A photograph of a man and a young girl. The man, on the right, has dark curly hair and is wearing a grey button-down shirt. He is looking down at a colorful toy held by the girl. The girl, on the left, has her hair in two buns and is wearing a light purple long-sleeved shirt. She is holding a light blue toy with colorful pieces inside. The background is a blurred outdoor setting with trees and a path. The text is overlaid on the image in white, bold font.

**Piloting a Telehealth-delivered Dialectical Behavior
Therapy Skills + Parent Training Intervention
for Parents with Emotion Dysregulation
and Substance Misuse Difficulties**

Clinicaltrials.gov # NCT05287178

Parental emotion
dysregulation (ED)



Less effective
parenting behaviors

Parenting stress



DBT
Skills

+

PT
Skills

Children's emotion
and behavior difficulties



Session #	DBT Skills	PT Skills
1	Wise Mind	
2	What & How Skills	
3	STOP, Pros and Cons	Positive Reinforcement/Praise
4	TIPP, Self Soothing	
5	Radical Acceptance	
6	Willingness, Half-Smile, & Willing Hands	
7	Dialectical Abstinence	
8	Burning Bridfes & Building New Ones	
9	Wise Mind & What Skills	Using Attention/Ignoring to Shape Child Behavior
10	Understanding and Labeling Emotions	
11	Checking the Facts	Children's Emotion Development & Labeling Children's Emotions
12	Opposite Action	Validating Children's Emotions
13	Problem Solving	Teaching Children Problem Solving & Negotiating
14	Pleasant Events	Children's Positive Emotions; Scaffolding; Reward Charts
15	Values	
16	B-C Skills	Effective Commands
17	PLEASE Skill	Logical & Natural Consequences/Rewards
18	How Skills	Handling Children's Negative Emotions & Misbehavior
19	DEAR MAN	Review Commands; Consequences/Rewards
20	Review & Graduation	Review & Graduation

Intervention

- Group based (parents only)
- Delivered on Zoom
- 20 weeks
- 2 hrs/session
- 2 co-leaders

Session Format

- Mindfulness practice
- HW review
- Learn new skills
- Assign HW

Study 2 Aims

Evaluate aggregated group-level pre-post effects on parent mental health, child mental health and parenting quality.

Idiographic analyses of week-to-week changes in parental ED, parenting quality, preschoolers' behavior, and skill use.

Assess feasibility and acceptability.

