

## Invalidation, Identity-Related Minority Stressors, and Borderline Personality Disorder Symptoms in the Flow of Daily Life

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Dialectical Behavior Therapy's (DBT) transactional model of emotion dysregulation proposes that invalidating experiences in part cause the development of borderline personality disorder (BPD) pathology. However, prior research has focused on retrospective reports of childhood invalidation from parents, limiting our understanding of how current day-to-day invalidation from peers may contribute to the maintenance of BPD symptoms. It is also unclear whether the same link exists for minoritized and under-researched populations such as Black and Latinx people at high risk for BPD, for whom identity-related minority stressors may function as additional forms of invalidation. The current study aims to test whether (1) daily social invalidation will be positively associated with daily BPD symptoms above and beyond retrospectively reported childhood invalidation, and (2) minority-related stress will add to the prediction of BPD symptoms over and above the effects of typical DBT conceptualizations of invalidation. To test this, we will use flyers and online ads to recruit a sample of English-speaking adults in New York City with elevated BPD symptoms. Part 1 of the study will involve a baseline session, in which participants complete a survey measuring BPD symptoms, childhood invalidation, current social invalidation, current self-invalidation, and demographics. Part 2 will involve a daily diary, in which participants answer a brief survey every evening for 14 days. The survey will ask participants to recall all their social interactions from that day and rate to what extent they felt invalidated by others, along with their own level of emotional self-disclosure, self-invalidation, emotions, and BPD symptoms. We will use multilevel modeling to test our hypotheses.

Standard DBT typically highlights one's family of origin as the invalidating environment that contributes to the development of BPD symptoms. The present study aims to help explain the *maintenance* of BPD symptoms as a function of daily invalidation. Furthermore, understanding how race-related stress and self-validation may serve as a risk and protective factors, respectively, in Black and Latinx people with BPD symptoms is a first step in identifying viable culturally-relevant treatment targets that can contribute to building racially affirmative clinical models of BPD.

**Keywords:** borderline personality disorder, invalidation, dialectical behavior therapy, race-related stress, emotion dysregulation