

Interventions For Impulsive Personality Disorder: Evaluating Effectiveness And Treatment Approaches

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Abstract

This qualitative study synthesizes insights from seven previously selected empirical studies to deepen our understanding of Impulsive Personality Disorder (PD). By meticulously analysing data from these studies, which include in-depth interviews, focus groups, and observational research, we aim to construct a comprehensive picture of the lived experiences of individuals with Impulsive PD. The research focuses on the themes of impulsivity, emotional dysregulation, and interpersonal challenges, as reported by those directly affected. This analysis not only reflects the subjective realities of individuals with Impulsive PD but also examines the broader social and relational contexts in which these individuals operate. The study's primary objective is to provide a rich, nuanced perspective on Impulsive PD, drawing attention to the often-overlooked individual narratives and experiences. The findings are intended to challenge existing paradigms and contribute to the development of more empathetic and effective intervention strategies, tailored to the unique experiences and needs of individuals living with this complex disorder.

Keywords: *Impulsive PD, Effective Interventions, Behaviour Interventions and Impulsivity*

1. Introduction

Impulsive Personality Disorder (Impulsive PD) constitutes a complex and clinically significant facet within the domain of personality disorders, characterized by enduring patterns of impulsive and self-destructive behaviours, emotional instability, and interpersonal difficulties [1]. As delineated by personality disorders represent pervasive and inflexible patterns of cognition, emotion, and behaviour, deviating markedly from cultural expectations and impacting various facets of an individual's life. Among these disorders, Impulsive PD stands out as a formidable challenge, given its profound influence on personal well-being, social relationships, and overall functioning.

The hallmark of Impulsive PD is its propensity to manifest in diverse and disruptive behaviours. Individuals afflicted with this disorder often grapple with reckless driving, substance misuse, self-harming behaviours, and tumultuous interpersonal relationships [2 & 3]. These manifestations of impulsivity, coupled with heightened emotional turmoil, pose considerable hurdles to achieving stable employment, establishing meaningful social connections, and cultivating a consistent sense of self. Consequently, the imperative to comprehensively understand and effectively address Impulsive PD is underscored.

As scholarly inquiry into personality disorders has advanced, so too has our comprehension of Impulsive PD and the array of treatment options available. This comprehensive review seeks to furnish an updated and exhaustive overview of the various intervention approaches accessible to mental health professionals. Drawing from empirical studies [2 e.g., 4], clinical trials [5], and theoretical paradigms, our aim is to provide valuable insights into the current landscape of evidence-based interventions for Impulsive PD. Throughout this endeavour, we scrutinize a spectrum of therapeutic modalities, encompassing psychotherapy, pharmacotherapy, and behavioural interventions [3]. Each approach is scrutinized for its efficacy, merits, and constraints, with the overarching objective of delivering a nuanced perspective on the state of Impulsive PD treatment.

By embarking on this exploration, we aspire to offer pragmatic guidance to mental health practitioners, researchers, and policymakers, elucidating the path forward in our endeavour to augment the well-being and life quality of individuals grappling with Impulsive PD. In the midst of our deep dive into the intricate and multifaceted domain of Impulsive Personality Disorder interventions, we accentuate the critical importance of a holistic understanding.

Such an understanding not only assesses the efficacy of specific treatment modalities but also contemplates the broader context of individual experiences, societal attitudes, and the ongoing evolution of psychiatric knowledge.

2. Briefly introduce Impulsive Personality Disorder (Impulsive PD).

Impulsive Personality Disorder (Impulsive PD) is a recognized personality disorder characterized by persistent patterns of impulsivity, self-destructive behaviours, emotional instability, and interpersonal challenges [1]. It falls under Cluster B personality disorders, marked by dramatic and erratic behaviours [1]. Impulsive PD's core feature is impulsivity, encompassing actions like reckless behaviour, substance misuse, self-harm, and turbulent relationship [3 e.g., 2]. Accurate diagnosis and effective treatment are essential, given its profound impact on individuals' lives [4].

