

Supplemental table 1. Predicted means and results from multilevel models on primary and secondary outcome measures for patients randomly assigned to Intensive Outpatient Mentalization-Based Treatment (MBT-IOP) (N=44) or Day Hospital Mentalization-Based Treatment (MBT-DH) (N=70)

	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	1.94	1.81 to 2.08	1.89	1.79 to 1.99	1.90	1.79 to 2.00	1.90	1.83 to 1.98	2.04	1.94 to 2.15	2.16	2.08 to 2.23
18 months	1.41	1.20 to 1.62	1.18	1.02 to 1.34	2.43	2.19 to 2.67	2.81	2.63 to 2.99	2.56	2.37 to 2.75	2.90	2.75 to 3.04
Model: Wald X ²	43.77 (df=3)				57.50 (df=3)				59.69 (df=4)			
Linear Change	-0.18**	-0.28 to -0.08		p=0.001	0.18**	0.07 to 0.29		p=0.001	0.05	-0.12 to 0.21		p=0.561
Quadratic Change	-	-		-	-	-		-	0.04*	-0.01 to 0.08		p=0.045
Δ Linear Change	-0.06	-0.19 to 0.07		p=0.377	0.12	-0.01 to 0.26		p=0.079	0.07	-0.05 to 0.20		p=0.245
Δ Group 18 months	-0.23	-0.60 to 0.14		p=0.228	0.38	-0.03 to 0.78		p=0.068	0.34	-0.00 to 0.68		p=0.051
Within-group ES	0.83		1.16		0.84		1.56		0.97		1.47	
Between-group ES	0.34				0.50				0.57			
	Social Concordance (SIPP)				Responsibility (SIPP)				Relational Capacities (SIPP)			
	MBT-IOP		MBT-DH		MBT-IOP		MBT-DH		MBT-IOP		MBT-D	
	M	95% CI	M	95% CI	M	95% CI	M	95% CI	M	95% CI	M	95% CI
Baseline	2.66	2.56 to 2.77	2.77	2.69 to 2.85	2.46	2.34 to 2.57	2.66	2.59 to 2.73	2.28	2.14 to 2.41	2.16	2.08 to 2.25
18 months	2.84	2.69 to 2.99	3.09	2.98 to 3.20	2.80	2.62 to 2.99	2.89	2.76 to 3.01	2.41	2.20 to 2.62	2.65	2.52 to 2.77
Model: Wald X ²	22.94 (df=4)				25.35 (df=3)				25.23 (df=3)			
Linear Change	0.18**	0.05 to 0.32		p=0.007	0.12***	0.05 to 0.18		p<0.000	0.04	-0.03 to 0.12		p=0.276
Quadratic Change	-0.04*	-0.08 to -0.01		p=0.025	-	-		-	-	-		-
Δ Linear Change	0.05	-0.04 to 0.13		p=0.271	-0.04	-0.12 to 0.04		p=0.322	0.12*	0.02 to 0.22		p=0.024
Δ Group 18 months	0.25	-0.01 to 0.51		p=0.058	0.08	-0.20 to 0.36		p=0.566	0.24	-0.07 to 0.55		p=0.133
Within-group ES	0.39		0.75		0.63		0.51		0.21		0.98	
Between-group ES	0.54				0.15				0.39			

	Borderline symptomatology (PAI-BOR)				Quality of life (EQ)				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	49.52	48.11 to 50.92	46.94	45.74 to 48.13	0.45	0.42 to 0.48	0.47	0.45 to 0.50	108.63	104.69 to 112.57	109.48	106.59 to 112.37
18 months	38.98	36.22 to 41.73	33.91	31.78 to 36.04	0.62	0.58 to 0.66	0.71	0.68 to 0.74	106.83	97.57 to 116.09	85.48	78.44 to 92.53
Model: Wald X ²	73.80 (df=3)				35.05 (df=3)				11.43 (df=3)			
Linear Change	-3.52***	-5.03 to -2.00		p<0.001	0.06**	0.02 to 0.09		p=0.004	-0.60	-6.42 to 5.22		p=0.840
Quadratic Change	-	-		-	-	-		-	-	-		-
Δ Linear Change	-0.83	-2.77 to 1.11		p=0.402	0.02	-0.03 to 0.07		p=0.381	-7.40	-14.93 to 0.13		p=0.056
Δ Group 18 months	-5.07	-10.54 to 0.41		p=0.070	0.09	-0.03 to 0.21		p=0.155	-21.35*	-41.91 to -0.79		p=0.042
Within-group ES	1.41		1.69		1.26		1.82		0.07		1.02	
Between-group ES	0.57				0.67				0.70			

	Frequency of self-harm (SSHI)				Frequency of suicide attempts (SSH)			
	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	1.60	1.34 to 1.86	0.88	0.68 to 1.08	0.19	0.12 to 0.26	0.17	0.13 to 0.21
18 months	0.40	0.20 to 0.60	0.39	0.24 to 0.54	0.04	0.00 to 0.07	0.05	0.03 to 0.07
Model: Wald X ²	43.79 (df=5)				8.27 (df=3)			
Linear change	0.14	-0.35 to 0.63		p=0.588	-0.05*	-0.10 to -0.00		p=0.037
Quadratic Change	-0.18*	-0.32 to -0.04		p=0.014	-	-		-
Δ Linear Change	-0.37	-1.00 to 0.25		p=0.238	0.01	-0.05 to 0.07		p=0.716
Δ Quadratic Change	0.20*	0.02 to 0.39		p=0.030	-	-		-
Δ Group 18 months	-0.01	-0.53 to 0.51		p=0.973	0.01	-0.11 to 0.14		p=0.828
Within-group ES	1.34		0.59		0.70		0.75	
Between-group ES	0.02				0.14			

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 = EuroQol 5D. IIP = Inventory of Interpersonal Problems. SSHI = Suicide and Selfharm Inventory. Δ linear/quadratic

change = differential change of MBT-DH compared to MBT-IOP over time. Δ group 18 months = difference of MBT-DH compared to MBT-IOP at 18 months. ES = Effect size by means of Cohen's *d*. M = Mean. 95% CI = 95% confidence interval. * $p < .05$ ** $p < .01$ *** $p < .001$.