

## DBT in Schools Published Evidence Summary

Publication	Study Type	Study Sample	Major findings
1 Peer-Reviewed Publication	Quasi-Experimental	72 female Irish High School Students (15-16 years old)	For students receiving DBT STEPS-A intervention, there was a significant improvement with respect to two of the four outcome measures (Emotion Symptom Index and Internalising Problems). A statistically significant treatment effect for Emotion Symptom Index and Internalising Problems was also reported ( $p < .0125$ ).

### DBT in Schools Published Evidence Table

Publication Type	Title	Published	Study Type	Sample	Findings	Link
Peer-Reviewed	Innovations in Practice: Dialectical behaviour therapy – skills training for emotional problem solving for adolescents (DBT STEPS-A): evaluation of a pilot implementation in Irish post-primary schools	June 2018	Quasi-Experimental	72 female Irish High school students (aged 15-16 yrs)	Significant reductions on measures which assess constructs including depression, anxiety and social stress were found for the intervention group (DBT skills group). The results suggest that DBT STEPS-A may yield positive effects for adolescents who complete the intervention. Feedback from adolescents and teachers suggests that refinement of content, structure and implementation may make the program more accessible to an adolescent population	<a href="https://doi.org/10.1111/camh.12284">https://doi.org/10.1111/camh.12284</a>