



## Bilaga till rapport

1 (12)

Dialektisk beteendeterapi och Mentaliseringsbaserad terapi

- Effekter hos personer utan diagnosen Emotionellt instabilt personlighetsyndrom
- Effekter hos personer med bulimi eller hetsättningsstörning
- Effekter av behandling som enbart innehåller färdighetsträning i grupp

Dialectical Behavior Therapy (DBT) and Mentalization-Based Therapy (MBT)

- Effects in patients with self-harming behaviour with and without a diagnosis of Borderline Personality Disorder, and in patients with Bulimia Nervosa or Binge Eating Disorder
- Effects of DBT and MBT that only include group therapy

Rapport 385 (2024)

## Bilaga 1 Sökdokumentation

Cinahl via EBSCO 9 February 2024

Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Population: Emotionally unstable personality disorder</b>	
1. (MH "Borderline Personality Disorder") OR (MH "Affective Symptoms")	7,050
2. TI ( (borderline or "border-line" or (emotion* N1 (instab* or intensity or unstab* or personality)) or (impulsive N1 personality)) ) OR AB ( (borderline or "border-line" or (emotion* N1 (instab* or intensity or unstab* or personality)) or (impulsive N1 personality)) ) OR SU ( (borderline or "border-line" or (emotion* N1 (instab* or intensity or unstab* or personality)) or (impulsive N1 personality)) )	4,553
3. TI ( EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) N3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD)) ) OR AB ( EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) N3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD)) ) OR SU ( EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) N3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD)) )	1,149
4. 1 or 2 or 3	9,691
<b>Population: Self-harm</b>	
5. (MH "Injuries, Self-Inflicted") OR (MH "Self-Injurious Behavior") OR (MH "Self Mutilation Risk (Saba CCC)")	8,181
6. TI ( ((self* N1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto N1 mutilat*)) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head N1 bang*) or headbang*) ) OR AB ( ((self* N1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto N1 mutilat*)) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head N1 bang*) or headbang*) ) OR SU ( ((self* N1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto N1 mutilat*)) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head N1 bang*) or headbang*) )	14,089
7. 5 or 6	14,089
<b>Population: Suicidal behaviour</b>	
8. (MH "Suicidal Ideation") OR (MH "Suicide") OR (MH "Suicide, Attempted") OR (MH "Suicide Risk (Saba CCC)")	31,275
9. TI ( suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*" ) OR AB ( suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*" ) OR SU ( suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*" )	52,637
10. 8 or 9	52,637
<b>Population: Eating disorder</b>	
11. (MH "Eating Disorders") OR (MH "Binge Eating Disorder") OR (MH "Bulimia Nervosa") OR (MH "Bulimia") OR (MH "Night Eating Syndrome") OR (MH "Feeding and Eating Disorders of Childhood") OR (MH "Food Addiction")	16,312
12. TI ( (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) N2 (eat* or overeat* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) N2 (disorder*)) or ((food* or eat*) N2 (addict* or binge*)) or ((self induc* or selfinduc*) N2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) N2 (eat*)) or ((bing*) N2 (episode* or meal*)) or EDNOS or ((night or nocturn*) N1 (eat*) N1 (syndrome or disorder))) ) OR AB ( (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) N2 (eat* or overeat* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) N2 (disorder*)) or ((food* or eat*) N2 (addict* or binge*)) or ((self induc* or selfinduc*) N2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) N2 (eat*)) or ((bing*) N2 (episode*	24,007

