

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

<b>Submission date</b> 30/07/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 25/09/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/07/2014	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
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

### Study type(s)

Treatment

### 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(s)

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

### Key secondary outcome(s)

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

**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

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

16 years

**Sex**

All

**Key exclusion criteria**

Learning disabilities

**Date of first enrolment**

01/02/2008

**Date of final enrolment**

01/07/2011

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Unit for Community and Social Psychiatry**  
London  
United Kingdom  
E13 8SP

## Sponsor information

### Organisation

East London NHS Foundation Trust (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

### 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