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Risk of stroke among patients with borderline personality disorder: a nationwide longitudinal study

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## Abstract

### Background

Previous studies suggested that patients with borderline personality disorder (BPD) had a higher prevalence of stroke-related risk factors, such as hypertension, dyslipidemia, and diabetes mellitus. But, the association between BPD and subsequent stroke has been rarely investigated.

### Methods

Using the Taiwan National Health Insurance Research Database, 5969 borderline patients aged 18 years and older and 23,876 age- and sex-matched controls were enrolled between 2002 and 2009, and followed up to the end of 2011 to identify the development of stroke.

### Results

The Cox regression model after adjusting for demographic data, psychiatric comorbidities, and medical comorbidities showed that BPD was associated with an increased risk of developing any stroke (HR: 4.82, 95% CI: 2.77~8.40) and ischemic stroke (HR: 5.67, 95% CI: 2.49~12.93). The findings of sensitivity analysis after excluding the first year of observation were consistent: any stroke (HR: 3.44, 95% CI: 1.83~6.47) and ischemic stroke (HR: 4.75, 95% CI: 1.91~11.77).

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