



Health Sciences North
Horizon Santé-Nord

Effectiveness and Feasibility of a 30-Week RO DBT Skills Class
Targeting Transdiagnostic Clinical Presentations: Preliminary Results

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RADICALLY OPEN DIALECTICAL BEHAVIOURAL THERAPY (RO-DBT)

- A novel evidence-based treatment targeting disorders characterized by emotional over-control (OC) such as anorexia nervosa, obsessive-compulsive personality disorder, chronic depression and autistic spectrum disorders
- OC traits include rigid styles of thinking, stringent rule-governed behaviours, low openness to feedback, inflexible responses to change, poor social signaling, and a restricted range of emotion.
- While the notion of “self-control” is commonly celebrated as a positive attribute, too much self-control can cause difficulties and play a major role in treatment non-response.

THE CURRENT STUDY: AIMS

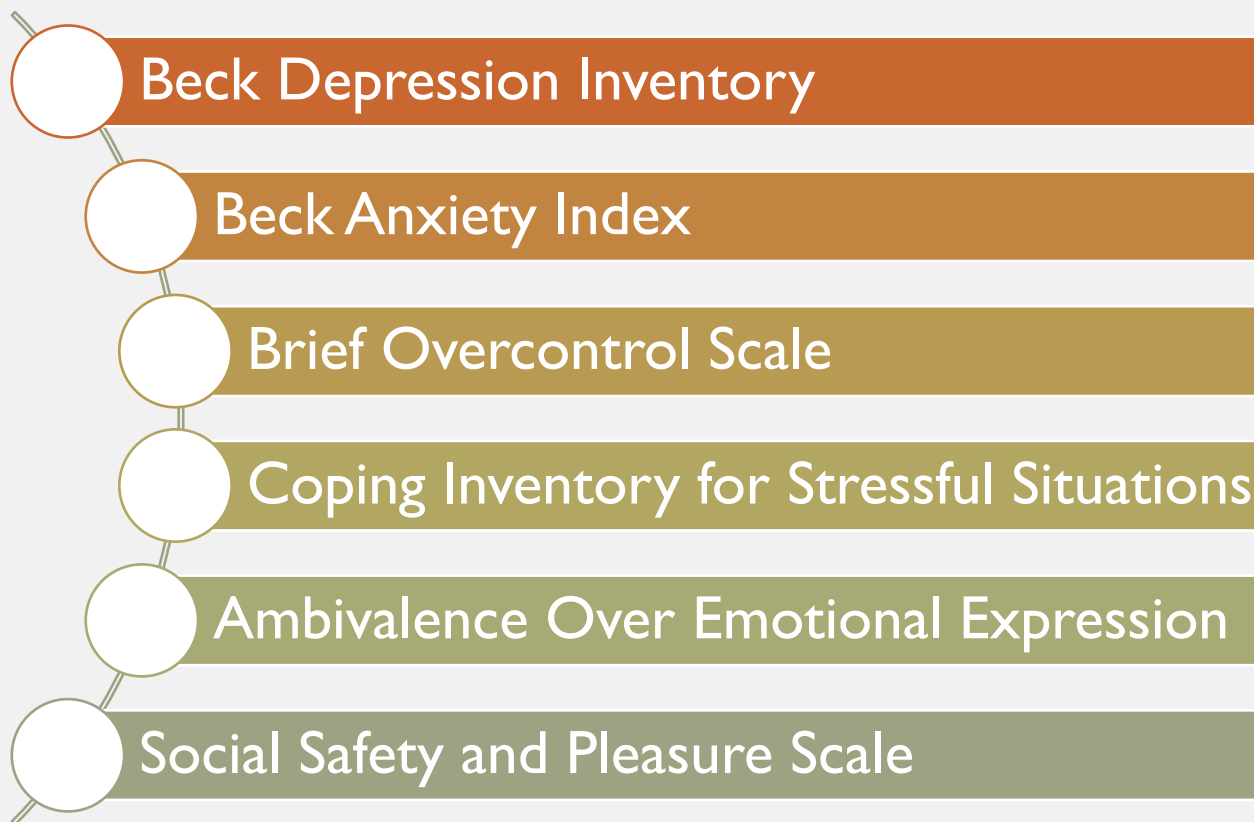
Aims: To evaluate the feasibility and acceptability of RO-DBT, offered in a tertiary care centre, as a transdiagnostic intervention.