1

2

3

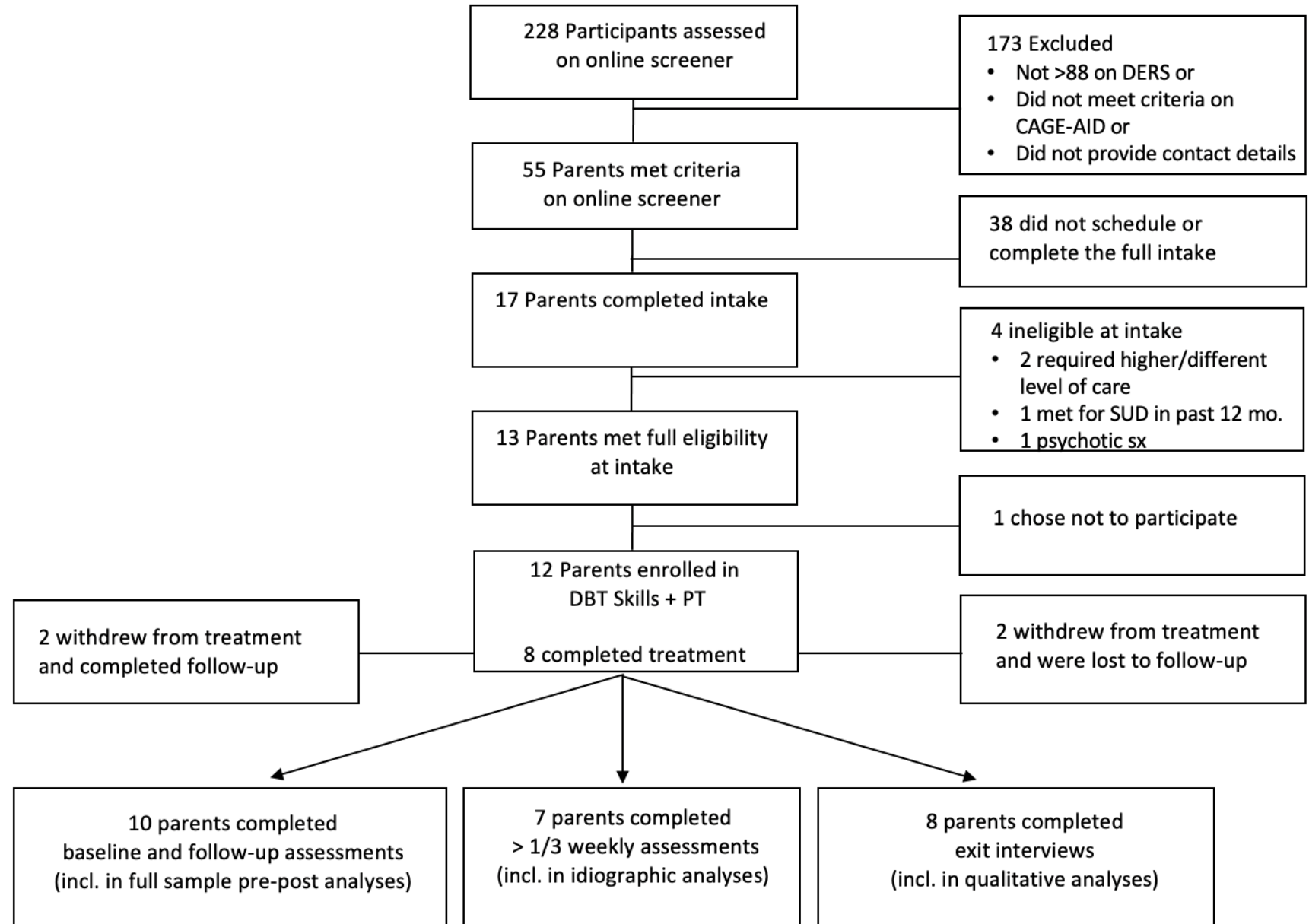
Hypotheses

Outperform clinical trial literature base for non-integrated DBT Skills and PT.

