

The meaning in life as mediating variable between depression and hopelessness in patients with borderline personality disorder (pp. 293-305)

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Borderline personality disorder (BPD) is associated with high incidence of suicide. Positive thoughts and beliefs can act as buffers that protect people against eventual suicide, despite the existence of important risk factors for suicide. Several studies have found a strong relationship between low levels of meaning in life and suicide risk. The aim of this research is to analyze the mediating role of meaning in life in the relationship between the risk factor depression and hopelessness. 80 patients with BPD participated. The results indicate that the meaning of life showed partial mediation effect between depression and hopelessness, 61% of the total effect of depression on hopelessness was mediated by the meaning of life. The results of this study confirm the hypothesis and indicate that meaning in life is a buffering factor for the risk of suicide. This result emphasizes the importance of meaning in life in the assessment and treatment for patients with BPD.