

Research evaluations being undertaken at Jarrah House:

- A questionnaire battery is undertaken with women at baseline, mid-program, discharge and follow-up, evaluating the clinical outcomes of the DBT group (e.g., emotion regulation skills, mindfulness, changes in view of self, psychological distress, and measures of dissociation, self-harm behaviours, and drug cravings). In addition, this study aims to identify factors which may contribute to length of stay in the program, e.g., motivation and readiness for change. Preliminary analyses show significant average improvements on all measures by mid-program and continued significant improvements on clinical measures prior to discharge. Follow-up data is in the process of being collected.
- *An Investigation of the Alternative Model of Personality Disorders (AMPD) and Treatment Sensitivity* – has commenced in collaboration with Macquarie University, to test a new model for understanding personality disorders and whether it captures changes in personality that occur over the course of inpatient DBT.
- A government funded study is commencing in collaboration with the University of Sydney focused on *Cognitive bias modification for alcohol-dependent patients*. A 13-minute computer-based task is repeatedly administered across two weeks, whereby attention (or responding) is repeatedly ‘trained away’ from alcohol images. Results will be compared to a treatment as usual group.
- *In-house evaluation of the parenting group intervention*: The aim is to monitor the social, behavioural and emotional functioning of women and their children, across at four main time points of the 10-week residential parenting program, using clinician-rated and patient-rated measures, to determine the degree of clinical effectiveness of the program, and identify predictors of clinical outcome.
- *Historical analyses of Jarrah House activities*: 1) analysis of output and outcome data in the NADAbase during the 6-week detox and 4-week rehabilitation program in between 2013-2019 and 2) in collaboration with University of Sydney, examination of the history and functioning of Jarrah House since commencement in 1987, i) from the perspective of the staff (nurses, doctors, psychologists and administrative) who currently work in Jarrah House via face-to-face interviews, ii) via examining historical client files and identifying qualitative themes, which detail the types of services the facility has provided, and iii) considering quantitative analysis of corresponding NADAbase data to examine how the service has managed transitions longitudinally.