



The National Dialectical Behaviour Therapy Implementation Project: Preliminary Results of the Effectiveness Evaluation

Presenter

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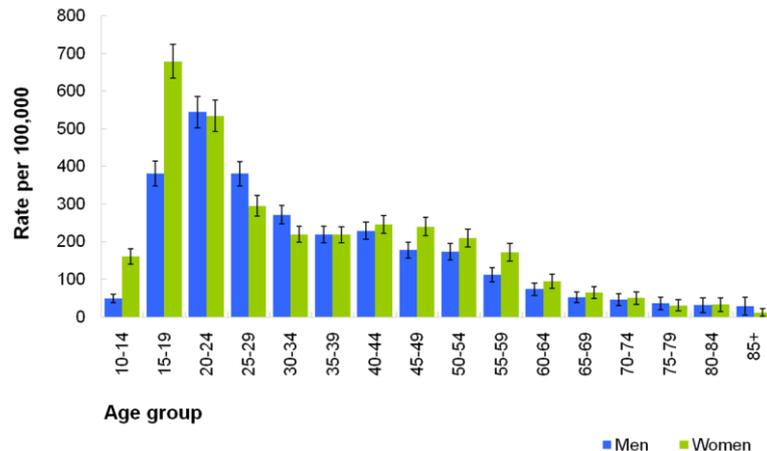
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The National DBT Project, Ireland

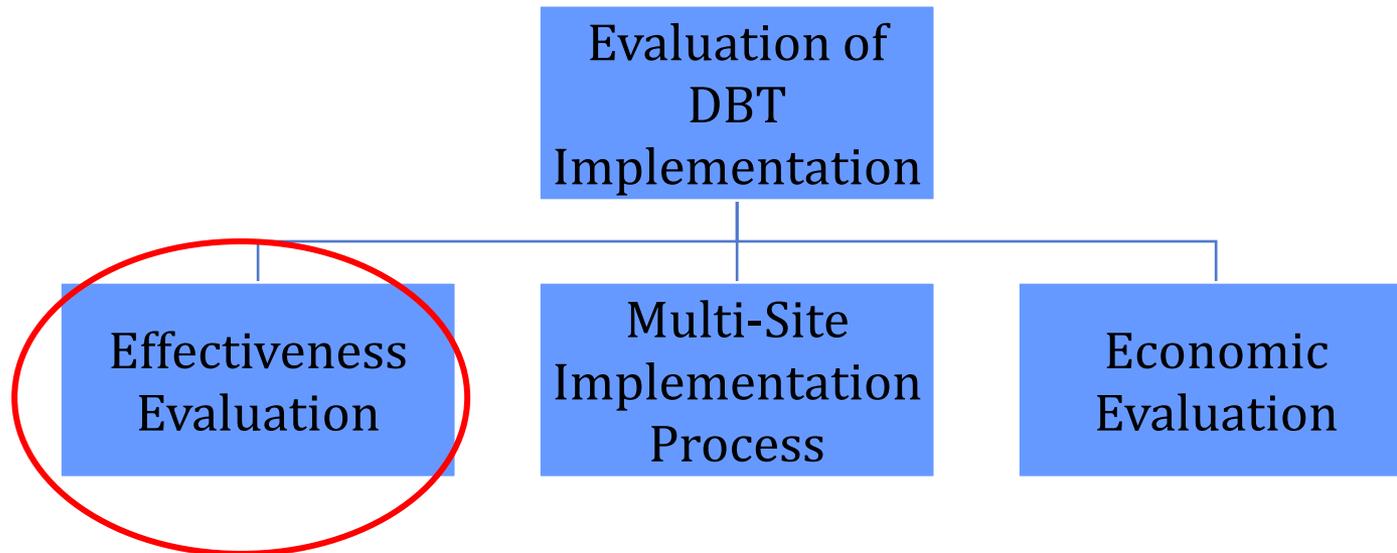


Vision for Change
(2006): 11-20% of
mental health service
attendees have
borderline
personality
presentation



- Government funding (National Office for Suicide Prevention, Ireland) for a coordinated national implementation of DBT programmes
- Initial funding for 16 teams (in both adult and child & adolescent mental health services) to train, implement and deliver DBT programmes in service
- Aims of project:
 - Support and coordinate implementation of DBT teams across Community Mental Health Settings in Ireland
 - Evaluate the coordinated implementation