Eligibility Criteria: adults (ages 18+), OC identified as a core coping style, recruited from across mental health and addictions programs at Health Sciences North

What: 30 weekly RO-DBT skills classes (90 minutes)

Class size: Average of 8 patients

PRE/POST TREATMENT MEASURES



Clients and clinicians also completed qualitative interviews post treatment

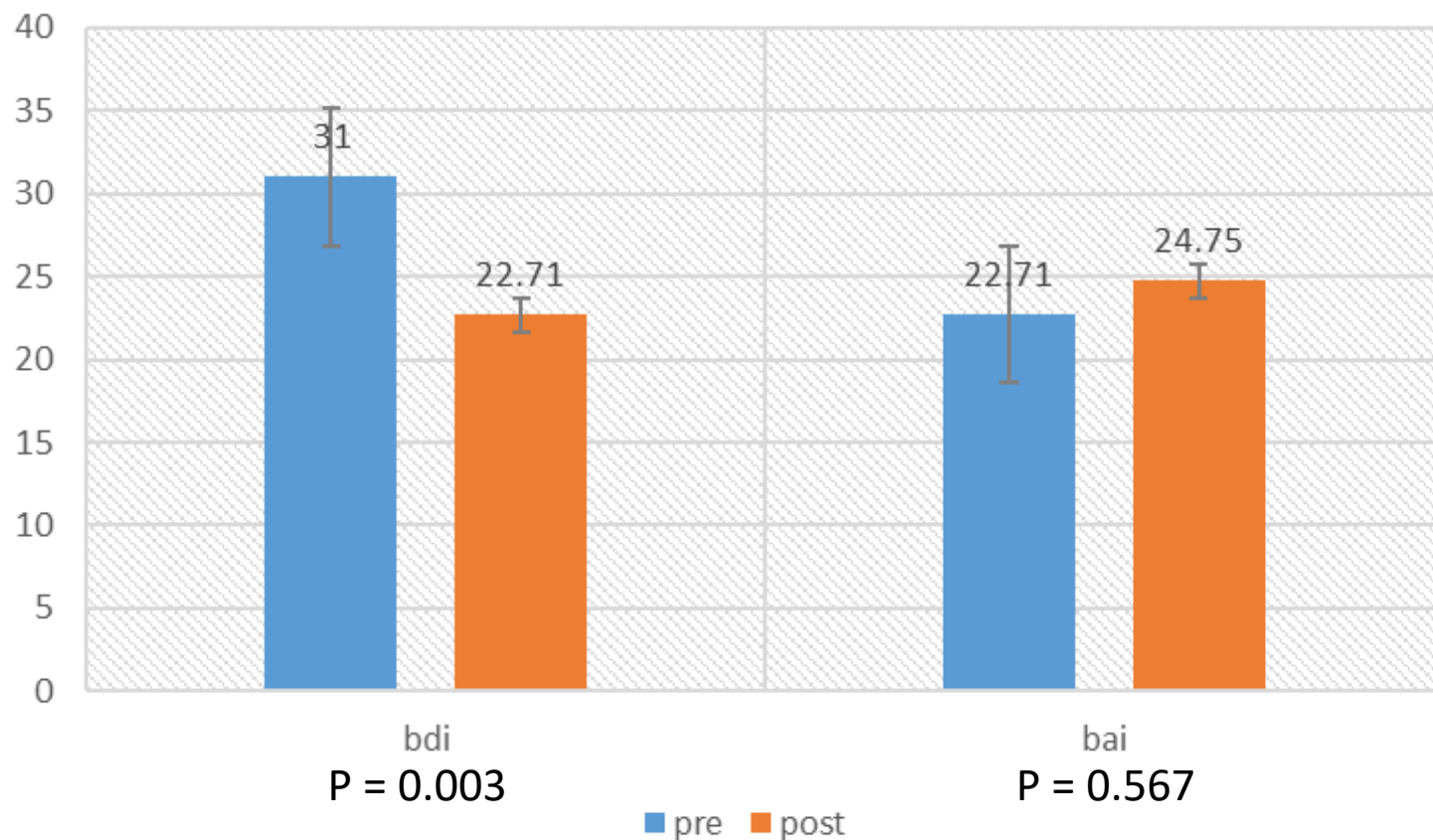
PARTICIPANTS

Number of Completers	
Age	
Gender	
Number of Past Tx	
Primary diagnosis	
Comorbid diagnoses	



STUDY RESULTS

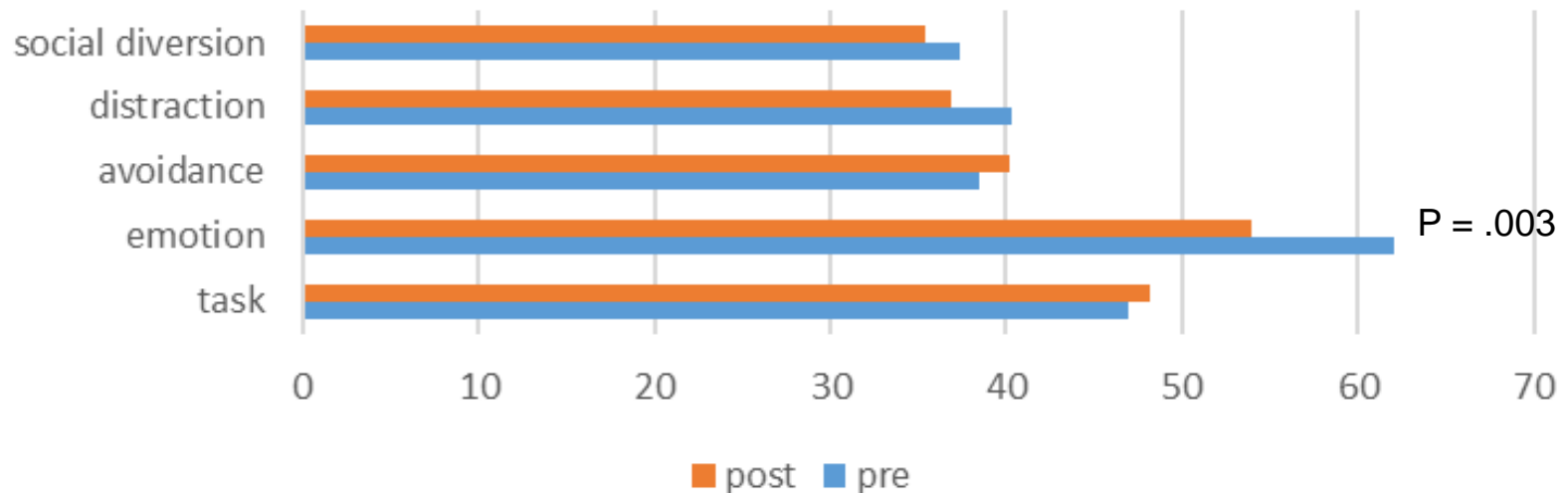
Pre/Post Depression and Anxiety (n = 24)



STUDY RESULTS

Coping inventory for stressful situations

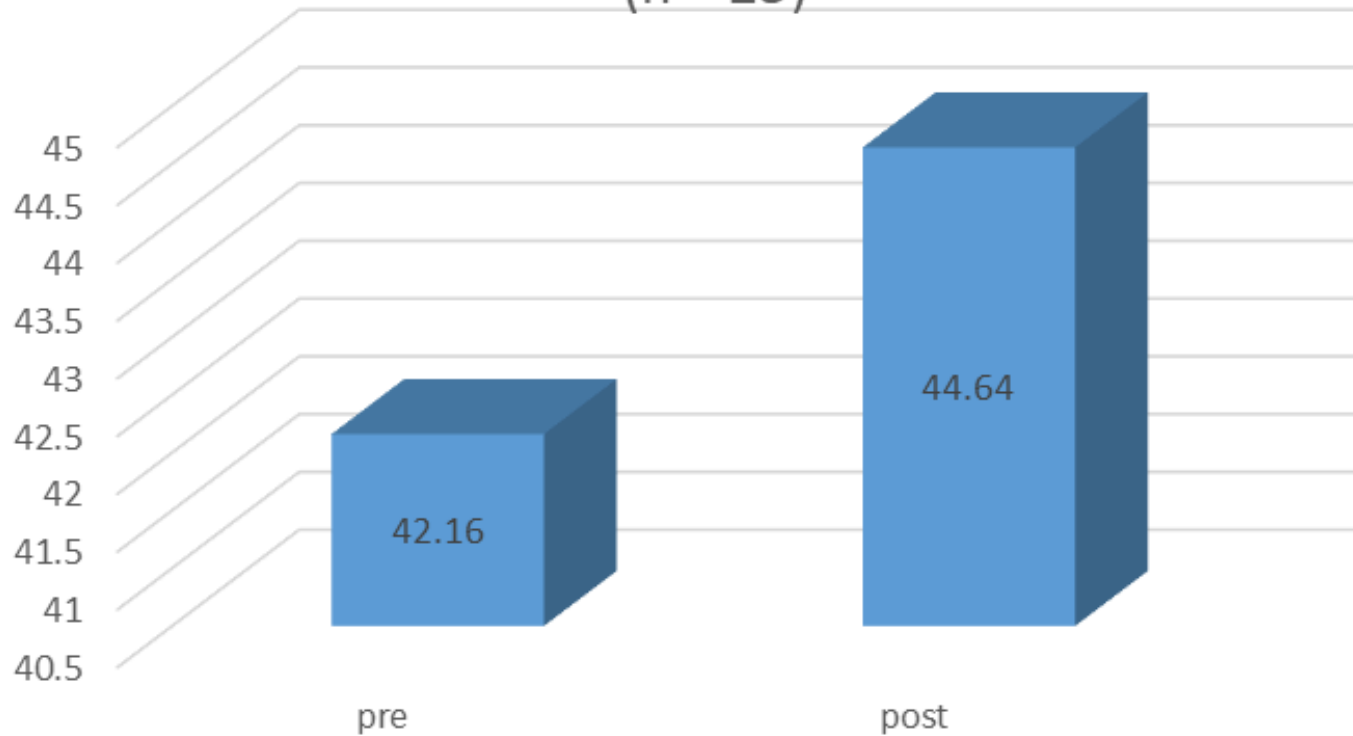
Pre/Post Results (n = 25)



