Borderline Personality Features, Psychological Distress and Suicidal Ideation: The Role of Cognitive Distortion among Adults in Mardan

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Acknowledgement

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Dedication

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List of Abbreviations

Abbreviations	Full Name
BPD	Borderline Personality Disorder
SI	Suicidal Ideation
CD	Cognitive Distortion
NESARC	National Epidemiologic Survey on Alcohol and Related Condition
ED	Eating Disorder
BMI	Body Mass Index
CMD	Common Mental Disorder
WHO-DAS	World Health Organization Disability Assessment
APD	Anti-Social Personality Disorder
MDD	Major Depressive Disorder
TSF	Thought Shape Fusion
SBD	Suicidal Behavior Disorder
HIT-Q	How I Think Questionnaire
NSSI	Non Suicidal Self Injury

List of Symbols

Symbols	Definitions
α	Cronbach's index of internal consistency
k	Number of items
f	Frequency
n	Total sample
t	Ratio
M	Mean
SD	Standard Deviation
%	Percentage
p	Significance Value
R	Correlation Coefficient
R^2	Coefficient of Determination
β	Standardized Beta
B	Unstandardized Beta
SE	Error
Z	Standard Score
LL	Lower Limit
UL	Upper Limit

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Abstract

This study examines the relationships between Borderline personality features, psychological distress, and suicidal ideation, with a focus on the mediating role of cognitive distortions among adults in Mardan, Pakistan. A Co relational study design was used and data was collected from a sample of adults (N = 250) using standardized measures, including the Borderline Personality Disorder Scale (BPDS) was used to assess Borderline Personality features, Depression Anxiety Stress Scales (DASS-21**)** was used to assess emotional states of depression**,** anxiety and stress, Suicidal Ideation Attribution Scale (SIDAS) to assess the perceived causes of suicidal thoughts and the Cognitive Distortions Scale (CDS) was employed to assess the distorted cognition like stress creating, self-criticism, predictive and rigid thinking. The descriptive statistic was run to assess mean and SD, frequencies and percentages. The Shapiro Wilk test was run to check skewness of data, Pearson product moment correlation was run to find the relationship between Borderline Personality Disorder Scale, Depression Anxiety Stress Scales, Suicidal Ideation attribution Scale and Cognitive distortion Scale. Mediation analysis (Baron and Kenny mediation analysis) was performed to find out the Mediation role of Cognitive distortion between Borderline personality feature, Psychological distress and Suicidal ideation.

Key Words: Borderline personality features, Psychological distress, Suicidal ideation, Cognitive distortion.