



**DBT Treatment Research**  
MARCH 1 – MARCH 31, 2018

1. **Title:** [A practice-based evaluation of a dialectical behavioural therapy skills group intervention in a secondary care mental health service](#)

**Authors:** D Murphy, M Hostick, SL Skitt, & A Turner

**Journal & Date:** Mental Health Practice, 2018

**Abstract:** *Background:* Dialectical behavioural therapy (DBT) is an empirically supported intervention for people with borderline personality disorder. There is an emerging body of research that suggests that using the skills group from DBT as a stand-alone intervention may have merit. *Aim:* To evaluate the use of stand-alone DBT skills groups in multiple community mental health teams (CMHT) and the use of emergency healthcare resources following the intervention. *Methods:* Sixty-six people started the group, however, only 26 service users completed this intervention. An uncontrolled, repeated measures group design was used to compare service users' mental health before and after the intervention. Information from service users' health records were also recorded and analysed. *Results:* A DBT skills group intervention may be effective at reducing negative thoughts, feelings and behaviours, promoting positive self-help behaviours, and reducing service users' reliance on professional help for support. *Conclusion:* This evaluation provides tentative support for the use of DBT skills as a stand-alone intervention in a CMHT.

2. **Title:** [The Effectiveness of Dialectical Behavior Therapy Skills Training Group Vs. Cognitive Therapy Group on Reducing Depression and Suicide Attempts for Borderline Personality Disorder in Taiwan](#)

**Authors:** T Lin, H Ko, JY Wu, TP Oei, H Lane, & C Chen

**Journal & Date:** Archives of Suicide Research, 2018

**Abstract:** *Objectives:* Effectiveness of the condensed Dialectical Behavior Therapy Skills Training Group (DBTSTG) was compared to the Cognitive Therapy Group (CTG) in reducing depression and suicide reattempt, and modifying emotion regulation strategies among those with borderline personality disorder (BPD). *Methods:* Eighty-two depressed BPD college students with a suicidal history within the past six-months were randomly allocated to DBTSTG or CTG. *Results:* Both groups had similar reductions in suicide reattempts and depression after the intervention and 6-month follow-ups. However, the CTG showed improvements in cognitive errors, but the DBTSTG revealed increases in acceptance and decreases in suppression scores. *Conclusion:* Both groups were effective in decreasing depression and suicide reattempt in BPD college students, probably through increasing adaptive antecedent-focused or response-focused strategies of emotion regulation, respectively.

3. **Title:** [Dialectical Behavior Therapy is effective for the treatment of suicidal behavior: A meta-analysis](#)

**Authors:** CR DeCou, KA Comtois, & SJ Landes

**Journal & Date:** Behavior Therapy, 2018



Abstract Dialectical Behavior Therapy (DBT) prioritizes suicidal behavior and other self-directed violence as the primary treatment targets, and has been demonstrated to reduce self-directed violence in clinical trials. This paper synthesizes findings from controlled trials that assessed self-directed violence and suicidality, including suicide attempts, non-suicidal self-injury (NSSI), suicidal ideation, and accessing psychiatric crisis services. Eighteen controlled trials of DBT were identified. Random effects meta-analyses demonstrated that DBT reduced self-directed violence ( $d = -.324$ , 95% CI =  $-.471$  to  $-.176$ ), and reduced frequency of psychiatric crisis services ( $d = -.379$ , 95% CI =  $-.581$  to  $-.176$ ). There was not a significant pooled effect of DBT with regard to suicidal ideation ( $d = -.229$ , 95% CI =  $-.473$  to  $.016$ ). Our findings may reflect the prioritization of behavior over thoughts within DBT, and offer implications for clinical practice and future research concerning the implementation of DBT for acute suicidality.

