

DBT.UK.NET USER MANUAL

BRITISH ISLES DBT TRAINING

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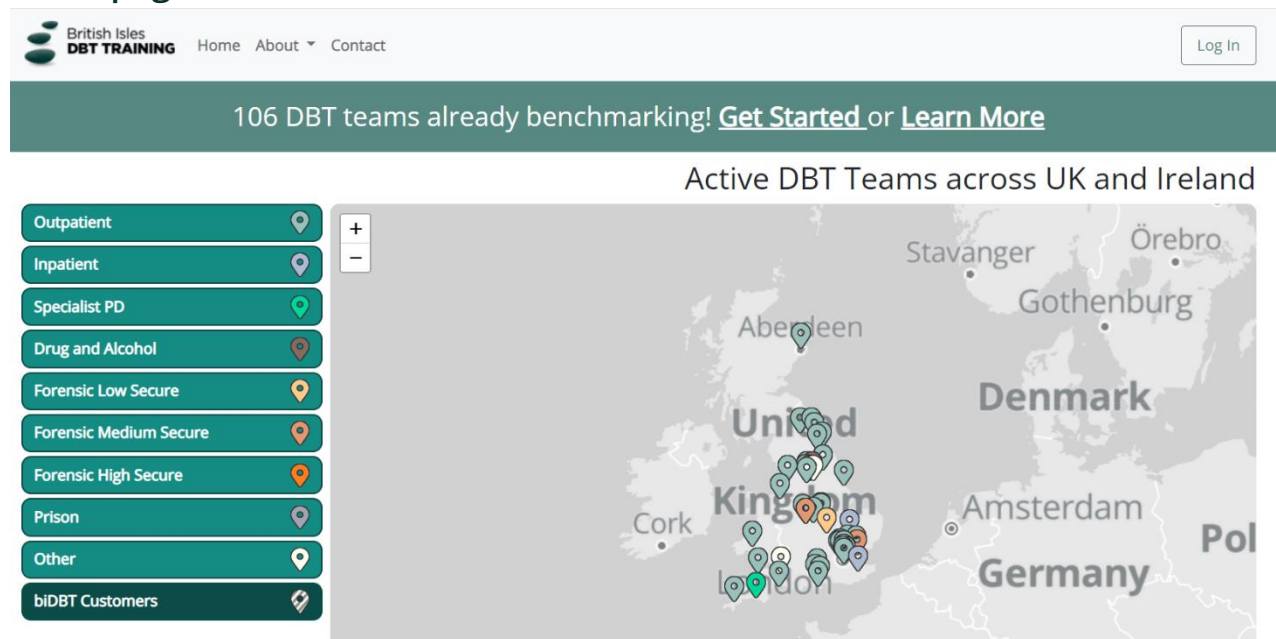
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Public Pages

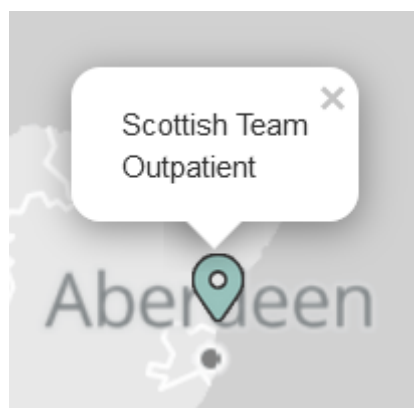
Homepage



On the homepage you can view active DBT teams that are benchmarking and have consented to their location being shown, and filter them by setting. ('biDBT Customers' indicates teams who have been intensively trained but may not be benchmarking or sharing their location – these are filtered out by default).

Use the green buttons on the left to filter out specific categories. By default, settings for all benchmarking teams are shown. You can zoom and pan around the map using the mouse, or if on a touchscreen device, your fingers.

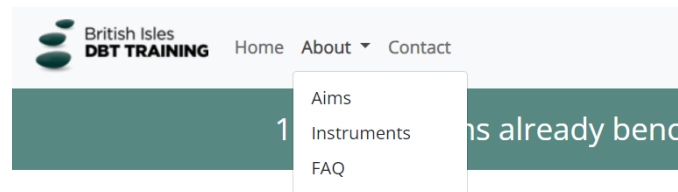
Clicking on a pin will bring up information about the corresponding DBT team.



You can click on the links at the top to go to the [About](#) page (Aims, Instruments, FAQ), or go to the [Login page](#).

About

Aims



Home AboutLog In

British Isles DBT Training - Teams & Benchmarking

British Isles DBT Training is the sole licensed provider of *training* in Dialectical Behaviour Therapy (DBT) in Great Britain and the Republic of Ireland. We have been training DBT teams in the UK since 1997, which has resulted in over 450 *DBT* programmes being launched from Inverness to the Isle of Wight. This website was created to provide a simple and practical resource to the teams applying DBT to:

- Collect outcome data and benchmark their intervention
- Map their DBT programme and list available services

Benchmarking

Benchmarking intends to have enough data to compare the results and compliance of teams to publicly available standards of performance based on randomized controlled trial data. Thus, this website provides a simple and effective resource for collecting outcome data on DBT programmes, containing evaluative tools to provide programme implementation and evaluation feedback. The information on this part of the website is NOT publicly available. Only the team submitting data can see their own data and the data management team can also see anonymised data.

The website also allows you to monitor changes in staff WTE commitment on your programme to compare resource efficiency. We ask teams to keep this information updated (filling in the information of the hours each person has allocated to DBT and how many people are in the team), teams can choose to use pseudonyms for the team members.

Programme evaluation is an integral part of providing DBT and we believe using this tool will help teams gain the necessary support from management in their organisation by presenting statistical evidence of programme performance and client outcomes. By monitoring client's progress, teams are also collecting relevant data to support future DBT Programme Accreditation.

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Step by Step guide



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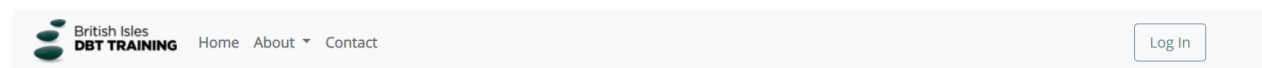
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The about page contains information about the website and its main aims, a step-by-step video guide, as well as links to the user manual.

Instruments

This page has explanations of the instruments used on the website. These consist of three core instruments, of which we ask teams to collect at least one, and additional optional assessments that teams can choose to use. The core assessments are EQ5D/EQ5D-Y, BSL and DERS/DERS-SF. The instruments are free to download from this page and use (once you are logged in). Please make sure you use the versions of the instruments provided here for any assessments, as alternative versions may require different scoring which the tool does not account for.



Instruments

This page provides a summary of the instruments we currently offer, as well as assessment sheets for logged in teams.

We want to be able to benchmark at least one of these measures among DBT teams, so we encourage teams to use at least EQ-5D. If you already have a protocol in place, we also recommend adding EQ-5D as it only implies adding 5 more questions to your existing protocol. If you are now setting an assessment strategy we would encourage you to also use BSL and DERS to get information about behavioural and emotion regulation changes.

We ask teams to assess their clients at 3-time points: at Pre-treatment (when the client is referred to your programme and enters pre-treatment), at Admission (immediately before starting the programme and after successfully completing pre-treatment) and at Discharge (when they complete the programme), though you may assess them more times if you wish.

FAQ

This has a list of Frequently Asked Questions about the use of the website.

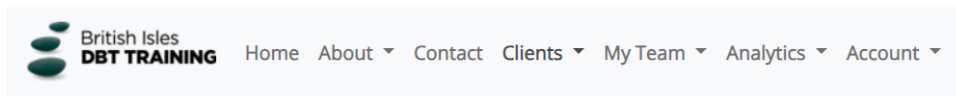
Login

Enter the email or username and password you have been given, then click “Log In” to log in to your account. This will take you to the [profile page](#). Once you’ve logged in, there will be [additional options in your navbar](#). If you do not have a login yet, please fill in the following form: <https://forms.gle/nGH23kHfsJewemVc9>

The image shows a 'Login' form. At the top, the word 'Login' is displayed in a large, bold font. Below it are two input fields: 'Email or username' and 'Password'. Each field has a placeholder text and a small icon on the right. Below the input fields is a blue 'Login' button. At the bottom of the form, there are two links: 'Sign up for benchmarking' and 'Forgot your password?'. The form is enclosed in a light gray border.

