Orginal Article

The Relationship between Mindfulness, Self-Differentiation and Borderline Personality Traits with the Mediation Role of Alexithymia

Akram Khodai [*]
Masoud Bagheri[**]
Farshid Khosropour[***]

Introduction

There is a growing interest in psychosocial research of mindfulness, self-differentiation, alexithymia and their roles in coping with day-to-day stressors. The reaserchs has shown that mindfulness, self-differentiation and alexithymia have positive relationships with borderline personality traits. But the important thing is that there is less research on the relationship between mindfulness, self-differentiation, alexithymia and borderline personality traits .The aim of this study was to investigate the relationship between mindfullness, self-differentiation and borderline personality traits with the mediation role of alexithymia.

Method

In this descriptive-correlational study, 309 students (217 females and 92 males) were selected from Shahid Bahonar University of Kerman through random clustered sampling method. The instruments used in this study were the Five-Facet Mindfulness Questionnaire (FFMQ) (Baer et al., 2006), Toronto Alexithymia Scale (TAS) (Taylor et al., 1992), Borderline Personality inventory (BPI) (Leichsenring, 1999) and Differentiation of Self Inventory (DSI).

Results

Based on the final model analysis, the RMSEA was .04, which reflects

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[*] Ph.D. Student in Psychology, Zarand Branch, Islamic Azad University, Zarand, Iran.

[**] Associate Professor, Department.of Psychology. Shahid Bahonar University, Kerman, Iran. *Corresponding Author*: mbagheri@uk.ac.ir

[***] Assistant Professor, Member of the Faculty of the Department of Psychology, Zarand Branch, Islamic Azad University, Zarand, Iran.

the good fit of the model and suggests that the final model conforms to the observed data.

Conclusion

The findings indicated that mindfullness and self-differentiation had a significant indirect negative effect on subscales of borderline personality disorder through the mediating of alexithymia. Results indicated that mind fullness and self-differentiation were recognized as the most important variable predicting borderline personality traits of students.

Keywords: mind fullness, differentiation of self, borderline personality trait, alexithymia.