



Behavioral Tech

A Linehan Institute Training Company

www.behavioraltech.org
info@behavioraltech.org

P: 206-675-8588
F: 1-206-675-8590

1107 NE 45th Street, Suite 230
Seattle, WA 98105

DBT Treatment Research

MARCH 28 – JUNE 16, 2017

1. **Title:** [Efficacy of dialectical behavior therapy techniques in reducing problems of patients with preoccupied attachment style having chronic musculoskeletal pain: a single case study](#)

Authors: M Amini-Fasakhoudi, M Mamhoud Alilou, K Tahmassian, A Bakhshipour-Roudsari

Journal & Date: Feyz Journal (2017)

Background: Pain is a degenerative and disabling condition which is accompanied by several psychological variables. Therefore, this study aimed to investigate the effectiveness of dialectical behavior therapy techniques in reducing the catastrophizing, fear of movement, pain-induced disability, and pain intensity in patients with preoccupied attachment style suffering musculoskeletal chronic pain. Materials and Methods: The Study was conducted as a single subject research based on multiple-baseline design. The participants were two women patients suffering chronic back pain that were selected through purposive method from among clients of Pain Clinic of Tabriz, based on pain specialist diagnosis, clinical interview and screening tools. Pain Catastrophizing Questionnaire, Tampa Scale for Kinesiophobia, Pain Disability Questionnaire, Visual Analogue Scale, and also relationships scales Questionnaire were filled by subjects in 5th, 7th, 9th, 11th, 14th baseline sessions and the follow up session. In order to study the treatment results drawing symptom severity diagram and mean base line reduction related to single subject studies. Results: Results indicate that average score of catastrophizing, fear of movement, pain disability, and pain intensity were decreased in both patients from baseline to follow up (33.25 to 16.5), (45.75 to 21), (17.5 to 7), and (213.75 to 90), respectively. In addition, during the treatment the average score of attachment security in both patients was increased from 1.25 to 2.3. Conclusion: Dialectical behavior therapy was effective in increasing secure attachment and decreasing pain-related problems in patients with musculoskeletal pain. Thence, it is recommended that the study be done with larger samples in future.

2. **Title:** [Investigating the Effectiveness of Dialectical Behavior Therapy in Clinical Symptoms, Anger Control and Emotional Regulation of Bully Children](#)

Authors: FP Ziraki, T Hassan

Journal & Date: International Journal of Clinical Medicine (2017)

The present study aims to investigate the effectiveness of dialectical behavior therapy in clinical symptoms, anger control and emotional regulation of bully children. This research is a pretest-posttest quasi-experimental study design with a nonequivalent control group. The research sample comprises 24 bully children who were purposefully selected from among the students



who had responded positively to the researcher's call. The participants were randomly assigned into two experimental and control groups. Group therapy intervention was conducted on the experimental group during ten sessions. The tools applied in this study consisted of Cognitive Emotion Regulation Questionnaire by Garnefski *et al.*, State-Trait Anger Expression Inventory by Spielberger and Bullying Scale by Illinois, Espelage and Holt and the subjects answered to their questions in the stage of pretest and posttest. In this research, the data was analyzed based on the analysis of covariance test and with the aid of SPSS software. The findings demonstrated that dialectical behavior therapy has a significant impact on clinical symptoms, anger control and its components and emotional regulation and its components ($P < 0.01$).

Other Articles Relevant to DBT & BPD

1. **Title:** [Development and Initial Evaluation of the Psychometric Properties of the Dialectical Behavior Therapy Barriers to Implementation Scale \(BTI-S\)](#)

Authors: CD Chugani, ME Mitchell, Y Botanov, MM Linehan

Journal & Date: Journal of Clinical Psychology (2017)

Objective: We examined the psychometric properties of the Dialectical Behavior Therapy (DBT) Barriers to Implementation Scale (BTI-S).

Method: Participants were clinicians completing a bipartite training, separated by 6 months of self-study, to implement DBT. Exploratory factor analysis was conducted with data collected from the initial training period ($N = 790$), while confirmatory factor analysis was based on data from the final training period ($N = 660$).

Results: The final model included 26 items and 4 factors with overall acceptable fit, $\chi^2(293, N = 660) = 460.989$, $p < .001$, comparative fit index = .909, Tucker-Lewis index = .899, root mean square error of approximation (90% confidence interval) = .015. The internal reliability of the scores was low (range = .56 to .72).