Private Pages

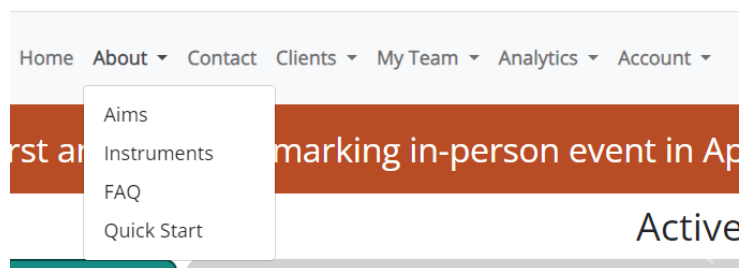
Once you log in a new Navbar will appear to you.



Once logged in, the Navbar allows you to navigate around the site. You can go to the Home page, the About page, contact us through a form, or perform actions related to your account.

On the homepage, you will see that contact details of other benchmarking teams (who have opted to share their contact details) are shown below the map.

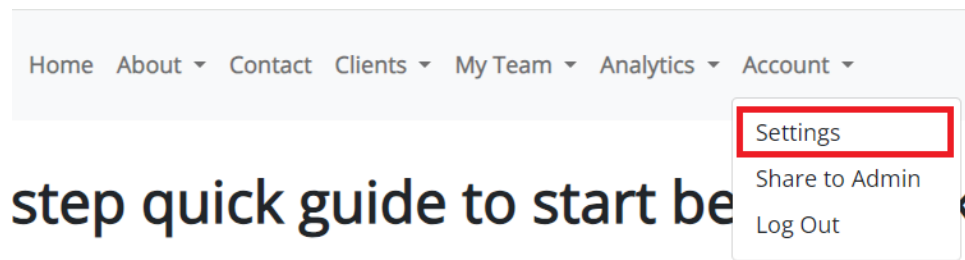
About – Quick Start



Logging in also enables you to access the 'Quick Start' guide under the 'About' menu. This provides a short summary of the first steps to start benchmarking. Importantly it has a **downloadable spreadsheet** that will let you record the pseudonym for each client, generated by the website, against their actual name or ID. BiDBT does **not** hold this or any other identifiable information about the client, so it is important that this is held locally. This is so that the pseudonym of the correct client can be selected when recording future assessments, to track client progress over time. The spreadsheet also allows you to optionally record any observations and also sex, gender, age and ethnicity, if these are important for your own analysis. You are welcome to use an alternative template of your own if you prefer, as long as it enables you as the practitioner to identify the client from their pseudonym.

Now you can set your account details in Account – Settings.

Account



Under 'Settings' you can see the account information stored about your team and update it.

You can update any of the details shown here. Note that unless stated, only you and biDBT can see this information.

DBT Details

This contains information about your DBT team and the programme you are delivering.

Account Details

A screenshot of the 'Account Details' form. On the left is a sidebar with tabs: 'DBT details' (selected), 'Contact Information', 'Preferences', 'Email', and 'Login Details'. The main content area shows the following fields:

- Stylised Name**: A text input field containing 'Test team'.
- Region**: A dropdown menu with 'Other' selected.
- Client Groups**: A multi-select field containing 'Adults' and 'Older Adults'.
- Setting**: A dropdown menu with 'Inpatient' selected.
- Consult Time**: A time input field set to '10:30'.
- Consult Day**: A dropdown menu with 'Monday' selected.
- Programme Start**: A date input field with the instruction 'Give the approximate date when your DBT programme began in your service' and a date set to '01/01/2024'.

Stylised Name this is where you should write your DBT team's name using spaces and capital letters where appropriate (unlike your username). If you allow it, this will be shown on the home page (see settings under [Contact Information](#) and 'Sharing' and/or 'Show on Map').

Region Is the region of the UK where your DBT programme runs. You can either select one of the seven NHS England regions, or one of the remaining territories of UK and Ireland.

Account Details

The screenshot shows the 'Account Details' form. On the left is a sidebar with navigation links: 'DBT details' (highlighted), 'Contact Information', 'Map & Home', 'Preferences', and 'Login Details'. The main form area has the following fields: 'Stylised Name' with the value 'Test team', 'Region' with a dropdown menu open showing a list of regions (Other, East of England, London, Midlands, North East and Yorkshire, North West, South East, South West, Wales, Scotland, Republic of Ireland, Northern Ireland, Other), and 'Programme Start'.

