**Supplementary Table 1.** RO DBT Skills Group Lesson Plan

| WEEK |  | Source |
| --- | --- | --- |
|  | **MINDFULNESS (2 WEEKS)** |  |
| 1 | Mindfulness Handouts 1A, 1B, 1C, 1D, 1E | RO DBT Skills (Lynch) |
| 2 | Mindfulness Handouts 2, 3 | Standard DBT Skills (Linehan) |
|  | **EMOTION REGULATION (6 WEEKS)** |  |
| 3 | Emotion Regulation Handout 1, 2, 3, and Homework Sheet 1 | Standard DBT Skills (Linehan) |
| 4 | Emotion Regulation Handout 4, 5, and Homework Sheet 2 |
| 5 | Emotion Regulation Handout 6, 7, 8, and Homework Sheet 3 |
| 6 | Emotion Regulation Handout 9, and Homework Sheet 3 |
| 7 | Emotion Regulation Handout 10, and Homework Sheet 3 |
| 8 | Envy, Resentment, Revenge, Bitterness Worksheets 1A and 1B  | RO DBT Skills (Lynch) |
|  | **MINDFULNESS (2 WEEKS)** |  |
| 9 | Mindfulness Handouts 1A, 1B, 1C, 1D, 1E | RO DBT Skills (Lynch) |
| 10 | Mindfulness Handouts 2, 3 | Standard DBT Skills (Linehan) |
|  | **RADICAL OPENNESS (8 WEEKS)** |  |
| 11 | Radical Openness Handouts 1A, 1B, 1C, 1D, 1E | RO DBT Skills (Lynch) |
| 12 | Radical Openness Handouts 2A, 2B, 2C |
| 13 | Radical Openness Worksheet 3A, 3B, 3C |
| 14 | Radical Openness Handout 4A, 4B, 4C |
| 15 | Radical Openness Handout 5A, 5B |
| 16 | Radical Openness Handout 6A, 6B, 6C, 6D, 6E |
| 17 | Radical Openness Handout 7A, 7B |
| 18 | Radical Openness Handout 8A, 8B |
|  |  |  |
|  | **DISTRESS TOLERANCE (1 WEEK)** |  |
| 19 | Distress Tolerance Handout 1 (ONLY page 167 “Self-Soothe”), and 2, 3, 4, 5 (Only page 177) | Standard DBT Skills (Linehan) |
|  | **MINDFULNESS (2 WEEKS)** |  |
| 20 | Mindfulness Handouts 1A, 1B, 1C, 1D, 1E | RO DBT Skills (Lynch) |
| 21 | Mindfulness Handouts 2, 3 | Standard DBT Skills (Linehan) |
|  | **INTERPERSONAL EFFECTIVENESS (6 WEEKS)** |  |
| 22 | Interpersonal Effectiveness Handout 1, 2 and Homework Sheet 1 | Standard Skills Manual (Linehan) |
| 23 | Interpersonal Effectiveness Handout 3, 4, and Homework Sheet 2 |
| 24 | Interpersonal Effectiveness Handout 5, 6,  |
| 25 | Interpersonal Effectiveness Handout 7, 8, and Homework Sheet 3 |
| 26 | Interpersonal Effectiveness Handout 9 |
| 27 | Interpersonal Effectiveness Handout 10 |

**Supplementary Table 2** HRSD and secondary outcomes by group at 0, 7, 12 and 18 months (this is a more detailed version of Table 1 in the main text)

