

RORSCHACH TEST PERFORMANCE ON BORDERLINE PERSONALITY DISORDER

TO INFORM MENTAL HEALTH OUTCOMES WHEN BRIDGING THE GAPS BETWEEN EMOTIONAL PEACE, EMOTIONAL INTELLIGENCE, AND MINDFULNESS.

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ABSTRACT

The Rorschach test is a valid and reliable projective psychological test to assess individuals' personality characteristics and emotional functioning (Mondal & Kumar, 2021). This research aims to extend the implications of emotional intelligence, emotional peace, and mindfulness in fostering positive mental health outcomes. Previous studies have informed that psychopathological conditions are generated as a result of the individual's perception o the events. We hypothesize that compared to healthy controls, individuals with borderline personality disorder (BPD) perform significantly differently on the Rorschach Test. This significant difference in performance may be due to maladaptive emotional functioning, thought disorders, perception, cognition, motivations, affection, needs, emotional conflicts, and personality type, which might interfere with mental health outcomes and lead to psychopathological conditions. Specifically, we posit that the following six predictors- abstract thinking, trauma or impact, mindfulness, rejection, impulses or motivations, and goals can predict confabulation to understand individuals with BPD's mental health outcomes. In the Rorschach test, confabulation is defined as unintentional false memories or beliefs created based on inaccurate perceptions of the inkblot (Wiggins & Bunin, 2023). Confabulation is a neuropsychiatric disorder that makes the patient prone to generate unintentional false memories called "honest lying" (Wiggins & Bunin, 2023). A multiple regression analysis established that the six predictors statistically significantly predict confabulation F(7, 66)= 2.348, p < .05, R square = .199. The findings indicate that confabulation accounts for 20% when predicting individuals with BPD's performance on the Rorschach Test. Thus, the Rorschach Test can predict with at least 20% accuracy whether someone with BPD is in touch with reality. Significant positive correlations were also found between confabulation and those factors.

BACKGROUND

INTRODUCTION & JUSTIFICATION

Let's control borderline personality disorder (BPD).

•The Rorschach test offers an accurate prediction of BPD using the likelihood that the patient may engage in confabulation on the ink blood test.

·Indeed, the more confabulatory one becomes on the Rorschach test the more

creative one appears to be. Is it creation or delusion?

DEFINITION AND CONTEXT

•On the Rorschach test, confabulation is defined

as unintentional false memories or beliefs called

•"honest lying" created based on inaccurate perceptions of the inkblot (Wiggins & **Bunin**, 2023).

•For example, healthy people may most likely see a bath or a butterfly, but people with BPD may go beyond that and create a whole story with characters that may portray trauma, anger, and delusions.

PARTS OF

THE BRAIN

THE FRONTAL LOBE

- •The frontal lobe includes the prefrontal cortex
- which is the center of higher-order cognitive
- functioning, emotion regulation, decision-making, and social behavior.
- •The frontal cortex is particularly involved in the
- interpretation, expression, and
- regulation of emotion (Alipour et al., 2011).

CONFABULATION AND DELUSIONS

•When do confabulations turn into delusions?

•Confabulations are false memories while delusions

 are false beliefs (Wiggins & Bunin, 2023). •What are some of the factors maintaining confabulations,

•psychopathological conditions, and borderline personality disorder (BPD)? TRAUMA

Early childhood trauma (ECT) (Collins & Popek, 2018) and

•Neurobiology of childhood stress and trauma (NCST) (Teicher et al., 2002) are adverse childhood experiences (ACEs) (Felitti et al., 1998) that create conflicts.

CONFABULATION AND EMOTIONAL INTELLIGENCE

•How may the Rorschach test predict confabulation?

•The concept of emotional peace (EP) is an umbrella term to refer to emotional intelligence and mindfulness because peacefulness is determined through the state of mindfulness and knowledge (Nelson, 2021).