Client Group Is where you can select the client group(s) your team is working with. You can select more than one if your team sees more than one client group.

This screenshot shows the 'Client Group' section of the form. The 'DBT details' sidebar is on the left. The 'Client Group' field has a dropdown menu open, displaying a list of checkboxes: 'Adults' (checked), 'CAMHS' (unchecked), 'Older Adults' (checked), 'Intellectual disability' (unchecked), 'Forensic' (unchecked), and 'Other' (unchecked). Above the dropdown, the text 'Adults X Older Adults X' is visible, indicating multiple selections.

Setting is the setting of your DBT team and you should select the option that applies.

The screenshot shows the 'Setting' dropdown menu. The menu is open, displaying a list of options: 'Outpatient' (selected), 'Inpatient', 'Specialist PD', 'Drug and Alcohol', 'Forensic Low Secure', 'Forensic Medium Secure', 'Forensic High Secure', 'Prison', and 'Other'.

Consult Is the day and time your team holds consult.

Programme Start Is the day your programme started accepting patients (in your current location) and was run for the first time. This may be used for analytics.

DBT Delivery Teams select what they are delivering: full DBT programme to all clients; full DBT programme to some clients and DBT skills group (without individual therapy) to others; or not delivering full DBT programme.

Treatment length refers to the number of weeks for which the DBT programme is administered.

DBT details This section is to capture a clear description of what you are delivering. It is expected that a team conducts the four modes of DBT: individual therapy (once a week), skills training (once a week), consultation team (once a week), and phone coaching/generalization. If, however, your team is delivering a different combination or any adapted DBT programme please describe them.

Contact Information

Account Details

DBT details

Contact Information

Preferences

Email

Login Details

Contact Name

Laura

Telephone

Team Leader Email

Address Line 1

Address Line 2

Address Line 3

Postcode

Country

Contact name is the name of the main point of contact for your benchmarking account.

Telephone is the contact phone for your DBT programme.

Team Leader Email is the email address of your DBT Team Leader.

Address is your current programme address, and this will allow us to show your location in the map (if you allow it in the following settings).

Sharing

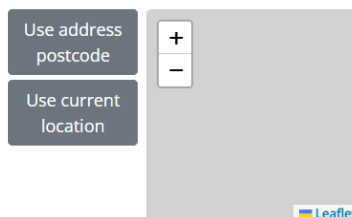
This includes Contact Name, Address, Client Group, Setting, and Email

- ☒ Do not share contact information
☐ Share contact information with other teams

Show on Map

This will display your teams location, name, and setting on the homepage

- ☐ Hide
☒ Show



Who can see what?

Save

Cancel

Sharing and **Show on Map** relate to details shown on the benchmarking home page. For full details click 'Who can see what?'.

Sharing allows you to optionally make your contact details, and limited details about the type of client group and setting, available to other benchmarking teams, if you wish.

Show on Map determines whether your team's location, name and setting will be shown to **all** visitors (even those not logged in). There are two options:

Use Address Postcode puts your pin on the postcode entered in the Address field

Use Current Location puts your pin on where you currently are. This may use your device's GPS

Preferences

The preferences page contains your preferences for using assessment instruments in **dbt.uk.net**. This is continually being updated with more instruments. You can submit a request if your team uses additional measures that you would like to be included, and we will assess the possibility on a case-by-case basis (email: benchmarking@dbt-training.co.uk).

Instruments

You may select which instrument(s) you wish to use in your programme. The selection will form the list of options available when assessing new clients. It will also determine which instruments are shown when viewing a list of clients. If you deselect an instrument for which a client has data, it will not remove the data. You can return to this page and edit your list of enabled instruments at any time.

You must use at least one of the three core instruments, and we encourage you to use both **EQ-5D** and **BSL**.

Self Assessment

Ticking this enables a link to be generated which clients can use to assess themselves. You will need to email the link to the clients yourselves since we do not hold any identifiable or contact data on clients,.

