

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	<input type="checkbox"/> Prospectively registered
Registration date 25/09/2008	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 23/07/2014	Condition category 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?
Results article	results	01/01/2012		Yes	No