

Table S1. An overview of outpatient treatments of borderline personality disorder since 2005: Duration, attrition, effect size and recovery rate

Authors	Treatments	N ^a	Duration of treatment (months)	Attrition ^b	Effect size ^c measure	ES Pre-post	Recovery rate BPD	Duration of Follow-up (months)	ES Pre-follow-up
Nordahl et al., 2005	ST	6	22	16%	YSQ, IIP, SCL-90, BDI	1.9	50%	12	1.8
Giesen-Bloo et al 2006	ST	44	36	27%	BPDSI (Interview; DSM-IV BPD psychopathology)	2.96 ^d *	46%	Na.	Na.
	TFP	42		51%		1.85 ^d *	24%		
Nadort et al 2009	ST w/P	32	18	22%	BPDSI (Interview; DSM-IV BPD psychopathology)	1.42 *	42%	Na.	Na.
	SFT w/out P	30		20%		1.82 *	43%		
Farrell et al 2009	ST & TAU	16	8	0%	DIB-R (Interview; DSM-IV BPD psychopathology)	2.31	94%	6	2.37
	TAU	12		25%		0.47	16%		
Davidson et al 2006	CBT	54	12	3,7%	YSQ (Self-report; maladaptive schemas)	0.84	Na.	12	0.79
	TAU	52		7,7%		0.42			
Cottraux et al 2009	CBT	33	12	39%	YSQ (Self-report; maladaptive schemas)	1.17	Na.	12	1.99 ^e
	RST	32		44%		1.10			
Linehan et al 2006	DBT	52	12	19%	Suicide ideation (Self-report; suicide behaviour question.)	0.97	Na.	12	1.36
	ECP	49		43%		1.13			
McMain et al 2009	DBT	90	12	39%	ZAN-BPD (Interview; DSM-IV BPD psychopathology)	1.23	Na.	Na.	Na.
	GPM	90		38%		1.09			
Clarkin et al 2007	TFP	30	12	23%	Suicidality (Self-report; Overt aggression scale modified)	0.70 ^{e*}	Na.	Na.	Na.
	DBT	30		43%		0.72 ^{e*}			
	SUPT	30		27%		0.37 ^{e*}			
Doering et al 2010	TFP	45	12	29%	DSM-IV BPD Criteria (Interview; Scid-II)	1.8 *	42%	Na.	Na.
	ECP	39		56%		1.4 *	15%		
Bateman et al 2009	MBT	71	18	27%	Hospital admission due to Suicidality and self-injury	1.29	Na.	Na.	Na.
	SCM	63		25%		0.77			
Gregory et al 2008/2010	DPP	15	12	33%	BEST (Self-report; severity of DSM-IV based symptoms)	1.43*	Na.	18	1.51
	TAU	15		40%		0.73*			
Weinberg et al 2006	MACT & TAU	15	2	0%	Frequency of deliberate self-harm	0.81	Na.	6	0.67
	TAU	15		0%		0.58			
Blum et al 2008	STEPPS & TAU	65	5	31%	ZAN-BPD (Interview; DSM-IV BPD psychopathology)	1.21 ^f	Na.	12	0.40 ^{f,h}
	TAU	59		14%		0.53 ^f			
Bos et al 2010	STEPPS	42	4 ½	21%	BDP-40 (self-report; DSM-IV BPD psychopathology)	1.06	Na.	6	1.18
	TAU	37		11%		0.19			
Priebe et al., 2012	DBT	40	12	52%	DSH (Deliberate self-harm)	0.49	Na.	6	Na.
	TAU	40		15%		0.06			
Bohus et al., 2013	DBT	43	3	5%	CAPS (Trauma symptoms) PDS (PTSD symptoms)	1.50	Na.	6	1.73
	TAU	39		5%		0.10			
Linehan et al., 2015	DBT	33	12	24%	Suicide attempts and NNSI (non-suicidal injury)	Na. ¹	Na.	12	Na.
	DBT-S	33		39%					
	DBT-I	33		48%					

Notes: a) Number of patients randomized corrected for dropout prior to start of treatment; b) Attrition defined as loss due to training cases, drop-out, or not completing the treatment protocol; c) Effect sizes: Cohen's d with pooled SD, within-group calculations, pre-treatment vs. post-treatment or follow-up, bias corrected (Hedges); d) ES stated in paper based on medians; e) Transformed from r to d by the authors; f) SD calculated based on SE and N; g) ES based on completer analysis; N at follow-up (CBT = 10, RST = 11); h) Values for ZAN-BPD not given at follow-up, BEST used instead for ES. i) Measure was not available for measuring ES. * ES (Cohen's d or r) was stated in the paper.

Abbreviations: ST = Schema Therapy; TFP = Transference-Focused Psychotherapy; DBT = Dialectical Behaviour Therapy; SUPT = Supportive Treatment; TAU = Treatment as usual; GPM = General psychiatric management; ECP = Experienced community psychotherapists; MBT = Mentalization-based treatment; SCM = Structured clinical management; DPP = Dynamic deconstructive psychotherapy; MACT = Manual assisted cognitive treatment; STEPPS = System training for emotional predictability and problem solving; BPDSI = Borderline personality disorder severity index, 4th ed.; DIB-R = Diagnostic Interview for BPD-revised; YSQ = Young schema questionnaire; ZAN-BPD = Zanarini rating scale for BPD; BEST = Borderline evaluation of severity over time; BDP-40 = BPD checklist - 40 items.

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