

References

Brandrett, B. D., & Gajwani, R. (2026). The impact of psychological interventions on functioning in the context of borderline personality disorder features for adolescents and young adults: A systematic review and meta-analysis. *Early Intervention in Psychiatry*, 20(1), e70112. <https://doi.org/10.1111/eip.70112>

National Institute of Mental Health. (2024). *Borderline personality disorder*. <https://www.nimh.nih.gov/health/topics/borderline-personality-disorder>