	or meal*) or EDNOS or ((night or nocturn*) N1 (eat*) N1 (syndrome or disord*)) ) OR SU ( (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) N2 (eat* or overeat* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) N2 (disorder*)) or ((food* or eat*) N2 (addict* or bing*)) or ((self induc* or selfinduc*) N2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) N2 (eat*)) or ((bing*) N2 (episode* or meal*)) or EDNOS or ((night or nocturn*) N1 (eat*) N1 (syndrome or disord*)) )	
13.	11 or 12	24,007
<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>		
14.	(MH "Dialectical Behavior Therapy") OR (MH "Behavior Therapy") OR (MH "Psychotherapy") OR (MH "Mentalization-Based Therapy") OR (MH "Mentalization") OR (MH "Psychotherapy, Group") OR (MH "Borderline Personality Disorder/TH")	42,760
15.	TI ( (dialect* or DBT*) ) OR AB ( (dialect* or DBT*) ) OR SU ( (dialect* or DBT*) )	4,066
16.	TI ( (((mentali*) N4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) OR MBT ) OR AB ( (((mentali*) N4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) OR MBT ) OR SU ( (((mentali*) N4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) OR MBT )	624
17.	14 or 15 or 16	46,529
<b>Study types: randomised controlled trials<sup>1</sup></b>		
18.	MH "Randomized Controlled Trials+" OR MH "Double-Blind Studies" OR MH "Single-Blind Studies" OR MH "Random Assignment" OR MH "Pretest-Posttest Design+" OR MH "Cluster Sample" OR MH "Sample Size" OR MH "Crossover Design" OR MH "Comparative Studies" OR MH "Placebos" OR PT (Randomized Controlled Trial) OR TI (randomised OR randomized) OR AB (random*) OR TI (trial) OR AB (assigned OR allocated OR control) OR AB (control W5 group) OR AB (cluster W3 rct)	1,375,435
<b>Study types: systematic reviews and meta-analyses</b>		
19.	(((MH "Systematic Review" OR ZT "systematic review" OR MH "Meta Analysis" OR ZT "meta analysis" OR (JN "Cochrane Database of Systematic Reviews")) OR (TI (systematic* N3 review*)) OR (AB (systematic* N3 review*)) OR (TI (systematic* N3 bibliographic*)) OR (AB (systematic* N3 bibliographic*)) OR (TI (systematic* N3 literature)) OR (AB (systematic* N3 literature)) OR (TI (comprehensive* N3 literature)) OR (AB (comprehensive* N3 literature)) OR (TI (comprehensive* N3 bibliographic*)) OR (AB (comprehensive* N3 bibliographic*)) OR (TI (integrative N3 review)) OR (AB (integrative N3 review)) OR (TI (meta-analy* OR metaanaly*)) OR (AB (meta-analy* OR metaanaly*)) OR (TI (information N2 synthesis)) OR (TI (data N2 synthesis)) OR (AB (information N2 synthesis)) OR (AB (data N2 synthesis)) OR (TI (data N2 extract*)) OR (AB (data N2 extract*)) OR (TI (medline OR pubmed OR psyclit OR cinahl OR (psycinfo not "psycinfo database")) OR "web of science" OR scopus OR embase)) OR (AB (medline OR pubmed OR psyclit OR cinahl OR (psycinfo not "psycinfo database")) OR "web of science" OR scopus OR embase)) OR TI ("Systematic overview*" OR "systemic review*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "Umbrella review*" OR ("review of reviews" OR "overview of reviews") OR meta-review OR ("integrative overview" OR meta-synthesis OR metasynthesis OR "quantitative review" OR "quantitative synthesis" OR meta-ethnography OR "research synthesis") OR "Systematic literature search" OR "Systematic literature research" OR "evidence-based review" OR "evidence synthesis") OR TI ("research overview*" OR "collaborative review*" OR "collaborative overview*" OR "technology assessment*" OR "technology overview*" OR "technology appraisal*" OR hta OR htas OR "methodological overview*" OR "methodologic overview*" OR "methodological review*" OR "methodologic review*" OR "quantitative overview*" OR AB ("research overview*" OR "collaborative review*" OR "collaborative overview*" OR "technology assessment*" OR "technology overview*" OR "technology appraisal*" OR hta OR htas OR "methodological overview*" OR "methodologic overview*" OR "methodological review*" OR "methodologic review*" OR "quantitative overview*")) NOT (MH "Case Studies" OR ZT "Commentary" OR ZT "Editorial" OR ZT "Letter")	304,420

<sup>1</sup> The Cochrane CINAHL Plus filter: Glanville J, Dooley G, Wisniewski S, Foxlee R, Noel-Storr A. Development of a search filter to identify reports of controlled clinical trials within CINAHL Plus. Health Info Libr J. 2019;36(1):73-90. Available from: <https://doi.org/10.1111/hir.12251>.

<b>Combined sets:</b>		
20.	4 or 7 or 10 or 13	91,932
21.	17 and 22	3,961
<b>Final result</b>		
22.	<b>18 and 23</b>	<b>1,076</b>
23.	<b>19 and 23</b>	<b>316</b>

Cochrane Library via Wiley 12 February 2024 (CDSR, Cochrane Protocols & CENTRAL)

Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Population: Emotionally unstable personality disorder</b>	
1. MeSH descriptor: [Borderline Personality Disorder] explode all trees	650
2. MeSH descriptor: [Affective Symptoms] explode all trees	577
3. (borderline or "border-line"):ti,ab,kw OR (((emotion*) NEAR/1 (instab* or intensity or unstab* or personality) or (impulsive NEAR/1 personality))):ti,ab,kw OR (EUPD):ti,ab,kw OR (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) NEAR/3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD))):ti,ab,kw	6132
4. 1 or 2 or 3	6687
<b>Population: Self-harm</b>	
5. MeSH descriptor: [Self-Injurious Behavior] explode all trees	2427
6. MeSH descriptor: [Self Mutilation] explode all trees	43
7. ((self*) NEAR/1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)):ti,ab,kw OR (automutilat* or (auto NEAR/1 mutilat*)):ti,ab,kw OR (selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*"):ti,ab,kw OR ((head NEAR/1 bang*) or headbang*):ti,ab,kw (Word variations have been searched)	2008
8. 5 or 6 or 7	3731
<b>Population: Suicidal behaviour</b>	
9. MeSH descriptor: [Suicide] this term only	990
10. MeSH descriptor: [Suicidal Ideation] explode all trees	986
11. MeSH descriptor: [Suicide, Attempted] explode all trees	653
12. (suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*"):ti,ab,kw	8483
13. 9 or 10 or 11 or 12	8483
<b>Population: Eating disorder</b>	
14. MeSH descriptor: [Feeding and Eating Disorders] this term only	1185
15. MeSH descriptor: [Binge-Eating Disorder] explode all trees	482
16. MeSH descriptor: [Bulimia Nervosa] explode all trees	362
17. MeSH descriptor: [Diabulimia] explode all trees	0
18. MeSH descriptor: [Feeding and Eating Disorders of Childhood] explode all trees	49
19. MeSH descriptor: [Food Addiction] explode all trees	41
20. MeSH descriptor: [Night Eating Syndrome] explode all trees	1

