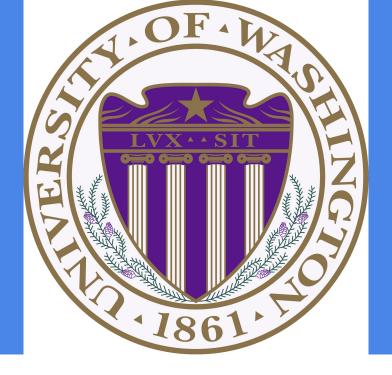


Diary Card Skill Use In Relation To Self-Harm Urge Chao Qin, Shiyu Tang, Cho Cory Department of Psychology



Introduction

- Weekly diary cards are an essential component of Dialectical Behavioral Therapy (DBT), an evidence-based treatment for individuals diagnosed with borderline personality disorder (BPD).
- Diary cards are filled out by clients at home and record their emotional status and DBT skills practiced throughout the week.
- Previous studies have established many advantages of diary cards, such as its higher client retention rate than that of group-based DBT sessions in treating individuals with binge-eating disorder.
- In addition, previous research in cognitive behavioral therapy (CBT) has indicated that homework adherence may predict treatment outcomes. This notion raised the following questions:
- 1. Does diary card compliance serve as an indicator of the importance of implementing diary card in DBT?
- 2. Does diary card compliance serve as an indicator of how well the protocol has been administered?
- The present study examined the relationship between completion rates of DBT clients and their self-harm urge.
- The correlation between reported skills use and self-harm urge was also examined.

Methods

- Diary cards were collected from current or previous clients of UW Treatment Development Clinic (TDC).
- Diary cards from 14
 adult clients and 12
 adolescent clients were
 included in the study.

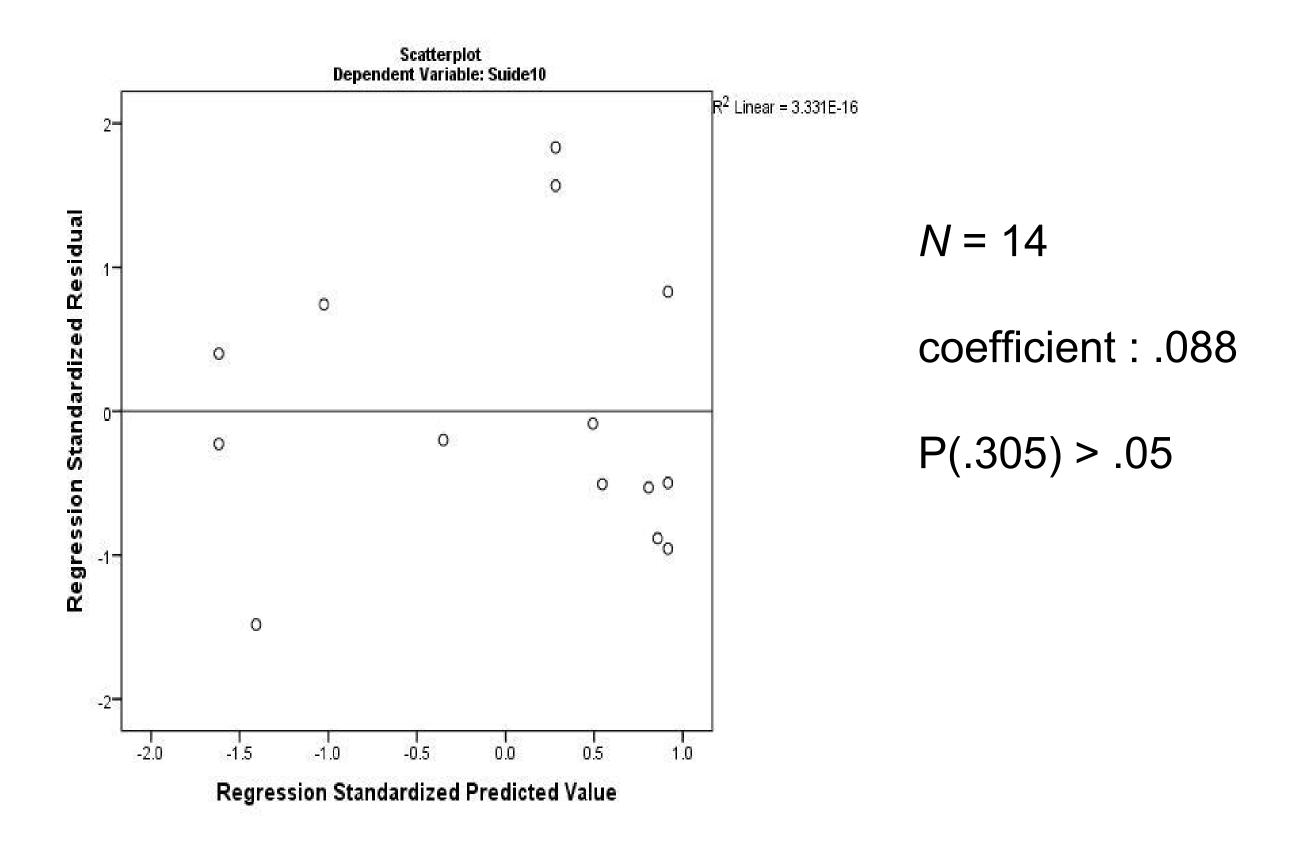
 Number of diary cards
 per client ranges from 1
 to 83 with a mean of 24.54
 and a standard deviation of 21.49.
- The completion rate and number of skill practiced each week were calculated and their correlation with self-harm urge was analyzed.
- Completion rates are defined as the percentage of diary cards where clients indicated the practice of at least one skill.

