

How does Internet delivered Dialectical Behavior Therapy skills training reduce suicide risk? Examining the granularity of suicidal ideation

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INTRO

- The gap between treatment need and availability is troubling, and there are further barriers for those who endorse suicidal ideation and present with other complex behavioral dysfunction.
- Dialectical behavior therapy (DBT) skills training effectively targets behaviors associated with emotion dysregulation such as suicidal behaviors.
- While it is clear DBT is effective at ameliorating suicidal behavior, it is unclear how suicidality is reduced. We examined changes in suicidal ideation frequency, intensity, and seriousness to better understand how iDBT functions to diminish suicide risk.

METHODS

- N = 59. Multilevel modeling for continuous variables (highest urge and SI frequency) and generalized linear mixed models (GLMM) with a binomial distribution for seriousness. Independent variables were time, condition, and the interaction between time and condition.

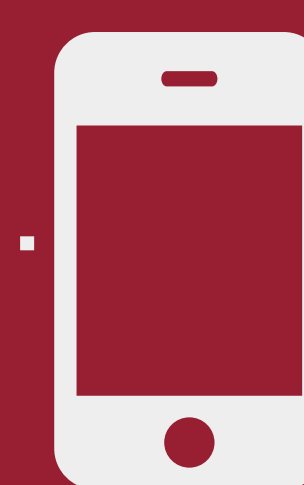
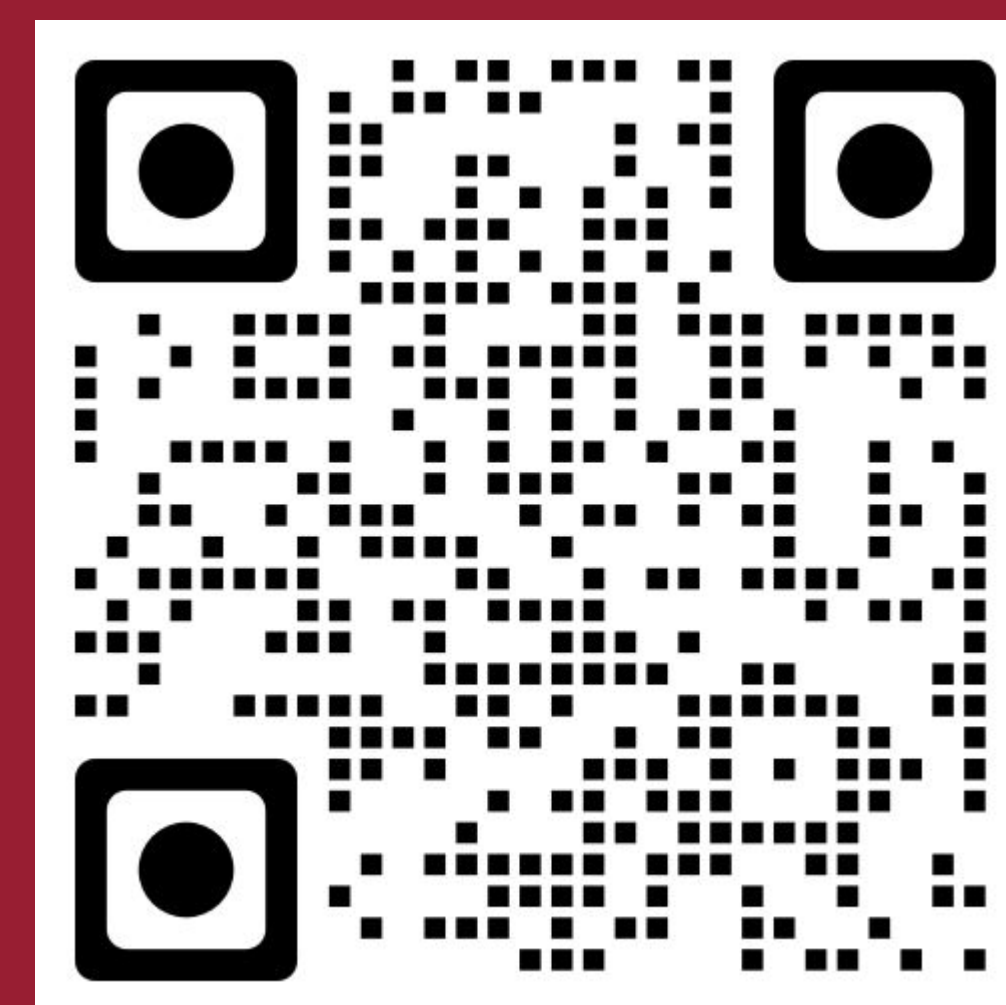
RESULTS