Conclusion: The final model fits reasonably well and measures four domains considered important for implementation of DBT. However, the low reliability of the scores indicates that the BTI-S would be improved with further development.

2. **Title:** ["Medtep DBT": A Dialectical Behavior Therapy Native App and Web Platform for Borderline Personality Disorder Patients and Their Therapists](#)

Authors: J Sunol, JM Panisello, E Castell, PJT Lopez, C Sanchez, V Perez



Behavioral Tech

A Linehan Institute Training Company

Journal & Date: Universal Journal of Public Health (2017)

Objective: The present article is aimed at describing the development process of Medtep DBT, a native app and web platform, based on Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder (BPD) patients and their therapists.

Materials and Methods: The development of Medtep DBT involved five steps: Analysis of the current mobile apps related to DBT and BPD. Development of a beta version of Medtep DBT in collaboration with psychiatrists, psychologists and BPD patients in knowledge of DBT. Testing the beta version by other BPD patients and introducing changes based on provided feedback. Content validation of the final version by mental health professionals.

Results: Content validity has been granted by psychologist and psychiatrist whose experience with the use of the platform has been satisfactory. Feedback from BPD patients has also been positive.

Discussion: Medtep DBT can be very useful for both, BPD patients and psychologists and psychiatrists; besides being built on evidence-based DBT standards, it is reinforced by BPD patients' and mental health professionals' feedback and collaboration. Even though its content validity has been granted, a pilot study is being carried out to assess its effectiveness.

Conclusion: Medtep DBT facilitates BPD patients the accessibility to digital therapeutic tools to register all the information related to the therapy in a more patient-friendly manner versus paper. Moreover, therapists can provide personalized care in a timely manner. So far, Medtep DBT provides a patient-therapist approach like no other app available in the market.

3. **Title:** [Adapting Dialectical Behavior Therapy for College Counseling Centers](#)

Authors: CD Chugani

Journal & Date: Journal of College Counseling (2017)

College counseling centers report increased student presentation with severe psychological issues (Gallagher, 2012). Although dialectical behavior therapy (DBT) has demonstrated efficacy with multiple clinical populations, standard model DBT is not feasible for many traditional college counseling centers. This article describes the iterative development and evolution of a comprehensive DBT program adapted to fit the scope of a traditional college counseling center. Guidelines for implementing lessons learned over the 3 years of the program are provided.



4. **Title:** [Reduced amygdala reactivity and impaired working memory during dissociation in borderline personality disorder](#)

Authors: A Krause-Utz, D Winter, F Schriner, CD Chiu, S Lis, P Spinhoven, M Bohus, C Schmahl, BM Elzinga

Journal & Date: European Archives of Psychiatry and Clinical Neuroscience (2017)

Affective hyper-reactivity and impaired cognitive control of emotional material are core features of borderline personality disorder (BPD). A high percentage of individuals with BPD experience stress-related dissociation, including emotional numbing and memory disruptions. So far little is known about how dissociation influences the neural processing of emotional material in the context of a working memory task in BPD. We aimed to investigate whole-brain activity and amygdala functional connectivity (FC) during an Emotional Working Memory Task (EWMT) after dissociation induction in un-medicated BPD patients compared to healthy controls (HC). Using script-driven imagery, dissociation was induced in 17 patients ('BPD_D'), while 12 patients ('BPD_N') and 18 HC were exposed to neutral scripts during fMRI. Afterwards, participants performed the EWMT with neutral vs. negative IAPS pictures vs. no distractors. Main outcome measures were behavioral performance (reaction times, errors) and whole-brain activity during the EWMT. Psychophysiological interaction analysis was used to examine amygdala connectivity during emotional distraction. BPD patients after dissociation induction showed overall WM impairments, a deactivation in bilateral amygdala, and lower activity in left cuneus, lingual gyrus, and posterior cingulate than BPD_N, along with stronger left inferior frontal gyrus activity than HC. Furthermore, reduced amygdala FC with fusiform gyrus and stronger amygdala FC with right middle/superior temporal gyrus and left inferior parietal lobule was observed in BPD_D. Findings suggest that dissociation affects reactivity to emotionally salient material and WM. Altered activity in areas associated with emotion processing, memory, and self-referential processes may contribute to dissociative states in BPD.