21.	(hyperrexi* or phagomani* or bulimi*):ti,ab,kw OR (((bing* or compuls*) NEAR/2 (eat* or overeat* or vomit*)):ti,ab,kw OR (((appetite or eating or feed* or purg* or vomit*) NEAR/2 (disorder*)) or ((food* or eat*) NEAR/2 (addict* or bing*)) or ((self induc* or selfinduc*) NEAR/2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) NEAR/2 (eating)) or ((bing*) NEAR/2 (episode* or meal*)):ti,ab,kw OR (EDNOS or ((night or nocturn*) NEAR/1 (eat*) NEAR/1 (syndrome or disord*)):ti,ab,kw (Word variations have been searched)	5425
22.	14 or 15 or 16 or 17 or 18 or 19 or 20 or 21	5425
<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>		
23.	MeSH descriptor: [Dialectical Behavior Therapy] explode all trees	88
24.	MeSH descriptor: [Mentalization-Based Therapy] explode all trees	7
25.	MeSH descriptor: [Psychotherapy] this term only	3768
26.	MeSH descriptor: [Behavior Therapy] this term only	5940
27.	MeSH descriptor: [Psychotherapy, Group] explode all trees	4267
28.	MeSH descriptor: [Mentalization] explode all trees	48
29.	(dialect* or DBT*):ti,ab,kw OR (((mentaliz*) NEAR/4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)):ti,ab,kw OR (MBT):ti,ab,kw	1709
30.	23 or 24 or 25 or 26 or 27 or 28 or 29	14641
<b>Combined sets</b>		
31.	4 or 8 or 13 or 22	14641
<b>Final result</b>		
32.	<b>30 and 31</b>	<b>1488</b> <b>CDSR/30</b> <b>Cochrane</b> <b>Protocols/0</b> <b>CENTRAL/</b> <b>1456</b>

The final search result, usually found at the end of the documentation, forms the list of abstracts.

:**au** = Author; **MeSH** = Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy; **this term only** = Does not include terms found below this term in the MeSH hierarchy; **:ti** = Title; **:ab** = Abstract; **:kw** = Keyword; \* = Truncation; " " = Citation Marks; searches for an exact phrase; **CDSR** = Cochrane Database of Systematic Review; **Cochrane Protocols** = Protocols of systematic reviews registered in Cochrane Library; **CENTRAL** = Cochrane Central Register of Controlled Trials, "trials"; ? = replaces one letter; **NEAR/n** = Requests terms that are within 'n' words of each other in either direction; **NEXT/n** = Requests terms that are within 'n' words of each other in the order specified