Evaluating the National DBT Project, Ireland



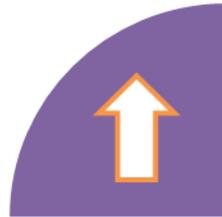
Evaluating the Effectiveness of DBT for Clients

Following extensive literature reviews and DBT pilot study data analyses, measures and additional questionnaires were compiled:

4 Treatment Targets (Koerner, 2011)

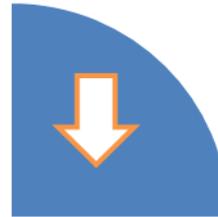
Skill Utilisation

- DBT Ways of Coping Checklist



Life-threatening behaviours

- Deliberate self-harm behaviours (client and clinician-reported)
- Suicidal ideation



Quality of Life-interfering behaviours

- Depression
- Hopelessness
- Anger
- Borderline Symptoms
- Quality of life
- Client functioning (clinician-reported)



Treatment interfering behaviours

- Attendance/use of phone coaching (clinician-reported)



Data Collection Time-points

AMHS

- **Baseline**
(start of programme)
- **Time-point 2**
(end of client's 3rd module)
- **Time-point 3**
(end of programme)
- **Time-point 4**
(6 months following programme completion)

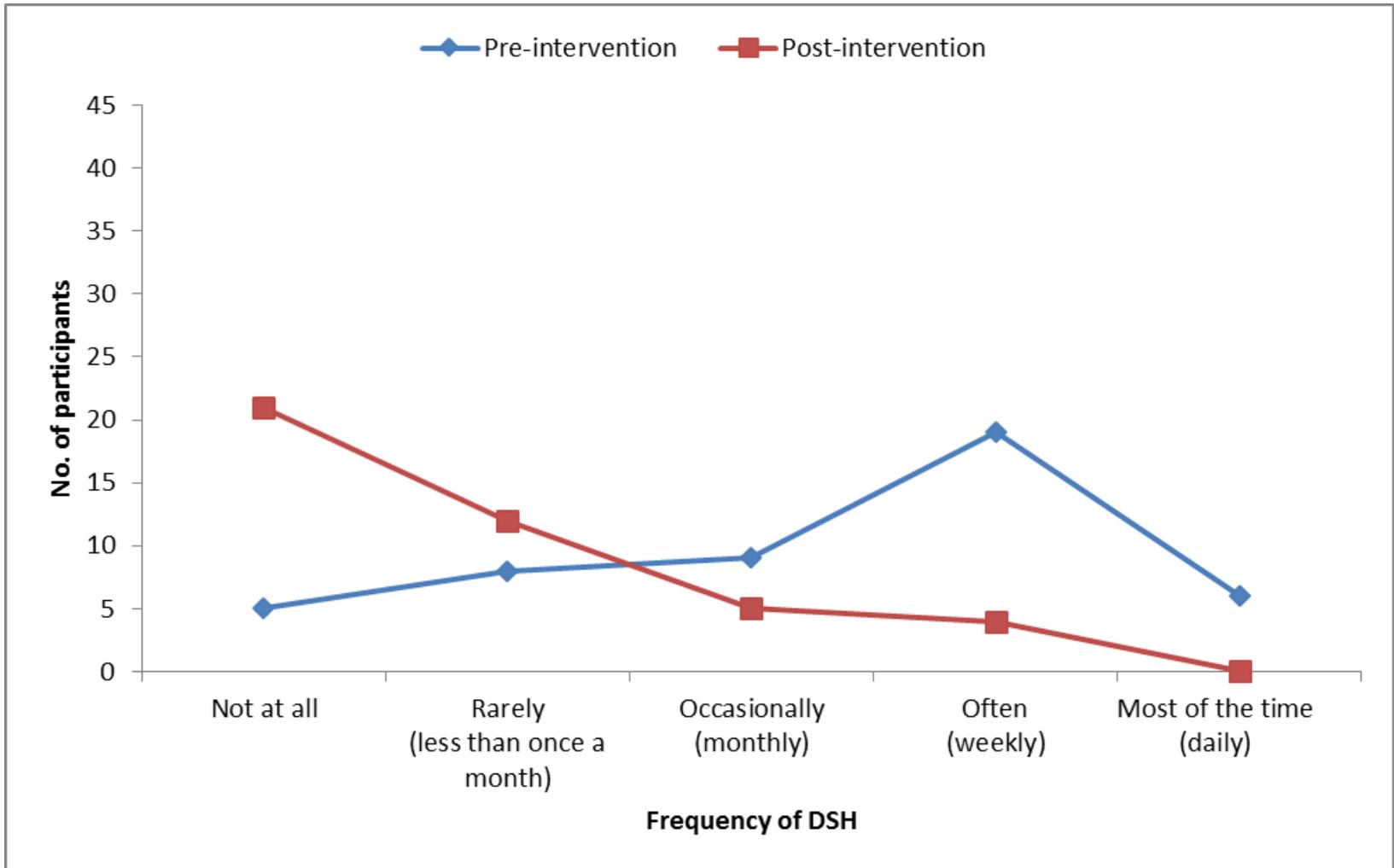
CAMHS

- **Baseline**
(start of programme)
- **Time-point 2**
(end of programme)
- **Time-point 3**
(4/6 months following programme completion)

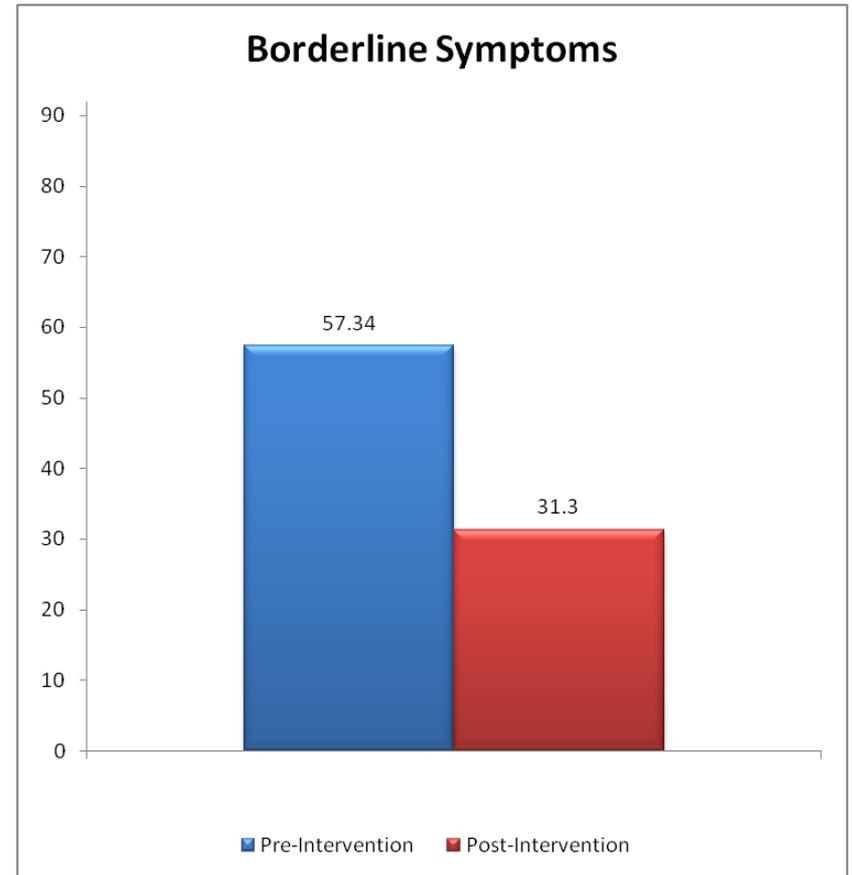
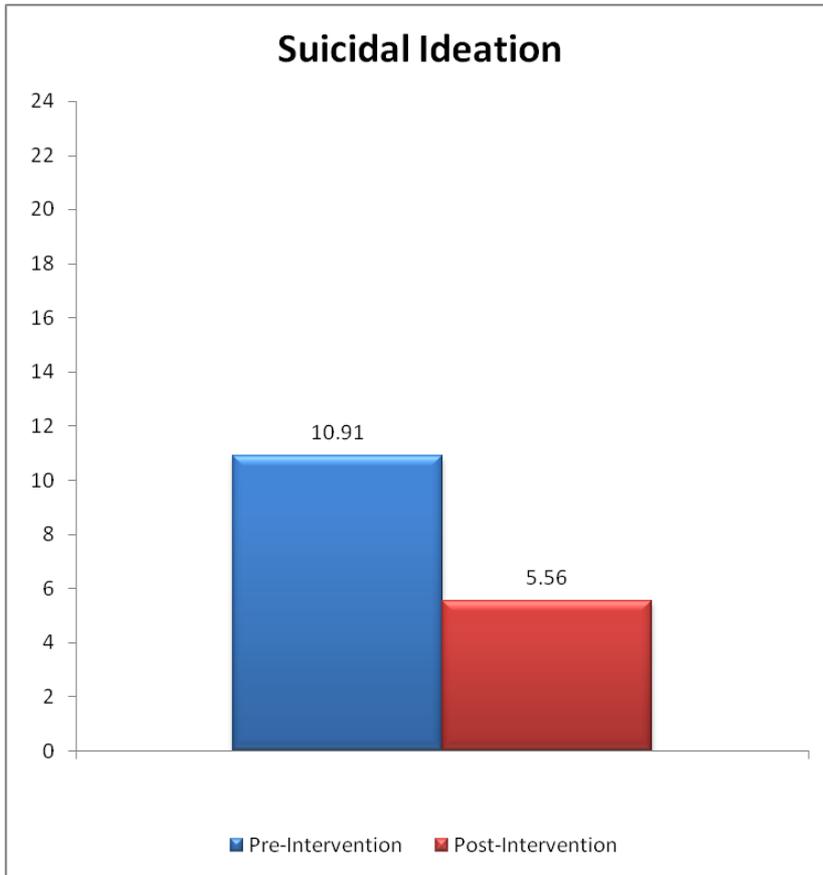
Participants (AMHS)

