

# The degree to which the gap between perceived and enacted support Abandonment Anxiety and Borderline Personality Disorder

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## 【Problem】

Borderline Personality Disorder (BPD) is characterized by anxiety about being abandoned by others, and inappropriate behaviors in interpersonal situations make it difficult to maintain interpersonal relationships (APA, 2013). In particular, it has been suggested that the perception of lack of support from one's surroundings can lead to problematic behaviors such as self-injury, which is characterized by BPD (Mendez et al., 2022). In general, cognitions of support can be divided into perceived support and executive support (Cohen & Wills, 1985). Findings in the cognitive aspect of support suggest that greater cognitive discrepancies in obtaining and providing support have a negative impact on mental health (Wang & Gruenewald, 2019). As a mechanism of action, abandonment anxiety may be evoked to regulate the cognitive misalignment between perceived support and executive support, leading to problem behaviors. The purpose of this study is to examine the hypothesis that cognitive misalignment between perceived support and executive support causes BPD problem behaviors through abandonment anxiety.

**METHODS:** Research collaborators: A questionnaire survey was administered to 161 Japanese four-year college students (64 males, 96 females, and 1 other (mean age:  $21.09 \pm 1.82$  years).

Questionnaire (a) Demographic data (age, gender), (b) BPD symptoms: Japanese version of Quick Evaluation of Severity over Time (QuEST-J; Iri et al., 2007), (c) Abandonment anxiety: Abandonment anxiety scale in adolescents (Saito et al., 2012), (d) Perceived Support: social support items for college students (using three teachings: "From Parents ~", "From Friends ~", and "From Lovers ~"; Katage and Onuki, 2014), (e) Performed Support: performed social support items (Fukuoka, 1997; same teachings as Perceived Support ). This study was conducted with the approval of the Ethical Review Committee for Research Involving Human Subjects at Waseda University (Approval No. 2021-259).

**RESULTS:** To examine the effects of cognitive balance of support on problem behaviors in BPD, mediation analysis was conducted with friends and family members as the independent variables and abandonment anxiety as the

mediating variable, respectively.

A significant trend in the mediation effect was found when the source of support was friends ( $\beta = -.53, p = .059$ ). Next, a full mediation effect was found for family members ( $\beta = -.86, p = .0070$ ). In addition, for both sources of support, support gap scores and abandonment anxiety were negatively related (friends:  $t(159) = -1.97$ , standardized coefficient =  $-.15, p = .051$ ; family:  $t(159) = -3.00$ , standardized coefficient =  $-.23, p = .0030$ ).

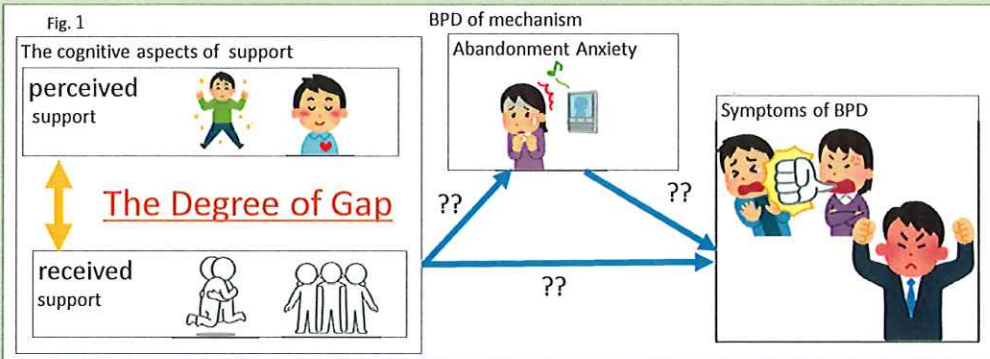
**CONCLUSION:** The results of this study suggest that the greater the cognitive discrepancy between perceived support and executive support for mothers and friends by the source of support, the more likely it is that BPD is causing problem behaviors through abandonment anxiety. In the study conducted by Wang (2019), the smaller the cognitive discrepancy between perceived support and executed support, the higher the relationship satisfaction and the lower the stress. On the other hand, information processing in BPD suggests that there may be a bias to perceive positive information negatively in those who have met diagnostic criteria for BPD (Kleindienst, 2019). These findings suggest that situations with cognitive misalignment of support in BPD are perceived negatively due to cognitive biases, evoking abandonment anxiety as a motivator to cope. Furthermore, the problematic behavior in BPD is thought to function as a coping mechanism to reduce abandonment anxiety. (1455 words)