Improvements in all domains and cascading effects over time

High feasibility (attendance), high acceptability

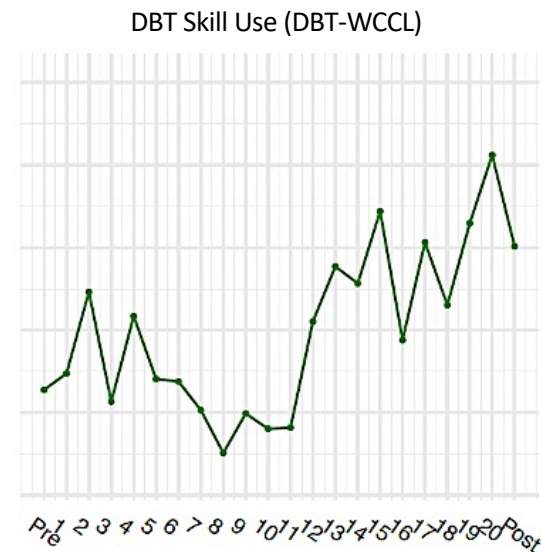
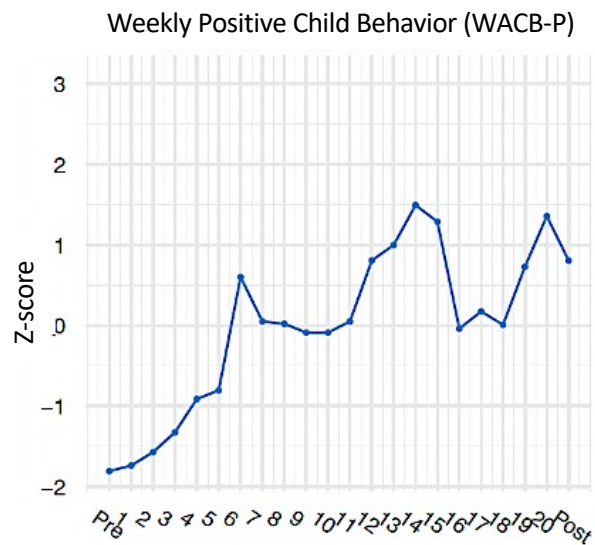
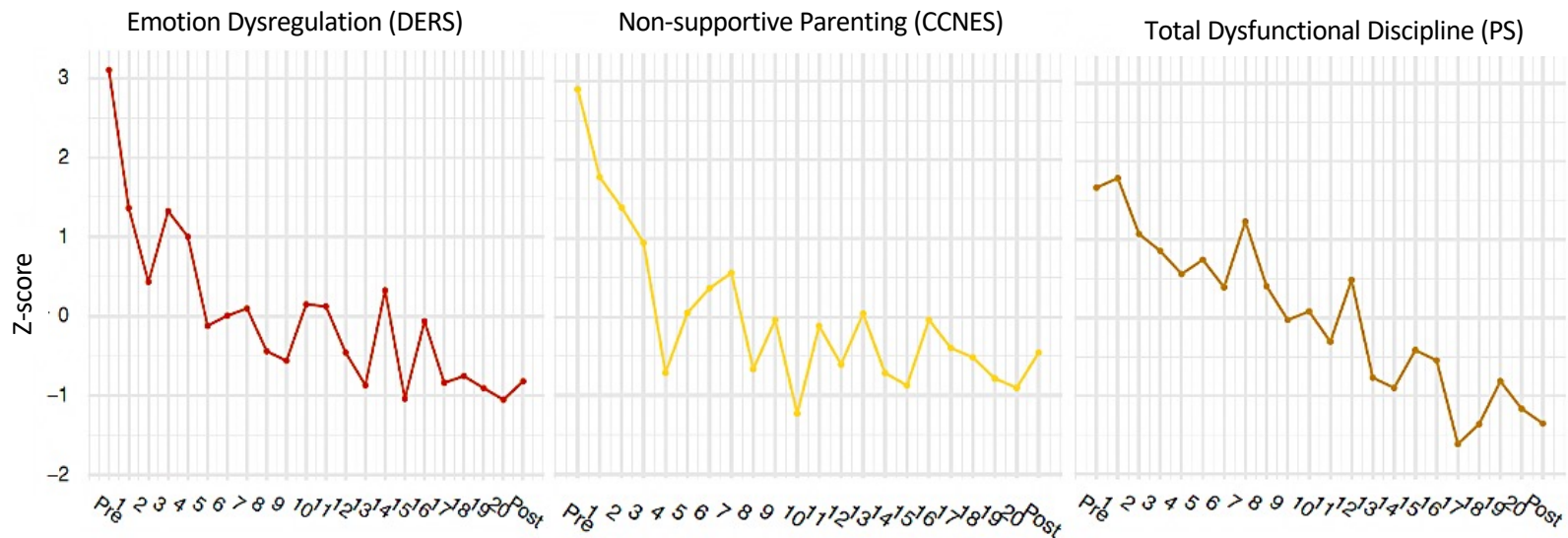
Methods: participant flowchart



Participants – baseline characteristics (n=12)

- 11 mothers and 1 father
- Parent age: (M=33.75; SD=6.08)
- Child age: (M=4.67; SD=1.37)
- 42% non-majority ethnic or racial identity
- 50% single
- 68% no college degree
- 66% stay-at-home parent
- # Substance use disorders in the past 5 years: (M=2.08; SD=1.08)
- 8 parents with current mental health disorder
 - 7 of them characterized by comorbidity

Average weekly changes



Pre-post changes

Table 3. Means, SDs and effect sizes of changes at baseline and the follow-up timepoints for treatment completers.