Embase via Elsevier 9 February 2024

Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Population: Emotionally unstable personality disorder</b>	
1. 'borderline state'/exp OR 'borderline personality disorder severity index'/exp OR 'borderline personality inventory'/exp OR 'borderline personality features scale for children'/exp	16,639
2. borderline:ti,ab OR 'border-line':ti,ab OR ((emotion* NEAR/1 (instab* OR intensity OR unstab* OR personality)):ti,ab) OR ((impulsive NEAR/1 personality):ti,ab)	79,872
3. eupd:ti,ab OR (((unstab* OR instab* OR poor OR disturb* OR fail* OR weak OR dysregulat*) NEAR/3 (self* OR impuls* OR interperson* OR identit* OR relationship* OR emotion* OR affect*)):ti,ab) AND (personality:ti,ab OR character:ti,ab OR pd:ti,ab))	5,061
4. 1 or 2 or 3	86,391
<b>Population: Self-harm</b>	
5. 'automutilation'/exp OR 'self harm inventory'/exp OR 'self harm behavior questionnaire'/exp OR 'self immolation'/exp OR 'self destruction'/exp OR 'self destructive behavior'/exp OR 'self poisoning'/exp	28,583
6. ((self* NEAR/1 (cut* OR bite OR biting OR burn* OR damag* OR destruct* OR harm* OR hit* OR hurt* OR immolat* OR incinerat* OR inflict* OR injur* OR mutilat* OR poison* OR wound*)):ti,ab) OR automutilat*:ti,ab OR ((auto NEAR/1 mutilat*):ti,ab) OR selfdestruct*:ti,ab OR selfharm*:ti,ab OR selfinflict*:ti,ab OR selfinjur*:ti,ab OR selfmutilat*:ti,ab OR selfpoison*:ti,ab OR 'artificial skin lesion*':ti,ab OR 'self directed violen*':ti,ab OR ((head NEAR/1 bang*):ti,ab) OR headbang*:ti,ab	31,474
7. 5 or 6	41,013
<b>Population: Suicidal behaviour</b>	
8. 'suicidal behavior'/exp	135,375
9. suicid*:ti,ab OR parasuicid*:ti,ab OR 'para suicid*':ti,ab OR nonsuicid*:ti,ab OR 'non suicid*':ti,ab	128,612
10. 8 or 9	167,204
<b>Population: Eating disorder</b>	
11. 'binge eating disorder'/exp OR 'bulimia'/exp OR 'emotional eating'/exp OR 'food addiction'/exp OR 'purging disorder'/exp OR 'appetite disorder'/de OR 'increased appetite'/exp OR 'eating disorder'/de	58,365
12. hyperrexi*:ti,ab OR phagomani*:ti,ab OR bulimi*:ti,ab OR (((bing* OR compuls*) NEAR/2 (eat* OR overeat* OR vomit*)):ti,ab) OR (((appetite OR eating OR feed* OR purg* OR vomit*) NEAR/2 disorder*):ti,ab) OR (((food* OR eat*) NEAR/2 (addict* OR bing*)):ti,ab) OR (((('self induc*' OR selfinduc*) NEAR/2 vomit*):ti,ab) OR (((abnormal* OR disturbance* OR disturbed OR dysfunction* OR problem*) NEAR/2 eating):ti,ab) OR ((bing* NEAR/2 (episode* OR meal*)):ti,ab) OR ednos:ti,ab OR (((night OR nocturn*) NEAR/1 eat* NEAR/1 (syndrome OR disord*)):ti,ab)	48,527
13. 11 or 12	71,155
<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>	
14. 'dialectical behavior therapy'/exp OR 'mentalization-based treatment'/exp OR 'psychotherapy'/de OR 'behavior therapy'/de OR 'group therapy'/de OR 'mentalization'/de	173,940
15. dialect*:ti,ab OR dbt*:ti,ab	11,705
16. ((mentali* NEAR/4 (approach* OR based* OR intervent* OR psychotherap* OR technique* OR train* OR therap* OR treat*)):ti,ab) OR mbt:ti,ab	4,248
17. 14 or 15 or 16	187,221

**Study types: randomised controlled trials<sup>2</sup>**

18.	('randomized controlled trial'/de OR 'controlled clinical trial'/de OR random*:ti,ab,tt OR 'randomization'/de OR 'intermethod comparison'/de OR placebo:ti,ab,tt OR compare:ti,tt OR compared:ti,tt OR comparison:ti,tt OR ((evaluated:ab OR evaluate:ab OR evaluating:ab OR assessed:ab OR assess:ab) AND (compare:ab OR compared:ab OR comparing:ab OR comparison:ab)) OR ((open NEXT/1 label):ti,ab,tt) OR (((double OR single OR doubly OR singly) NEXT/1 (blind OR blinded OR blindly)):ti,ab,tt) OR 'double blind procedure'/de OR ((parallel NEXT/1 group*):ti,ab,tt) OR crossover:ti,ab,tt OR 'cross over':ti,ab,tt OR (((assign* OR match OR matched OR allocation) NEAR/6 (alternate OR group OR groups OR intervention OR interventions OR patient OR patients OR subject OR subjects OR participant OR participants)):ti,ab,tt) OR assigned:ti,ab,tt OR allocated:ti,ab,tt OR ((controlled NEAR/8 (study OR design OR trial)):ti,ab,tt) OR volunteer:ti,ab,tt OR volunteers:ti,ab,tt OR 'human experiment'/de OR trial:ti,tt) NOT (((random* NEXT/1 sampl* NEAR/8 ('cross section*' OR questionnaire* OR survey OR surveys OR database OR databases)):ti,ab,tt) NOT ('comparative study'/de OR 'controlled study'/de OR 'randomised controlled':ti,ab,tt OR 'randomized controlled':ti,ab,tt OR 'randomly assigned':ti,ab,tt) OR ('cross-sectional study' NOT ('randomized controlled trial'/de OR 'controlled clinical study'/de OR 'controlled study'/de OR 'randomised controlled':ti,ab,tt OR 'randomized controlled':ti,ab,tt OR 'control group':ti,ab,tt OR 'control groups':ti,ab,tt)) OR ('case control*':ti,ab,tt AND random*:ti,ab,tt NOT ('randomised controlled':ti,ab,tt OR 'randomized controlled':ti,ab,tt)) OR ('systematic review':ti,tt NOT (trial:ti,tt OR study:ti,tt)) OR (nonrandom*:ti,ab,tt NOT random*:ti,ab,tt) OR 'random field*':ti,ab,tt OR (('random cluster' NEAR/4 sampl*):ti,ab,tt) OR (review:ab AND review:it NOT trial:ti,tt) OR ('we searched':ab AND (review:ti,tt OR review:it)) OR 'update review':ab OR ((databases NEAR/5 searched):ab) OR ((rat:ti,tt OR rats:ti,tt OR mouse:ti,tt OR mice:ti,tt OR swine:ti,tt OR porcine:ti,tt OR murine:ti,tt OR sheep:ti,tt OR lambs:ti,tt OR pigs:ti,tt OR piglets:ti,tt OR rabbit:ti,tt OR rabbits:ti,tt OR cat:ti,tt OR cats:ti,tt OR dog:ti,tt OR dogs:ti,tt OR cattle:ti,tt OR bovine:ti,tt OR monkey:ti,tt OR monkeys:ti,tt OR trout:ti,tt OR marmoset*:ti,tt) AND 'animal experiment'/de) OR ('animal experiment'/de NOT ('human experiment'/de OR 'human'/de)))	5,752,570
<b>Study types: systematic reviews and meta-analyses</b>		
19.	'systematic review'/de OR 'meta analysis'/de OR [cochrane review]/lim OR ((systematic NEAR/4 review):ti,ab) OR 'meta analys*':ti,ab OR metaanalys*:ti,ab	918,905
<b>Combined sets</b>		
20.	4 or 7 or 10 or 13	335,548
21.	17 and 20	17,563
<b>Final result</b>		
22.	18 AND 21 AND ([article]/lim OR [article in press]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [review]/lim)	2,385
23.	19 AND 21 AND ([article]/lim OR [article in press]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [review]/lim)	1,311