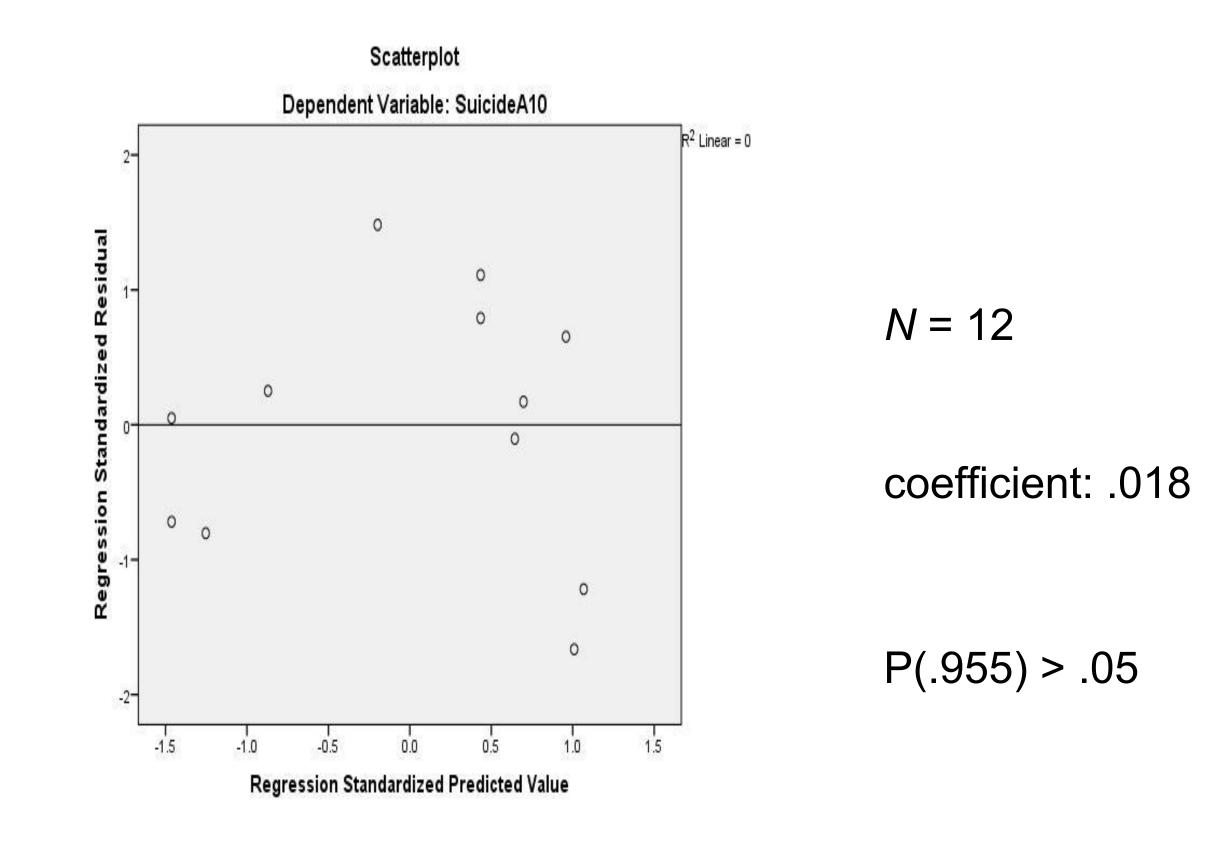
Dialectical Behavior Therapy Skits Blary Card 0 #						nitals,			Filed out it Session/		5 diyou fill out this side? Deily 2-3x		Started:				
									Y N (Circle)		_4-6xOnce		Date//				
Circle Start Day	Highest Urge To:			Highest Rating For Each Day		Drugsi)		Vedications		Actions		Emotions	Optional				
Day Of	Commit Buicide		Use Drugs	Errotion . Nisery	Physical Visery	Joy		Alcohol	111	cit Drug	s Meds. As Prescribed	100	NiOver the Counter	Self Harm	Skills		
Week	0.6	06	0.5	0.6	0.5	0-5	¥	What?	ı	What	? Y/N	0	What?	Y/N.	0.7		
NON							П										
TUE				Ţ,													
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2000				_	-	Н				_		0.0	-			0. 9.	
SUN		1 8	- 1	- 2	- 8					V.							
Chain An	alyeis K	otes							1 = T 2 = T	heught a hought a	ht about or used, bout, not used, bout, not used, couldn't use ther	didn' want	t want to	5 = Tried, or 5 = Dich t by	ould use , used t	hem but they them, helped hem, didn't h hem, helped	1
										Uŋ	ge to:		laming into ession (0-5)		to self- self-cont	regulater ret	Coming int Session (0-
							Out Therapy		1		Emodons:						
Ved Changesi Other;							Use Drugs Commit Suicida			Action							
														Thoughts:		on, NIMH4 2	

