

THE EFFECT OF KETAMINE INFUSIONS ON SUICIDAL IDEATION IN BORDERLINE PERSONALITY DISORDER AND MAJOR DEPRESSIVE DISORDER

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INTRODUCTION

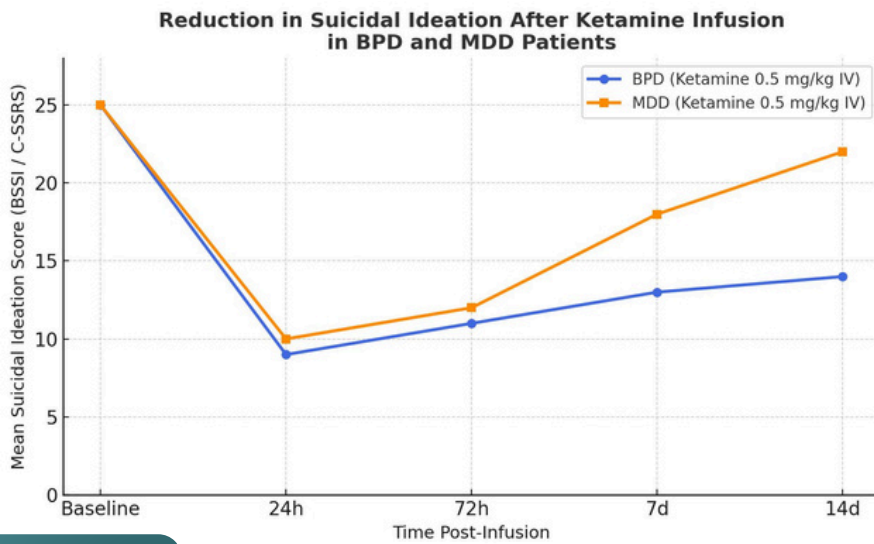
This study aims to evaluate the efficacy of ketamine infusions in rapidly reducing suicidal ideation in patients with Borderline Personality Disorder (BPD) and Major Depressive Disorder (MDD), for whom traditional treatments often fail to provide immediate relief.

METHODOLOGY



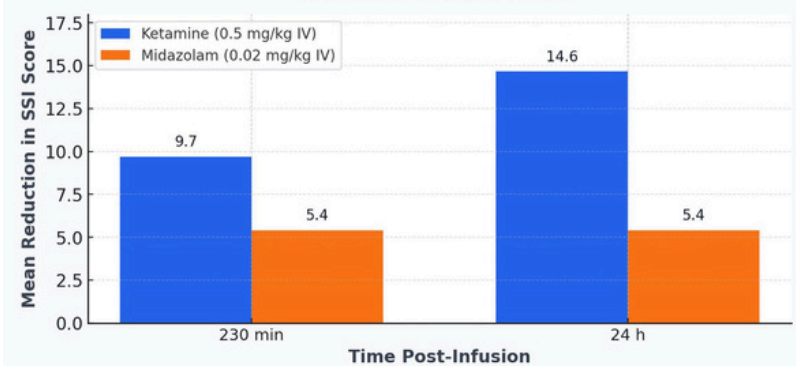
- Conducted a comprehensive literature review of RCTs and meta-analyses from the past 10 years.
- Included studies on psychiatric patients assessing ketamine’s effects on suicidality.
- Outcomes measured using standardized scales Columbia-Suicide Severity Rating Scale (C-SSRS) and the Beck Scale for Suicide Ideation (BSSI).
- Extracted data on study design, sample size, intervention, and follow-up duration.

- A single low-dose (0.5 mg/kg) IV ketamine infusion significantly reduced suicidal ideation within 24 hours.
- Effects lasted up to 72 hours in major depressive disorder (MDD) and up to 14 days in treatment-resistant depression.



RESULTS

Mean Reduction in Suicidal Ideation (SSI) After Ketamine vs. Midazolam Infusion (Grunebaum et al., 2018)



Data Source: Grunebaum et al., Am J Psychiatry (2018). Day 1 difference (4.96) derived from between-group estimate. 230-min mean reductions are reported directly in the paper.

- A pilot RCT in borderline personality disorder (BPD) patients confirmed anti-suicidal effects and noted mood dysregulation improvement.
- Ketamine was significantly more effective than the active placebo midazolam in all studies.

CONCLUSION

Ketamine shows promise as a rapid-acting intervention for acute suicidal ideation in BPD and MDD, also represents a potential breakthrough in emergency psychiatric care. Further large-scale studies are needed to confirm long-term efficacy, optimal dosing, and safety.