Email

Email Settings

- ☒ Send me an email when it is time to discharge a client
- ☒ Send me an email when a client is overdue to be discharged
- ☒ Send me an email when a client completes their self assessment
- ☒ Send me an email when a client is overdue for a self assessment

Note these emails may go to spam -- add admin@dbt.uk.net to your contacts to prevent this

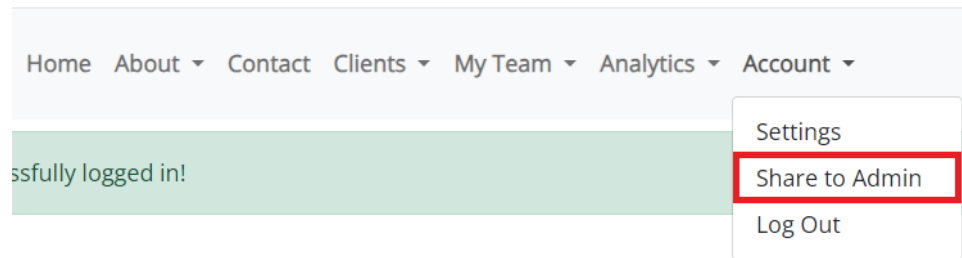
This section lets you enable email reminders and notifications for discharge assessments and self-assessments. These will be sent to the email address associated with the account.

Login Details

Here you can update your email and password by clicking on the respective links.

Share to Admin

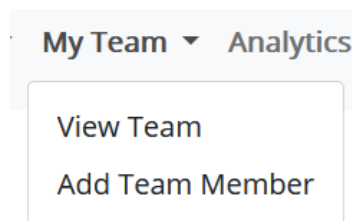
There is an additional option under the 'Account' menu - 'Share to Admin':



If you have a problem either with your account or the data in your account, selecting this will enable the site administrators to access your account for 24 hours for troubleshooting purposes. This is the only time that site administrators will have access to your account and the data it contains.

Once your account settings are complete, you should **enter the details for your DBT team under the 'My Team' menu.**

My Team



Clicking View Team will take you to the [Team Overview](#). Clicking Add Team Member will take you to the [Add Team Member](#) page in the next section.

Add Team Member

First add a team member by clicking 'Add Team Member'.

Add New Team Member

Name

Weekly hours Delivering DBT

Note that this includes:

- time giving individual DBT sessions
- co-facilitating skills class
- attending consultation team
- providing between sessions skills coaching calls
- any time spent writing notes or commuting time to attend these meetings

☐ Enrolled on the PGDip in DBT

☐ Accredited DBT Therapist

Notes

Add

In this section, you can either write your team members' names or instead use pseudonyms. The team members' names will **not** be visible to other users. You can enter the number of hours they spend delivering DBT each week, which should be a whole or decimal number (no more than two decimal places). You can also indicate whether they are enrolled on the Post-graduate Diploma in DBT, and whether they are an accredited DBT therapist. For benchmarking purposes we ask teams to keep this information updated. You can also optionally add extra notes (for example, working days).

Once you have completed the details for all team members, you can see a summary of their details in the team overview.

Team Overview

Name	Weekly hours Delivering DBT	Enrolled on the PGDip in DBT	Accredited DBT Therapist	Notes	View	Update	Remove
Bob	15	✗	✗	Only works Mon-Thurs	View	Update	Remove
Anna	20	✓	✓		View	Update	Remove
Fred	10	✗	✓	Foundationally trained	View	Update	Remove
Jo	20	✓	✗		View	Update	Remove
Taylor	5	✓	✗		View	Update	Remove

Showing 1 to 5 of 5 entries

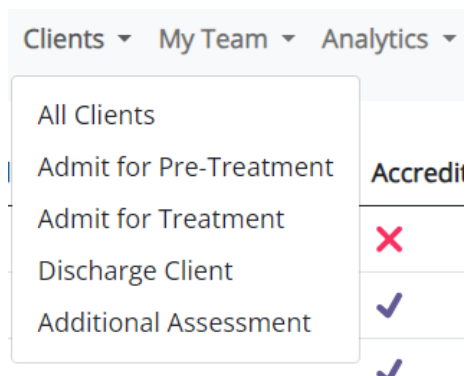
[Add Team Member](#)

If you would like to explore different scenarios for deploying staff time and evaluate their efficiency, you are welcome to use the [Capacity Planning Manager](#)

Here you can see the details you have entered for each team member. You can sort this by any field by clicking the column heading. You can update any of the details by clicking 'Update'. You may also remove team members that no longer work with your team.

