



DBT Treatment Research

NOVEMBER 1, 2018 – DECEMBER 31, 2018

1. **Title:** [Perspectives on a Stage-Based Treatment for Posttraumatic Stress Disorder Among Dialectical Behavior Therapy Consumers in Public Mental Health Settings](#)

Authors: Harned, M.S. & Schmidt, S.C.

Journal & Date: Community Mental Health Journal, 2018

Abstract: Difficulties with consumer engagement are a common barrier to implementing trauma-focused evidence-based psychotherapies (TF-EBPs). Potential methods of increasing engagement include utilizing a stage-based treatment approach, and involving consumers in implementation efforts. This mixed method study explored consumers' perspectives on a stage-based TF-EBP, Dialectical Behavior Therapy (DBT) with the DBT Prolonged Exposure (DBT PE) protocol. Nineteen DBT consumers in two public mental health agencies targeted for implementation of DBT + DBT PE participated in focus groups and completed questionnaires assessing treatment preferences and expectancies. Consumers reported positive treatment expectancies and a strong preference for DBT with DBT PE (89.5%) over DBT alone (5.3%) or PE alone (5.3%). This was primarily due to beliefs about the treatment's efficacy, a perceived need for PTSD treatment, and the stage-based approach. Consumer-focused strategies for increasing uptake and reach of TF-EBPs are discussed.

2. **Title:** [A Feminist Qualitative Investigation of Dialectical Behavior Therapy Skills Group as Context for Fostering Intrapersonal Growth](#)

Authors: Stehn, M. & Tang, M.

Journal & Date: Journal of Counselor Practice, 2018s

Abstract: The purpose of this study was to discover how clients' experiences in dialectical behavior therapy (DBT) skills group contributed to their attainment of a more coherent and complex sense of self. This study used a relational-cultural theoretical lens to examine clients' subjective experiences of self-concept, and how their experiences in DBT skills group facilitated improvements in this area. Research interviews were analyzed using the Listening Guide, a polyvocal qualitative data analysis strategy that emphasizes the ways that individuals speak about themselves and the subject matter. Participants in DBT skills training group began to acknowledge their self-worth, trust their own interpretations of events, and bring themselves more fully into their interpersonal relationships. The data presented in this study demonstrate the impact of the relational context of DBT skills training group on participants' ability to authentically integrate aspects of their internal experiences. The implications of this work underscore the need for a complex, compassionate conceptualization of BPD among mental health counselors.

3. **Title:** [Effects of Mindfulness Training on Borderline Personality Disorder: Impulsivity Versus Emotional Dysregulation](#)



Authors: Carmona i Farrés, C., Elices, M., Soler, J., Domínguez-Clavé, E., Pomarol-Clotet, Salvador, R., & Pascual, J.C.

Journal & Date: Mindfulness, 2018

Abstract: Emotion dysregulation (ED) and impulsivity are the two core characteristics of borderline personality disorder (BPD). Although the mindfulness module of dialectical behavior therapy (DBT) has proven effective to treat general BPD symptomatology, no studies have yet been conducted to determine whether mindfulness specifically targets impulsivity and/or ED in patients with BPD. Therefore, the aim of the current study was to examine the impact of mindfulness training on those two characteristics. A clinical sample ($n = 70$) of individuals with BPD were randomized to one of two interventions: DBT mindfulness skills training (DBT-M) or DBT interpersonal effectiveness skills training (DBT-IE). Participants were assessed prior to treatment and at the end of the 10-week training program. Assessment included measures of impulsivity, emotion dysregulation, BPD severity, and mindfulness facets. Our findings showed that impulsivity decreased in the DBT-M group but not in the DBT-IE group. BPD psychopathology and some aspects of ED (e.g., emotional clarity and emotional acceptance) improved in both groups. These results show that the mindfulness module of DBT improves both emotion regulation and impulsivity.

4. **Title:** [Factors predicting early dropout from dialectical behaviour therapy in individuals with borderline personality disorder](#)

Authors: Carmona i Farrés, C., Pascual, J.C., Elices, M., Navarro, H., Martín Blanco, A., & Soler, J.

Journal & Date: Actas Españolas de Psiquiatría, 2018

Abstract: BACKGROUND: Dialectical behaviour therapy skills training (DBT-ST) has proven effective to treat individuals with borderline personality disorder (BPD). However, therapy still faces the problem of early dropout. The aim of the present study is to examine which factors are associated with early dropout from DBT-ST in a sample of subjects with BPD. METHOD: 118 subjects with BPD diagnosis were included in the study. Apart from socio-demographic and clinical variables, childhood trauma history, personality dimensions, and comorbidities with other psychiatric disorders were collected. Differences in regards to the aforementioned variables were compared between individuals who dropped out prematurely from therapy and those who finalized it. RESULTS: Significant differences between groups regarding socio-demographic and clinical variables, including childhood trauma history and comorbid personality disorders, were not found. Both groups differed significantly in regards to trait impulsiveness and in comorbidity with Eating Disorders (ED) and Cocaine Use Disorder (CUD). The regression analyses showed that ED and CUD significantly predicted drop-out ($p=0.011$ and $p=0.031$ respectively), while scores in trait impulsivity showed a tendency towards signification ($p=0.063$). CONCLUSIONS: Comorbidities between BPD and axis I disorders (i.e., ED and CUD) should be taken into account when referring patients to DBT-ST.