Measure	Baseline			Follow-up			d [CI]
	Mean	SD	N	Mean	SD	N	
Parent Outcomes							
Emotion Dysregulation (DERS)	111.25	15.34	8	57.88	19.61	8	-3.24 [-5.14, -1.29]
Substance Craving (ADCS)	9.38	4.81	8	7.75	7.23	8	-0.28 [-1.26, 0.72]
Depression (PHQ-9)	9.62	5.90	8	3.75	1.67	8	-1.45 [-2.65, -0.19]
Anxiety (HAM-A)	16.00	8.21	8	8.88	4.39	8	-1.16 [-2.27, 0.02]
Child Outcomes							
Externalizing Behaviors (CBCL T-score)	49.00	9.81	8	41.50	7.80	8	-0.90 [-1.96, 0.21]
Internalizing Behaviors (CBCL T-score)	52.00	12.92	8	45.50	8.98	8	-0.62 [-1.64, 0.43]
Emotion Lability/Negativity (ERC-LN)	25.00	3.70	8	21.50	5.15	8	-0.83 [-1.88, 0.26]
Emotion Regulation (ERC-ER)	35.75	2.38	8	39.12	2.85	8	1.38 [0.14, 2.55]
Parenting Quality							
Total Dysfunctional Discipline (PS)	3.72	0.53	8	2.60	0.80	8	-1.78 [-3.08, -0.41]
Laxness (PS)	3.82	1.07	8	2.54	0.67	8	-1.54 [-2.76, -0.25]
Over-reactivity (PS)	3.31	0.65	8	2.26	0.93	8	-1.40 [-2.58, -0.15]
Non-supportive Parenting (CCNES)	2.61	0.66	8	2.01	0.55	8	-1.06 [-2.15, 0.09]
Supportive Parenting (CCNES)	5.50	0.61	8	6.08	0.66	8	0.97 [-0.16, 2.04]
Parenting Stress (PSI percentile score)	66.25	13.83	8	39.25	16.10	8	-1.92 [-3.28, -0.50]

How do results compare to clinical trial literature base?

Table 4. Effect sizes from the clinical trial literature base for DBT Skills, Emotion Socialization Parenting Programs, Parent Management Training Programs, a previous DBT + Parenting integration, and the current DBT Skills + PT intervention.

