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**Impact of Personality Psychopathology on Outcome**  
**in Short-Term Cognitive-Behavioral Therapy for Axis I Disorders**

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Abstract

Cognitive behavioral therapy (CBT) is efficacious for many Axis I disorders, though its effectiveness in the real world, for patients with Axis II comorbidity is less well known. This study examines the effectiveness of CBT for Axis I disorders in three groups of patients: those with personality disorders, those with personality disorder traits and those with no Axis II pathology. Consecutive referrals of patients with non-psychotic Axis I disorders were assessed for short-term CBT in a University Teaching Unit. While the acceptance rate was lower for individuals with personality disorders, there were no group differences in dropout rates. Of those who completed therapy (mean number of sessions=17.8,  $SD=11.2$ ), those in the Personality Disorders group ( $n=45$ ) had 4 sessions more on average than the Personality Disorder Traits group ( $n=42$ ) or the No Axis II Group ( $n=266$ ). All 3 groups were equally successful, whether the outcome

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