

Abstract

The current study aimed to examine the efficacy of DBT skills training for enhancing psychological wellbeing and distress tolerance of adolescents. The study was conducted by using quasi-experimental design. Recruitment for sample was done via an introductory DBT Skills Training lecture targeting adolescents with concerns regarding distress tolerance and psychological wellbeing. After explaining the purpose and objective of the study, the interested adolescents were asked to register for training. Revised Children Anxiety and Depression Scale (De Ross et al., 2002) was used for screening the participants from two schools of Lahore and Rahim Yar Khan, Pakistan. A total number of 32 participants (ages 10-18 years old) who scored below the cut-off score of Revised Children Anxiety and Depression Scale (RCADS) were recruited for the experimental study. They were placed in two experimental groups, Lahore group (N-16) and Rahim Yar Khan group (N-16). Participants in both groups were assessed pre and post intervention using Psychological Well-being Scale (Ryff, 1989) and Distress Tolerance Scale (Simons & Gaher, 2005). DBT Skills Training (Linehan, 2014; Rathus & Miller, 2015) was conducted. The experimental groups attended eight DBT skills training sessions of 45-50 minutes. The findings revealed that participants in the experimental groups showed significantly improved levels of psychological well-being and distress tolerance. Significant gender differences were also observed as girls showed significantly more improvement as compared to boys. Participants in both experimental groups (Rahim Yar Khan and Lahore) showed equal improvement. Results indicated equal levels of improvement in participants from all the age ranges (i.e., 10-12 years, 13-15 years and 16-18 years) and grades (7th, 8th and 9th) implying the utility and effectiveness of DBT skills training across the adolescence years. In the context of Pakistan, DBT skills training has been demonstrated to be a promising intervention to promote the psychological wellbeing and distress tolerance of adolescents. By highlighting the advantages of implementing DBT skills training that promote xvi

the development of adolescents' psychosocial and emotional abilities, findings of this study have a positive effect on adolescents, their parents, school counseling professionals, mental health practitioners and policy makers in Pakistan.

Keywords: DBT Skills Training, Psychological Well-Being, Distress Tolerance, Adolescents