



























Skills-Only Peer-Reviewed & Published Randomized Controlled/Comparative Trials

MF = mindfulness | **ER** = emotion regulation | **DT** = distress tolerance | **IE** = interpersonal effectiveness | **WL** = waitlist | **BPD** = borderline personality disorder
NSSI = non-suicidal self-injury | **SA** = suicide attempt | **ADHD** = attention deficit hyperactivity disorder

Authors	Participants	Treatments	Skills Modules/DBT Modes	Outcomes and Comments
1. Telch, Agras, & Linehan, 2001	  Binge eating disorder Age: 18-65	DBT (n = 22) & WL (n = 22)	- MF, ER, DT - 20-week skills group	DBT > WL in reducing binge eating days and episodes, weight related concerns, and urge to eat when angry. DBT = WL dietary restraint.
2. Safer, Telch, & Agras, 2001	  At least one binge/purge episode per week (81% bulimia nervosa) Age: 18-65	DBT (n = 14) & WL (n = 15)	- MF, ER, DT - 20-week skills group	DBT > WL in reducing binging/purging behaviors
3. Bradley & Follingstad, 2003	  Incarcerated Childhood abuse with significant trauma and depression Age: adults	DBT (n = 24) & No Treatment Control (n = 25)	- ER, DT - 18-session psychoeducation group	DBT > Control in reducing depression, interpersonal problems, and trauma symptoms.
4. Lynch et al., 2003	  Current major depressive disorder Age: 60 or older	DBT + Medication (n = 17) & Medication (n = 17)	- MF, ER, DT, IE - 28-week skills group - 30-minute scheduled phone contact - as needed phone coaching - consultation team	At follow-up, DBT + Medication > Medication in clinician rated remission rates.
5. Harley et al., 2008	  Major depressive disorder, on stable medication Age: 18-65	DBT (n = 13) & WL (n = 11)	- MF, ER, DT, IE - 16-week skills group - consultation team	DBT > WL at improving treatment-resistant depression.
6. Soler et al., 2009	  BPD Age: 18-45	DBT (n = 29) & Standard Group Therapy (SGT; n = 30)	- MF, ER, DT, IE - 13-week Skills Group	DBT > SGT in treatment retention (65% vs. 37%); DBT > SGT in reducing depression, anxiety, and general psychiatric symptoms; DBT > SGT in reducing anger, emptiness, and emotional instability.





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7. Safer, Robinson, & Jo, 2010	  Binge eating disorder Age: 18 or older	DBT (n = 50) & Active Comparison Group Therapy (ACGT; n = 51)	- MF, ER, DT - 20-week individual skills	DBT < ACGT in treatment dropout (4% vs. 33%); DBT = ACGT in abstinence and reducing binge eating (64% in DBT & 36% in ACGT); DBT > ACGT in increasing eating restraint and reducing eating concerns.
8. Hill, Craighead, & Safer, 2011	  Subthreshold bulimia nervosa Age: 18 or older	DBT (n = 18) & 6-week WL (n = 14)	- ER - 12-week individual skills - consultation team	Comparisons at 6 weeks: DBT > WL in decreasing binge eating; DBT > WL in decreasing global pathology related to eating, appetite awareness, and preoccupation with food; DBT > WL in decreasing depression and increasing positive affect.
9. Hirvikoski et al., 2011	  ADHD Age: 18 or older	DBT (n = 26) & Semi-Structured Discussion Group (DG; n = 25)	- MF, ER - 14-week skills group	DBT > DG in reducing ADHD symptoms. DBT > DG on treatment credibility.
10. Van Dijk, Jeffrey, & Katz, 2013	  Bipolar I or II Age: 18 or older	DBT (n = 13) & WL (n = 13)	- MF, ER, DT, IE - 12-week skills group	Twelve of 13 study participants completed the full intervention and 86% of group sessions were attended. A trend in improvement was seen in the DBT group but did not reach the level of statistical significance.
11. Klein, Skinner, & Hawley, 2013	  Full- or sub-threshold variants of either binge eating disorder or bulimia nervosa Age: 18 or older	DBT (n = 12) & Self-Guided DBT Diary Cards (n = 13)	- MF, ER, DT - 15 individual sessions	DBT > Diary Cards in reducing binge eating. DBT > Diary Cards in moving from full- to sub-threshold binge eating levels and abstinence from binge eating in final 4 weeks of treatment in treatment completers.
12. Neacsiu et al., 2014	  High emotion dysregulation with anxiety and/or depressive disorder Age: 18 or older	DBT (n = 24) & Activity-based support group (ASG; n = 24)	- MF, ER, DT, IE - 16-week skills group - consultation team	DBT > ASG in reducing emotional dysregulation and quicker treatment response; DBT > ASG in faster reductions of anxiety; DBT = ASG in reducing depression.
13. Fleming et al., 2015	  ADHD Age: 18-24	DBT (n = 17) & Self-study with handouts (n = 16)	- MF, ER - 8-week skills group	DBT > self-study treatment response rates (59-65% vs. 19-25%) and clinical recovery rates (53-59% vs. 6-13%) on ADHD symptoms and executive functioning, and greater improvements in quality of life.

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14. Linehan et al., 2015	  BPD, past (5yrs) and recent (8wks) NSSI or SA Age: 18-60	DBT (n = 33) & DBT-Skills Only (n = 33) & DBT-Individual Therapy (n = 33)	- MF, ER, DT, IE - 12-month skills group - between-session phone availability - consultation team	All treatment conditions resulted in similar improvements in the frequency and severity of suicide attempts, suicide ideation, use of crisis services due to suicidality, and reasons for living. Interventions that include DBT skills training are more effective than DBT without skills training, and standard DBT may be superior in some areas.
15. Uliaszek et al., 2016	  University treatment-seeking students Age: 18 or older	DBT (n = 27) & Positive Psychotherapy (PPT; n = 27)	- MF, ER, DT, IE - 12-week skills group	Both groups improved over time with no significant differences between groups. However, the DBT group demonstrated nearly all medium to large effect sizes while the PPT showed mostly small to medium effect sizes. DBT had significantly lower attrition rates, higher attendance, and higher overall therapeutic alliance.

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1. Linehan, Heard, & Armstrong (1993) * as cited in Linehan, 1993	  BPD & past (5yrs) and recent (8wks) NSSI or SA Age: 18-45	DBT (n = 11) & Assessment-only (n = 8)	- MF, ER, DT, IE - 12-month skills group - individual therapy in the community	73% retention rate in DBT-Skills group. No differences between groups.

Note: many trials include adjunctive treatments and varying modifications to the original DBT skills protocol. Please refer to the source trials for detailed information.