| Dep. Var. | Mean or SD | Month | RO DBT | TAU | Difference | Lower CB | Upper CB | P | Evidence ratio (d > 0) |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| AAQ | Adjusted means and contrasts | 0 |  38.53 | 38.53 | 0.00 | −7.87 | 7.87 | 1.000 | 0.77 |
|  | 7 |  33.12 | 36.48 | −3.37 | −7.95 | 1.21 | 0.096 | 30.47 |
|  | 12 |  32.56 | 37.50 | −4.94 | −9.44 | −0.45 | 0.040 | 121.82 |
|  | 18 |  30.69 | 36.17 | −5.48 | −9.44 | −1.52 | 0.014 | 55.98 |
| Raw means (n = 162 v 88) | 0 | 38.23 | 39.10 |  |  |  |  |  |
| (n = 121 v 62) | 7 | 32.86 | 37.05 |  |  |  |  |  |
| (n = 130 v 60) | 12 | 32.03 | 37.11 |  |  |  |  |  |
| (n = 115 v 55) | 18 | 31.58 | 36.11 |  |  |  |  |  |
| Standard  | 0 | 7.18 | 6.33 |  |  |  |  |  |
| deviations | 7 | 9.75 | 7.66 |  |  |  |  |  |
|  | 12 | 10.27 | 8.41 |  |  |  |  |  |
|  | 18 | 10.60 | 8.88 |  |  |  |  |  |
| EAC | Adjusted means | 0 |  16.10 | 16.10 | 0.00 | −3.83 | 3.83 | 1.000 | 1.00 |
| and contrasts | 7 |  18.38 | 16.89 | 1.50 | −0.84 | 3.83 | 0.132 | 36.36 |
|  | 12 |  18.64 | 15.10 | 3.55 | 1.22 | 5.87 | 0.017 | 3242.24 |
|  | 18 |  19.31 | 16.33 | 2.98 | 0.84 | 5.12 | 0.012 | 278.72 |
| Raw means | 0 | 15.90 | 16.47 |  |  |  |  |  |
|  | 7 | 18.66 | 16.92 |  |  |  |  |  |
|  | 12 | 18.64 | 15.22 |  |  |  |  |  |
|  | 18 | 18.98 | 16.63 |  |  |  |  |  |
| Standard deviations | 0 | 4.68 | 4.60 |  |  |  |  |  |
|  | 7 | 5.07 | 5.41 |  |  |  |  |  |
|  | 12 | 5.34 | 5.78 |  |  |  |  |  |
|  | 18 | 5.31 | 4.74 |  |  |  |  |  |
| HRSD | Adjusted means | 0 |  23.14 | 23.14 | −0.05 | −4.44 | 4.34 | 0.979 | 1.10 |
| and contrasts | 7 |  15.34 | 20.73 | −5.40 | −9.84 | −0.95 | 0.023 | 46.30 |
|  | 12 |  14.19 | 16.34 | −2.15 | −6.58 | 2.27 | 0.290 | 5.53 |
|  | 18 |  13.79 | 15.48 | −1.69 | −6.22 | 2.84 | 0.424 | 4.67 |
| Raw means | 0 | 22.96 | 23.48 |  |  |  |  |  |
|  | 7 | 15.97 | 19.74 |  |  |  |  |  |
|  | 12 | 14.70 | 16.05 |  |  |  |  |  |
|  | 18 | 14.13 | 15.67 |  |  |  |  |  |
| Standard  | 0 | 5.27 | 5.20 |  |  |  |  |  |
| deviations | 7 | 8.80 | 7.22 |  |  |  |  |  |
|  | 12 | 8.86 | 6.71 |  |  |  |  |  |
|  | 18 | 8.34 | 7.32 |  |  |  |  |  |
| MSSI | Adjusted means | 0 |  7.72 |  7.72 | −0.00 | −2.92 | 2.92 | 1.000 | 0.95 |
| and contrasts | 7 |  4.66 |  6.50 | −1.84 | −4.49 | 0.80 | 0.150 | 17.58 |
|  | 12 |  2.46 |  3.90 | −1.44 | −4.03 | 1.15 | 0.229 | 5.14 |
|  | 18 |  2.04 |  1.60 | 0.45 | −2.48 | 3.37 | 0.753 | 1.52 |
| Raw means | 0 | 8.06 | 7.09 |  |  |  |  |  |
|  | 7 | 4.78 | 5.25 |  |  |  |  |  |
|  | 12 | 2.55 | 2.30 |  |  |  |  |  |
|  | 18 | 2.67 | 2.45 |  |  |  |  |  |
| Standard  | 0 | 11.00 | 9.59 |  |  |  |  |  |
| deviations | 7 | 9.12 | 9.89 |  |  |  |  |  |
|  | 12 | 6.26 | 6.11 |  |  |  |  |  |
|  | 18 | 7.31 | 8.39 |  |  |  |  |  |
| PHQ9 | Adjusted means | 0 |  19.24 | 19.24 | −0.00 | −5.02 | 5.02 | 1.000 | 0.86 |
| and contrasts | 7 |  13.24 | 16.69 | −3.45 | −6.61 | −0.29 | 0.041 | 30.82 |
|  | 12 |  13.04 | 15.96 | −2.92 | −6.04 | 0.20 | 0.058 | 33.64 |
|  | 18 |  12.87 | 16.10 | −3.23 | −6.05 | −0.40 | 0.030 | 12.39 |
| Raw means | 0 | 18.99 | 19.69 |  |  |  |  |  |
|  | 7 | 13.42 | 16.56 |  |  |  |  |  |
|  | 12 | 12.66 | 16.03 |  |  |  |  |  |
|  | 18 | 13.45 | 15.22 |  |  |  |  |  |
| Standard  | 0 | 5.14 | 4.78 |  |  |  |  |  |
| deviations | 7 | 7.47 | 6.84 |  |  |  |  |  |
|  | 12 | 7.90 | 6.78 |  |  |  |  |  |
|  | 18 | 8.07 | 7.08 |  |  |  |  |  |
| SSQ | Adjusted means | 0 | 0.15 |  0.15 | 0.01 | −0.44 | 0.46 | 0.952 | 0.92 |
| and contrasts | 7 | 0.15 | −0.07 | 0.22 | −0.23 | 0.67 | 0.279 | 0.15 |
|  | 12 | 0.25 | −0.05 | 0.30 | −0.15 | 0.75 | 0.157 | 0.10 |
|  | 18 |  0.27 | −0.13 | 0.40 | −0.08 | 0.87 | 0.093 | 0.20 |
| Raw means | 0 | 0.15 | 0.15 |  |  |  |  |  |
|  | 7 | 0.05 | 0.06 |  |  |  |  |  |
|  | 12 | 0.23 | 0.06 |  |  |  |  |  |
|  | 18 | 0.18 | 0.10 |  |  |  |  |  |
| Standard  | 0 | 1.02 | 0.90 |  |  |  |  |  |
| deviations | 7 | 1.03 | 0.99 |  |  |  |  |  |
|  | 12 | 0.91 | 1.07 |  |  |  |  |  |
|  | 18 | 1.00 | 1.08 |  |  |  |  |  |

Cols: Dep. Var., Dependent variable; SD, Standard deviation; RO DBT, Radically Open Dialectical Behaviour Therapy; TAU, Treatment as usual

CB, Confidence bound; Evidence ratio (d > 0), Evidence ratio for hypothesis that RO DBT is better than TAU.

Rows: AAQ, Action and Acceptance Questionnaire; EAC, Emotional Approach Coping;

HRSD, Hamilton Rating Scale for Depression; MSSI, Modified Scale for Suicide Ideation;

PHQ-9, Patient Health Questionnaire-9; SSQ, Social Support Questionnaire.

**Supplementary Table 3** CONSORT 2010 checklist of information to include when reporting a randomised triala

| Section/Topic | Item No | Checklist item | Reported status |
| --- | --- | --- | --- |
| Title and abstract |  |  |  |
|  | 1a | Identification as a randomised trial in the title | YES |
|  | 1b | Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts) | YES |
| Introduction |  |  |  |
| Background and objectives | 2a | Scientific background and explanation of rationale | YES |
|  | 2b | Specific objectives or hypotheses | YES |
| Methods |  |  |  |
| Trial design | 3a | Description of trial design (such as parallel, factorial) including allocation ratio | YES |
|  | 3b | Important changes to methods after trial commencement (such as eligibility criteria), with reasons | YES |
| Participants | 4a | Eligibility criteria for participants | YES |
|  | 4b | Settings and locations where the data were collected | YES |
| Interventions | 5 | The interventions for each group with sufficient details to allow replication, including how and when they were actually administered | YES |
| Outcomes | 6a | Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed | YES |
|  | 6b | Any changes to trial outcomes after the trial commenced, with reasons | Not applicable |
| Sample size | 7a | How sample size was determined | YES |
|  | 7b | When applicable, explanation of any interim analyses and stopping guidelines | YES |
| Randomisation: |  |  |  |
|  Sequence generation | 8a | Method used to generate the random allocation sequence | YES |
|  | 8b | Type of randomisation; details of any restriction (such as blocking and block size) | YES |
|  Allocation concealment mechanism | 9 | Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned | YES |
|  Implementation | 10 | Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions | YES |
| Blinding | 11a | If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how | YES |
|  | 11b | If relevant, description of the similarity of interventions | Not applicable |
| Statistical methods | 12a | Statistical methods used to compare groups for primary and secondary outcomes | YES |
|  | 12b | Methods for additional analyses, such as subgroup analyses and adjusted analyses | YES |
| Results |  |  |  |
| Participant flow (a diagram is strongly recommended) | 13a | For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome | YES text and Fig. 1 |
|  | 13b | For each group, losses and exclusions after randomisation, together with reasons | Yes text and Fig. 1 |
| Recruitment | 14a | Dates defining the periods of recruitment and follow-up | YES |
|  | 14b | Why the trial ended or was stopped | Not applicable |
| Baseline data | 15 | A table showing baseline demographic and clinical characteristics for each group | Description in text YES – table can be added as supplemental material if requested |
| Numbers analysed | 16 | For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups | Yes, text and Fig. 1 |
| Outcomes and estimation | 17a | For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval) | Yes, text and Table 1, Figs 2 and 3 |
|  | 17b | For binary outcomes, presentation of both absolute and relative effect sizes is recommended | YES |
| Ancillary analyses | 18 | Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory | Not applicable |
| Harms | 19 | All important harms or unintended effects in each group (for specific guidance see CONSORT for harms) | YES |
| Discussion |  |  |  |
| Limitations | 20 | Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses | YES |
| Generalisability | 21 | Generalisability (external validity, applicability) of the trial findings | YES |
| Interpretation | 22 | Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence | YES |
| Other information |  |  |  |
| Registration | 23 | Registration number and name of trial registry | YES |
| Protocol | 24 | Where the full trial protocol can be accessed, if available | Reference 11 |
| Funding | 25 | Sources of funding and other support (such as supply of drugs), role of funders | YES |

aWe strongly recommend reading this statement in conjunction with the CONSORT 2010 Explanation and Elaboration for important clarifications on all the items. If relevant, we also recommend reading CONSORT extensions for cluster randomised trials, non-inferiority and equivalence trials, non-pharmacological treatments, herbal interventions, and pragmatic trials. Additional extensions are forthcoming: for those and for up to date references relevant to this checklist, see www.consort-statement.org.