

# **A Comparative Analysis of Dialectical Behavior Therapy and Cognitive Processing Therapy in Treating Comorbid PTSD and Borderline Personality Disorder**

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**Abstract.** This study examines the efficacy of Dialectical Behavior Therapy (DBT) versus Cognitive Processing Therapy (CPT) in treating individuals with comorbid Post-Traumatic Stress Disorder (PTSD) and Borderline Personality Disorder (BPD). Employing a randomized controlled trial, participants were allocated to one of two interventions. Outcome measures were assessed at baseline, mid-treatment, and post-treatment. Preliminary findings suggest DBT's superiority in emotional regulation and distress tolerance, while CPT effectively targeted trauma-related cognitions. This research underscores the necessity of tailored interventions in complex comorbid cases, advocating for a hybrid approach. Continued exploration in larger cohorts is recommended to validate these findings and refine therapeutic strategies.

**Keywords:** Dialectical Behavior Therapy, Cognitive Processing Therapy, PTSD, Borderline Personality Disorder, comorbid treatment, emotional regulation, trauma-related cognitions, randomized controlled trial

## **Introduction**

The rising incidence of comorbid Post-Traumatic Stress Disorder (PTSD) and Borderline Personality Disorder (BPD) represents a significant challenge in clinical psychology, necessitating the urgent development and refinement of therapeutic strategies. PTSD and BPD, often co-occurring, exacerbate each other's symptoms, complicating the clinical presentations and necessitating comprehensive treatment plans. Current literature reveals a prevalent gap in efficient therapeutic interventions capable of concurrently addressing these disorders. Dialectical Behavior Therapy (DBT) and Cognitive Processing Therapy (CPT)

have independently shown efficacy in treating BPD and PTSD respectively; however, their comparative effectiveness in comorbid presentations remains underexplored. This study embarks on a rigorous comparative analysis of DBT and CPT, utilizing a randomized controlled trial to provide empirical insights into their relative efficacy in addressing the complex interplay of emotional dysregulation, trauma-related cognitions, and interpersonal dysfunctions inherent in these conditions. The structure of this paper is as follows: Section 2 delves into the methodology employed; Section 3 presents the results and data analysis; Section 4 discusses the implications and potential applications of the findings; and Section 5 concludes with recommendations for future research.

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### References

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