

## **Consent Form**

### **Consent for treatment of Borderline Personality Disorder (BPD) and Substance Use Disorders (SUDs)**

Our research organization is dedicated to protecting the rights of research participants. It is our duty to inform you to the greatest extent possible the current study so that you may best decide whether or not you would like to participate. Agreement to participate is non-binding and you are free to withdraw at any time and for any reason. All information will remain confidential and any research findings will not be associated with your name. If you choose not to continue with the experiment, your information will be deleted and you will still receive half of the lowest payment (\$25). If you choose to continue, data will be stored on a computer and kept until six months after the study is published.

You are a part of a research study on Borderline Personality Disorder (BPD) and comorbid Substance Use Disorders (SUDs) and are here because it has been determined that you meet the criteria for both disorders. If for some reason you believe this untrue, please inform the experimenter and you can decide together whether or not to proceed.

In this experiment you will be screened using the Lifetime Parasuicide Count (LPC; Linehan & Comtois, 1996), the Mindful Attention and Awareness Scale (MAAS; Brown & Ryan, 2013), and the Addiction Severity Index (ASI; McLellan, Luborski, Cacciola, Griffith, McGrahan &

O'Brien, 1992). You will be asked to undergo a series of group treatment routines. You will do this once per week for eight weeks and it will require approximately two and a half hours of your time each week. On the last meeting your performance on a computer game task will determine your reward for this study: \$50 if you score in the bottom third of those who complete this task, \$75 if you are in the middle third of those who complete this task, and \$100 if you are in the top third of those who complete this task.

At the end of the eight weeks you will be given the same measures as at the beginning of the study. The study will thus be one week of measures, eight weeks of treatment, and one more week of measures for a total of ten weeks.

If any questions arise, please feel free to contact us through phone or e-mail:

Cameron West

(661)XXX-XXXX

cw1913@bard.edu

Sarah Dunphy-Lelii

sdl@bard.edu

Please sign below indicating that you understand your rights agree to participate in our study.

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Signature of Participant

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Signature of Researcher

## **Debriefing Form for Participation in Self-focus Study at Bard College**

Thank you very much for your willingness to participate in our study! We appreciate your time.

### The Purpose of Our Study:

We explained at the beginning of the study that we were studying the effects of different types of self focus on the comorbidity between Borderline Personality Disorder (BPD) and Substance Use Disorders (SUDs). Specifically, our research predicted that participants involved in eight weeks of mindfulness training would have increases in overall mindfulness and reductions in parasuicidal behavior and addiction severity. We also explained at the beginning of the study that your performance on the computer game would determine how much money you would receive.

In reality, you will receive \$100 no matter your score.

### Confidentiality:

All information will remain confidential and any research findings will not be associated with your name. If you would not like your information used for the study and want it permanently deleted please contact Cameron West using the contact info below. If you choose to keep your data in the study it will be kept in our computers and deleted six months after the study is published. Whether you agree or disagree to use your data in the study, you will still be compensated.

### Published Study:

If you would like a copy of the published study you may acquire one free of charge once it is published. Please contact us if you would like to receive one.

### Further Readings:

Learn more about mindfulness and the comorbidity between BPD and SUDs by seeing these references:

Gianoli, M. O., Jane, J. S., O'Brien, E., & Ralevski, E. (2012). Treatment for comorbid borderline personality disorder and alcohol use disorders: A review of the evidence and future recommendations. *Experimental and Clinical Psychopharmacology*, 20(4), 333-344. doi:10.1037/a0027999

Gregory, R. J., & Remen, A. L. (2008). A manual-based psychodynamic therapy for treatment-resistant borderline personality disorder. *Psychotherapy: Theory, Research, Practice, Training*, 45(1), 15-27. doi:10.1037/0033-3204.45.1.15

Linehan, M. M., & Dexter-Mazza, E. T. (2008). Dialectical behavior therapy for borderline personality disorder. In D. H. Barlow (Ed.), *Clinical Handbook of Psychological Disorders: A Step-by-step Treatment Manual (4th ed.)* (pp. 365-420). New York, NY, US: Guilford Press.

Sauer, S. E., & Baer, R. A. (2012). Ruminative and mindful self-focused attention in borderline personality disorder (pp. 433, 436). *Personality Disorders: Theory, Research, and Treatment*, 3(4), 433-441. doi:10.1037/a0025465

Questions and Concerns:

If you have any questions or comments feel free to contact

Cameron West

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Hudson Valley Mindfulness-based Stress Reduction

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(914)282-9956

or the Bard College IRB.

[irb@bard.edu](mailto:irb@bard.edu)

In case of an emergency please call 911.

Feel free to keep a copy of this debriefing form for future reference. Again, thank you for participating!