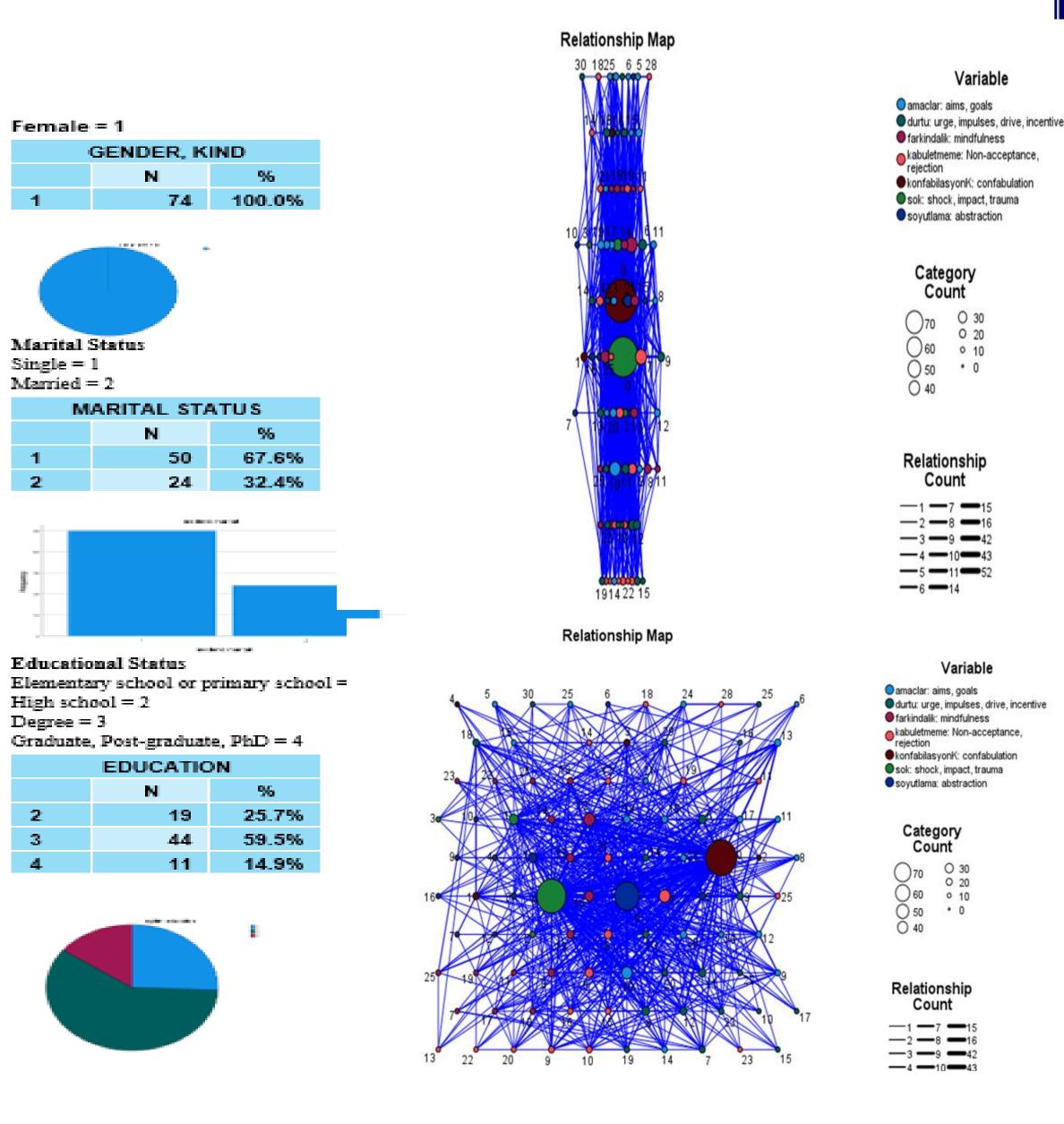
•Emotional intelligence is the cognitive ability to process complex information related to emotions to inform the thinking and behavior patterns of an individual (Alipour et al., 2011). •The inability to adequately regulate extreme and sustained

METHOD

N1 = 37 female patients diagnosed with borderline personality disorder based on the DSM-5 diagnostic criteria (DSM5).