- **46** participants (for analysis- data collection is ongoing)
- Inclusion criteria:
 - Diagnosis of BPD or EUPD (or meet criteria for diagnosis)
 - Self-harm behaviour within previous 6 months
 - Committed to DBT and completed pre-treatment
- Females: **35**
Males: **11**
- Age Range: 18 – 24 years: **12**
25 – 34 years: **9**
35 – 44 years: **16**
45 – 54 years: **8**

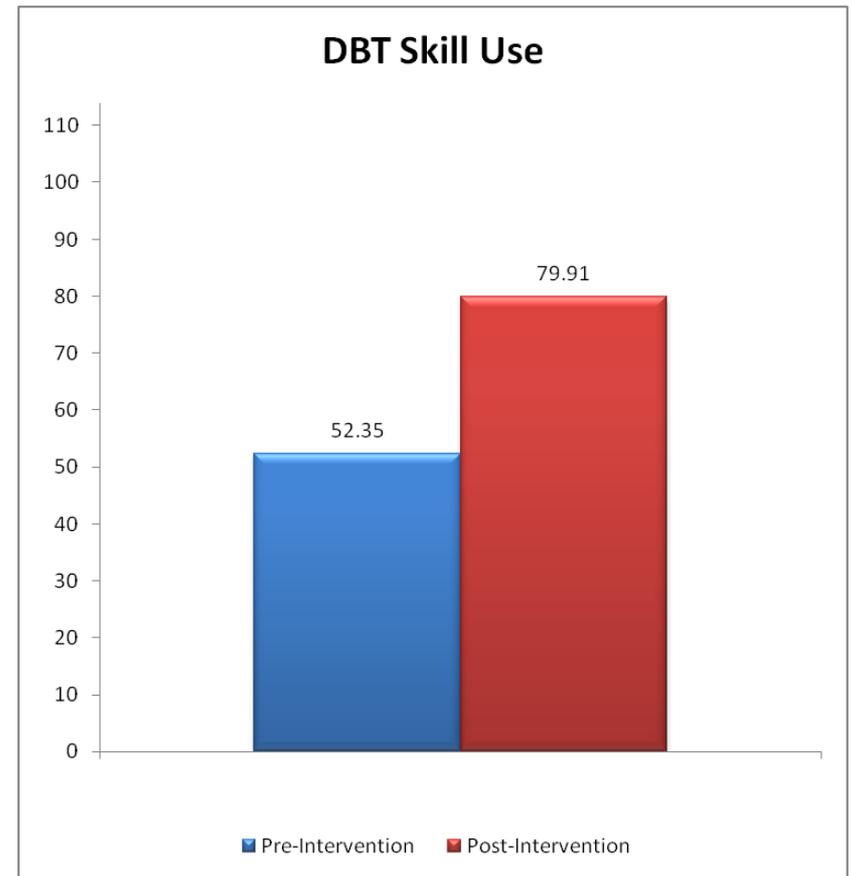
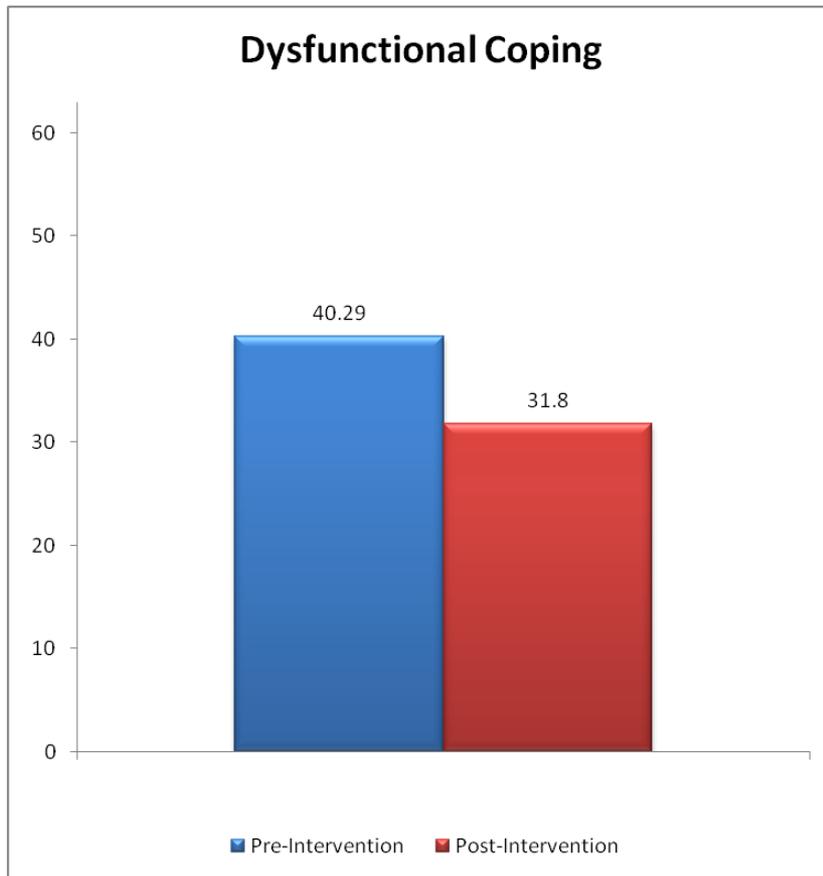
Results – Frequency of self-harm behaviour



