

DBT for Problems Other Than BPD

More and more research is being done on using DBT to treat illnesses other than BPD, and chronic suicidality and self-harm. DBT, either the full model or in a modified or adapted form, has also been studied and found helpful in the following contexts:

- other personality disorders (Springer et al, 1996 (and others))
- binge eating disorder (Telch et al, 2000)
- anger in male forensic patients (Evershed et al, 2003)
- people diagnosed with HIV/AIDS, substance use disorder and BPD (Wagner et al, 2004)
- oppositional defiant disorder (Nelson-Gray et al, 2006)
- bipolar disorder in adolescents (Goldstein et al, 2007)
- treatment-resistant depression (Harley et al, 2008)
- anorexia and bulimia (Salbach-Andrae et al, 2008)
- depression (Feldman et al, 2009; Lynch et al, 2003)
- family members of people with BPD (Rajalin et al, 2009; Hoffman et al, 2007)
- suicidality in intellectually disabled forensic patients (Sakdalan, Shaw, and Collier, 2010)
- trichotillomania (Keuthen et al, 2011)
- PTSD related to childhood sexual abuse (Steil et al, 2011)
- nonsuicidal self-harming behaviors and suicidal ideation in children (Perepletchikova et al, 2011)
- caregivers of family members with dementia (Drossel et al, 2011)
- ADHD (Hirvikoski et al, 2011)
- bipolar disorder in adults (Van Dijk, Jeffery, & Katz, 2013)
- intellectual disabilities and challenging behaviors (Brown, Brown & Dibiasio, 2013)
- breast cancer patients (Cogwell et al, 2013)
- family members of teens with symptoms and behaviors associated with borderline and externalizing pathology (Uliaszek et al, 2013)
- in a Disciplinary Alternative Education Program (Ricard, Lerma & Heard, 2013)
- in adolescent chronic kidney disease (Hashim, Vadnais & Miller, 2013)
- emotion regulation group in a college counseling service (Meaney-Tavares & Hasking, 2013)
- in post-disaster psychotherapy (Martin, 2015)
- for chronic pain related to gastrointestinal disorders (Sysko, Thorkelson & Szigethy, 2016)

Research has been conducted on the use of DBT in different contexts to treat adolescents, adults and the elderly; as well as in in-patient, out-patient, forensic settings and ACT teams. Many of these studies involved the full DBT model, but many are on the use of adapted models of DBT, especially for disorders other than BPD.