**Keywords:** borderline personality disorder, perceived support, executive support, abandonment anxiety

## 【INTRODUCTION】

Borderline Personality Disorder (BPD) is characterized by anxiety about being abandoned by others, and inappropriate behaviors in interpersonal situations make it difficult to maintain interpersonal relationships (APA, 2013).

→ Findings in the cognitive aspect of support suggest that greater cognitive discrepancies in received and perceived support have a negative impact on mental health (Wang & Gruenewald, 2019). (Fig.1)



How does the extent of the support cognitive GAP affect BPD?

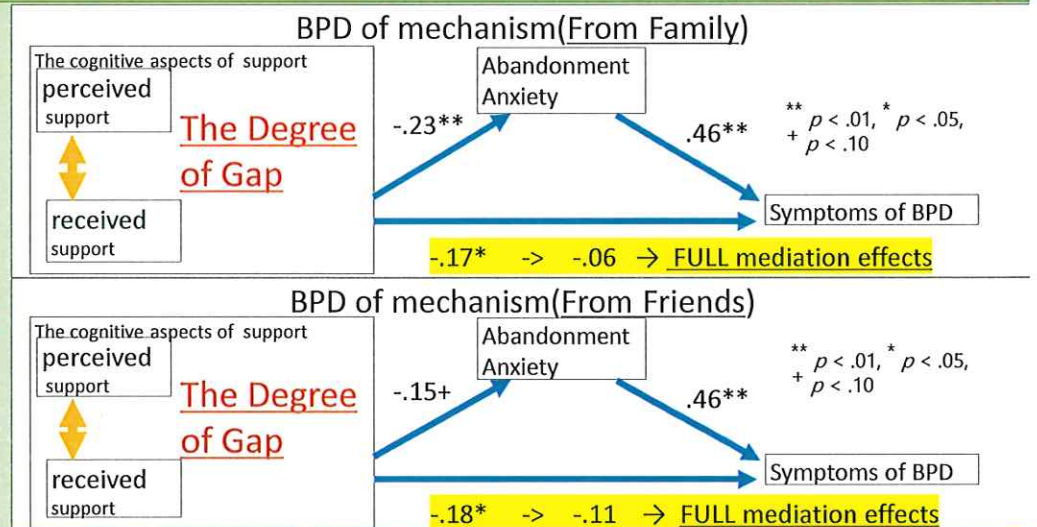
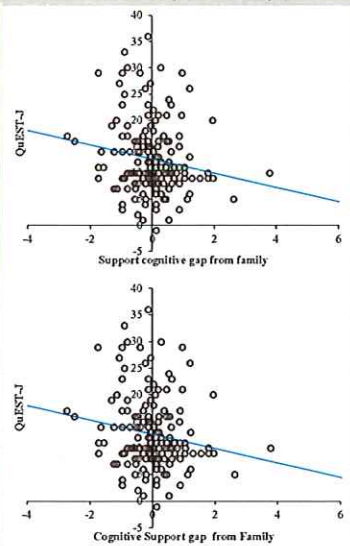
## 【METHOD】

Subjects: An online survey was conducted on 152 university students (62 males, 90 females, mean age  $21.09 \pm 1.85$  years).

