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| --- | --- | --- | --- |
| **Number of incidents of self-harm trajectory months 0, 3, 6, 9 and 12 (N = 81, n = 356)a**  Supplementary Table 1. Unadjusted associations between treatment type and trajectory of change in clinical outcomes over time. | | | |
| **Independent variables** | **Incident rate ratio** | **95% C.I.** | **p** |
| Time | 0.95 | 0.91 to 0.99 | < 0.01 |
| DBT (vs. MBT) | 1.21 | 0.79 to 1.83 | 0.38 |
| DBT (vs. MBT) x Time | 0.94 | 0.89 to 0.99 | 0.02 |
| **Emotional dysregulation (DERS) trajectory months 0, 3, 6, 9 and 12 (N = 88, n = 370)** | | | |
| **Independent variables** | **β** | **95% C.I.** | **p** |
| Time | -1.07 | -1.9 to -0.18 | 0.02 |
| DBT (vs. MBT) | 8.41 | -3.56 to 20.37 | 0.17 |
| DBT (vs. MBT) x Time | -1.42 | -2.71 to -0.13 | 0.03 |
| **BPD severity (BEST) trajectory months 0, 3, 6, 9 and 12 (N = 90, n = 395)** | | | |
| **Independent variables** | **β** | **95% C.I.** | **p** |
| Time | -0.39 | -0.72 to -0.07 | 0.02 |
| DBT (vs. MBT) | 3.00 | -1.20 to 7.20 | 0.16 |
| DBT (vs. MBT )x Time | -0.32 | -0.76 to 0.11 | 0.14 |
| **Alterations in relationships (SIDES items 31 – 35) trajectory months 0 to 12(N = 89, n = 155)** | | | |
| **Independent variables** | **β** | **95% C.I.** | **p** |
| Time | - 0.20 | -0.31 to -0.10 | < 0.01 |
| DBT (vs. MBT) | 0.14 | -1.30 to 1.58 | 0.85 |
| DBT (vs. MBT) x Time | 0.01 | -0.13 to 0.16 | 0.84 |
| **Dissociation severity (DES) trajectory months 0, 3, 6, 9 and 12 (N = 89, n = 391)** | | | |
| **Independent variables** | **β** | **95% C.I.** | **p** |
| Time | -0.68 | -1.18 to -0.18 | <0.01 |
| DBT (vs. MBT) | 2.55 | -6.93 to 12.04 | 0.60 |
| DBT (vs. MBT) x Time | 0.17 | -0.51 to 0.85 | 0.62 |

N = number of individuals with sufficient data to be included in analysis; n number of datapoints included in analysis.

a Based on subsample of individuals who had a history of self-harm in the 12 months prior to treatment (N = 81) and provided sufficient follow-up data to be included in the analysis.