

## The Effectiveness of Dialectical Behavioral Therapy on Self-Harmful and Distress Tolerance in Adolescents with a History of Self-Harmful Behaviors

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### Introduction

Suicidal behaviors and self-harmful are the phenomena that have created a major challenge for mental health. Self-assessment in adolescents usually expresses high psychological distress. The prevalence of this problem indicates adolescents' discontent, which has lots of effects on other family members and friends. Self-assessment without suicide intention is actually self-employed or any kind of action that harms a person, but in this person, there is no intention to die, and ultimately, suicide behavior is without the intention of suicide, which causes suicide without having a person finish his life. Dialectical behavior therapy is one of the cognitive-behavioral therapies that focus on behavioral changes and is balanced with acceptance, compassion, and validation of therapy seekers. In fact, this approach combines empathy and acceptance of clients with problem-solving and teaching social skills from a cognitive-behavioral perspective. Therefore, the present study aimed to investigate the effectiveness of dialectical behavioral therapy on self-harmful behaviors and distress tolerance in adolescents to answer the question of if dialectical treatment affects the beatings and tolerance of distress.

### Method

The present study was a quasi-experiment with a pretest and post-test with a control group and a one-month follow-up period. The statistical population of this study was all adolescents referring to Bandar Abbas counseling clinics with a history of self-harmful behaviors. In this study, 30 patients were selected by voluntary and targeted non-targeted sampling and randomly assigned to the experimental and control groups (15 in the experimental group and 15 in the control group) experimental group dialectics treatment in 12

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sessions of 2 hours received. The questionnaires used in this study included a self-harmful behaviors questionnaire (Klonsky & Glenn, 2009) and a distress tolerance questionnaire (Simmons and Gahr, 2005). Data from the research was analyzed by repeated measure ANOVA.

## Results

The results showed that Dialectical behavior therapy based on Dimeff and Linehan's (2008) therapy package on the experimental group has been effective in beating and tolerating distress in adolescents since this treatment has been successful in improving self-harmful behaviors and tolerance of distress. Also, the results showed that dialectical behavioral therapy remained fixed on self-harmful behaviors and distress tolerance in adolescents in the follow-up stage.

## Discussion

According to the findings of this study, it can be concluded that dialectical behavioral therapy can be used as an effective therapeutic treatment for improving the behavior of self-esteem and tolerance in adolescents with a history of self-regulation by educating the skills of excitement, tolerance of distress, conscious mind are being used. Dialectical behavior training can be effective in reducing self-control behaviors. The results of this study with the findings of Chesil et al (2020), Abooutorabi Kashani et al (2020), Saffarinia et al (2015), Zamani (2014), Gurbani (2018), Tabatabayi (2021), Alavi (2012), Peymannia et al (2019) is a coherent research. Explaining the findings, it can be said that dialectical behavior therapy emphasizes learning resilience against pain in a skillful way, and it can be concluded that disturbed behaviors are targeted in teaching dialectical behavior therapy skills to endure and survive in crises. And accepting life as it is in the present moment, and these strategies in the form of turning attention (when engaging in self-harming behavior), calming down (in times of distress), improving the moment, and thinking about the benefits and harms of self-injurious behavior. Reduces such behaviors and increases tolerance for anxiety.

**Keywords:** Dialectical behavioral therapy, Distress tolerance, Self-harmful

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**Author Contributions:** The contribution of the writers' participation: In this research, Mr. Eghbal Zarei as a second author, as a professor of guidance, monitoring and strategic process of research and the formulation and finalization of the paper reform. Majid Azizi, as the first author, was conducted in developing a research project, the process of collecting, analyzing and interpretation of the findings and writing the text of the article, and in general, the conclusions of the findings and the expansion and interpretation were collaborated with the discussion of all colleagues.

**Acknowledgments:** The present research has been carried out in cooperation with the Psychological Clinic of Taraz; Thus, all contributors are appreciated and thanks.

**Conflicts of interest:** The authors declare there is no conflict of interest in this article.

**Funding:** The present study received no financial support for any institution and institution, and all costs have been responsible for researchers during the research process

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