

AETIOLOGY

This page is to declare that I have used no form of Artificial Intelligence (AI) to conduct any research, writing, or academic work of any kind.

**“There is no single cause for
Borderline Personality Disorder.”
(NHS, 2022)**

Borderline Personality Disorder is caused by a combination of factors, ranging from brain structure, family experience, and environmental factors.

Although these exposures do not guarantee the diagnosis of BPD, they greatly increase the risk.

Most factors revolve around childhood experiences.



Brain

People with BPD may show structural and functional brain changes, though it **remains unclear whether these are a cause or consequence of the disorder** (National Institute of Mental Health).

- Amygdala - Decreased in size yet increased in activity, translating to intense fear and anger. (Cullen, 2011)
- Hippocampus - Overactivation, causing dissociation and a smaller size, from repeated exposure to stress hormones. (Krause-Utz, 2017)
- Pre-frontal Cortex - This area is hypoactive, translating to an inability to manage intense emotions. (Schulze, 2016)

Heritability

Family and twin studies of Borderline Personality Disorder have found familial aggregation and genetic propensity for BPD, but estimates vary widely.

Heritability was estimated at 46%, and the remaining variance was explained by environmental factors. (Skoglund, 2021)

95.7% of individuals with BPD-diagnosis had at least one of the other included psychiatric diagnoses, compared to 11.3% in non-BPD individuals



Enviromental

Stern declared that '**at least 75%**' of his 'borderline' group had experienced at least one negative family factor in early childhood.

The assurance of being wanted, of belonging, helps materially to develop self-assurance and a strong ego structure. (Stern, 1945)

Many people with borderline personality disorder report childhood trauma, such as abuse, neglect, abandonment, or hardship, or exposure to unstable, invalidating relationships. (National Institute of Mental Health)

Millie-May References

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