At the bottom of the page you can find a link back to [Add Team Member](#). You also have a link to the **Capacity Planning Manager** which lets you explore and compare different possible configurations for your service.

Clients



Now you can start admitting your clients by clicking 'Admit for Pre-treatment'. This will also give you the option to skip pre-treatment and go straight to admission.

Admit a new client to Pre-Treatment

When selecting this action you will be presented with two or three options.

Choose Assessment Method

[Upload assessment](#)

[Generate a form for self-assessment](#)

[Assess by proxy right now](#)

[What's the difference?](#)

Upload assessment lets you input the entries from a digital or paper assessment that you have already carried out with a client, into the platform.

Generate a form for self-assessment lets you generate a link to one or more assessments that can be sent to a client so that they can complete them themselves. We do not hold contact details for clients, so you will need to email the link yourself. You will be notified when the client has completed the assessment/s and the results will be available to view immediately.

Assess by proxy right now. You will only see this option if you have the EQ5D measure enabled under [Account Settings](#) > [Preferences](#), as only EQ5D is validated for proxy assessment. This lets you make your own assessment of the client's current state, by proxy.

Selecting any of these options will present you with a form similar to the following:

Admit for Pre-Treatment

Paper

Pseudonym

Gisela-Hailey

Generate New Pseudonym

☐ Skip Pre-Treatment

Admit this client directly into the programme without a pre-treatment assessment

Client Group

Adults

Age Group

Adult

- ☐ This client is enrolled in a full DBT programme
- ☐ This client is enrolled in the DBT skills group (without individual therapy)
- ☐ This client's programme will be decided at admission

Instruments

You must use at least one core instrument ([Change Default](#))

- ☒ EQ5D
- ☒ BSL
- ☒ DERS

When referring a new client, you must use the generated pseudonym. You can click the grey button to regenerate the pseudonym if you wish. The pseudonyms are for security reasons, to ensure that no information is ever uploaded that could identify a client. It is essential that you save the pseudonym for your own records, together with the client's name, so that you can identify the correct pseudonym when entering future assessments for the same client.

You can opt to 'Skip Pre-Treatment' to admit the client directly to the programme, if appropriate.

The options that you selected under [Account Settings](#) will determine what appears in the next section. If you stated that your team sees multiple client groups and/or age ranges, you will need to select the relevant options for this client from the drop-downs. If you only see one client group and/or age range, these options will be pre-populated and you won't be able to change them. If you stated that your team delivers multiple treatment modalities, you will need to select which one this client is receiving.

If you opted to assess the client by proxy, only the EQ5D will appear at the bottom of the page as this is the only measure validated for proxy assessment. If you selected 'Upload assessment' or 'Generate a link for self-assessment', the instruments that you specified under [Preferences](#) in your Account Settings will determine the list of options displayed here. You can alter these by selecting 'Change default'. You must select at least one core instrument for this client.

Upload assessment

If you opted to upload an assessment, you might see that for some instruments you can choose whether you enter individual scores or subtotals for different sections, depending on whether you select 'Toggle Items' as below.

The image shows two screenshots of a web interface for uploading assessment data. The top screenshot is for the BSL (Brief Symptom List) measure. It features a 'Toggle Items' button and a 'Toggle ABS' button. Below these, there are two input fields: 'BSL-23' and 'BSL-ABS', both containing the value '0'. The bottom screenshot is for the DERS (Dissociative Experiences Scale) measure. It features a 'Toggle Items' button. Below this, there are three columns of input fields: 'Total Score', 'Nonacceptance', and 'Goals'. Each column has two rows of input fields, with the first row containing the value '0'. Below these, there are 36 individual input fields arranged in a 6x6 grid, numbered 1 to 36. A note below the grid states: 'Enter the numbers exactly as they appear on the filled out form, do not reverse any values'.

Here you can see that for BSL we have opted to input the total scores, whereas for DERS we have selected 'Toggle Items' to allow us to enter each question score individually.

You can click on the question marks by each measure to read a brief description, and download the assessment form, to print out and give to clients to fill out. If you are entering assessments retrospectively, **please ensure you select the correct assessment date** from the drop-down. If an incorrect date is selected and saved you will need to contact a site administrator to correct it (helpdesk@dbt-benchmarking.co.uk).