2.1 Highlight the significance of understanding and addressing impulsivity in Impulsive PD.

Impulsivity is a central and defining feature of Impulsive PD (American Psychiatric Association). Previous studies emphasize the critical significance of comprehending and effectively addressing impulsivity within the context of Impulsive PD for several reasons:

2.2 Core Symptomatology: Impulsivity lies at the core of Impulsive PD and serves as a primary diagnostic criterion [1]. Understanding it is pivotal for accurate diagnosis and differentiation from other personality disorders.

2.3 Destructive Behaviours: Impulsivity is associated with a range of self-destructive behaviours, including substance abuse, self-harm, and reckless behaviours [2]. These behaviours can have severe consequences on an individual's physical and psychological well-being.

2.4 Impact on Relationships: Impulsivity often leads to tumultuous interpersonal relationships characterized by conflicts, instability, and emotional volatility [3]. These difficulties can lead to social isolation and a reduced quality of life.

2.5 Treatment Implications: Impulsivity significantly influences treatment strategies. Behavioural interventions and therapies targeting impulsivity are essential components of effective treatment plans for Impulsive PD [4]. Without addressing impulsivity, treatment outcomes may be suboptimal.

2.6 Risk Mitigation: Impulsivity is associated with an increased risk of self-harm and suicidal behaviours [6]. Understanding and managing impulsivity are crucial in minimizing these risks.

2.6 Long-term Well-being: Addressing impulsivity can lead to improved long-term outcomes, including greater emotional stability, healthier relationships, and enhanced overall functioning [2]. Addressing impulsivity in Impulsive PD is not only diagnostically essential but also pivotal for effective treatment and the overall well-being of individuals with this disorder. Previous research underscores the far-reaching consequences of impulsivity and the necessity of targeted interventions to mitigate its impact and promote healthier, more stable lives for individuals with Impulsive PD.

2.7 Effective behavioural interventions for impulsivity

The primary objective of this academic literature review is to meticulously investigate and evaluate the effectiveness of behavioural interventions tailored to mitigate impulsivity, focusing particularly on their application within the context of Impulsive Personality Disorder (Impulsive PD). This inquiry aims to synthesize and critically assess extant research findings with a multifaceted agenda. Firstly, it seeks to discern the degree to which diverse behavioural interventions, including Cognitive-behavioural therapy (CBT), Dialectical Behaviour Therapy (DBT), mindfulness-based interventions, and pharmacotherapy, have been efficacious in managing impulsivity—the cardinal symptom of Impulsive PD [7]. Secondly, it endeavours to pinpoint evidence-based best practices and strategies within these interventions that hold promise in ameliorating impulsivity and, by extension, enhancing the overall well-being and quality of life of individuals grappling with Impulsive PD. Thirdly, by identifying any lacunae and underexplored domains in the existing literature [8], it aims to guide future research endeavours, thereby advancing our comprehension of impulsivity and its therapeutic management within the realm of Impulsive PD.

Lastly, as a practical outcome, this review aspires to furnish mental health practitioners, clinicians, and researchers with valuable insights and empirical evidence, ultimately informing and enhancing the design and implementation of treatment modalities for Impulsive PD. In this pursuit, the review builds upon seminal studies, such as [6] investigation of Dialectical Behaviour Therapy [8] longitudinal study, and references Koerner and [4] review of research on dialectical behaviour

therapy, among others, to establish a comprehensive foundation for understanding the intricate interplay between behavioural interventions and impulsivity within the context of Impulsive PD.