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**/de** = Term from the EMTREE controlled vocabulary; **/exp** = Includes terms found below this term in the EMTREE hierarchy; **/mj** = Major Topic; **:ab** = Abstract; **:au** = Author; **:kw** = Author keyword; **:ti** = Article Title; **:ti,ab** = Title or abstract; **\*** = Truncation; **' '** = Citation Marks; searches for an exact phrase; **NEAR/n** = Requests terms that are within 'n' words of each other in either direction; **NEXT/n** = Requests terms that are within 'n' words of each other in the order specified; **\$** = replaces one or no letters; **?** = replaces one letter

<sup>2</sup> Glanville J, Foxlee R, Wisniewski S, Noel-Storr A, Edwards M, Dooley G. Translating the Cochrane EMBASE RCT filter from the Ovid interface to Embase.com: a case study. Health Info Libr J. 2019 Sep;36(3):264-277. doi: 10.1111/hir.12269. Epub 2019 Jul 22. Erratum in: Health Info Libr J. 2020 Dec;37(4):351.

## Medline via OvidSP 9 February 2024

## Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Population: Emotionally unstable personality disorder</b>	
1. Borderline Personality Disorder/	8210
2. Affective Symptoms/	13978
3. (borderline or "border-line" or (emotion* adj (instab* or intensity or unstab* or personality)) or (impulsive adj personality)).ab,kf,ti,bt.	52841
4. (EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) adj3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD))).ab,kf,ti,bt.	3641
5. 1 or 2 or 3 or 4	69162
<b>Population: Self-harm</b>	
6. self-injurious behavior/ or self mutilation/	13316
7. ((self* adj1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto adj mutilat*) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head adj bang*) or headbang*).ab,kf,ti,bt.	25280
8. 6 or 7	29135
<b>Population: Suicidal behaviour</b>	
9. suicide/ or suicidal ideation/ or suicide, attempted/	66185
10. (suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*").ab,kf,ti,bt.	101010
11. 9 or 10	114207
<b>Population: Eating disorder</b>	
12. "feeding and eating disorders"/ or binge-eating disorder/ or bulimia nervosa/ or diabulimia/ or "feeding and eating disorders of childhood"/ or food addiction/ or night eating syndrome/	23646
13. (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) adj2 (eat* or overeate* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) adj2 disorder*) or ((food* or eat*) adj2 (addict* or bing*)) or ((self induc* or selfinduc*) adj2 vomit*) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) adj2 eating) or (bing* adj2 (episode* or meal*)) or EDNOS or ((night or nocturn*) adj eat* adj (syndrome or disord*))).ti,ab,kf,bt.	38537
14. 12 or 13	43893
<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>	
15. Dialectical Behavior Therapy/	296
16. Behavior Therapy/	30731
17. Psychotherapy/	58386
18. Psychotherapy, Group/	14531
19. mentalization-based therapy/	21
20. Mentalization/	490
21. Borderline Personality Disorder/th [Therapy]	2232
22. (dialect* or DBT*).ab,kf,ti,bt.	9343
23. ((mentaliz* adj4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) or MBT).ab,kf,ti,bt.	3098
24. 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23	111198
<b>Study types: randomised controlled trials<sup>3</sup></b>	
25. (randomized controlled trial.pt. OR controlled clinical trial.pt. OR clinical trial, phase iii.pt. OR ((randomized or randomised).ab.) OR placebo.ab. OR drug therapy.fs. OR randomly.ab.	5182222

<sup>3</sup> Cochrane Highly Sensitive Search Strategy for identifying randomized trials in MEDLINE: sensitivity-maximizing version (2008 revision); Ovid format. The Cochrane Collaboration; 2008. Available from:



OR trial.ab. OR groups.ab. OR (("Phase 3" or "phase3" or "phase III" or P3 or "PIII").ti,ab,kw.)) NOT (exp animals/ not humans/)

<b>Study types: systematic reviews and meta-analyses</b>		
26.	(Systematic Review/ or Meta-Analysis/ or Cochrane Database Syst Rev.ja. or Meta-Analysis as Topic/ or Network Meta-Analysis/ or Technology Assessment, Biomedical/ or Systematic Reviews as Topic/ or ((systematic* adj4 review*) or (systematic* adj4 bibliographic*) or (systematic* adj4 literature) or (comprehensive* adj4 literature) or (comprehensive* adj4 bibliographic*) or (integrative adj4 review) or (integrative adj4 review) or (meta-analy* or metaanaly*) or (information adj3 synthesis) or (data adj3 synthesis) or (data adj3 extract*) or (medline or pubmed or psyclit or cinahl or (psycinfo not psycinfo database) or web of science or scopus or embase)).ab,bt,ti. or (systematic overview* or systemic review* or scoping review or scoping literature review or mapping review or umbrella review* or review of reviews or overview of reviews or meta-review or integrative overview or meta-synthesis or metasynthesis or quantitative review or quantitative synthesis or meta-ethnography or research synthesis or systematic literature search or systematic literature research or evidence-based review or evidence synthesis).bt,ti. or (research overview* or collaborative review* or collaborative overview* or technology assessment* or technology overview* or technology appraisal* or hta or htas or methodological overview* or methodologic overview* or methodological review* or methodologic review* or quantitative overview*).ab,bt,ti.) NOT (Editorial/ or Letter/ or Case Reports/)	683437
<b>Combined sets</b>		
27.	5 or 8 or 11 or 14	237356
28.	24 AND 27	9042
<b>Final result</b>		
29.	26 AND 28	595
30.	25 AND 28	2479

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**.ab.** = Abstract; **.ab,ti.** = Abstract or title; **.af.** = All fields; **.bt.** = Book title; **exp** = Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy; **.fs.** = Floating sub-heading, does not include terms found below this term in the MeSH hierarchy; **.kf.** = Author keyword; **.sh.** = Term from the Medline controlled vocabulary; **.ti.** = Title; **.xs.** = Floating sub-heading, includes terms found below this term in the MeSH hierarchy; **/** = Term from the Medline controlled vocabulary, but does not include terms found below this term in the MeSH hierarchy; **\*** = Focus (if found in front of a MeSH-term); **\* or \$** = Truncation (if found at the end of a free text term); **.mp.** = Text, heading word, subject area node, title; **" "** = Citation Marks; searches for an exact phrase; **adjn** = Positional operator that lets you retrieve records that contain your terms (in any order) within a specified number (n) of words of each other; **?** = replaces one or no letters; **#** = replaces one letter

#### PsycINFO via EBSCO 9 February 2024

##### Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Population: Emotionally unstable personality disorder</b>	
1. DE "Borderline Personality Disorder"	10,343
2. TI ( (borderline or "border-line" or (emotion* N1 (instab* or intensity or unstab* or personality)) or (impulsive N1 personality)) ) OR AB ( (borderline or "border-line" or (emotion* N1 (instab* or intensity or unstab* or personality)) or (impulsive N1 personality)) ) OR SU ( (borderline or "border-line" or (emotion* N1 (instab* or intensity or unstab* or personality)) or (impulsive N1 personality)) )	35,008
3. TI ( EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) N3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and	6,811

<https://training.cochrane.org/handbook/current/chapter-04-technical-supplement-searching-and-selecting-studies#section-3-6-1>. with modifications: the following terms are added: clinical trial, phase iii.pt. ; randomised.ab. ; ("Phase 3" or "phase3" or "phase III" or P3 or "PIII").ti,ab,kw.

