**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)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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.