XVII Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXII Jornadas de Investigación XXI Encuentro de Investigadores en Psicología del MERCOSUR. VII Encuentro de Investigación de Terapia Ocupacional. VII Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires, 2025.

Experiencias sobre abandono y adherencia al entrenamiento en habilidades de DBT en personas con Trastorno Límite de la Personalidad.

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EXPERIENCIAS SOBRE ABANDONO Y ADHERENCIA AL ENTRENAMIENTO EN HABILIDADES DE DBT EN PERSONAS CON TRASTORNO LÍMITE DE LA PERSONALIDAD

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RESUMEN

Aunque se han diseñado múltiples tratamientos basados en la evidencia para tratar el Trastorno Límite de la Personalidad (TLP), la retención de estos pacientes aún constituye un desafío. Si bien existen varios estudios con metodología cuantitativa que analizaron predictores de abandono de tratamiento en esta población, son muy escasos los estudios cualitativos e inexistentes en el contexto de nuestro país. Este estudio se propuso profundizar a través de entrevistas semi-estructuradas en las experiencias de 14 pacientes con diagnóstico TLP que abandonaron o finalizaron un taller de Entrenamiento en Habilidades de DBT en un hospital público de CABA. Se analizó el contenido de las entrevistas a través de la Investigación Cualitativa Consensual (CQR) (Hill et al., 2005). Se consideraron cinco dominios de análisis que incluyeron factores del dispositivo, factores ambientales, compromiso personal y utilidad percibida de las habilidades. Se encontró que las variables relevantes para la permanencia en el dispositivo fueron la percepción de apoyo, contención emocional, la orientación a metas personales y el aprendizaje de habilidades. Mientras que las variables relacionadas con el abandono fueron la interferencia de otras actividades y problemas de salud, no encontrar sentido al dispositivo, problemas interpersonales con el grupo y emociones que obstaculizaron la participación.

Palabras clave

Trastorno limite - Abandono de tratamiento - Psicoterapia - Investigación cualitativa

ABSTRACT

EXPERIENCES OF DROPOUT AND ADHERENCE TO DBT SKILLS TRAINING IN PEOPLE WITH BORDERLINE PERSONALITY DISORDER

Although multiple evidence-based treatments have been designed to treat Borderline Personality Disorder (BPD), patient retention remains a challenge. While several studies using quantitative methodology have analyzed predictors of treatment dropout in this population, qualitative studies are very scarce and nonexistent in our country. This study aimed to delve deeper into the experiences of 14 patients diagnosed with BPD who dropped out or completed a DBT Skills Training workshop at a public hospital in Buenos Aires City, using semi-structured interviews. Interview content was analyzed using Consensual Qualitative Research (CQR) (Hill et al., 2005). Five domains of analysis were considered, including facility factors, environmental factors, personal commitment, and perceived usefulness of skills. It was found that the variables relevant to retention in the facility were perception of support, emotional support, personal goal orientation, and skill learning. While variables related to dropout included interference from other activities and health problems, not finding meaning in the device, interpersonal problems with the group, and emotions that hindered participation.

Keywords

Borderline - Abandonment of treatment - Psychotherapy - Cualitative research

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