	(personality or character or PD)) ) OR AB ( EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) N3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD)) ) OR SU ( EUPD or (((unstab* or instab* or poor or disturb* or fail* or weak or dysregulat*) N3 (self* or impuls* or interperson* or identit* or relationship* or emotion* or affect*)) and (personality or character or PD)) )	
4.	1 or 2 or 3	38,845
<b>Population: Self-harm</b>		
5.	DE "Nonsuicidal Self-Injury" OR DE "Head Banging" OR DE "Self-Inflicted Wounds" OR DE "Self-Poisoning"	8,238
6.	TI ( ((self* N1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto N1 mutilat*) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head N1 bang*) or headbang*) ) OR AB ( ((self* N1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto N1 mutilat*) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head N1 bang*) or headbang*) ) OR SU ( ((self* N1 (cut* or bite or biting or burn* or damag* or destruct* or harm* or hit* or hurt* or immolat* or incinerat* or inflict* or injur* or mutilat* or poison* or wound*)) or automutilat* or (auto N1 mutilat*) or selfdestruct* or selfharm* or selfinflict* or selfinjur* or selfmutilat* or selfpoison* or "artificial skin lesion*" or "self directed violen*" or (head N1 bang*) or headbang*) )	24,746
7.	5 or 6	24,746
<b>Population: Suicidal behaviour</b>		
8.	DE "Military Suicide" OR DE "Youth Suicide" OR DE "Suicidal Behavior" OR DE "Attempted Suicide" OR DE "Suicidal Ideation" OR DE "Suicide" OR DE "Suicidality"	52,798
9.	TI ( suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*" ) OR AB ( suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*" ) OR SU ( suicid* or parasuicid* or "para suicid*" or nonsuicid* or "non suicid*" )	85,666
10.	8 or 9	85,666
<b>Population: Eating disorder</b>		
11.	DE "Binge Eating Disorder"	2,251
12.	DE "Bulimia"	9,817
13.	DE "Hyperphagia"	1,574
14.	DE "Purging (Eating Disorders)"	559
15.	DE "Binge Eating"	3,248
16.	DE "Emotional Eating"	385
17.	DE "Food Addiction"	522
18.	TI ( (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) N2 (eat* or overeate* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) N2 (disorder*)) or ((food* or eat*) N2 (addict* or bing*)) or ((self induc* or selfinduc*) N2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) N2 (eat*)) or ((bing*) N2 (episode* or meal*)) or EDNOS or ((night or nocturn*) N1 (eat*) N1 (syndrome or disord*))) ) OR AB ( (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) N2 (eat* or overeate* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) N2 (disorder*)) or ((food* or eat*) N2 (addict* or bing*)) or ((self induc* or selfinduc*) N2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) N2 (eat*)) or ((bing*) N2 (episode* or meal*)) or EDNOS or ((night or nocturn*) N1 (eat*) N1 (syndrome or disord*))) ) OR SU ( (hyperrexi* or phagomani* or bulimi* or ((bing* or compuls*) N2 (eat* or overeate* or vomit*)) or ((appetite or eating or feed* or purg* or vomit*) N2 (disorder*)) or ((food* or eat*) N2 (addict* or bing*)) or ((self induc* or selfinduc*) N2 (vomit*)) or ((abnormal* or disturbance* or disturbed or dysfunction* or problem*) N2 (eat*)) or ((bing*) N2 (episode* or meal*)) or EDNOS or ((night or nocturn*) N1 (eat*) N1 (syndrome or disord*))) )	43,379
19.	11 or 12 or 13 or 14 or 15 or 16 or 17 or 18	44,441

<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>		
20.	DE "Dialectical Behavior Therapy"	1,835
21.	DE "Mentalization"	1,869
22.	DE "Behavior Therapy"	27,543
23.	DE "Psychotherapy"	75,540
24.	DE "Group Psychotherapy"	21,212
25.	TI ( (dialect* or DBT*) ) OR AB ( (dialect* or DBT*) ) OR SU ( (dialect* or DBT*) )	14,626
26.	TI ( (((mental*) N4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) OR MBT ) OR AB ( (((mental*) N4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) OR MBT ) OR SU ( (((mental*) N4 (approach* or based* or intervent* or psychotherap* or technique* or train* or therap* or treat*)) OR MBT ) )	1,571
27.	20 or 21 or 22 or 23 or 24 or 25 or 26	136,241
<b>Study types: randomised controlled trials<sup>4</sup></b>		
28.	MR "Treatment Outcome" OR MR "Clinical Trial" OR DE "Clinical Trials" OR DE Placebo	74,869
29.	TX((randomi?ed) N3 (study OR trial OR design OR method* OR test* OR assessment)) OR TX((random*) N3 (assign* or alloca*)) OR TX((singl* OR doubl* OR tripl* OR trebl*) N3 (blind* OR dumm* OR mask*)) OR TX(clinical W2 trial*) OR TX((singl* OR doubl* OR treb* OR tripl*) W2 (blind* OR mask*)) OR TX(placeholder*) OR TX(randomly allocated) OR TX(allocated N2 random*) OR AB(randomi?ed N6 n=) OR TI(controlled W3 trial*) OR AB(controlled W3 trial*)	221,641
30.	28 or 29	231,663
<b>Study types: systematic reviews and meta-analyses</b>		
31.	(((DE "Meta Analysis" OR DE "Systematic Review" OR KW "health technology assessment" OR KW "Meta-analysis" OR KW "Systematic review" OR MA "Meta-Analysis" OR MA "Systematic Review" OR MA "Technology Assessment, Biomedical" OR MR "Meta Analysis" OR MR "Systematic Review") OR (TI (systematic* N3 review*)) OR (AB (systematic* N3 review*)) OR (TI (systematic* N3 bibliographic*)) OR (AB (systematic* N3 bibliographic*)) OR (TI (systematic* N3 literature)) OR (AB (systematic* N3 literature)) OR (TI (comprehensive* N3 literature)) OR (AB (comprehensive* N3 literature)) OR (TI (comprehensive* N3 bibliographic*)) OR (AB (comprehensive* N3 bibliographic*)) OR (TI (integrative N3 review)) OR (AB (integrative N3 review)) OR (TI (meta-analy* OR metaanaly*)) OR (AB (meta-analy* OR metaanaly*)) OR (TI (information N2 synthesis)) OR (TI (data N2 synthesis)) OR (AB (information N2 synthesis)) OR (AB (data N2 synthesis)) OR (TI (data N2 extract*)) OR (AB (data N2 extract*)) OR (TI (medline OR pubmed OR psyclit OR cinahl OR (psycinfo not "psycinfo database") OR "web of science" OR scopus OR embase)) OR (AB (medline OR pubmed OR psyclit OR cinahl OR (psycinfo not "psycinfo database") OR "web of science" OR scopus OR embase)) OR TI ("Systematic overview*" OR "systemic review*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "Umbrella review*" OR ("review of reviews" OR "overview of reviews") OR meta-review OR ("integrative overview" OR meta-synthesis OR metasynthesis OR "quantitative review" OR "quantitative synthesis" OR meta-ethnography OR "research synthesis") OR "Systematic literature search" OR "Systematic literature research" OR "evidence-based review" OR "evidence synthesis") OR TI ("research overview*" OR "collaborative review*" OR "collaborative overview*" OR "technology assessment*" OR "technology overview*" OR "technology appraisal*" OR hta OR htas OR "methodological overview*" OR "methodologic overview*" OR "methodological review*" OR "methodologic review*" OR "quantitative overview*" OR AB ("research overview*" OR "collaborative review*" OR "collaborative overview*" OR "technology assessment*" OR "technology overview*" OR "technology appraisal*" OR hta OR htas OR "methodological overview*" OR "methodologic overview*" OR "methodological review*" OR "methodologic review*" OR "quantitative overview*")) NOT (DE "Case Report"))	128,933
<b>Combined sets:</b>		
32.	4 or 7 or 10 or 19	172,142

