



Notice for the PhD Viva-Voce Examination

Ms Vijayapriya C V (Registration Number: 1981028), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Monday, 8 April 2024 at 11.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

Title of the Thesis : **Effectiveness of Internet-Delivered Dialectical Behavior Therapy Skills Training on Perceived Cognitive Functions among College Students with Borderline Personality Traits: A Non-Randomized Controlled Trial**

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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Registrar

Place: Bengaluru
Date: 30 March 2024

ABSTRACT

As emotions have a profound effect on cognitive functions, individuals with Borderline Personality Disorder (BPD) tend to exhibit significant deficits in higher order thinking abilities, and are susceptible to emotional experiences that may challenge their abilities to gain control over intrusive thoughts/emotions and flexibly cope during emotionally demanding situations. In view of the complex presentation of BPD among college students and the efficacy of Dialectical Behavior Therapy (DBT) in treating emotional dysregulation, the present study aimed to investigate the effectiveness of internet-delivered DBT - Skills Training (DBT-ST) on perceived executive functioning and affect-laden cognitive processing among college students with the traits/presence of BPD. In this non-randomized controlled trial, 36 college students with the traits/presence of BPD were included. The study group participated in 13 sessions of DBT-ST, which encompassed the Mindfulness and Emotion Regulation modules, while the control group attended 13 sessions of Behavioral Activation. The Behavior Rating Inventory of Executive Functions for Adults was used to evaluate executive functioning. Affect-laden cognitive processing was assessed using the Cognitive Control and Flexibility Questionnaire.

The impact of the intervention on the outcome variables was examined using two-way repeated measures analysis of variance. The results of the study showed that at the end of 13 weeks of intervention, the study group participants significantly improved their abilities to initiate, plan and organize current and future-orientated task demands as well as to organize everyday environment, while the control group participants showed no such improvements. The study group participants also showed larger improvements, in their capacities for appraisal and coping flexibility during stressful situations, compared to the control group participants. According to the study findings, college students with BPD-related features or symptoms may benefit greatly in terms of gains in executive functioning, as a result of undergoing this online version of DBT-ST. This intervention can also lead to remarkable improvements in affect-laden cognitive processing abilities by not only improving their cognitive control over emotions but also by strengthening their appraisal and coping flexibility during stressful situations.

Keywords: dialectical behavior therapy, skills training, executive functions, affect-laden cognitive processing, borderline personality disorder, college students

Publications:

1. Vijayapriya, C., & Tamarana, R. (2023). Effectiveness of dialectical behavior therapy as a transdiagnostic treatment for improving cognitive functions: A systematic review. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 26(2). <https://doi.org/10.4081/ripppo.2023.662>
2. Vijayapriya, C., & Tamarana, R. (2023). Effectiveness of internet-delivered dialectical behavior therapy skills training on executive functions among college students with borderline personality traits: A non-randomized controlled trial. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 26(3). <https://doi.org/10.4081/ripppo.2023.694>