Results



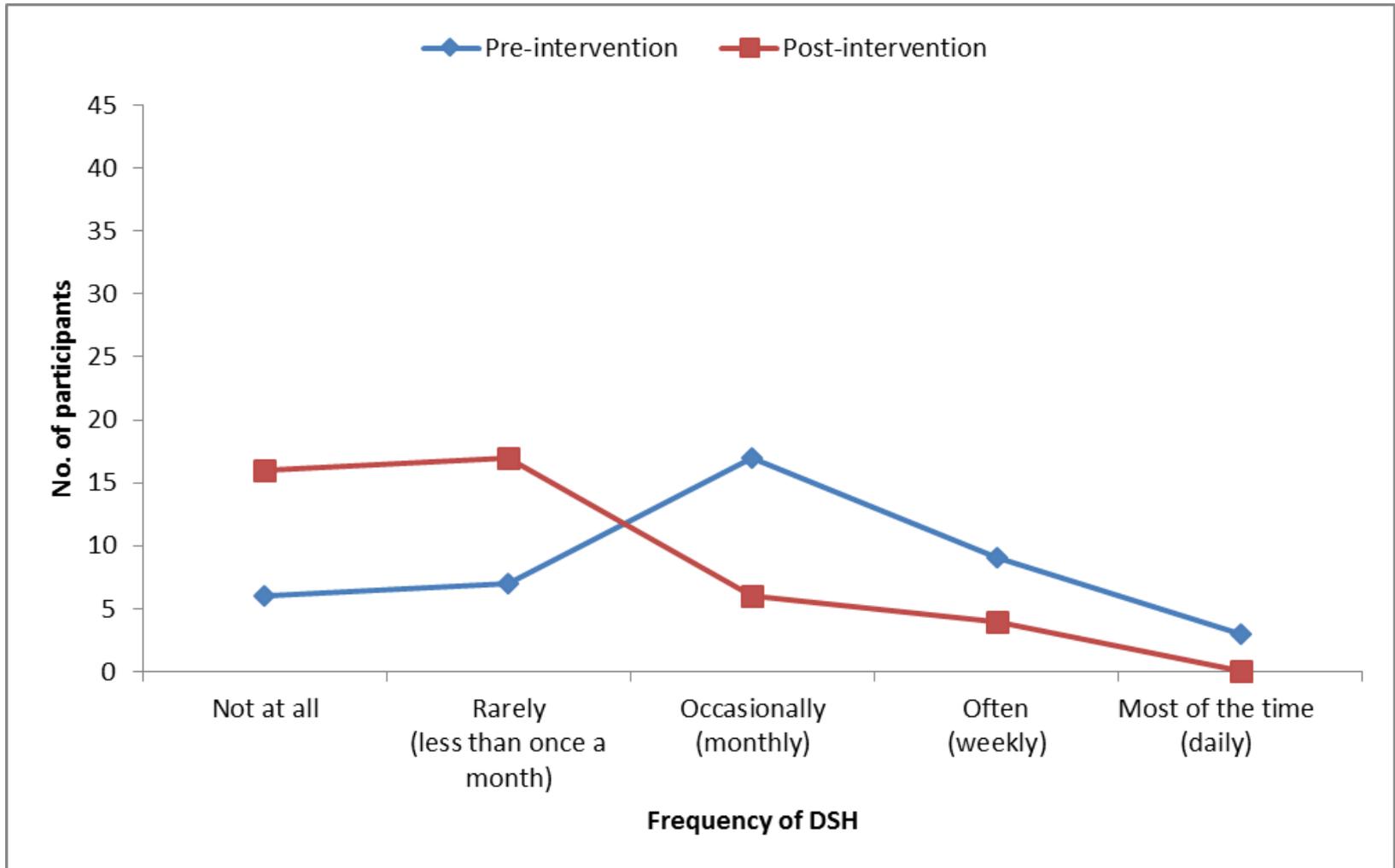
Results



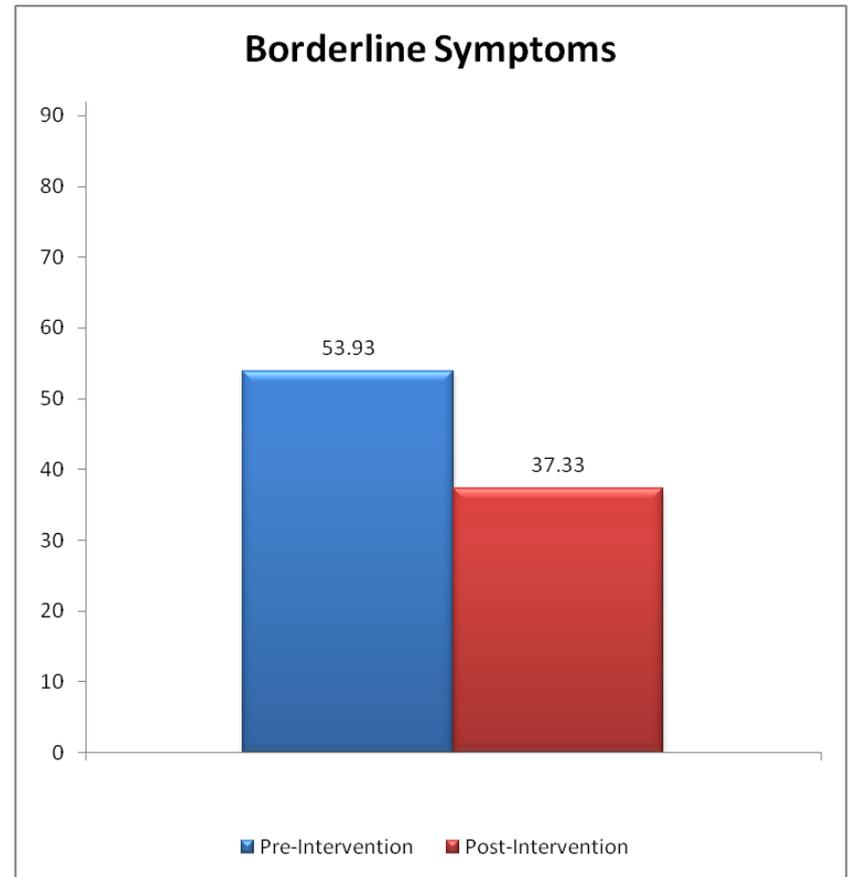
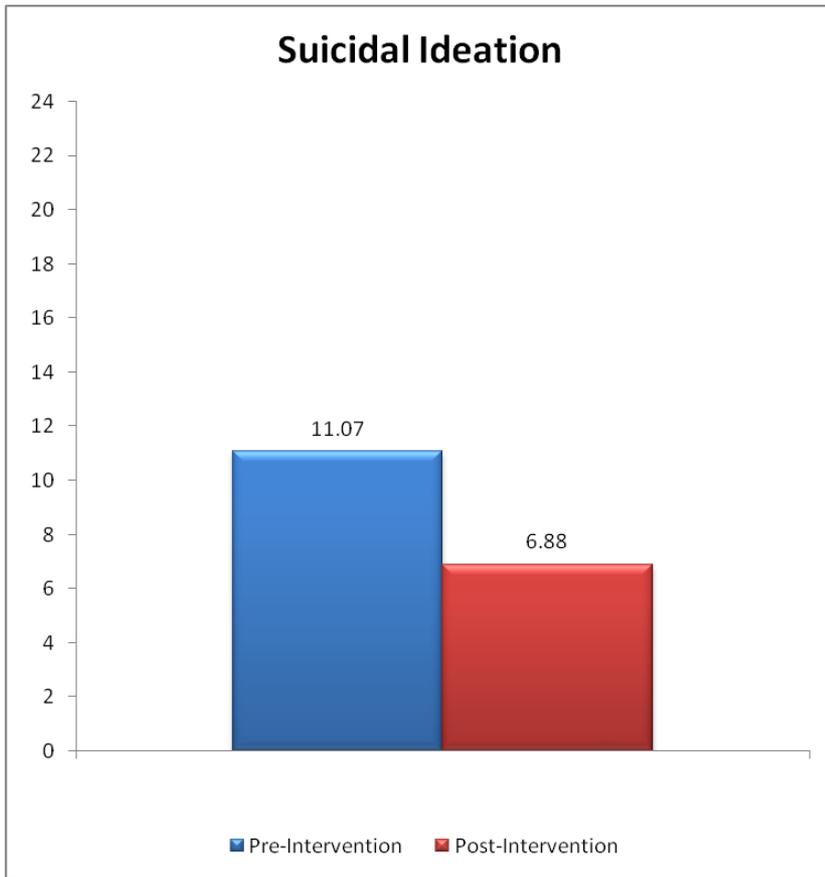
Participants

- **42** participants (for analysis- data collection is ongoing)
- Inclusion criteria:
 - Emerging borderline personality presentations
 - Chronic suicidal ideation or self-harm attempt in previous 16 weeks
 - Committed to DBT and completed pre-treatment
- Females: **35**
Males: **7**
- Age Range: **14 – 18 years**

