

## INTRODUCTION

- Borderline Personality Disorder (BPD) is associated with emotional and relational dysregulation, where some symptoms originate from specificities in sensory regulation.<sup>1,2,3,4</sup>
- For example, anomalies can be observed in pain, proprioception (i.e. the body's conscious or unconscious ability to detect its actions and movements in space) or emotion processing.<sup>2</sup>
- Current research on sensory regulation in individuals living with BPD is fragmented and focuses on specific sub-themes, limiting a comprehensive understanding of the phenomenon.<sup>5</sup>

## AIMS

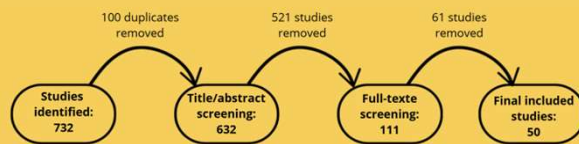
- Recognizing the manifestations and distinctive features of sensory regulation in individuals living with BPD.
- Measuring obstacles to engagement in activities of daily living among individuals living with BPD from the perspective of sensory regulation.
- Promoting the use of sensory regulation strategies.

## METHODOLOGY

### Documentary research process :

- Scoping review strategy based on Mazaniello-Chézol & Corbière (2020).
- Research period : February – March 2025.
- Databases (EBSCO) : MEDLINE, Academic Search Complete, APA PsycINFO, CINAHL, PBSC, SocINDEX.
- Languages : French and English.
- Temporal limit : year ≥ 2000.

### Article selection (double verification) :



Criteria : adults with BPD or BPD traits + a sensory concept.

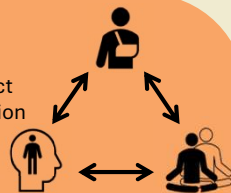
### Data extraction process :

- Use of a standardized grid (authors, year, objectives, design, measures, etc.) with verification by research supervisors.

## DISCUSSION

### Integrative triangle :

Pain, dissociation, and interoception interact bidirectionally and weaken sensory regulation in BPD.



### Representative model :

SHARE<sup>22</sup> describes sensory experiences as integrative processes influencing the body, emotions and relationship to the environment :

- 1) **Sensory habits and orientation** : less effective visual and auditory filtering and negative biases in social processing.
- 2) **Sensory embodiment and anchoring** : unstable interoception, unreliable bodily cues.
- 3) **Relational effects** : misinterpretation of facial emotions and difficulties in sensory attunement with others.
- 4) **Polysensorial experience** : overload related to the combination of sensory modalities.
- 5) **Aesthetic dimension** : bodily experiences colored by emotion, influencing affect regulation.

## RESULTS



Sensory profile

Atypical sensory modulation is observed in individuals living with BPD, marked by hyperreactivity, hyporeactivity and sensory avoidance, influenced by emotional distress and coping strategies.<sup>5,6,11</sup>



Pain

These individuals often present with a high pain threshold and reduced perception of acute pain, revealing a paradox between acute and chronic pain.<sup>12,13</sup>



Vision

Socio-emotional biases are observed in visual processing, including difficulty filtering neutral or negative stimuli and hyperactivity of the visual system in response to negative emotional scenes.<sup>7,14</sup>



Taste

Gustatory experiences, both positive and negative, tend to be assessed more negatively, revealing a biased perception of gustatory stimuli.<sup>15</sup>



Hearing

Difficulties in auditory filtering are noted, along with hypersensitivity to sound intensity and the presence of verbal auditory hallucinations.<sup>8,16,17</sup>



Somatosensory system

Tactile sensitivity may be altered, with reduced perception of pleasing touch and distinctive visuotactile characteristics.<sup>18,19</sup>



Integrative bodily processes

Body and interoceptive awareness is often decreased, contributing to disconnection from the body and difficulty in identifying and regulating emotions.<sup>9,20</sup>



Dissociation

Dissociation is common and maintains bidirectional links with pain and bodily integration, exacerbating symptom severity and sensory disconnection.<sup>10,21</sup>

## CONCLUSION & IMPLICATIONS

- These results highlight the importance of developing interventions that promote sensory regulation for individuals living with BPD. Such interventions would benefit from being situated within an occupational therapy context, given the functional impacts of the sensory challenges experienced.
- The results suggest that certain sensory strategies, such as working on interoception, pain modulation, and bodily reintegration, could be integrated into existing psychotherapeutic approaches to promote self-regulation and emotional stability.
- Recognizing sensory particularities helps adapt the therapeutic environment (e.g., noise management, lighting, tactile stimulation), fostering a sense of safety and reducing the risk of sensory overload.