**Supplemental Table S1. Predicted means, results from multilevel models and effect sizes 36 months after start of treatment on primary and secondary outcome measures for treatment completers: Outpatient Mentalization-Based Treatment (MBT-IOP) (*n* =39) or Day Hospital Mentalization-Based Treatment (MBT-DH) (*n* = 61)**

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|  | **Symptom Severity (GSI)** | | | | | | | **Identity Integration (SIPP)** | | | | | | **Self-Control (SIPP)** | | | | |
|  | MBT-IOP | | | MBT-DH | | | | MBT-IOP | | | MBT-DH | | | MBT-IOP | | | MBT-DH | |
|  | *M* | 95% CI | | *M* | | | 95% CI | *M* | | 95% CI | *M* | | 95% CI | *M* | 95% CI | | *M* | 95% CI |
| Baseline | 2.01 | 1.86 to 2.16 | | 1.93 | | | 1.83 to 2.03 | 1.88 | | 1.75 to 2.00 | 1.83 | | 1.75 to 1.90 | 2.03 | 1.92 to 2.14 | | 2.14 | 2.07 to 2.21 |
| 18 months | 1.47 | 1.27 to 1.68 | | 1.33 | | | 1.18 to 1.48 | 2.32 | | 2.11 to 2.53 | 2.64 | | 2.50 to 2.78 | 2.54 | 2.37 to 2.72 | | 2.87 | 2.75 to 2.99 |
| 36 months | 1.39 | 1.12 to 1.66 | | 1.18 | | | 0.97 to 1.39 | 2.70 | | 2.39 to 3.00 | 2.58 | | 2.35 to 2.81 | 2.86 | 2.60 to 3.12 | | 3.02 | 2.82 to 3.22 |
| Model: Wald Χ² | 71.75 (*df* = 4) | | |  | | | | 100.02 (*df* = 6) | | |  | | | 106.55 (*df* = 5) | | |  | |
| Linear change | 0.05 | | –0.04 to 0.14 | *p* = 0.312 | | | | 0.25\* | | 0.05 to 0.452 | *p*= 0.016 | | | 0.09\* | 0.01 to 0.18 | | p = 0.028 | |
| Quadratic change | –0.03\*\*\* | | –0.04 to 0.01 | *p* < 0.001 | | | | –0.06 | | –0.13 to 0.01 | *p* = 0.078 | | | – | – | | – | |
| Cubic change | – | | – | – | | | | 0.01\* | | 0.00 to 0.01 | *p* = 0.047 | | | 0.00 | –0.00 to 0.00 | | *p* = 0.159 | |
| Δ Linear change | –0.02 | | –0.09 to 0.05 | *p* = 0.528 | | | | –0.28\*\* | | –0.45 to –0.11 | *p* = 0.001 | | | –0.08 | –0.19 to 0.03 | | *p* = 0.169 | |
| Δ Quadratic change | – | | – | – | | | | 0.04\*\*\* | | 0.02 to 0.07 | *p* < 0.001 | | | – | – | | – | |
| Δ Cubic change | – | | – | – | | | | – | | – | – | | | 0.00\* | 0.00 to 0.00 | | *p* = 0.028 | |
| Δ Group 36 months | –0.21 | | –0.64 to 0.23 | *p* = 0.347 | | | | –0.12 | | –0.60 to 0.36 | *p* = 0.630 | | | 0.16 | –0.27 to 0.58 | | *P* = 0.470 | |
| Within-group ES  (Baseline–18/18–36 months) | 0.83/0.11 | | | | 1.07/0.21 | | | 0.74/0.47 | | | 1.67/0.09 | | | 1.02/0.47 | | | 1.69/0.25 | |
| (Baseline–36 months) | 0.96 | | | | 1.14 | | | 1.36 | | | 1.17 | | | 1.65 | | | 1.56 | |
| Between-group ES  (18/36 months) | 0.22/0.26 | | | | | | | 0.50/0.14 | | | | | | 0.61/0.21 | | | | |
|  | **Social Concordance (SIPP)** | | | | | | | **Responsibility (SIPP)** | | | | | | **Relational Capacities (SIPP)** | | | | |
|  | MBT-IOP | | | MBT-DH | | | | MBT-IOP | | | MBT-DH | | | MBT-IOP | | | MBT-DH | |
|  | *M* | 95% CI | | *M* | | | 95% CI | *M* | | 95% CI | *M* | | 95% CI | *M* | 95% CI | | *M* | 95% CI |
| Baseline | 2.60 | 2.48 to 2.71 | | 2.75 | | | 2.67 to 2.83 | 2.49 | | 2.35 to 2.62 | 2.68 | | 2.60 to 2.76 | 2.29 | 2.10 to 2.40 | | 2.16 | 2.08 to 2.24 |
| 18 months | 2.79 | 2.62 to 2.96 | | 3.00 | | | 2.90 to 3.11 | 2.73 | | 2.55 to 2.91 | 2.74 | | 2.75 to 2.98 | 2.41 | 2.19 to 2.60 | | 2.58 | 2.46 to 2.70 |
