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| Title | Dialectical Behavior Therapy in Adolescents for Suicide Prevention: Systematic Review of Clinical Effectiveness |
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Aim

To review the evidence on clinical effectiveness of dialectical behavior therapy (DBT) compared to treatment as usual (TAU) for preventing suicide in adolescents.

Results and conclusions

Dialectical behavior therapy (DBT) may be effective in treating suicidality in adolescents with or suspected of having bipolar disorder. However, more evidence is needed from higher quality studies to confirm these findings.

Recommendations

Not applicable.

Methods

Selected databases and relevant websites were searched for studies that assessed DBT in adolescents aged 18 years or younger. Database searches covered studies published between 2004 and January 2009 and included all study types. Those meeting the criteria for inclusion were reviewed. The report summarizes and discusses the results.

Further research/reviews required

Further research plus an evaluation of the long-term effectiveness of DBT on suicidal adolescents, and assessments of the cost effectiveness of DBT, would contribute to the decision-making process of treatment providers and policy makers.