5. **Title:** [Romantic Relationships of People with Borderline Personality: A Narrative Review](#)

Authors: S Navarro-Gomez, A Frias, C Palma

Journal & Date: Psychopathology (2017)

Background: Romantic relationships are one of the most interesting areas of interpersonal functioning in people with borderline personality. The aim of this narrative review was to synthesise empirical findings on this issue.

Sampling and Methods: The PubMed and PsycINFO databases were searched for pertinent materials published between 1980 and March 2016. Thirty articles met the inclusion criteria.



Behavioral Tech

A Linehan Institute Training Company

Results: Several longitudinal and cross-sectional studies showed that people with borderline personality disorder (BPD) or BPD traits had more - but less prolonged - romantic relationships than people without BPD. The stable relationships of people with BPD or with BPD traits were also less satisfying and more hostile than those of people without BPD. People with BPD or BPD traits had relationships characterised by insecure attachment and passive-aggressive communications. Personality disorders and anxious attachment were more prevalent among the partners of people with BPD or with BPD traits when compared with partners of people without BPD.

Conclusion: Unstable and chaotic romantic relationships are at the core of interpersonal dysfunction in BPD. More longitudinal research is needed to delineate the relationship between BPD symptoms and romantic relationship dysfunction, including the modulating role of the partner's clinical features in such an association.

6. **Title:** [Thoughts, images, and appraisals associated with acting and not acting on the urge to self-injure](#)

Authors: PM McEvoy, S Hayes, PA Hasking, CS Rees

Journal & Date: Journal of Behavior Therapy and Experimental Psychiatry (2017)

Objectives: The aim of this study was to examine the frequency, content, and appraisals of thoughts and images occurring during urges to engage in non-suicidal self-injury (NSSI).

Method: Undergraduates (N = 154) with a history of NSSI completed an online survey of their thoughts, images, and appraisals when they acted on urges to engage in NSSI as well as when they resisted urges to self-injure.

Results: Most (>90%) participants reported experiencing both thoughts and images during urges to engage in NSSI. During urges that resulted in self-injury, self-critical and hopeless thoughts were most distressing, and thoughts about relief from emotional distress were most comforting. Images of the anticipated injury were most common. During urges that did not result in self-injury themes of the futility of NSSI, positive self-talk, and the impact on others were most common. Images were most frequently of the negative impact on self and others, and the anticipated injury. Appraisals encouraging NSSI occurred when individuals did and did not act on their urges, but concurrent strong discouraging appraisals appeared to be protective on occasions when urges did not result in self-injury.

Limitations: Retrospective self-report was used to assess cognitive content. Generalisability of findings to non-student samples needs to be assessed.



Behavioral Tech

A Linehan Institute Training Company

Conclusions: Findings from this study may inform comprehensive assessment of thoughts and images associated with urges to engage in NSSI. NSSI interventions may need to promote thoughts, imagery and appraisals that discourage NSSI whilst simultaneously modifying cognitions that encourage NSSI.

7. **Title:** [The Influence of Emotional State on Learning From Reward and Punishment in Borderline Personality Disorder](#)

Authors: KL Dixon-Gordon, MT Tull, LM Hackel, KL Gratz

Journal & Date: Journal of Personality Disorders (2017)

Despite preliminary evidence that individuals with borderline personality disorder (BPD) demonstrate deficits in learning from corrective feedback, no studies have examined the influence of emotional state on these learning deficits in BPD. This laboratory study examined the influence of negative emotions on learning among participants with BPD ($n = 17$), compared with clinical (past-year mood/anxiety disorder; $n = 20$) and healthy ($n = 23$) controls. Participants completed a reinforcement learning task before and after a negative emotion induction. The learning task involved presenting pairs of stimuli with probabilistic feedback in the training phase, and subsequently assessing accuracy for choosing previously rewarded stimuli or avoiding previously punished stimuli. ANOVAs and ANCOVAs revealed no significant between-group differences in overall learning accuracy. However, there was an effect of group in the ANCOVA for postemotion induction high-conflict punishment learning accuracy, with the BPD group showing greater decrements in learning accuracy than controls following the negative emotion induction.