

# Dialectical behaviour therapy in patients with borderline personality disorder who self-harm: a pragmatic exploratory trial

**Submission date**  
30/07/2008

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
25/09/2008

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
23/07/2014

**Condition category**  
Mental and Behavioural Disorders

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Stefan Priebe

### Contact details

Unit for Community and Social Psychiatry  
Newham Centre for Mental Health  
Cherry Tree Way, Glen Road  
Plaistow  
London  
United Kingdom  
E13 8SP  
+44 (0)20 7540 4210  
s.priebe@qmul.ac.uk

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

PB-PG-0906-10540

# Study information

## Scientific Title

## Acronym

DIALECT

## Study objectives

Self-harming patients receiving a one-year course of dialectical behaviour therapy (DBT) will self-harm less over the 12 months than patients receiving one year of treatment as usual.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

The Camden and Islington Community Local Research Ethics Committee, 18/02/2008, ref: 07/H0722/98

## Study design

Pilot randomised controlled pragmatic exploratory trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Hospital

## Study type(s)

Treatment

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied

Borderline personality disorder, self-harm

## Interventions

DBT and care co-ordination versus waiting list control group with standard NHS care, over 12 months. DBT consists of 3 hours of therapy a week: this comprises 1 hour of individual therapy and 2 hours of group skills classes.

## Intervention Type

Other

**Phase**

Not Applicable

**Primary outcome measure**

Days with self-harm during the 12-month period.

**Secondary outcome measures**

1. Pre-post changes in self-harming during the 12-month period
2. Number of accident and emergency (A&E) attendances during the 12-month period
3. Inpatient admissions during the 12-month period
4. Use of other services in primary and secondary care during the 12-month period
5. Service costs during the 12-month period
6. Use of medication during the 12-month period
7. Pre-post changes in self-rated and observer-rated symptom level and quality of life at the end of the 12 month period
8. Quality of the therapeutic relationship at the end of the 12-month period
9. Treatment satisfaction at the end of the 12-month period

**Overall study start date**

01/02/2008

**Completion date**

01/07/2011

## **Eligibility**

**Key inclusion criteria**

1. Frequent self-harm (more than 5 days with self-harm over 12 months)
2. Aged 16 years and older, either sex
3. Sufficient command of English
4. At least one personality disorder

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

16 Years

**Sex**

Both

**Target number of participants**

60

**Key exclusion criteria**

Learning disabilities

**Date of first enrolment**

01/02/2008

**Date of final enrolment**

01/07/2011

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Unit for Community and Social Psychiatry**

London

United Kingdom

E13 8SP

## **Sponsor information**

**Organisation**

East London NHS Foundation Trust (UK)

**Sponsor details**

Trust Headquarters

EastONE

22 Commercial Street

London

England

United Kingdom

E1 6LP

+44 (0)20 7655 4000

webadmin@eastlondon.nhs.uk

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.eastlondon.nhs.uk/>

**ROR**

<https://ror.org/01q0vs094>

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) Programme

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

| Output type                     | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 01/01/2012   |            | Yes            | No              |