

Borderline Personality Disorder



Borderline personality disorder or BPD is a mental health condition that affects the way a person behaves and feels in everyday life. People with this disorder sometimes experience very strong emotion and sudden changes in mood and their reaction to the situation can be intense as well, as sometimes it becomes difficult for them to control feelings (Enoksson *et al.*, 2022). Because of this relationships with family, partners and friends can become unstable. The disorder also affects the sense of identity of a person and some individuals can feel confused about who they are or what they want in life that can create stress in daily functioning. Many symptoms are commonly connected with BPD (Gunderson *et al.*, 2018).

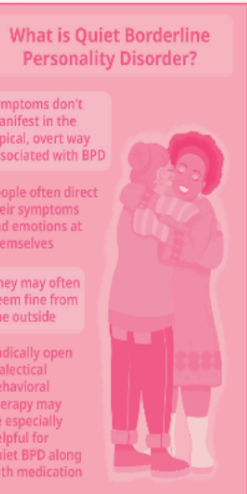
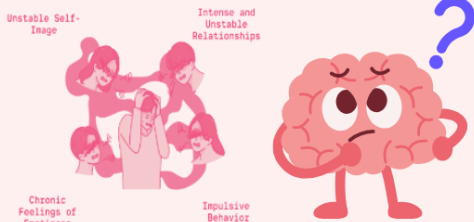
Historical understanding and treatment

Early psychiatric ideas about personality disorder were quite unclear. In the late 19th and early 20th century, unusual behaviour was sometimes considered as a moral weakness or a problem of character rather than a mental health condition. Some psychiatrists noticed a pattern of emotional instability, unstable relationship and impulsive action, but there was no clear diagnosis at that time (Singh and Dudi, 2023). During this particular time, many individuals with serious mental health problems were placed in psychiatric hospitals or asylums. Institutionalisation was commonly used in order to control behaviour rather than to treat the condition and treatments were very limited and sometimes even focused on isolation or basic supervision (Elliott and Smith, 2020). Hospitals were sometimes overcrowded and professionals were very few. Because of stigma and weak treatment methods, many individuals with broad types did not receive effective support



Historical understanding and treatment

In recent years, the understanding of BPD has improved because mental health research has developed a lot. In international classification of disease, the condition is described as a broad line pattern within personality disorder where doctors first identify whether a person has a personality disorder and then examine particular patterns such as emotional instability, unstable relationship, and impulsive behavior. This system helps professionals to understand the serious situation of the condition and plan suitable Care (Bach *et al.*, 2022) Modern treatment mainly focuses on psychological therapy instead of only medication and one widely used therapy is dialectal behavior therapy that helps individuals to manage emotion, improve relations and reduce self harm. Cognitive behavioral therapy is also used in order to support people in recognizing unhealthy thinking patterns and changing behavior(Stallard, 2022).



Social, cultural, and political influence

Social attitude is playing an important and strong role in the BPD to understand how it is treated. In many societies, mental illness, still caddies, stigma, and people with personality disorder are sometimes labelled as difficult, unstable and attention seeking. Because of these negative beliefs, individuals can avoid searching for professional help. Stigma can also appear in healthcare settings where some professionals can feel unprepared to manage complex and difficult emotional behaviour (Baker and Beazley, 2022). This can delay treatment and reduce the quality of support. Cultural perspectives also influence how disorder is recognisedbecause emotional expression and behaviour are judged differently across cultures. In some communities, strong emotional reactions are considered as weakness. While in others, they can be considered normal. Women are diagnosed with BPD more than men. And people believe that this may be connected with gender stereotypes (Fangni, 2025).

Stigma, discrimination, and inequality

People living with BPD sometimes face strong stigma in society even in health settings. Personality disorders are sometimes connected with negative stereotypes, such as dramatic, manipulative, and being difficult to manage. Because of these levels, individuals may not be taken seriously when they are searching for help, and in some situations, their emotional distress is misunderstood or ignored. Such an attitude can lead to discrimination with patients, receiving less empathy in comparison to people with other mental health conditions (Ring and Lawn, 2025). Access to mental health services can be unequal because in many countries there is limited specialised therapy for personal disorder.. Individuals from low income groups or rural areas sometimes face greater barriers when trying to access therapy counselling. Stigma also affects treatment outcome, when people feel judged or ejected, they can stop attending therapy or avoiding help (Ring and Lawn, 2025).

Future recommendation for policy and practice

Access toFuture mental health policies must focus more on early recognition of broadline personality disorder. Many individuals start to show emotional instability and relationship difficulties during adolescence, but the condition is sometimes identified much later. Earlier screening in schools, community, health services and primary care can help professionals to recognise warning signs very soon (Elliott and Smith, 2020). Public awareness campaigns can also improve understanding of personality disorders. So, the families and individuals can feel more comfortable in searching for help. special psychological therapy must be expanded and treatments such as dialectal, behavioral therapy and cognitive (Herzovich and Govrin, 2023). Behavioral therapy can show a positive outcome in helping people to manage emotion and reduce self harm behavior (Hernandez-Bustamante *et al.*, 2024). However, these services are still limited in many healthcare systems and increasing funding for mental health programmes and training.



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