

DBT Research Data Collection Protocol

NB – questionnaires can be completed during individual or group sessions, or at home. Please check all items are answered.

Session #	Session Description	Documentation	Data to Collect
Session 1	DBT Screen	Nil	Nil
Session 2	BPD Assessment	✓ Borderline Personality Disorder Severity Index (BPD-SI) Interview	✓ BPD-SI total mean score and sub-scores. Cut-off for research is total mean score > 15
Session 3	Pre-Commitment #1	✓ Participant Information & Consent Form (PICF)	✓ Signed Consent Form (or collect in a subsequent PC session). Ensure participant has a copy of PICF to keep.
Session 4	Pre-Commitment #2	Nil for research	Nil
Session 5	Pre-Commitment #3		
Session 6	Pre-Commitment #4	✓ Time 1 Questionnaire Packet	✓ Completed Time 1 Questionnaire Packet (or collect in next session)
Module 1	First session	✓ Diary card or self-harm record	✓ Frequency of self-harm and suicide attempts over past week ✓ Attendance at skills group and individual sessions
	Subsequent sessions		
	Last session	✓ Diary card or self-harm record ✓ 1 st Follow-Up Questionnaire Packet	✓ Frequency of self-harm and suicide attempts over past week ✓ Attendance at skills group and individual sessions ✓ Completed 1 st Follow-Up Questionnaire Packet (or collect in next session)
Module 2	First session	✓ Diary card or self-harm record	✓ Frequency of self-harm and suicide attempts over past week ✓ Attendance at skills group and individual sessions
	Subsequent sessions		
	Last session	✓ Diary card or self-harm record ✓ 2 nd Follow-Up Questionnaire Packet	✓ Frequency of self-harm and suicide attempts over past week ✓ Attendance at skills group and individual sessions ✓ Completed 2 nd Follow-Up Questionnaire Packet (or collect in next session)
Module 3	First session	✓ Diary card or self-harm record	✓ Frequency of self-harm and suicide attempts over past week ✓ Attendance at skills group and individual sessions
	Subsequent sessions		
	Last session	✓ Diary card ✓ 3 rd Follow-Up Questionnaire Packet	✓ Frequency of self-harm and suicide attempts over past week ✓ Attendance at skills group and individual sessions ✓ Completed 3 rd Follow-Up Questionnaire Packet (or collect in next session)

Time 1 Questionnaire Packet

1. Borderline Symptom List 23 Items (BSL-23)
2. Post-traumatic stress check-list (PCL-5)
3. Dissociative Experiences Scale version 2 (DES-II)
4. Alcohol Use Disorders Identification Test – Consumption Questions (AUDIT-C)
5. Difficulties in Emotion Regulation Scale (DERS)
6. DBT Ways of Coping Checklist (DBT-WoCC)
7. Five Facets of Mindfulness Questionnaire (FFMQ)
8. Inventory of Interpersonal Problems 32 Items (IIP-32)

1st, 2nd, 3rd Follow-Up Questionnaire Packet

1. Borderline Symptom List 23 Items (BSL-23)
2. Difficulties in Emotion Regulation Scale (DERS)
3. DBT Ways of Coping Checklist (DBT-WoCC)
4. Five Facets of Mindfulness Questionnaire (FFMQ)
5. Inventory of Interpersonal Problems 32 Items (IIP-32)
6. Working Alliance Inventory – Short Record (WAI-SR)
7. Alcohol Use Disorders Identification Test – Consumption Questions (AUDIT-C)