

patients' difficulties in understanding their own' and others' mental processes could be a good start for changing addictive behaviors.

MBT could be useful in behavioral addiction, but more studies should be designed for evaluating its efficacy. Until now, determining the attachment style and possible mentalization dysfunctions proved useful as a way of finding vulnerability factors that could be addressed in a future therapy.

Further research should address important aspects of MBT in behavioral addictions, like the correlation between attachment style and the propensity for developing a behavioral addiction, the involvement of the patient' theory of mind in the genesis of an addiction, and the responsiveness of multiple behavioral addictions to MBT.

Designing a randomized trial with an active comparator, like the cognitive behavioral therapy, could be the most important way to prove the MBT's efficacy in the treatment of behavioral addictions.

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