



# Behavioral Tech

A Linehan Institute Training Company

www.behavioraltech.org  
info@behavioraltech.org

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

1107 NE 45<sup>th</sup> Street, Suite 230  
Seattle, WA 98105

## DBT Treatment Research

APRIL 1 – MAY 31, 2018

1. **Title:** [Suicidal ideation and skill use during in-patient dialectical behavior therapy for borderline personality disorder. A diary card study.](#)

**Authors:** T Probst, V Decker, E Kiessling, S Meyer, C Bofinger, G Niklewski... & C Pieh

**Journal & Date:** Frontiers in Psychiatry, 2018

**Abstract:** Associations between suicidal ideation and skill use were investigated during in-patient dialectical behavior therapy (DBT) for borderline personality disorder (BPD). Participants were N=44 patients with BPD undergoing a five-week in-patient DBT program in a psychiatric clinic. They filled in a diary card each treatment day resulting in 1,334 skill use ratings and 1,364 suicidal ideation ratings. Days were categorized into three categories: days with successful skill use (using skills and perceiving them as effective), days without skill use, days with unsuccessful skill use (using skills but perceiving them as ineffective). Multilevel models were performed to account for the nested data structure. The results showed that suicidal ideation improved more for patients who applied skills successfully more often during treatment ( $p < .05$ ). Moreover, suicidal ideation was lower on treatment days with successful skill use compared to treatment days without skill use and compared to treatment days with unsuccessful skill use ( $p < .05$ ). When treatment days with no skill use were compared to treatment days with unsuccessful skill use, suicidal ideation was higher on treatment days with unsuccessful skill use ( $p < .05$ ). To conclude, using skills successfully on as many treatment days as possible is associated with lower suicidal ideation.

2. **Title:** [The effects of craving on implicit cognitive mechanisms involved in risk behavior: Can Dialectical Behavior Therapy in therapeutic communities make a difference? a pilot study](#)

**Authors:** S Rabinovitz & M Nagar

**Journal & Date:** Journal of Therapeutic Communities, 2018

**Abstract:** *Purpose:* The current pilot study aimed to examine pre to post-change in two components of implicit cognitive functioning following craving induction- attentional bias (AB) and executive control -of patients in a long-term drug-free residential treatment center that incorporated Dialectical Behavioral Therapy (DBT) with usual therapeutic community (TC) practices. *Design/methodology/approach:* Three groups of alcohol and cannabis dependent female adolescents were compared: pre-treatment ( $n=12$ ), following 4 months of treatment ( $n=11$ ) and following 12 months of treatment ( $n=7$ ). *Findings:* Results indicate significantly lower AB (as measured by Visual Probe Task) and improved response inhibition (as measured by Stop Signal Task) under craving conditions, after 12 months of



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DBT. *Research limitations/implications:* Naturalistic character of the study did not allow the use of repeated measures design, drug using control groups, randomized clinical trial, or performing a longitudinal follow-up. However, our findings show that DBT for drug abusing female adolescents in a long-term residential setting may be an effective intervention to enhance cognitive and executive functions critical to the risk chain involved in relapse and recidivism, supporting the implementation of DBT in therapeutic community residential settings. *Originality/value:* This is the first research paper that examined effects of DBT+TC on substance dependent female adolescents' cognitive mechanisms using well-validated behavioral tasks. The research provides some empirical evidence for the improvement in attentional bias and response inhibition under craving conditions following treatment.

## Other Articles Relevant to DBT & BPD

1. **Title:** [Applying Dialectical Behavior Therapy to Self-Harm in College-Age Men: A Case Study](#)

**Authors:** JL Cannon & LK Umstead

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

**Abstract:** Researchers suggest an increase in self-harm among men. Specifically, college-age men appear to be at risk for self-harming behaviors, and counselors often overlook these behaviors in treatment. In this article, the authors describe the issue of self-harm and illustrate the use of dialectical behavior therapy (DBT; Linehan, [2014](#)) with male college students. The authors use a case study to illustrate the use of a modified form of DBT with a male college student who self-harmed. Limitations of this approach and implications for college counselors are also addressed.