Check skills; circle days skill was practiced	4-6xOnde In session		Daily	his side?	led out :	Card	Skills Diary	DBT 8
	e mind	1.	SAT SU	FRI	THUR	WED	TUE	MON
(just notice	serve	2.	SAT SU	FRI	THUR	WED	TUE	MON
(put words on, just the facts	cribe	3.	SAT SU	FRI	THUR	WED	TUE	MON
(enter into the experience)	ticipate	4.	SAT SU	FRI	THUR	WED	TUE	MON
	-judgmental	5.	SAT SU	FRI	THUR	WED	TUE	MON
(present moment	-mindfully	6.	SAT SU	FRI	THUR	WED	TUE	MON
(focus on what works	ctiveness	11000	SAT SU	FRI	THUR	WED	TUE	MON
20.000000000000000000000000000000000000	ure out interpersonal goals)	8.	SAT SU	FRI.	THUR	WED	TUE	MON
(Describe, Express, Assert, Reinforce	AR	9.	SAT SU	FRI	THUR	MED	TUE	MCN
(Broken Record, Ignore Attacks	N - Mindful	10.	SAT SU	FRI	THUR	WED	TUE	MON
(Appear confident, Negotiste	AN .	11.	SAT SU	FRI	THUR	WED	TUE	MON
(Gentle, Interested, Validate, Easy manne	VE	12.	SAT SU	FRI	THUR	WED	TUE	MON
(Fair, no-Apologies, Stick to values, Truthfu	ST	13,	SAT SU	FRI	THUR	WED	TUE	MON
	end to relationships	14.	SAT SU	FRI	THUR	WED	TUE	MON
	scribing emotions	15.	SAT SU	FRI	THUR	WED	TUE	MON
	posite-to-emotion action	16.	SAT SU	FRI	THUR	WED	TUE	MON
	blem solving	-	SAT SU	FRI	THUR	WED	TUE	MON
(Positive events or Valued Actions	cumulate positives	1 1	SAT SU	FRI	THUR	WED	TUE	MON
**************************************	lid mastery, Cope ahead	3.1 A.C.	SAT SU	FRI	THUR	WED	TVE	MON
(Physical Ills, Eating, Avoid drugs, Sleep, Exercise	EASE		SAT SU	FRI	THUR	WED	TUE	MON
	ndfulness of Current Emotion	-	SAT SU	FRI	THUR	WED	TUE	MON
l'emperature, ice or heat/Intense exercise/Progressive relax		(A) (B) (B)	SAT SU	FRI	THUR	WED	TUE	MON
194	s and Cons	2010/00/00	SAT SU	FRI	THUR	WED	TUE	MON
moment	tract/Self-soothe/ Improve the n		SAT SU	PRI	THUR	WED	TUE	MON
	fical Acceptance	1000	SAT SU	FRI	THUR	WED	TUE	MON
	ingness	and the last	SAT SU	FRI	THUR	WED	TUE	MON
	dfulness of current thoughts	and the same	SAT SU	FRI	THUR	WED	TUE	MON
	f-smiling	28.	SAT SU	FRI	THUR	WED	TUE	MON