Survey materials: (1) Demographic items (age, gender) (2) BPD symptoms: Japanese version of Quick Evaluation of Severity over Time (QuEST-J; Isato et al., 2007) (3) Abandonment anxiety: Abandonment Anxiety Scale for Adolescents (Saito et al. 2012) (4) Perceived support: Social support items for university students (using two teaching items: "From family" and "From friends"; Kataue and Onuki, 2014). (5) Received support: Executed social support items (using two instructions, "from parents" and "from friends"; Fukuoka, 1997).

## 【RESULT】

### Preliminary Analysis

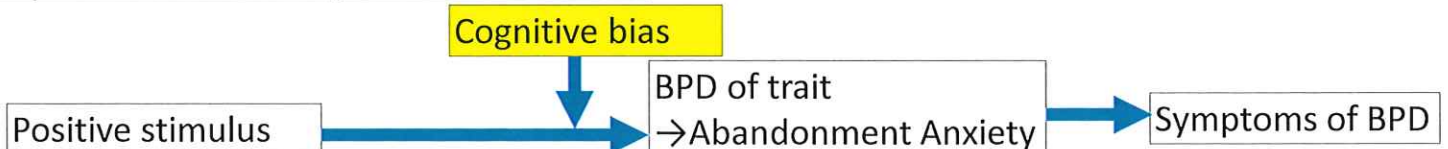


The results of this study suggest that the greater the cognitive support gap between perceived and received support from family and friends support sources, the more BPD may influence problem behaviors through abandonment anxiety.

## 【DISCUSSION】

In the study conducted by Wang (2019), the smaller the cognitive discrepancy between perceived support and executed support the higher the relationship satisfaction and the lower the stress. On the other hand, information processing in BPD suggests that there may be a bias to perceive positive information negatively in those who have met diagnostic criteria for BPD (Kleindienst, 2019).

### People who meet the diagnostic criteria for BPD



※ There is no COI relationship with any company that should be disclosed in connection with the presentation of the abstract.

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## 発表概要報告書

### 【大会概要】

2023年6月1日から2023年6月4日に開催された、10th World Congress of Cognitive and Behavioural Therapiesに参加した。韓国のソウルで開催された。本大会は対面にて開催された。ポスター発表は、大会期間中の6月2日と3日に分けて行われ、発表者は該当の日にもちの午前・午後のいずれかに割り振られ、発表を行った。時間の許す限り、自分の研究と関連がある研究や、その他興味のある研究のポスターを見ることができた。

### 【発表内容の概要】

“The degree to which the gap between perceived and received support Abandonment Anxiety and Borderline Personality Disorder”という題目でポスター発表を行った。本研究は、大学生を対象としたサポート知覚および実行サポートに対するの衡平性がBPD (Borderline Personality Disorder)の特徴に対する影響を検討することを目的とした調査研究を行った。結果として、サポート源が親および友人であるとき、いずれの場合においてもサポートの衡平性は見捨てられ不安を媒介して、BPDの問題行動に負の影響を及ぼすことが示された。このことから、サポートに対する認知的差異が小さい程、BPDの問題行動は多くなることが示唆された。BPDの特徴は、一般的なサポートの衡平性とは異なり、BPDにおけるサポートに対する認知的バイアスが関連していることが示唆された。

### 【体験記】

ポスター発表は、大会期間中はいつでも見ることができるようになっていた。国際学会であったため、結果などグラフを用いて、視覚的にわかるように工夫した。また、口頭で補足の説明ができなかったため、説明がなくても理解できるよう工夫を行った。

対面で参加することによって、自分の専門でなかった分野についても見ることができ、思わぬ発見につながった。また、日本人の先生方も多くおり、コミュニケーション上の困難は少なかった。

初めて国際学会に参加し、自分の研究を発信することができ、大きな自信につながった。今後も、国際学会での発表にチャレンジしていきたい。また、今後は現地で参加している外国の先生方ともコミュニケーションをとりながら学会に参加したいと思った。この経験を今後の研究および臨床活動に活かしていきたい。

(日本語 1200 字以内)

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