N2 = 37 control group participants who were evaluated as neurotic or mentally healthy. **Statistical Analyses Include:**

- A MULTIPLE REGRESSION ANALYSIS
- SPEARMAN'S RHO CORRELATIONS



THEORETICAL PERSPECTIVES

• In this paper, we consider an integrative approach to psychotherapy because it allows the integration of different therapy modalities into a treatment package or theoretical approach. INTEGRATED APPROACHES TO UNDERSTAND AND TREAT BORDERLINE PERSONALITY DISORDER (BPD).

- Attachment theory: adverse childhood experiences (ACEs) (Felitti et al., 1998) lead to insecure attachment and are associated with complex trauma (Murphy et al., 2015)
- Psychodynamics: addresses how behaviors are impacted by unconscious processes such as thoughts, desires, and memories. It also addresses how past conflicts are managed and how they influence personality and behaviors. The unconscious mind, dream analysis, ego psychology, object relations theory, and dynamics of transference and countertransference are also studied within this perspective. Psychodynamics also seeks to understand how defense mechanisms are formed; how repetition and compulsion behaviors are generated; and how early childhood relationships influence personality development. Psychodynamics assesses emotional expression, improves interpersonal relationships, and treats complex conditions such as personality disorders (Opland & Torrico, 2024).
- Behavior therapy, cognitive therapy/ cognitive behavior therapy (CBT): address how maladaptive patterns of thinking and behaviors are formed and assess how alternative adaptive thoughts and behaviors can be nurtured (Corsini & Wedding, 2014).
- Dialectic behavior therapy (DBT) is a type of talk therapy designed to help patients manage emotions, improve interpersonal relationships, and promote adaptive coping skills (Dimeff & Linehan, 2001). DBT was initially designed to treat individuals with chronic suicidal ideations and behaviors. It has been adapted to treat people with borderline personality disorder BPD, emotion dysregulation, and substance dependency.
- Narrative therapy helps the individual rewrite the story they would want to have.
- Existential-phenomenological frameworks: prompt the search for meaning in life and a life purpose (Corsini & Wedding, 2014).
- Person-centered therapy and solution-focused therapy consider the healing process (Corsini & Wedding, 2014).
- Positive psychotherapy nurtures a positive mindset (Corsini & Wedding, 2014). • Multicultural psychotherapy applies cultural awareness, and the best-fit approach tailored to the patient (Corsini & Wedding, 2014).

RESULTS STD. ERROR OF THE ESTIMATE $P \le 0.01 = P$ -value less than or equals to 0.01 A. PREDICTORS: Significant Results P < 0.05 = P-value less than or equals to 0.05 **Significant Results** A. DEPENDENT VARIABLE: Confabulation B. PREDICTORS: (constant): abstraction, shock, impact, or trauma; mindfulness, non-acceptance, rejection, urge, impulses, or drive, incentive, aims, or goals INTERPRETATION MULTIPLE REGRESSION ANALYSIS • The multiple regression analysis established that the six predictors statistically significantly predict confabulation F(7, 66) = 2.348, p < .05, Rsquare = .199. Confabulation accounts for 20% when predicting individuals with BPD's performance on the Rorschach Test. • The Rorschach Test can predict with at least 20% accuracy whether someone with BPD is in touch with reality. Spearman's Correlations Table Significant positive correlations were found at p < .05 between: Confabulation and rejection, impulses, and aims. Abstraction and aims. Trauma and abstraction, mindfulness, rejection, impulses, and aims. Mindfulness and trauma, rejection, impulses, and aims. Rejection and confabulation, shock, mindfulness, impulses, and aims.

be worth investigating.

impulses.

account for males.

CONCLUSION/ RECOMMENDATIONS

Impulses and confabulation, trauma, mindfulness, rejection, and aims. • Aims and confabulation, abstraction, shock, mindfulness, rejection, and

• This study could be replicated to include a more representative sample to

• The neuronal pathways where those false memories are generated would

Notes. The data used in this study is from: Faraji, Haydeh. Borderline Personality Disorder On Rorschach Test. Ann Arbor, MI: Inter-university Consortium for Political and Social Research [distributor], 2021-06-13. https://doi.org/10.3886/E142881V1
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CONTACT: This sole author conducted this research. No conflict of interest to disclose.