Patients completing the Adolescent Transitional Living Program showed the following:

- Were significantly better able to regulate their emotions compared to when they entered the program, as measured by the Difficulties in Emotion Regulation Scale (DERS).

- Had significantly improved understanding of directness and openness, as measured by the Dominance, Influencing, Steadiness and Compliance evaluation (DISC).

- Reported significantly less anxiety as measured by the Screen for Child Anxiety Related Disorders (SCARED).

These measures correlated in a way such that improvements in one dimension matched improvements in the others. These correlations of different validated assessment tools suggest very strongly that this high-intensity DBT treatment for adolescents has robust, clinically significant effects.
Reference:

