



INVITATION TO PARTICIPATE IN A RESEARCH STUDY
“The Effects of DBT Skills Use on Long-term BPD recovery”

WHO ARE WE?

My name is Robyn Lam, and I am a student researcher studying how Dialectical Behaviour Therapy (DBT) helps women with Borderline Personality Disorder (BPD) in the long run. This research is part of my Doctoral Degree in Clinical Psychology at Adler University. My research team includes faculty members at Adler University, Drs. Michael Sheppard and Amir Sepehry.

WHAT IS THE REASON FOR THIS STUDY?

DBT is one of the most recommended treatments for women with BPD. We want to understand how a key part of DBT—skills training—helps with recovery over time. The results can show you and therapists how these skills make a difference in your life, both with BPD symptoms and daily activities. This could help improve support for women using DBT skills long-term.

WHAT IS THE STUDY OBJECTIVE?

We want to see how using DBT skills helps women with BPD in the long term after they finish a one-year standard DBT program.

WHO ARE WE LOOKING FOR?

We are looking for participants who:

- Are adult women (19 years of age or older)
- Had an official primary diagnosis of BPD at the time of their DBT treatment.
- Live in Canada or the United States.
- Had completed one year of standard DBT program anytime in the past.
- Started the DBT program as adults (19 years of age or older).
- Are able to give consent to joining the study
- Are not currently in a standard DBT program.
- Have no current diagnoses of delirium, dementia, or psychosis.

If you meet these criteria and want to participate, please email me at rlam@adler.edu. If you know someone who might fit these criteria, you can share this with them, but please don't tag or name anyone publicly. Liking or sharing this study does not mean you are participating.

WHAT WILL YOU HAVE TO DO?

If you agree to participate, you will first look over a consent form that explains everything. You can ask me any questions about the study before you sign the form. Once you send the signed form back, I will give you a special link to fill out an online survey on a secure website.

The survey will ask about your background (such as your relationship status and diagnoses), how you are doing now (such as BPD symptoms and experience with life-threatening behaviours), and how you use DBT skills. Within the survey package, you will be completing five measures/questionnaires of varied lengths, ranging from 5 to 59 items each. It can take about 30 minutes, and you can complete it all at once or spread it out over a week. Your participation will be private, and you can choose to leave the study at any time without any problems. Your answers will be kept anonymous and combined with everyone else's answers for the study.

Some of these questions can bring up strong emotions. If you need mental health support while going through the survey, you can stop the survey and call the emergency numbers in Canada or the United States, which are 911 and 988 (you can visit <https://988.ca/> for more information). You can also check the American Psychological Association's (APA) website for crisis hotlines and appropriate resources available in Canada and the United States at <https://www.apa.org/topics/crisis-hotlines>. Additional resources, such as crisis and mental health lines, for those reside in Canada can be found on the Canadian government public health website at <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>.

WHAT IS IN IT FOR YOU?

There is no direct benefit for you if you participate in this research study. However, you might feel good about helping others understand DBT treatment better, especially how using skills can improve the lives of women with a BPD diagnosis. During the study, you may remember skills you have used and think about other skills that could help you feel better in the future.

WHAT ABOUT CONFIDENTIALITY?

If you want to participate, please contact me (the student researcher) directly to keep your information private. No one else will know that you are taking part.

When you join the study, I will ask for some basic information about you, like your age, background, and any diagnoses you have. You will also answer questions about how you feel now, your daily life, and how you use DBT skills. All your answers will be kept anonymous and shared only in a way that does not identify you.

DO YOU NEED / WANT MORE INFORMATION?

Thank you for thinking about joining this study! If you want to know more about the study, or the type of questions that will be asked, please contact me, Robyn Lam, at rlam@adler.edu.