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Borderline Personality Disorder Traits and Suicide Risk: The Mediating Role of Insomnia and Nightmares

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Running head: SLEEP, BPD TRAITS, AND SUICIDE RISK

### Highlights

- BPD traits correlated highly with suicide risk, insomnia, and nightmares.
- BPD traits had a significant indirect effect on suicide risk through insomnia.
- Nightmare distress or impairment did not have a significant indirect effect.
- BPD was still a significant predictor of suicide risk in the tested mediation models.

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