Date

27/03/2024



Assess

Generate a form for self-assessment

The only difference between this and the 'Upload Assessment' page is that you generate a link to send to clients for them to complete the measures themselves, rather than inputting the scores yourself. You will need to email the link to the client yourself, as we do not hold client contact details. You can also preview the assessments that the client will see when clicking the link. If the client is required to complete multiple assessments, these will all be accessible through the same link.

Assess by proxy right now

This is identical to the previous two options except that it presents the EQ-5D-3L only, for immediate scoring by the clinician on behalf of the client. This is because the EQ-5D is the only scale validated for proxy assessment.

Client List

Clicking "Clients" → "All Clients" will bring you to the [client list](#). This displays a list of all the clients in your programme, including any previously discharged.



[Home](#) [About](#) [Clients](#) [My Team](#) [Analytics](#) [Account](#)

[Log Out](#)

Clients

Pseudonym	Status	Last Assessment	Most Recent EQ5D Score	Most Recent BSL Score	Most Recent DERS Score	Action	View
Kelsy-Zara	Discharged	2022-02-24	11111	20-10	42		View
Oliver-Jennie	Pre-Treatment	2022-01-19	33233	91-40	40	Admit for Treatment	View
Ian-Beth	Pre-Treatment	2022-01-19	11211	80-40	120	Admit for Treatment	View
Tim-Emily	Admitted	2022-01-19	12121	90-41	125	Discharge Now	View
John-Kelsy	Admitted	2022-01-19	11111	85-42	110	Discharge Now	View
Fred-Wendy	Admitted	2022-01-19	11111	80-40	120	Discharge Now	View
Ben-Harry	Discharged	2021-12-21	22232	5-5	55		View
Ben-David	Admitted	2021-12-10	22313	25-20	36	Discharge Now	View
Ivanka-Zara	Admitted	2021-12-10	12121	20-15		Discharge Now	View
Victor-Kelsy	Admitted	2021-12-10	22311	15-8		Discharge Now	View

Showing 1 to 10 of 10 entries

[Admit for Pre-Treatment](#)

[Download Measures History](#)

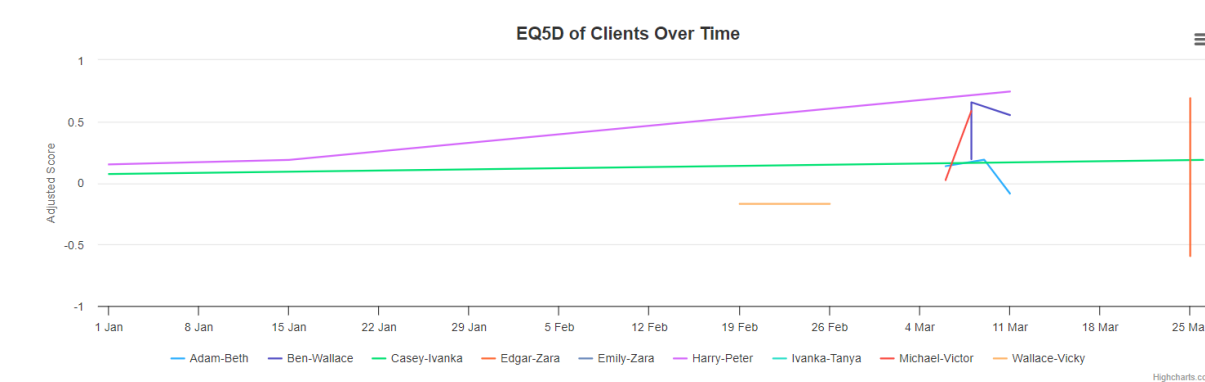
Clicking "Admit for treatment" or "Discharge Client" will pull up a list filtered by who can be Admitted or Discharged, respectively. Clicking "Additional Assessment" will pull up a list of all clients and allow you to submit an additional assessment that will not change their admission/discharge status.

You can click on the headings to sort the table – e.g clicking on "Last assessment" sorts by last assessment - and perform quick actions by clicking the button in the "Action" column. This will by default perform the next action in the chain Admit for Pre-Treatment -> Admit

for Treatment -> Discharge. If no action is available, that means the client was already discharged. Below the table you can see two buttons, Admit for Pre-Treatment, which takes you to the [Admit for Pre-treatment](#) page, and Download Measures History, which downloads a history of all the assessments you've made to your computer, in .csv format.