Predictors	sui_freq			sui_urge		
	Estimates	CI	p	Estimates	CI	p
(Intercept)	2.03	1.80 – 2.26	<0.001	2.43	2.06 – 2.80	<0.001
Time0	-0.03	-0.08 – 0.01	0.146	-0.01	-0.08 – 0.05	0.668
cond [=‘idbt’]	-0.04	-0.37 – 0.29	0.800	0.22	-0.30 – 0.75	0.405
Time0 * cond [=‘idbt’]	-0.06	-0.13 – 0.01	0.113	-0.14	-0.24 – -0.05	0.003
Random Effects						
σ^2	0.34			0.65		
τ_{00}	0.25 ID			0.74 ID		
τ_{11}	0.01 ID,Time0			0.01 ID,Time0		
ρ_{01}	-0.26 ID			-0.37 ID		
ICC	0.49			0.53		
N	58 ID			58 ID		
Observations	375			377		
Marginal R ² / Conditional R ²	0.059 / 0.517			0.058 / 0.557		

DISCUSSION

- DBT skills training is efficacious at reducing suicidal ideation, compared to individuals not receiving DBT. However, when investigating “suicidal ideation” in more depth, it was revealed that the reduction in suicidal ideation is due to a reduction of suicidal urges rather than frequency of suicidal thoughts.

DBT skills training is efficacious at reducing suicidal urges, however, it does not reduce the frequency of suicidal thoughts.