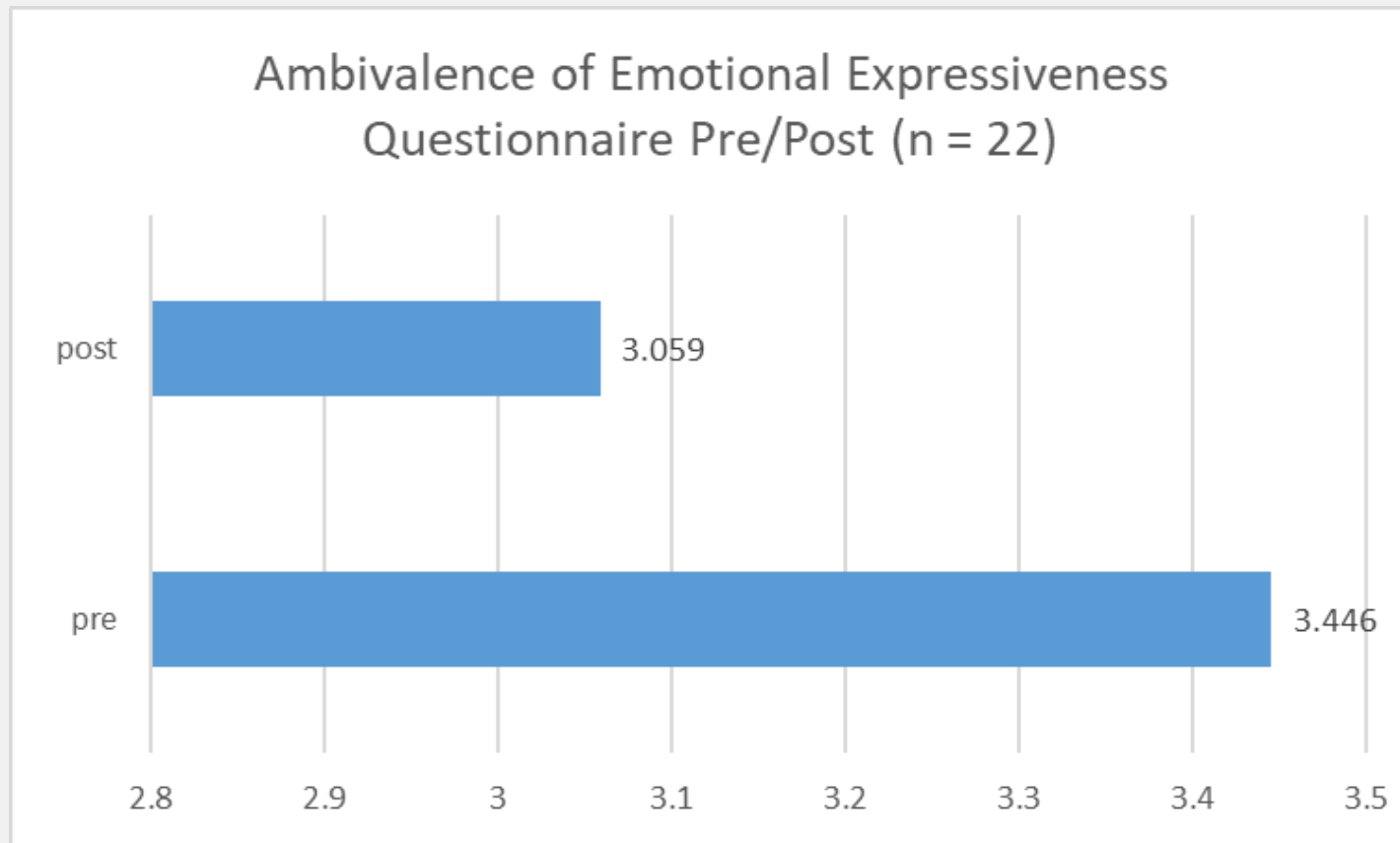
STUDY RESULTS

Brief self-control scale

(n = 25)



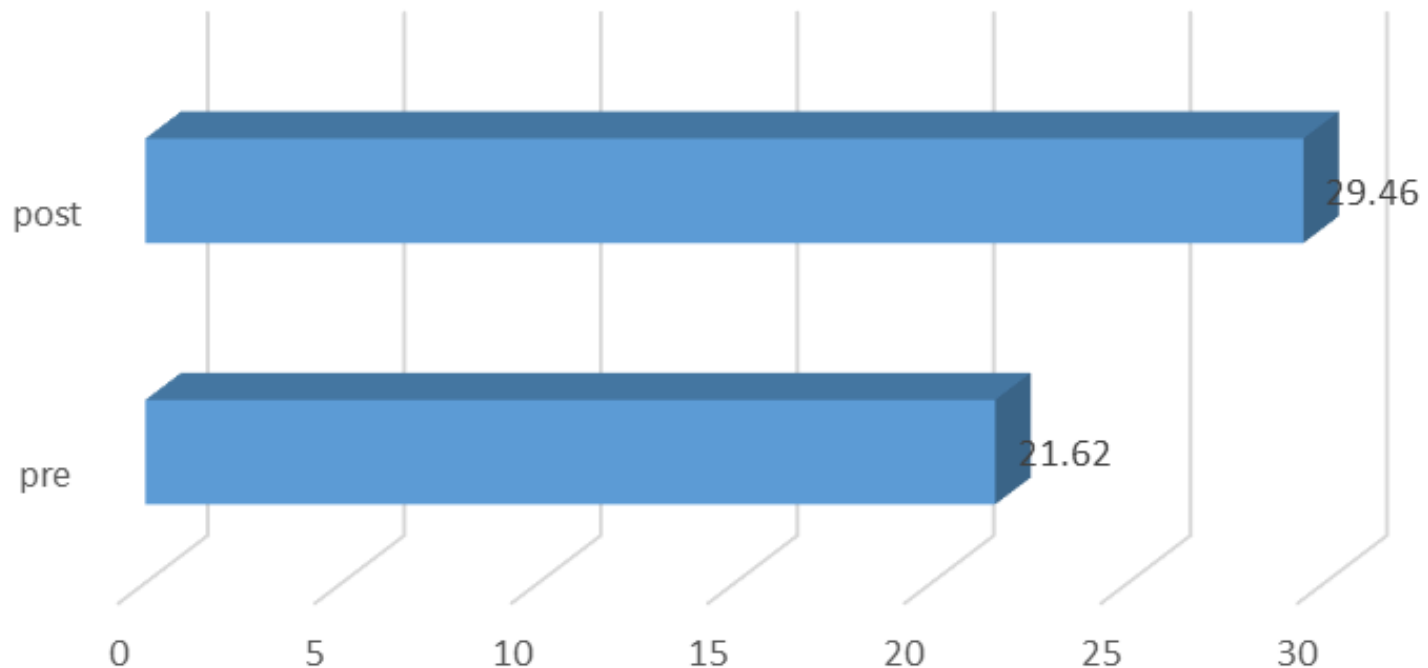
STUDY RESULTS



$P = <.001$

STUDY RESULTS: SOCIAL SAFETY AND PLEASURE SCALE

Social safeness and pleasure scale
Pre/Post (n = 13)



SUMMARY

- RO DBT is a promising transdiagnostic intervention for individuals struggling with emotional overcontrol
- Preliminary results show significant changes in mood, cognitive flexibility, etc....
- The intervention appears to be a feasibly and acceptable treatment for patients
- Quantitative and qualitative data collection analysis is ongoing