



Telepsychiatry in Borderline Personality Disorder: Analysis of Implementation and Outcomes in South African Hospitals

Nkosana Mkhize^{1,2}, Lindiwe Mqibbo^{1,3}

¹ University of KwaZulu-Natal

² Department of Advanced Studies, Human Sciences Research Council (HSRC)

³ Human Sciences Research Council (HSRC)

Published: 16 December 2012 | **Received:** 11 October 2012 | **Accepted:** 12 November 2012

Correspondence: nmkhize@yahoo.com

DOI: [10.5281/zenodo.18945600](https://doi.org/10.5281/zenodo.18945600)

Author notes

Nkosana Mkhize is affiliated with University of KwaZulu-Natal and focuses on Psychology research in Africa.

Lindiwe Mqibbo is affiliated with University of KwaZulu-Natal and focuses on Psychology research in Africa.

Abstract

Telepsychiatry has emerged as a promising method for delivering mental health services to remote or underserved populations worldwide, including those with Borderline Personality Disorder (BPD). In South Africa, where access to specialized psychiatric care is limited, telepsychiatry may offer a viable solution. However, little empirical research exists to evaluate its effectiveness in this context. Qualitative data were collected through semi-structured interviews with healthcare professionals and focus groups with BPD patients from six major hospitals across the country. Data analysis focused on thematic content. Findings indicate that while telepsychiatry was generally well-received by both providers and patients, significant technical issues often disrupted service continuity. Patient engagement varied; some found it more convenient than in-person sessions, but others preferred face-to-face interactions for therapeutic rapport. Despite initial enthusiasm, the study highlights substantial barriers to widespread telepsychiatry adoption for BPD treatment in South African hospitals, suggesting further research and policy development are necessary before broader implementation. Future studies should explore alternative solutions or hybrid models that leverage telepsychiatry while mitigating technical limitations. Policy makers should also consider regulatory frameworks to support the integration of these services into existing healthcare systems. telepsychiatry, Borderline Personality Disorder (BPD), South Africa, qualitative study

Keywords: *African, Contextualization, Phenomenology, Qualification, Reflexivity, Stakeholder, Transformation*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge