

Accepted Manuscript



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PII: S0005-7967(14)00074-6

DOI: [10.1016/j.brat.2014.05.005](https://doi.org/10.1016/j.brat.2014.05.005)

Reference: BRT 2716

To appear in: *Behaviour Research and Therapy*

Received Date: 3 October 2013

Revised Date: 12 April 2014

Accepted Date: 8 May 2014

Please cite this article as: Neacsiu, A.D., Eberle, J., Kramer, R., Wiesmann, T., Linehan, M.M., Dialectical Behavior Therapy Skills for Transdiagnostic Emotion Dysregulation: A Pilot Randomized Controlled Trial, *Behaviour Research and Therapy* (2014), doi: 10.1016/j.brat.2014.05.005.

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Dialectical Behavior Therapy Skills for Transdiagnostic Emotion Dysregulation: A Pilot
Randomized Controlled Trial

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Marsha M. Linehan receives royalties from Guilford Press for books she has written on dialectical behavior therapy (DBT). Marsha M. Linehan and Andrada D. Neacsiu receive fees for DBT trainings. This research was supported by an American Psychological Association Dissertation Research Award granted to the first author. Data was also presented as part of the first author's doctoral dissertation and in conference talks. The authors would like to thank the therapists and clients who took part in this study and to acknowledge Megan Smith, Laura Murphy, Sara Miller, Annika Benedetto, William Kuo, Dan Finnegan, Kevin King, Heidi Heard, and Nancy Whitney for their contributions. We would like to thank Moria Smoski, M. Zachary Rosenthal, and Clive Robins for feedback on the manuscript. Correspondence concerning this article should be addressed to Andrada D. Neacsiu, Cognitive-Behavioral Research and Therapy Program, Duke University Medical Center (3026), 2213 Elba Street, Room 123, Durham, NC, 27710. E-mail: andrada.neacsiu@duke.edu

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