2.8 Effectiveness of Behavioural Interventions

Impulsivity is a defining characteristic of Impulsive Personality Disorder (Impulsive PD), distinguishing it within the Cluster B personality disorders [4]. It involves a tendency to act on immediate urges with little consideration of consequences, significantly shaping the clinical presentation of this disorder [4]. Those with Impulsive PD exhibit a broad range of impulsive behaviours, including reckless driving, substance misuse, self-harm, and turbulent relationships, often accompanied by intense emotional fluctuations [3]. To address this central impulsive feature, various behavioural interventions have been developed, such as Cognitive-behavioural Therapy (CBT), which targets cognitive distortions related to impulsivity [6], and Dialectical behaviour Therapy (DBT), which integrates mindfulness and emotion regulation techniques to reduce impulsive actions [6]. These interventions have shown effectiveness in reducing impulsivity and improving emotional stability among individuals with Impulsive PD [6]. Future research should explore novel approaches to understanding and treating impulsivity in Impulsive PD, possibly incorporating neurobiological investigations and personalized treatment strategies [8]. Insights from related fields like Attention-Deficit/Hyperactivity Disorder (ADHD) and substance use disorders provide cross-disciplinary perspectives on impulsivity [8].

3. Research methodology

Exploring interventions for Impulsive Personality Disorder (Impulsive PD) through a qualitative research approach, the study aimed to delve deeply into the subjective experiences, perceptions, and impacts of these interventions, focusing on those directly affected, their caregivers, and healthcare professionals, [9].

Data Sources and Search Strategy:

The research utilized renowned academic databases, including PubMed, PsycINFO, Scopus, and Google Scholar. The search strategy was carefully designed to capture qualitative studies that provided rich insights into Impulsive PD interventions. Keywords such as "Impulsive Personality Disorder," "Qualitative Studies," "Patient Experiences," "Caregiver Perspectives," and "Therapeutic Outcomes" guided the search. The inclusion criteria focused on studies published within a specific timeframe that offered in-depth qualitative data, such as narrative analyses, case studies, ethnographic research, and phenomenological studies, [10].

Data Collection:

The process included an initial screening of titles and abstracts, followed by a full-text review to assess the depth and relevance of the qualitative data. The emphasis was on studies that offered detailed accounts of experiences, perceptions, and the social and emotional impacts of various interventions. This included personal narratives, interview transcripts, and observational data.

The extraction process focused on capturing the essence of these experiences, paying close attention to the language used by participants and the contexts of their experiences, [12].

Data Analysis:

Thematic analysis involved coding the data into meaningful categories and identifying patterns and themes that emerged. This process was iterative, allowing for the refinement of themes as more data was analysed. The analysis sought to understand the complexities of living with Impulsive PD and the nuanced ways in which different interventions were experienced and perceived. This included exploring themes such as the impact of treatment on daily life, changes in self-perception and interpersonal relationships, and the emotional journey of coping with Impulsive PD, [13].

Quality Assessment:

Quality assessment focused on the credibility and trustworthiness of the qualitative data. This involved evaluating the depth of the narrative descriptions, the authenticity and diversity of participant voices, and the methodologies used in the original studies. Ethical considerations were paramount, ensuring that the data was handled with sensitivity and respect for participants' confidentiality and dignity, [17].

Results Presentation and Discussion:

The study's findings were presented in a narrative format that wove together the diverse experiences and perspectives uncovered. This included direct quotes, thematic summaries, and illustrative case examples. The discussion explored the implications of these findings, considering how they could inform more effective and empathetic approaches to treating Impulsive PD. The study also addressed the limitations of qualitative research, such as the potential for subjective

interpretation and the challenges in generalizing findings. Through this qualitative research approach, the study provided a comprehensive and empathetic understanding of the interventions for Impulsive PD, emphasizing the importance of considering individual experiences in clinical practice and policy-making, [18].

4. Results

Cognitive-Behavioural Therapy (CBT) emerges as a promising intervention for individuals diagnosed with Impulsive Personality Disorder (Impulsive PD). [9] conducted a systematic review encompassing 20 studies, revealing consistent evidence of CBT's effectiveness. This intervention consistently led to significant reductions in impulsive behaviours, encompassing reckless actions, self-harm, and substance misuse [9]. Furthermore, participants who underwent CBT reported marked improvements in emotional regulation, characterized by reduced emotional volatility and enhanced coping strategies [9]. Importantly, the benefits of CBT extended beyond the immediate intervention period, demonstrating long-term sustainability. This aligns with previous research by [13] and Davis et al. [15], which similarly emphasized CBT's favourable outcomes in reducing impulsive behaviours and improving emotional stability in individuals with Impulsive PD. [10] conducted a meta-analysis, finding a moderate effect size for impulsive behaviour reduction [13], while [15] highlighted CBT's role in enhancing self-regulation and reducing self-destructive behaviours [17].

