

## PARTICIPATION IN BENCHMARKING

In order to provide the best care possible, our DBT Team has engaged in a benchmarking project that aims to promote delivery of good quality DBT and help make sure our team is up to the advised quality standards. Thus, to benchmark our DBT teams' outcomes, we need your collaboration.

We ask you to fill in some questionnaires at different points during your treatment, to measure the impact of our programme.

This project is hosted by British Isles DBT Training and supported by NHS England as part of their investment in enhancing the quality of evidence-based psychological therapies offered to clients in services.



### You may have some questions...

**1**

#### What is asked of me?

We ask you to fill in brief questionnaires at pre-treatment, admission and discharge

**2**

#### What will they be used to?

These measures will help to measure the outcomes of our DBT programme and help us improve through a comparison of our results with expected outcomes.

**3**

#### Are my answers confidential?

Yes, your responses will be attributed to a randomly assigned pseudonym (a made-up name). Only your DBT team will hold the key that connects this name to you. No-one from outside your DBT team will be able to connect your responses to you. You will not fill in any personally identifiable data.

**4**

#### Why should I do this?

You will be contributing to the improvement of the quality of DBT delivery and contribute to building evidence on how helpful it is so that other people can access it too.

**5**

If you decide not to participate in this benchmarking process, the care you receive will not be affected in any way.

**If you have any additional questions, make sure you get clarification from the health professional assessing you.**