

Abstract

This bachelor's thesis deals with mentalization and regulation of emotions in borderline personality disorder. First, the diagnosis of borderline personality disorder is introduced. Then, the factors contributing to the etiology of this disorder are presented together with the most important etiological models. Then, the concept of emotion regulation is introduced. Emotion regulation strategies and measures of this construct are presented. Subsequently, the problematic of emotion dysregulation in borderline personality disorder is discussed. Then, the concept of mentalization is defined in terms of its dimensions and differences from related concepts. Then, the issue of mentalization in people with borderline personality disorder is described. Finally, the measures of mentalization are introduced.

A correlation study is presented in the research proposal. The aim is to verify the relationship between mentalization and emotion regulation in people with borderline personality disorder using The Movie for the assessment of social cognition (MASC) and the Czech version of The Difficulties in Emotion Regulation Scale Short Form (DERS-SF-CZ). The research group will consist of patients diagnosed with borderline personality disorder from various mental health institutions. The proposed study may contribute to a deeper understanding of this disorder. Furthermore, results can help clinicians to choose an appropriate intervention for those patients. Likewise those results could inspire them to create a new intervention as well.

Keywords

Mentalization; Mirroring; Regulation of emotions; Borderline personality disorder; Etiology of borderline personality disorder