2. **Title:** [Borderline Personality Features, Anger, and Intimate Partner Violence: An Experimental Manipulation of Rejection](#)

**Authors:** NA Armenti & JC Babcock

**Journal & Date:** Journal of Interpersonal Violence, 2018

**Abstract:** Individuals with borderline personality features may be susceptible to react to situational stressors with negative and interpersonally maladaptive emotionality (e.g., anger) and aggression. The current study attempted to test two moderated mediation models to investigate dispositional risk factors associated with borderline personality features and intimate partner violence (IPV). Results from an experimental rejection induction paradigm were examined using moderated regression to observe contextual reactions to imagined romantic rejection from a current romantic partner among individuals with borderline personality features. An ethnically diverse sample of 218 undergraduates at a large public university in the southwestern United States was recruited. Participants responded to demographic questions and self-report measures, and engaged in an experimental rejection induction paradigm.



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Borderline personality features was positively associated with rejection sensitivity, physical assault, and psychological aggression. Contrary to initial hypotheses, rejection sensitivity did not serve as a mediator of the relations between borderline personality features and physical assault and psychological aggression. However, trait anger mediated the relation between borderline personality features and psychological aggression. As such, trait anger may be an important explanatory variable in the relation between borderline personality features and psychological aggression specifically. Results of the rejection induction paradigm indicated that, for individuals who were asked to imagine an ambiguous rejection, the relation between borderline personality features and state anger post-rejection was strengthened. For individuals who imagined a critical rejection, there was no significant relation between borderline personality features and state anger post-rejection. Findings suggest that trait anger may be an important dispositional factor in the link between borderline personality features and IPV. In addition, contextual factors, such as ambiguous rejection by an intimate partner, may be especially relevant in activating anger or aggression in individuals with borderline personality features.

3. **Title:** [Daily assessment of interpersonal factors to predict suicidal ideation and non-suicidal self-injury in psychiatric inpatients](#)

**Authors:** MJ Kyron, GR Hooke, & AC Page

**Journal & Date:** Journal of Consulting and Clinical Psychology, 2018

**Abstract:** Objective: The study assessed suicidal ideation and interpersonal variables to explore the extent to which (a) changes in interpersonal factors predicted future suicidal ideation and (b) changes in either predicted nonsuicidal self-injury. Method: In total, 1,044 patients (72.3% Female; mean age = 41.95) at a psychiatric inpatient facility were assessed daily for suicidal thoughts. If patients indicated suicidal thinking (n = 417), their feelings of perceived burdensomeness and thwarted belongingness were assessed. Results: There was a reciprocal relationship between suicidal ideation and interpersonal factors, with both predicting each other on the next day. Changes in suicidal ideation, but not interpersonal factors, over two days were a significant predictor of 22.6% of nonsuicidal self-injury cases (n = 67). Conclusions: The findings reinforce the need for more intensive assessment of suicidal ideation (i.e., days, hours) to determine complex relationships with risk factors. This acts to enhance prediction and prevention of suicidal ideation and nonsuicidal self-injury.

4. **Title:** [Relationship between effortful control and facets of mindfulness in meditators, non-meditators and individuals with borderline personality disorder](#)

**Authors:** M Tortella-Feliu, J Soler, L Burns, A Cebolla, M Elices, J Pascual, Y López del Hoyo, J García-Campayo

**Journal & Date:** Personality and Mental Health, 2018

**Abstract:** As dimensions of effortful control (EC), activation control, attentional control, and inhibitory control could mediate the relationship between mindfulness meditation practice and the facets of mindfulness (i.e., observing, describing, acting with awareness, non-judging and



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non-reacting to inner experience). In this study, we tested whether participant status: meditators ( $n = 330$ ), healthy non-meditators ( $n = 254$ ) and individuals with borderline personality disorder (BPD) diagnosis ( $n = 46$ ) predicted the facets of mindfulness and if these potential effects were mediated through the three effortful control (EC) dimensions (activation, attentional and inhibitory control). Meditators scored higher than non-meditators on attentional and inhibitory control and on the facets of mindfulness with attentional and inhibitory control partially mediating this relationship between meditation status and mindfulness facets. Participants with BPD showed lower scores on EC along with lower scores on the facets of mindfulness compared with healthy non-meditators. All three aspects of EC partially mediated the relationship between BPD and mindfulness facets.