

The Effectiveness of Treatment Interventions for Incarcerated Individuals with Personality Disorders

This literature review aims to examine the types of treatment interventions incarcerated individuals diagnosed with personality disorders receive and their effectiveness. I expect to find that inmates who receive Dialectical Behavior Therapy (DBT) will have higher rates of completing treatment. DBT consists of individual and group therapy, with a focus on the person's emotions and actions and how they are related. Research indicates that DBT is an effective treatment strategy for female inmates with borderline personality disorder, as well as for inmates with comorbid borderline and antisocial personality disorders. Substance abuse treatment strategies have also been found to be effective for inmates with antisocial personality disorder co-occurring with substance abuse disorders. Limitations of this review include that there is not sufficient research on evidence-based treatment for antisocial personality disorder alone, on the co-occurrence of ASPD with other disorders, and on the recidivism rate of individuals who receive such treatment interventions. Additional research shows that many inmates will only seek treatment to reduce their sentences or to be transferred to a hospital. More research should be conducted on the treatment of individuals diagnosed with antisocial personality disorder.