**FEASIBILITY AND EFFECTIVENESS OF A RANDOMIZED CONTROLLED TRIAL OF AN ADAPTED DIALECTICAL BEHAVIOUR THERAPY GROUP FOR PERSONS WITH INTELLECTUAL DISABILTIES**

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**Objectives**: Given recent studies revealing the positive effects of Dialectical Behaviour Therapy (DBT) with individuals with intellectual disabilities, this study aimed to empirically evaluate the feasibility and impact of adapted DBT group therapy for this population using a group format, accompanied by caregivers to support generalization of skills.   
  
**Method**: Utilizing an adapted DBT group therapy manual (Charlton & Dykstra), a revised model (aDBT-ID) was developed for an Ontario community sample of adults with mild to moderate ID and emotional regulation difficulties. A randomized control group design was delivered using treatment (n=10) and a wait list control (n=8). Three sequential groups were held weekly for two hours over a 12 week period, between September 2016 and Jun 2017. Outcome measures were taken pre and post intervention for both clients and caregivers/staff, which included assessment of emotion regulation, anger control, psychiatric symptoms and a global measure of symptom change. Modified intention to treat analysis was used to allow for attrition using SPSS v.24. Mann-Whitney U tests and Wilcoxon signed rank tests were used to identify significant differences between groups on mean change over time for each measure.

**Results**: Significant findings were found in one of the three intervention groups, in the area of self-reported improvements in maladaptive behaviours (as measured by the REISS Screen for Maladaptive Behaviours). Feasibility issues identified included: recruitment, commitment and coordination of agency staff to attend with clients, and timeline issues related to randomization of participants.

**Discussion**: While the pilot group that this intervention was based on reported improvement in skill development and self-regulation, these findings were only partially replicated in this study, highlighting additional factors of DBT group intervention that impact treatment fidelity and individual outcomes when provided in the community. This presentation will address the feasibility issues of delivering group interventions and engaging individuals with ID and their caregivers and staff in inclusive research, so that they may access evidence-based psychological therapies to learn skills and manage their emotions in a format that promotes positive coping and successful community inclusion.