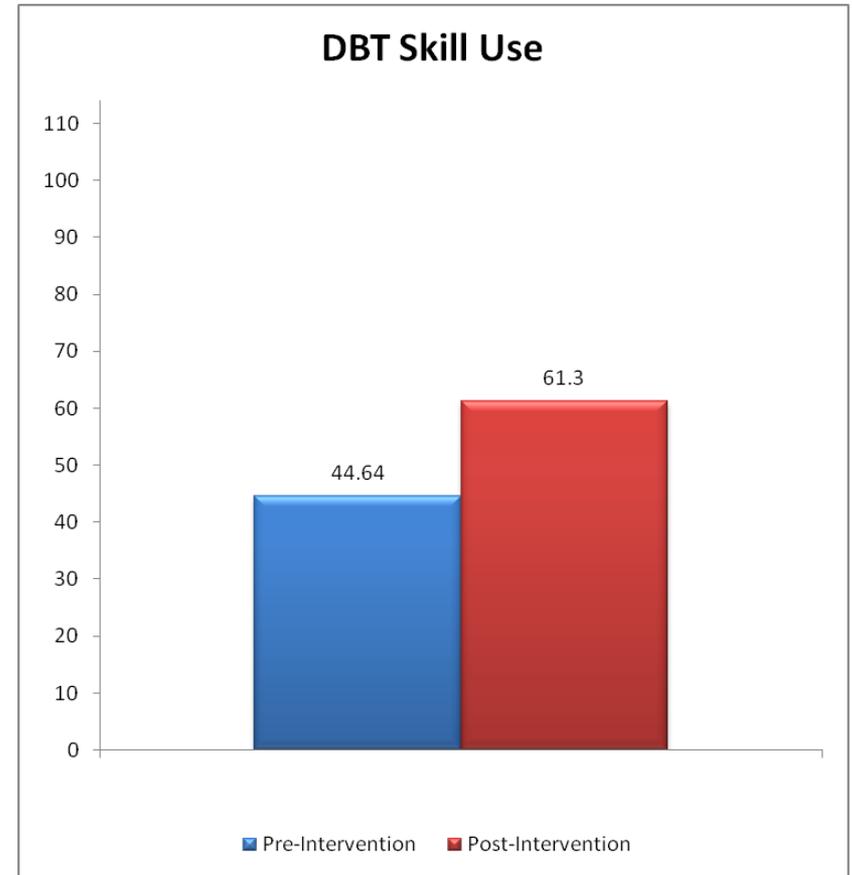
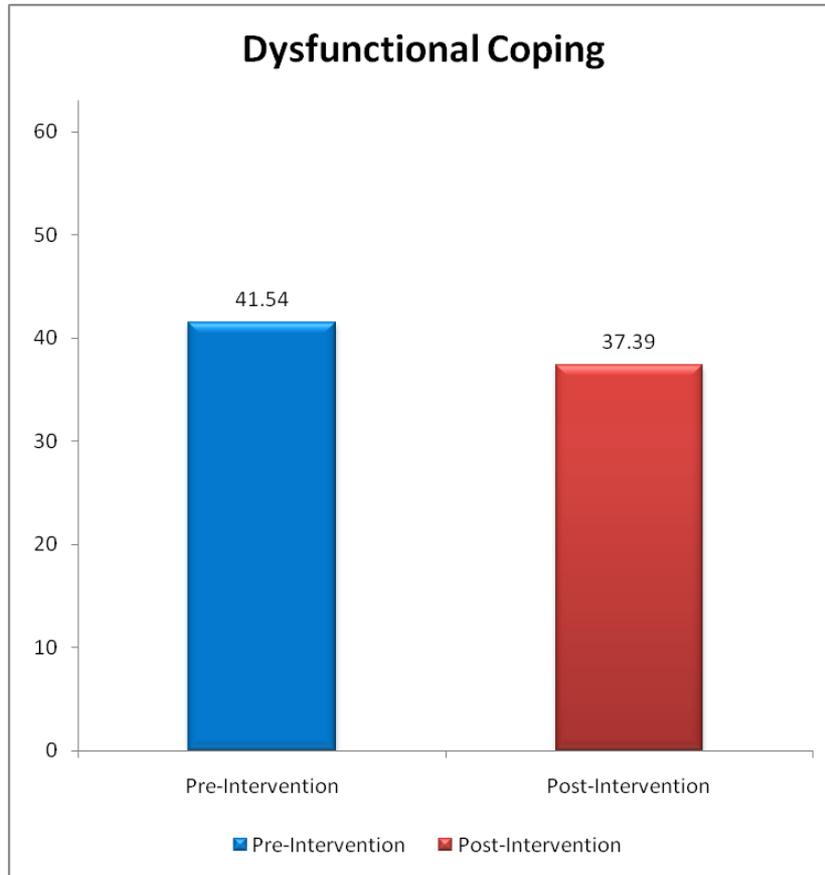
Results – Frequency of self-harm behaviour



Results



Results



Conclusions/Current Stage

- Preliminary evidence for DBT effectiveness across multiple sites
- 16 teams have trained in DBT and implemented DBT programmes in their services in the first phase of the project
- Further 7 teams trained in November 2015 and began programme delivery in Spring 2016
- Almost 100% participation rate to date in the research evaluation for both therapists and clients partaking in the DBT programmes
- Expected final sample: adult participants N=240; adolescent participants N=160; parent/ guardian participant N= 160

National DBT Project: Next Steps

- Next phase of project:
 - sustainability of existing teams and ongoing support for continued implementation
 - further exploration of positive outcome indicators
 - review of measures- impulsivity
 - in-depth exploration of pre-treatment and drop-out in DBT



Acknowledgements:

- All clients who are contributing to the research study
 - DBT Therapists at multiple sites across Ireland
 - National DBT Project Team

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