SL	Year	Authors	Findings	Study
1	2021	Smith et al	CBT consistently reduces impulsive behaviours such as reckless actions, self-harm, and substance misuse. CBT leads to improved emotional regulation and coping strategies. Long-term sustainability of CBT benefits.	Systematic review of 20 studies
2	2020	Davis et al	CBT enhances self-regulation and reduces self-destructive behaviours.	Empirical study
3	2019	Johnson et al	Meta-analysis found a moderate effect size for reducing impulsive behaviour with CBT.	Meta-analysis
4	2019	Wilson et al	CBT results in sustained improvements in impulsive behaviours and emotional stability.	Longitudinal study
5	2018	White et al	Cognitive restructuring is crucial in improving impulse control.	Qualitative analysis of patient experiences
6	2017	Brown & Harris	CBT improves emotional regulation skills, reducing emotional dysregulation and enhancing emotional stability.	Empirical study
7	2016	Martin et al.	CBT leads to sustained improvements in impulsive behaviours and emotional stability.	Longitudinal study

Chart about previous six years study

4.1 Reduction in Cognitive Distortions

A key factor contributing to CBT's effectiveness in mitigating impulsive behaviours is its emphasis on identifying and modifying cognitive distortions related to impulsivity. Participants undergoing CBT reported heightened awareness of impulsive thought patterns and acquired strategies to challenge and reframe these thoughts [9]. This cognitive restructuring process played a pivotal role in reducing impulsive decision-making and bolstering self-control. These findings are consistent with the observations, who conducted a qualitative analysis of patient experiences and identified cognitive restructuring as a crucial element in improving impulse control [12].

4.2 Improved Emotional Stability

Notably, emotional stability showed significant enhancement in individuals with Impulsive PD who received CBT [9]. Participants reported fewer episodes of intense emotional fluctuations, including anger outbursts or emotional dysregulation, following CBT sessions [9]. CBT achieved this by imparting enhanced emotional regulation skills, incorporating mindfulness techniques and emotion regulation strategies as integral components of the intervention's success [9]. This aligns with the study by [10], which underscored the role of emotional regulation skills acquired through CBT in reducing emotional dysregulation and enhancing emotional stability [10]. The findings suggest that CBT equips individuals with Impulsive PD with the tools needed to navigate emotional challenges effectively.

4.3 Duration of Effectiveness

An intriguing discovery from Smith et al. [9] review was the enduring nature of CBT's positive outcomes. Follow-up assessments conducted several months post-CBT revealed that participants maintained their reduced impulsive behaviours

and improved emotional stability [9]. This long-term efficacy aligns with previous research by [16 e.g., 14], both of which reported sustained improvements in impulsive behaviours and emotional stability in individuals with Impulsive PD who had undergone CBT [16 e.g., 14]. The accumulating evidence suggests that CBT represents a valuable and enduring intervention approach for individuals grappling with Impulsive PD, with sustained benefits even after the intervention concludes.

5. Findings of the study

The systematic review of studies examining the effectiveness of Cognitive-behavioural Therapy (CBT) in individuals with Impulsive Personality Disorder (Impulsive PD) yielded several significant findings:

5.1 Effectiveness of CBT: CBT consistently demonstrated its effectiveness in reducing impulsive behaviours, including reckless actions, self-harm, and substance misuse [9]. Additionally, participants who underwent CBT reported marked improvements in emotional regulation, characterized by reduced emotional volatility and enhanced coping strategies [9]. Importantly, these positive effects persisted beyond the immediate intervention period, suggesting that CBT offers long-term benefits.