| 36 months | 2.98 | 2.76 to 3.20 | | 3.25 | | | 3.11 to 3.39 | 2.97 | | 2.75 to 3.20 | 3.05 | | 2.90 to 3.21 | 2.54 | 2.32 to 2.86 | | 2.58 | 2.41 to 2.75 |
| Model: Wald Χ² | 42.42 (*df* = 3) | | |  | | | | 42.04 (*df* = 3) | | |  | | | 42.59 (*df* = 5) | | |  | |
| Linear change | 0.06\*\* | 0.03 to 0.10 | | *p* = 0.001 | | | | 0.08\*\*\* | | 0.05 to 0.12 | *p*< 0.001 | | | 0.08 | –0.03 to 0.18 | | *p* = 0.151 | |
| Quadratic change | – | – | | – | | | | – | | – | – | | | –0.00 | –0.02 to 0.01 | | *p* = 0.674 | |
| Δ Linear change | 0.02 | –0.03 to 0.07 | | *p* = 0.480 | | | | –0.02 | | –0.06 to 0.03 | *p* = 0.409 | | | –0.15\* | –0.28 to –0.01 | | *p* = 0.031 | |
| Δ Quadratic change | – | – | | – | | | | – | | – | – | | | 0.03\*\* | 0.01 to 0.05 | | *p* = 0.005 | |
| Δ Group 36 months | 0.26 | –0.05 to 0.58 | | *p* = 0.098 | | | | 0.08 | | –0.23 to 0.40 | *p* = 0.608 | | | –0.01 | –0.41 to 0.38 | | *p* = 0.946 | |
| Within-group ES  (Baseline–18/18–36 months) | 0.40/0.32 | | | 0.62/0.53 | | | | 0.44/0.38 | | | 0.15/0.63 | | | 0.23/0.27 | | | 1.00/0.01 | |
| (Baseline–36 months) | 0.79 | | | 1.11 | | | | 0.87 | | | 0.77 | | | 0.55 | | | 0.86 | |
| Between-group ES  (18/36 months) | 0.44/0.45 | | | | | | | 0.03/0.13 | | | | | | 0.32/0.02 | | | | |
|  | **Borderline Symptomatology (PAI-BOR)** | | | | | | | **Quality of Life (EQ-5D-3L)** | | | | | | **Interpersonal Problems (IIP)** | | | | |
|  | MBT-IOP | | | MBT-DH | | | | MBT-IOP | | | MBT-DH | | | MBT-IOP | | | MBT-DH | |
|  | *M* | 95% CI | | *M* | | | 95% CI | *M* | 95% CI | | *M* | 95% CI | | *M* | 95% CI | | *M* | 95% CI |
| Baseline | 49.53 | 47.94 to 50.42 | | 48.47 | | | 47.30 to 49.64 | 0.43 | 0.39 to 0.47 | | 0.47 | 0.44 to 0.50 | | 108.51 | 103.36 to 113.66 | | 112.11 | 108.49 to 115.74 |
| 18 months | 41.14 | 38.50 to 43.78 | | 35.63 | | | 33.67 to 37.59 | 0.59 | 0.55 to 0.64 | | 0.66 | 0.62 to 0.69 | | 103.45 | 94.10 to 112.81 | | 91.07 | 84.28 to 97.86 |
| 36 months | 35.68 | 31.83 to 39.53 | | 33.37 | | | 30.29 to 36.45 | 0.61 | 0.56 to 0.66 | | 0.69 | 0.65 to 0.73 | | 89.77 | 77.85 to 103.70 | | 89.80 | 79.89 to 100.72 |
| Model: Wald Χ² | 116.37 (*df* = 5) | | |  | | | | 45.01 (*df* = 4) | | |  | | | 20.93 (*df* = 5) | | |  | |
| Linear change | –1.66\* | –3.11 to –0.21 | | *p* = 0.025 | | | | –0.00 | –0.03 to 0.03 | | *p* = 0.804 | | | –6.00 | –13.85 to 1.85 | | *p* = 0.134 | |
| Quadratic change | – | – | | – | | | | – | – | | – | | | 0.48 | –0.67 to 1.63 | | *p* = 0.414 | |
| Cubic change | –0.02 | –0.05 to 0.01 | | *p* = 0.268 | | | | 0.00\*\* | 0.00 to 0.00 | | *p* = 0.007 | | | – | – | | – | |
| Δ Linear change | 1.49 | –0.37 to 3.36 | | *p* = 0.117 | | | | 0.01 | –0.02 to 0.03 | | *p* = 0.573 | | | –8.87 | –1.33 to 19.07 | | *p* = 0.088 | |
| Δ Quadratic change | – | – | | *–* | | | | – | – | | *–* | | | –1.58\* | –3.07 to –0.08 | | *p* = 0.039\* | |
| Δ Cubic change | –0.05\* | –0.09 to –0.01 | | *p* = 0.024 | | | | – | – | | – | | | – | – | | – | |
