

Définition

Perturbation marquée du rapport à soi-même et aux autres.

Borderline = « à la limite » (le trouble était, à l'origine, considéré comme « à la limite » entre la névrose et la psychose. On parle aussi d'état limite).

Instabilité dans plusieurs domaines avec impulsivité marquée :

- Instabilité dans les relations interpersonnelles
- Instabilité émotionnelle
- Perturbation de l'identité

Étiologies et facteurs de risque

Stress vécus dans la petite enfance
Anamnèse de sévices physiques et sexuels, de négligence, de carence affective, de séparation des parents, et/ou de perte d'un parent au cours de l'enfance

Facteurs de risque

- Predisposition génétique
- Perturbations fonctions de régulation du système cérébral
- Événements de vie difficiles, événements traumatiques

Symptomatologie

Peur de l'abandon
Changement brutal de point de vue
Difficulté à contrôler sa colère, colère inappropriée et intense
Changements d'humeur
Impulsivité, auto-mutilation
Comportements suicidaires
Épisodes dissociatifs, pensées paranoïaques

Critères cliniques DSM-5

Tendance persistante illustrée par ≥ 5 des éléments suivants :

- Efforts effrénés pour éviter abandons réels ou imaginés
- Mode relations interpersonnels instables et intenses
- Instabilité marquée et persistante de l'image ou de la notion de soi
- Impulsivité dans au - 2 domaines potentiellement dommageables pour sujet
- Répétition comportements, gestes ou menaces suicidaires, ou automutilations
- Instabilité affective due à réactivité marquée de l'humeur
- Sentiments chroniques de vide et d'ennui
- Colères intenses/inappropriées ou difficulté à contrôler colère
- Apparition transitoire dans situations de stress idée persécutrice ou symptômes dissociatifs sévères

UE 2.6 Processus psychopathologiques

Trouble de la personnalité limite (borderline)

Traitements

Traitements médicamenteux pour soulager les symptômes : antidépresseurs, neuroleptiques, régulateurs de l'humeur, benzodiazépines

Traitements non médicamenteux : psychothérapies, thérapies cognitivo-comportementale, focalisée sur le transfert, basée sur des schémas, basée sur la mentalisation, réassurance, prévention du passage à l'acte

Hospitalisation parfois nécessaire

Évolution et complications

Diminution des symptômes si psychothérapie. Amélioration clinique avec l'âge avec une atténuation de l'impulsivité.

Complications

- Troubles du comportement
- Automutilation
- Risque de suicide
- Vie instable (perso et pro)
- Hospitalisation nécessaire

Diagnostique différentiels

Différents troubles : bipolaire, personnalité histrionique ou narcissique, dépressifs, anxiété, toxicomanie, stress post-traumatique

Examens complémentaires

Entretien avec un psychiatre



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S Ben Porath



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