

# The 'Link onto Life' Program: A Pilot Intervention using Dialectical Behaviour Therapy (DBT) to Enhance Coping and Wellbeing in Young People (18-24 years).

ACTRN12615000943549

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Dr Suzanne Dziurawiec
<b>Enrollment</b>	48 participants

## Plain Language Summary

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This study offers a group-based Dialectical Behaviour Therapy (DBT) skills program for young adults aged 18–24 who have used unhealthy coping strategies in the past, such as self-harm. DBT teaches skills for managing emotions and handling difficult situations. The study also uses a smartphone app to track daily emotions and experiences. Researchers want to see if this approach helps young people cope better and improve their wellbeing.

You may be eligible if:

- You are between 18 and 24 years old
- You have previously used at-risk coping behaviours (such as self-harm) as a way to deal with difficulties
- You are willing to engage with the program

You may NOT be eligible if:

- You are currently receiving support from another agency
- You are currently experiencing suicidal thoughts
- You have an intellectual disability
- You have clinically significant mental health symptoms that require more intensive care
- You are currently enrolled in a similar support program

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (4)

- Young people aged between 18-24 years
- Informed consent obtained prior to the study commencing
- Participants must be identified as having engaged in at-risk coping behaviours, in the past as a way of coping with difficulties
- Participants must be willing to engage in program

### Exclusion (7)

- Involvement in outside agency support
- Experiencing clinically significant symptoms
- Currently experiencing suicidal ideation
- Involvement in similar support programs
- Have an intellectual Disability

... and 2 more (see full listing online)

## Locations (1 total)

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WA, Australia  
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12615000943549>

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