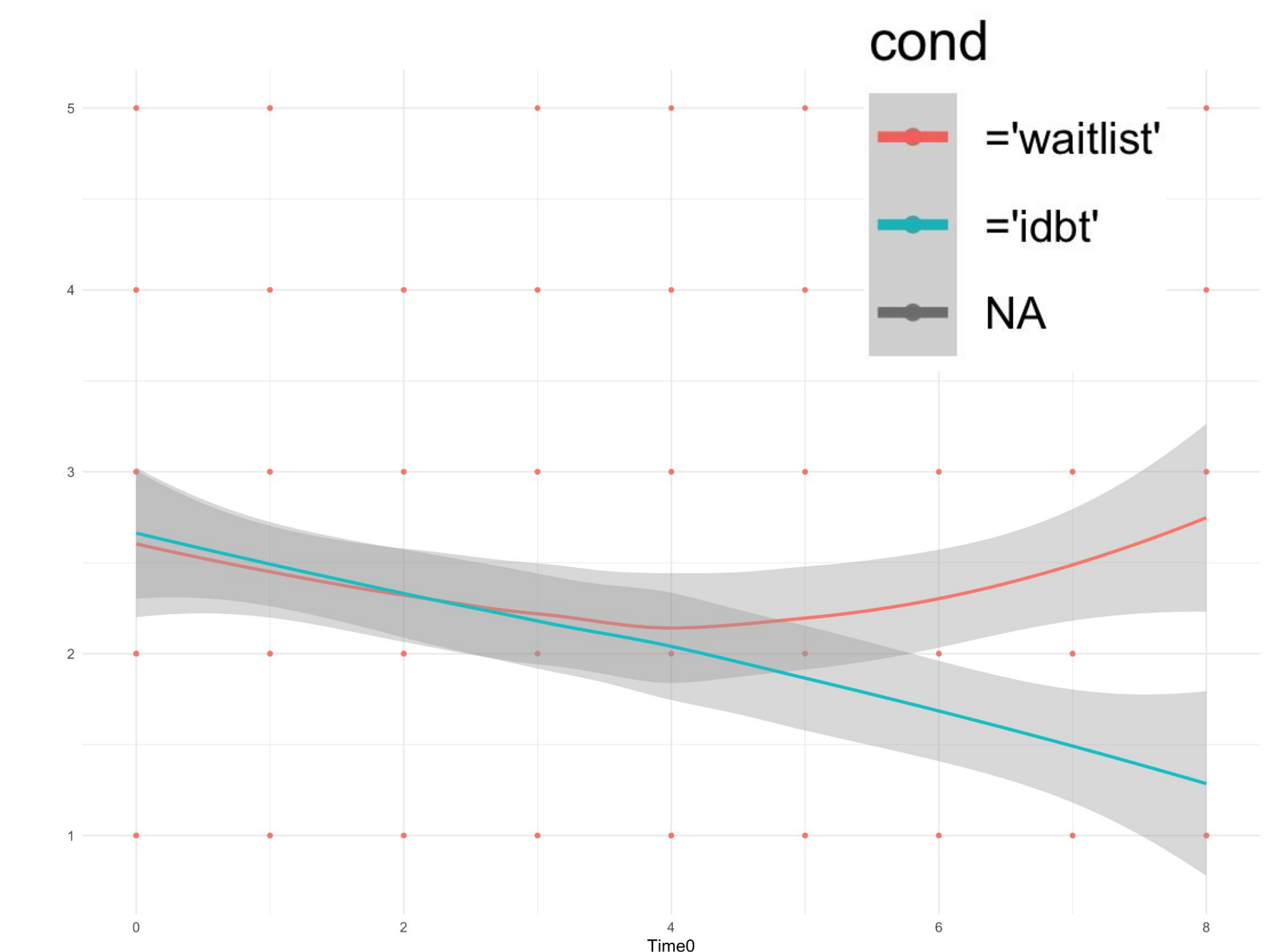


Take a picture to download the paper

How i-DBT Impacted Suicidal Urge and Frequency of Thought

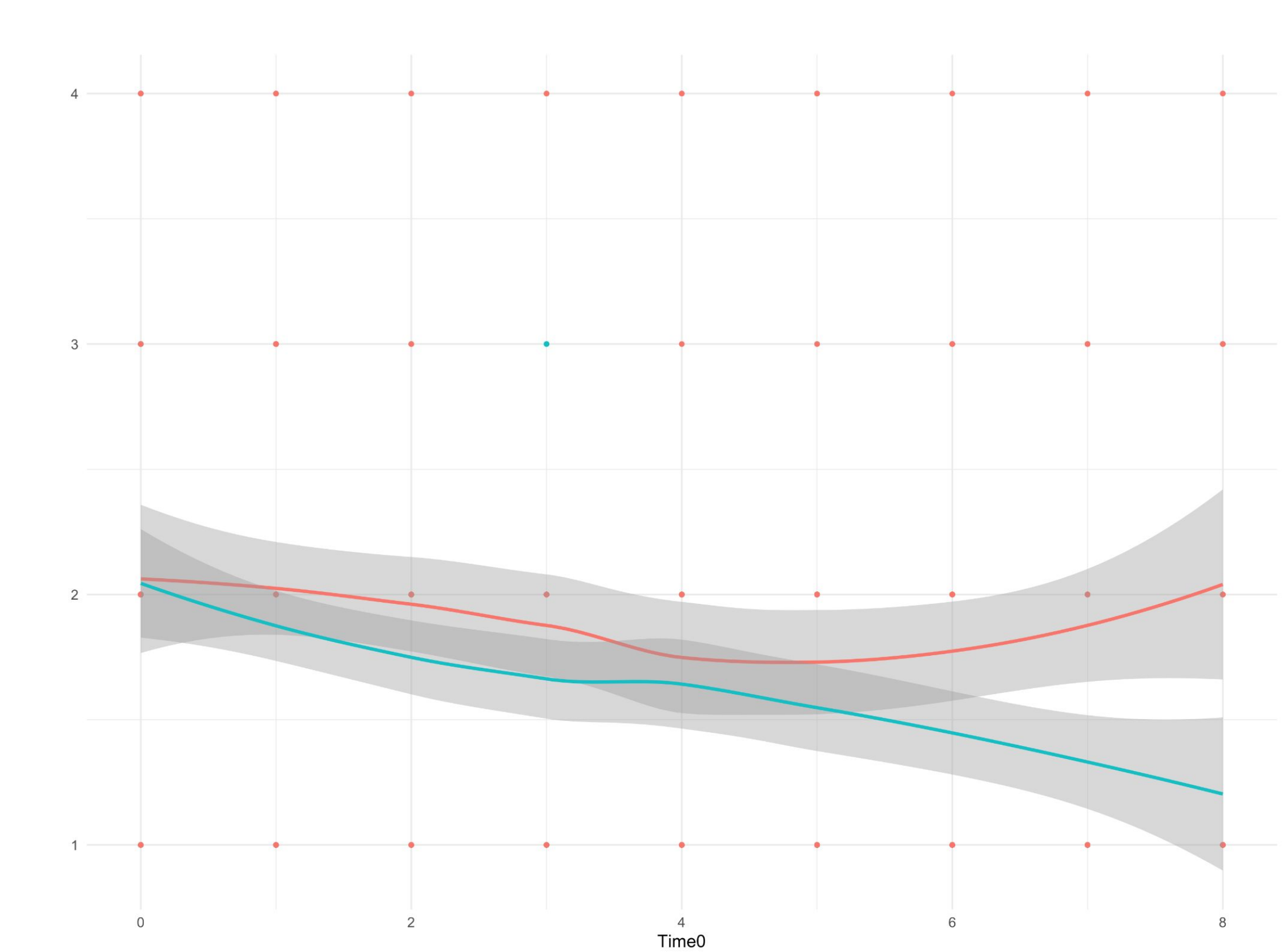
Participants were assessed weekly on frequency, intensity, seriousness, and current urge to die by suicide.

HIGHEST URGE



Participants randomized to iDBT (blue) saw significantly faster reductions in highest urge and current urge to die by suicide compared to those on the waitlist (red).

FREQUENCY



There were no between group differences for rate of change for suicidal ideation frequency. Showing the reduction in suicidal ideation is due to reduction in urge rather than frequency.