

Impact of Parenting Style on Borderline Personality Disorder in Young Females in Sri Lanka: A Review of Cases

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Borderline Personality Disorder (BPD) is one of the most challenging psychological conditions for mental health professionals. Theories of borderline personality disorder postulates that unstable and harsh parenting has a direct relationship with development and maintenance of the disorder. Though impact of parenting styles on BPD has been established in the western part of the world it hasn't been explored in South Asian context, despite increasing number of cases reported lately. This paper aims to identify the impact of parenting styles and their personality characteristics on the development and maintenance of BPD using retrospective explanations of four clinically diagnosed young Sri Lankan females. Clinical notes gathered by the researcher during January 2020 - May 2021 were explored to reach research objectives. The findings of this review observed that there are common clinical features of these clients such as excessive self-harm behaviours, emotional dis-regulation, and unstable relationships. It was also observed that their parents especially mothers had used harsh criticisms towards the clients. All these young girls have a strong attitude that they don't want to raise children when they become adults. Harshness of mothers' personality had been a significant factor and fathers' neutral reactions to it also have contributed to the disorder. It was also highlighted that clients' negative and revengeful attitudes towards parents creates a reciprocal impact on maintenance of BPD in young clients. The findings of this case reviews do not discriminate from findings of the other studies and confirms the fact that harsh parenting and characteristics of mothers' lead to BPD and maintains BPD. These observations could be incorporated in therapeutic intervention for BPD and parental education to minimize development and maintenance of BPD in young children.

Keywords: *Borderline Personality Disorder (BPD), harsh parenting, young females, Sri Lanka*