<sup>4</sup> The Cochrane CINAHL Plus filter: Glanville J, Dooley G, Wisniewski S, Foxlee R, Noel-Storr A. Development of a search filter to identify reports of controlled clinical trials within CINAHL Plus. Health Info Libr J. 2019;36(1):73-90. Available from: <https://doi.org/10.1111/hir.12251>.

33.	27 and 32	10,524
<b>Final result</b>		
34.	<b>30 AND 33</b>	<b>1,603</b>
35.	<b>31 and 33</b>	<b>505</b>

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**AB** = Abstract; **AU** = Author; **DE** = Term from the thesaurus; **KW** (Available in Academic Search Premiere / SocINDEX / PsycInfo) = Author keyword; **MH** = Exact Subject Heading from CINAHL Subject Headings; **MM** = Major Concept; **SU** = Searches for a part of or an entire subject heading; **TI** = Title; **TX** = All Text. Performs a keyword search of all the database's searchable fields; **ZC** = Methodology Index; **\*** = Truncation; **" "** = Citation Marks; searches for an exact phrase; **#** = replaces one or no letters; **?** = replaces one letter; **N** = Near Operator (N) finds the words if they are a maximum of x words apart from one another, regardless of the order in which they appear.; **W** = Within Operator (W) finds the words if they are within x words of one another, in the order in which you entered them

#### International HTA Database via INAHTA 12 February 2024

Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>	
1. (mentali* or MBT or dialect* or DBT)	21

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**TITLE-ABS-KEY** = Title or abstract or keywords; **ALL** = All fields; **PRE/n** = "precedes by". The first term in the search must precede the second by a specified number of terms (n).; **W/n** = "Within". The terms in the search must be within a specified number of terms (n) in any order.; **\*** = Truncation; **" "** = Citation Marks; searches for a phrase; **?** = replaces one letter; **LIMIT-TO (SRCTYPE, "j"** = Limit to source type journal; **LIMIT-TO (DOCTYPE, "ar"** = Limit to document type article; **LIMIT-TO (DOCTYPE, "re"** = Limit to document type review

#### Epistemonikos via Epistemonikos 12 February 2024

Title: Emotionally unstable personality disorder – DBT/MBT

Search terms	Items found
<b>Intervention: Dialectical behavior therapy/Mentalization-based therapy</b>	
1. (title:(mentali* OR MBT OR dialect* OR DBT)) OR (abstract:(mentali* OR MBT OR dialect* OR DBT))	2,328
<b>Study types: systematic reviews and meta-analyses</b>	
2. Systematic reviews	
<b>Final result</b>	
3. <b>1 AND 2</b>	<b>398</b>

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**AB** = Abstract; **AF** = Author affiliation; **All** = Performs a keyword search in most of the database's searchable fields, except full text; **AU** = Author; **MAINSUBJECT.EXACT** = Term from the thesaurus, does not include terms found below this term in the hierarchy; **MAINSUBJECT.EXACT.EXPLODE** = Term from the thesaurus, including terms found below this term in the hierarchy; **SU** = Subjects; **TI** = Title; ; **NEAR/n or N/n** = Requests terms that are within 'n' words of each other in either direction; **PRE/n or P/n** = Requests terms that are within 'n' words of each other in the order specified; **\*** = Truncation; **" "** = Citation Marks; searches for an exact phrase; **?** = Wildcard, used to replace any single character either inside or at the right end of a word