4. **Title:** [Dialectical Behavior Therapy in the Treatment of Borderline Personality Disorder and Eating Disorders Comorbidity: A Pilot Study in a Naturalistic Setting](#)

**Authors:** MV Navarro-Haro, C Botella, V Guillen, R Moliner, H Marco, M Jorquera, R Baños, & A Garcia-Palacios

**Journal & Date:** Cognitive Therapy & Research, 2018

Abstract Dialectical behavior therapy (DBT) has been shown to be successful in the treatment of borderline personality disorder and eating disorders separately. The present study compares Standard Dialectical Behavior Therapy with a Treatment as Usual Cognitive Behavior Therapy (TAU CBT) for the treatment of borderline personality disorder and eating disorders comorbid features. A total of 118 women diagnosed with borderline personality disorders and eating disorders were assigned to one of two treatment groups in a naturalistic setting (DBT = 71; TAU CBT = 47). DBT showed a greater decrease in dysfunctional behaviors used to regulate emotions and related to borderline personality disorder (i.e. substance abuse, impulsive money spending, unprotected sex, etc.), non-suicidal self-injuries, and depressive symptoms, as well as an increase in cognitive reappraisal and global functioning. DBT and TAU CBT showed similar improvements in suicide attempts, dysfunctional eating behaviors (i.e. binge eating, purgative behaviors, and restriction), hospitalizations, negative and positive affect, and expressive suppression. Results of this study support the utility and effectiveness of standard DBT for comorbid borderline personality disorder and eating disorders in naturalistic settings. Replications of this study and randomized controlled trials are needed.

5. **Title:** [Preliminary Evidence for the Effectiveness of Dialectical Behavior Therapy for Adolescents](#)

**Authors:** KM Hunnicutt Hollenbaugh & AS Lenz

**Journal & Date:** Journal of Counseling & Development, 2018

Abstract This meta-analysis evaluated the effectiveness of dialectical behavior therapy for adolescents in reducing symptoms of depression, anxiety, self-injury, and suicide risk. Twelve between-group studies ( $N = 834$ ) were chosen that met the inclusion criteria. Results revealed small-to-medium Hedges's  $g$  effect sizes for all 4 symptoms compared with control and



alternative treatment groups. However, the small number of effect sizes available for each analysis limited the generalizability of the findings. Implications and suggestions for future research are discussed.

## Other Articles Relevant to DBT & BPD

6. **Title:** [Identifying novel applications of dialectical behavior therapy: considering emotion regulation and parenting](#)

**Authors:** M Zalewski, JK Lewis, & C Gamache Martin

**Journal & Date:** Current Opinion in Psychology, 2018

Abstract: Dialectical behavior therapy (DBT) is an effective treatment for an increasing number of mental disorders. Its increased application to a range of disorders has been prompted by the recognition that DBT targets emotion dysregulation, which is a transdiagnostic feature underlying several forms of psychopathology. More recently, DBT has been used to target additional clinically relevant domains that are outside diagnostically bound categories, such as improving parenting quality as a means of preventing psychopathology in children of parents with psychopathology. As the ability to regulate emotions is critical to parenting, this paper uses the connection between DBT, emotion regulation, and parenting as an illustration of how focusing on mechanistic features by which DBT is effective aids in strategically identifying areas by which DBT may be a highly useful treatment option.

7. **Title:** [Predictors of Adoption and Reach Following Dialectical Behavior Therapy Intensive Training™](#)

**Authors:** MV Navarro-Haro, MS Harned, KE Korslund, A DuBose, T Chen, A Ivanoff, & MM Linehan

**Journal & Date:** Community Mental Health Journal, 2018

Abstract: Dialectical behavior therapy (DBT) is an evidence-based treatment for borderline personality disorder. The DBT Intensive Training™ is widely used to train community clinicians to deliver DBT, but little is known about its effectiveness. This study prospectively evaluated predictors of adoption and reach of DBT among 52 community teams (212 clinicians) after DBT Intensive Training™. Pre-post training questionnaires were completed by trainees and a follow-up survey by team leaders approximately 8 months later. Overall, 75% of teams adopted all DBT modes and delivered DBT to an average of 118 clients. Lower training and program needs, fewer bachelor's-level clinicians, and greater prior DBT experience predicted adoption of more DBT modes. More prior DBT experience, smaller team size, more negative team functioning, and staff with lower job satisfaction, growth, efficacy, and influence predicted greater DBT reach. DBT Intensive Training™ appears effective in promoting DBT adoption and reach in routine clinical practice settings.

8. **Title:** [Radically Open Dialectical Behavior Therapy \(Special Issue\)](#)

**Authors:** R Trend Codd III, Ed.

**Journal & Date:** The Behavior Therapist, 2018