5.2 Reduction in Cognitive Distortions: CBT's success in mitigating impulsive behaviours can be attributed to its focus on identifying and modifying cognitive distortions related to impulsivity [9]. Participants undergoing CBT reported heightened awareness of impulsive thought patterns and acquired strategies to challenge and reframe these thoughts [9]. This cognitive restructuring process played a pivotal role in reducing impulsive decision-making and bolstering self-control.

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5.4 Duration of Effectiveness: An intriguing finding was the enduring nature of CBT's positive outcomes. Follow-up assessments conducted several months post-CBT revealed that participants maintained their reduced impulsive behaviours and improved emotional stability [9]. This long-term efficacy aligns with previous research by [16] and [14], both of which reported sustained improvements in impulsive behaviours and emotional stability in individuals with Impulsive PD who had undergone CBT [16 e.g., 14].

6. Recommendations

Based on the findings from this review and previous research, several recommendations can be made to enhance the treatment of Impulsive Personality Disorder (Impulsive PD). Mental health professionals should consider incorporating Cognitive-behavioural Therapy (CBT) into the treatment plans for individuals diagnosed with Impulsive PD, as supported by. Early intervention with CBT may prove particularly beneficial for this population, emphasizing the need to address impulsive tendencies promptly. Furthermore, clinicians should prioritize long-term follow-up assessments after completing CBT interventions to ensure sustained progress. To address the emotional instability commonly associated with Impulsive PD, CBT interventions should focus on integrating emotional regulation skills, such as mindfulness techniques and emotion regulation strategies, as suggested. The well-supported effectiveness of CBT in reducing impulsive behaviours and improving emotional stability among individuals with Impulsive PD underscores the importance of implementing it as a primary intervention. Finally, ongoing research should continue to explore the specific mechanisms through which CBT exerts its effects on Impulsive PD individuals and investigate the customization of CBT approaches for different subtypes of this disorder. These recommendations collectively contribute to more effective management and improved outcomes for individuals living with this challenging personality disorder.

7. Conclusion

The examination of the gathered research on the use of cognitive-behavioural therapy (CBT) for impulsive personality disorder (Impulsive PD) has provided significant knowledge about its effectiveness. The analysis focused on the

experiential and subjective reports of individuals undergoing cognitive behavioural therapy (CBT). It revealed consistent decreases in impulsive behaviours and significant enhancements in emotional stability among patients. These results are especially noteworthy due to their long-lasting nature, establishing CBT as a promising therapeutic strategy for impulsive PD in the long term. The analysis highlights the crucial importance of cognitive behavioural therapy (CBT) in treatment plans for individuals with impulsive personality disorder (PD), particularly as an early intervention approach. This approach not only tackles immediate symptoms but also lays the groundwork for ongoing management and enhancement of the disorder. Qualitative data suggests that incorporating emotional regulation techniques into CBT regimens can improve the therapy's efficacy. Given the prevalent issue of emotional dysregulation in impulsive PD, this aspect is of utmost importance. Moreover, the qualitative findings emphasise the significance of continuous evaluations in clinical practice. Long-term follow-up assessments are crucial for monitoring the durability and long-term effectiveness of cognitive behavioural therapy (CBT) in managing impulsive personality disorder (PD). Subsequent investigations should further examine the fundamental mechanisms through which cognitive behavioural therapy (CBT) influences impulsive personality disorder (PD), as suggested by the analysis. Customising cognitive-behavioural therapy (CBT) to suit various subcategories of the disorder has the potential to enhance treatment results. To summarise, the qualitative analysis demonstrates that cognitive-behavioural therapy is a valuable and effective intervention for individuals diagnosed with an impulsive personality disorder. The therapy's capacity to elicit enduring enhancements in behaviour and emotional regulation, as attested by patients and clinicians, underscores its importance in the therapeutic management of impulsive PD. The ongoing improvement of cognitive behavioural therapy (CBT), informed by qualitative research and clinical experiences, holds the potential to further optimise treatment results for individuals impacted by this intricate disorder.

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