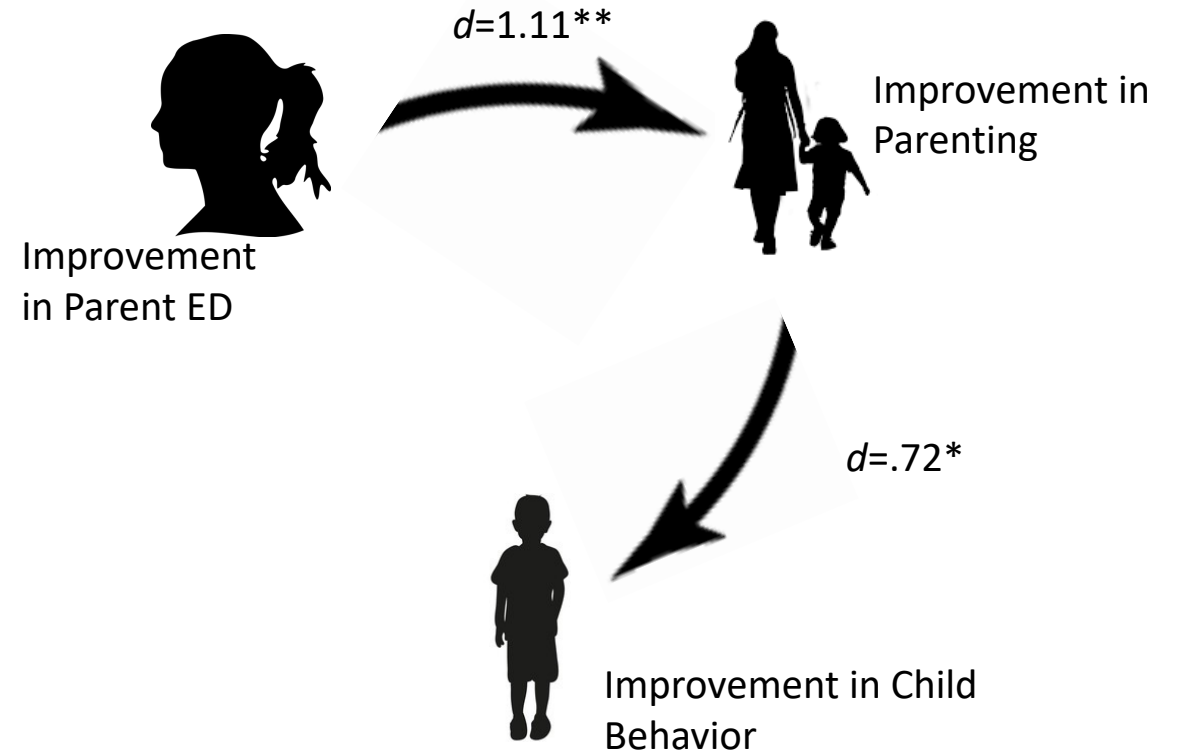
	Clinical Trial Literature Base				Current Study
	DBT Skills Trials (Delaquis et al., 2023; Cavicchioli et al., 2019) (Hedge's g)	Emotion Socialization Parenting Interventions (England-Mason, et al., 2023) (Hedge's g)	Parent Management Training Interventions (Mingebach et al., 2018; Weber et al., 2019) (SMDs)	DBT + Parenting Integration (BRIDGE) (Roos et al., 2021) (Cohen's d)	DBT Skills + PT (Cohen's d)
Parent outcomes					
Emotion dysregulation	.47	-	-	.58	3.24
Substance use/cravings	.36-.99	-	-	-	.28
Depression	.50	-	-	1.02	1.45
Anxiety	.45	-	-	-	1.16
Child outcomes					
Child externalizing/overall behavior problems	-	.34	.45	1.08	.90
Child internalizing/overall behavior problems	-	.34	.51	1.08	.62
Child emotion (dys)regulation/emotional competence	-	.44	-	-	0.83, 1.38
Parenting Quality					
Parenting behavior (positive/negative)	-	.25	.60	-	1.78
Supportive parenting	-	.50	-	.38	.97
Non-supportive parenting	-	.50	-	.44	1.06
Parenting stress/parent well-being	-	.29	.34	.53	1.92

Idiographic Analyses - Parent 7

Change over time

Variable	β	t	p	d	df
Child Outcome					
Weekly Positive Behavior (WACB-P)	0.65	3.67	0.002	1.16	18
Parent Outcome					
Emotion Dysregulation (DERS)	-0.76	-4.94	0.000	-1.56	18
Parenting					
Laxness (PS)	-0.94	-11.65	0.000	-3.69	18
Over-reactivity (PS)	-0.78	-5.31	0.000	-1.68	18
Total Dysfunctional Discipline (PS)	-0.96	-14.38	0.000	-4.55	18
Verbosity (PS)	-0.89	-8.34	0.000	-2.64	18
Non-supportive Parenting (CCNES)	-0.62	-2.74	0.014	-0.91	16
Supportive Parenting (CCNES)	0.98	8.11	0.000	2.70	16

Time-lagged analyses



Feasibility and Acceptability

27% attrition rate

86.25% attendance rate

Client Satisfaction:

M=92.36% (SD=13.89)

Self change

- Better control over emotions
- Less reactive
- More present

Parenting change

- More effective responses to child's emotions

Child behavior change

- Improved communication and emotional expression

Areas for Improvement

- Session length
- Most vs least helpful skills

Limitations

- Small underpowered samples and inability to accurately detect small/medium effects
- No control group
- Reliance on self-report measures



Future Directions

- Conducting larger scale RCT
- Paring down to 14-20 weeks and 1.5 hr telehealth sessions
 - Selection of DBT skills most applicable to parenting
 - Asynchronous delivery (?)
- Using more objective measures
- Continued use of repeated measures



The Center on Parenting and Opioids



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