- Number of skill practiced is divided into 4 clusters as indicated by the diary card, and each cluster has a number for the week.
- Due to high incompletion rate and missing data, only 2 adult and 2 adolescent clients were used for Urge versus Skills Cluster Analysis.

Results





	Number of Clients	Average Number of Dlary Cards	Range of Number of Dlary Cards
Adult	14	21.79	1 to 48
Adolescent	12	27.75	3 to 83

Discussion

Pearson correlation coefficient was applied to observed correlation between compliance level and Suicide urge and NSSI. The results of our study suggest a weak positive correlation. We found that the higher self-harm urge of previous BPD patients in the TDC in relation to higher completion rates of the Diary Cards can be due to some extent to the treatment intensity for patients with serious condition.

On the skills practiced part, however, only rare, weak, and unrepresentative correlations were found, and overall there is no significant correlation between skill practiced and urge, but it might be the result of low completion rates leaving very few clients available for analysis.

The study is limited by small sample sizes with less than 20 samples in both Adult and Adolescent group. Outcomes were also collected and assessed at different time points through the TDC treatment program.

Moving Forward

The study did reveal the suboptimal low completion rate of diary cards, and in turn, in speculation, low homework adherence in TDC clients treating with DBT. Clients often neglected the skills practiced section of diary cards, though from this result alone it is not clear whether the clients practiced the skills but didn't fill out the diary card, or they simply ignored both tasks. Different therapists with different assignment procedures may also account for this low completion rate.

As previous ventures in diary card functionalities suggested that diary cards, when completed with high compliance, can profoundly improve the prognosis of clients, it is important to improve the administration of diary cards in TDC in order to better the overall treatment qualities and abate the difficulties in analyzing such data.

Future studies tackling the issue of urges and skills practiced as reported in diary cards should utilize a larger sample pool, ideally one with high diary card compliance.

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Acknowledgement to

Thanks to Marsha Linehan, Ph.D, Kevin Kuehn, Graduate Student, & Behavioral Research & Therapy Clinic