| Δ Group 36 months | –2.31 | –9.16 to 4.54 | | *p* = 0.508 | | | | 0.08 | –0.04 to 0.20 | | *p* = 0.175 | | | 0.03 | –25.30 to 25.37 | | *p* = 0.998 | |
| Within-group ES  (Baseline–18/18–36 months) | 1.13/0.55 | | | 1.86/0.23 | | | | 1.11/0.09 | | | 1.36/0.25 | | | 0.19/0.36 | | | 0.90/0.00 | |
| (Baseline–36 months) | 1.86 | | | 1.70 | | | | 1.20 | | | 1.61 | | | 0.70 | | | 0.73 | |
| Between-group ES | 0.67/0.21 | | | | | | | 0.44/0.58 | | | | | | 0.42/0.00 | | | | |
|  | **Frequency of self-harm (SSHI)** | | | | | | | **Frequency of suicide attempts (SSHI)** | | | | | |  | | | | |
|  | MBT-IOP | | | MBT-DH | | | | MBT-IOP | | | MBT-DH | | |  | |  |  | |
|  | Log *M* | 95% CI | | Log *M* | | 95% CI | | Log *M* | | 95% CI | Log *M* | | 95% CI |  | |  |  |  |
| Baseline | 1.66 | 1.41 to 1.92 | | 0.79 | | 0.60 to 0.98 | | 0.19 | | 0.10 to 0.27 | 0.14 | | 0.09 to 0.18 |  | |  |  | |
| 18 months | 0.33 | 0.10 to 0.57 | | 0.35 | | 0.18 to 0.52 | | 0.10 | | 0.03 to 0.17 | 0.07 | | 0.04 to 0.11 |  | |  |  |  |
| 36 months | 0.27 | 0.11 to 0.43 | | 0.37 | | 0.25 to 0.49 | | 0.01 | | –0.01 to 0.02 | 0.01 | | –0.00 to 0.02 |  | |  |  |  |
| Model: Wald Χ² | 78.11 (*df* = 7) | | |  | | | | 12.39 (*df* = 3) | | |  | | |  | |  |  | |
| Linear change | –0.25 | –0.71 to 0.20 | | *p* = 0.278 | | | | –0.03\*\* | | –0.05 to 0.01 | *p* = 0.008 | | |  | |  |  | |
| Quadratic change | 0.15 | –0.03 to 0.34 | | *p* = 0.107 | | | | – | | – | – | | |  | |  |  | |
| Cubic change | –0.02\* | –0.04 to –0.00 | | *p* = 0.014 | | | | – | | – | – | | |  | |  |  | |
| Δ Linear change | 0.47 | –0.12 to 1.06 | | *p* = 0.118 | | | | 0.01 | | –0.02 to 0.04 | *p* = 0.520 | | |  | |  |  | |
| Δ Quadratic change | –0.24\* | –0.48 to –0.01 | | *p* = 0.043 | | | | – | | – | – | | |  | |  |  | |
| Δ Cubic change | 0.03\* | 0.01 to 0.06 | | *p* = 0.013 | | | | – | | – | – | | |  | |  |  | |
| Δ Group 36 months | 0.10 | –0.38 to 0.58 | | *p* = 0.678 | | | | 0.00 | | –0.09 to 0.10 | *p* = 0.933 | | |  | |  |  | |
| Within-group ES  (Baseline–18/18–36 months) | 1.47/0.10 | | | 0.56/0.04 | | | | 0.33/0.61 | | | 0.34/0.63 | | |  | |  |  | |
| (Baseline–36 months) | 1.54 | | | 0.59 | | | | 0.65 | | | 0.77 | | |  | |  |  | |
| Between-group ES  (18/36 months) | 0.02/0.21 | | | | | | | 0.14/0.07 | | | | | |  | |  | | |

*Note.* MBT-IOP = intensive outpatient mentalization-based treatment. MBT-DH = day hospital mentalization-based treatment. GSI = Global Severity Index of the Brief Symptom Inventory. SIPP = Severity Indices of Personality Problems. PAI-BOR = Personality Assessment Inventory – Borderline Personality Disorder section. EQ-5D-3L = EuroQol-5D-3L. IIP = Inventory of Interpersonal Problems. SSHI = Suicide and Self-Harm Inventory. linear/quadratic/cubic change represent main effects of (polynomials of) time and indicate changes over time independent of group*;* Δ linear/quadratic/cubic change = interaction term of time(polynomial) with group indicating differential change of MBT-DH compared to MBT-IOP over time. Δ group 36 months = difference of MBT-DH compared to MBT-IOP at 36 months. ES = Effect size by means of Cohen’s *d*. \**P* < 0.05 \*\* *P* < 0.01 \*\*\* *P* < 0.001.