complex mental health difficulties who are diagnosed with a 'personality disorder' and 'increasingly personalised and trauma-informed care'.



*“Planning for the future of
discovering trauma informed
care”.*

In response to this research and national policies, South West Yorkshire Partnership NHS Foundation Trust (SWYT) has recently developed a Trauma Informed Personality Disorder (TIPD) pathway to improve access to high quality, evidence-based interventions to people with personality disorders and personality disorder type difficulties across secondary care inpatient and community mental health services. It is intended to fit into the structure of mental health services, rather than develop a distinct and separate service for this client group.

It appears that there has been no research to date evaluating service user experiences of a novel trauma-informed care approach for personality disorder. Although there has been data highlighting the need for such approach, there has been limited qualitative research to improve our understanding of what such a pathway should look like and what outcomes are important to measure from a service user perspective.

The aims of the proposed research study are:

To explore individual experiences of using a trauma-informed care approach in service users with a diagnosis of personality disorder

To provide rich qualitative data to inform further development and refinement of a trauma-informed personality disorder pathway

To generate early findings to inform a future larger scale study to evaluate a trauma-informed pathway for personality disorder.



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" People who have experienced trauma are not condemned to a life of hopelessness and helplessness". People can and do recover from trauma".