

DBT Adolescent Treatment Study



What is it?

- A research study designed to test the effectiveness of Dialectical Behavioral Therapy on symptoms of bulimia nervosa, deliberate self injury, and depression

What will I do?

- Complete an initial assessment of my symptoms and complete some questionnaires about eating, thinness, and anxiety
- Participate in at least 24 individual therapy sessions and 24 group therapy sessions at the UGA Psychology Clinic
- Complete the same interview and questionnaires that I completed at the initial assessment after treatment and again after six months.

Incentives

- Each participant will receive \$300.00 for full completion of this study

Am I eligible?

- Participants in this study:
 1. Female
 2. Symptoms of bulimia nervosa present for the last three months with binge/purge cycles at least once per week or more
 3. At least one self harm attempt in the past year
 4. Symptoms of depression present in the past two months
 5. Age 16-18
 6. Consent and participation of at least one parent

Contact

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