Other Articles Relevant to DBT & BPD

5. **Title:** [Impact of Borderline Personality Pathology on Treatment Outcomes in Adolescents in Residential Treatment: The Role of Emotion Regulation](#)



Authors: Gratz, K., Bentley, J.P., & Young, J.

Journal & Date: Journal of Psychiatric Practice, 2018

Abstract: Despite growing research on the impact of borderline personality pathology (BPP) on treatment outcomes for emotional disorders among adults, no studies have examined this question in adolescents. Moreover, no studies have examined mediators of the relation between BPP and changes in mood and anxiety symptoms during treatment. This study examined the impact of BPP on treatment outcomes in 141 adolescents in psychiatric residential treatment, as well as the mediating role of change in emotion regulation (ie, adaptive responses to emotions) in the relation between baseline BPP and improvements in psychiatric symptoms during treatment. Participants completed questionnaires assessing emotion regulation and depression, anxiety, and posttraumatic stress disorder symptoms at baseline and posttreatment. Although BPP was not directly associated with the magnitude of change in psychiatric symptoms from baseline to posttreatment, it was positively associated with greater improvement in emotion regulation during treatment. Furthermore, results revealed significant indirect effects of BPP on improvements in all psychiatric symptoms through improvement in emotion regulation.

6. **Title:** [Posttraumatic Stress Disorder in Patients with Borderline Personality Disorder: Treatment Outcomes and Mediators](#)

Authors: Barnicot, K. & Crawford, M.

Journal & Date: Journal of Traumatic Stress, 2018

Abstract: Posttraumatic stress disorder (PTSD) is highly comorbid with personality disorder (PD). We evaluated whether comorbid PTSD has a negative effect on patients' ability to benefit from evidence-based psychological treatments for PD and tested potential mediators of any effect. The effect of PTSD on self-harm and borderline PD symptoms was evaluated in 90 patients with borderline PD who were receiving dialectical behavior therapy or mentalization-based therapy. Self-report and interview measures were administered every 3 months over a 12-month period. Three-quarters of participants met criteria for PTSD. In the 12 months after beginning treatment, participants with PTSD did not engage in self-harm more often or present with more severe borderline PD symptoms. However, a higher level of PTSD symptom severity at baseline was associated with more frequent self-harm during follow-up, incidence rate ratio = 1.03, 95% CI [1.01, 1.06], $p = .005$. Participants whose PTSD did not improve or worsened were more likely to still self-harm, odds ratio (OR) = 0.91, 95% CI [0.85, 0.97], $p = .004$, and report more severe borderline PD symptoms, $b = 0.53$, 95% CI [0.34, 0.73], $p < .001$, at the end of 12 months. The negative effects of PTSD symptoms remained significant after adjusting for potential confounders and were partially mediated by high ongoing levels of emotional dysregulation, indirect effect $b = 0.32$, 95% CI [0.19, 0.50]. These findings identify subgroups at risk of poorer outcomes from evidence-based psychological treatments for PD and support the idea that treating PTSD may improve outcomes.

7. **Title:** [Association between childhood invalidation and borderline personality symptoms: self-construal and conformity as moderating factors](#)

Authors: Keng, S. & Yuan Soh, C.



Journal & Date: Borderline Personality Disorder and Emotion Dysregulation, 2018

Abstract: Background: Linehan (1993)'s biosocial model posits that borderline personality disorder (BPD) symptoms develop as a result of a transactional relationship between pre-existing emotional vulnerability and an invalidating childhood environment. Little work, however, has investigated cultural factors that may influence the relationship between childhood invalidation and BPD symptoms. The present study investigated the association between parental invalidation and BPD symptoms, and the role of conformity and self-construal as potential moderators of this association. Methods: Two hundred and ninety undergraduate students were recruited from a large university in Singapore and administered questionnaires measuring Asian values, self-construal, parental invalidation, and BPD symptomatology. Results: Multiple regression analysis demonstrated a significant positive association between BPD symptoms and maternal invalidation. Moderation analyses revealed a 3-way interaction, indicating that the maternal invalidation and BPD symptoms association varied by degree of conformity and self-construal. Among participants with interdependent self-construal, maternal invalidation was associated with BPD symptoms only at high conformity levels. No significant moderating effect was found among participants with independent self-construal. Conclusions: Overall, the study found empirical support for aspects of Linehan's biosocial model in an Asian context, and has implications for developing a culturally-informed understanding of BPD.

8. **Title:** [Difficulties regulating emotions mediates the associations of parental psychological control and emotion invalidation with borderline personality features.](#)

Authors: Hope, N.H. & Chapman, A.L.

Journal & Date: Personality Disorders, 2018

Abstract: Extant research has supported a connection between socialization in childhood and difficulties regulating emotions. The biosocial theory of borderline personality disorder (BPD; Crowell, Beauchaine, & Linehan, 2009; Linehan, 1993) suggests that emotion dysregulation is a core mechanism underlying the extreme behaviors, mood instability, identity disturbance, and relationship instability observed in BPD. The present study investigated the impact of socialization factors related to emotions, parental autonomy support, parental psychological control, and childhood trauma on BPD features in a nonclinical young adult sample (N = 357). Relationships between socialization factors and BPD features were evaluated using structural equation modeling, to test integrative hypotheses informed by biosocial theory and self-determination theory. We found that recalled experiences of childhood trauma, emotional magnification of negative emotions, neglect of negative emotions, and parental psychological control were positively associated with BPD features. Difficulties regulating emotions mediated the relationships of childhood emotion socialization factors and psychological control with BPD features. Implications for future research, resiliency, and intervention are discussed.