Clicking on "View" will [view a client](#), which also give the option to do an additional assessment that does not change the client's status.

Below the client list, by default the graph(s) of discharged client progress for one of the core measures is shown. See [Client Progress](#) to see graphs of each measure.



You can print this page to PDF by pressing Ctrl+p/Command+p

Viewing a client

Harry-Peter

Status: Admitted

Programme Type: Full DBT

Client Group: Adults

Age Group: Adult

History

	Date	Type		EQ5D	EQ5D: Health Slider
View	March 11, 2024	Paper		0.744	38
View	January 15, 2024	Paper	Admitted	0.187	30
View	January 1, 2024	Paper	Pre-Treatment	0.151	25

Showing 1 to 3 of 3 entries

Viewing a client gives a history of their assessments, as well as the option to assess the client again without changing their status.

Admitting/Discharging/Assessing clients

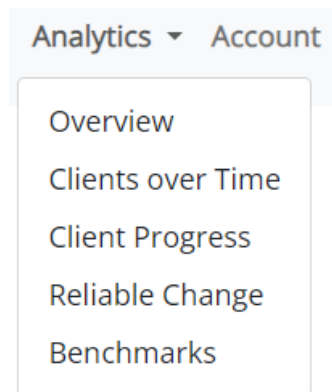
When Admitting for pre-treatment, Admitting for the programme, Discharging, or Assessing clients, you have the option to use any or all of the instruments set in your [Preferences](#). You may also choose the date of admission/discharge/assessment in the case that it is in the past.

You can discharge a client **even if they did not have a discharge assessment**. Click 'Discharge Now' and then 'discharge without assessment'. This will stop you receiving reminders for overdue discharge data for this client. If a client drops out before the end of treatment please discharge them in the normal way and select 'Discharge reason' = 'Dropped out'. This data helps us to establish accurate benchmarks for drop-out rates.

Re-admitting a client

At present, due to anonymisation, in order to re-admit a client, you should refer a new client and associate the new pseudonym with their old pseudonym in your records, so it should work as if you are admitting a new client.

Analytics



This menu pulls up various graphs that can be used to track the progress of your programme and compare your team's characteristics and outcomes with peer benchmarks and those from research studies.

Overview

This option gives you summary statistics on the clients seen on your programme.

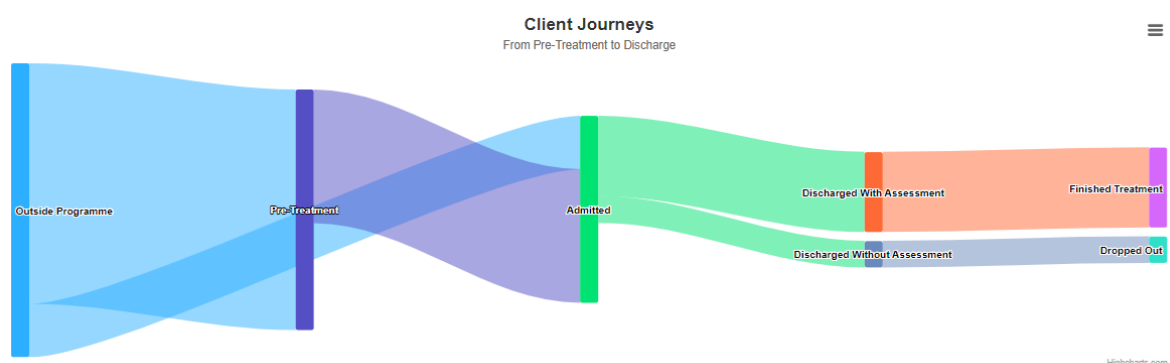
Summary Statistics

Whole Time Equivalent	1.866667
Number of Clients	7

Instrument

EQ5D

Status	Mean	Standard Deviation	N
Pre-Treatment	0.190	0.239	7
Admitted	0.152	0.256	6
Discharged	0.350	0.309	3



It tells you the total Whole Time Equivalent spent by your team members on DBT, according to the data you entered under [My Team](#). It tells you the number of clients currently in the programme. Selecting a measure from the list under 'Instrument' will populate the table below it, showing the mean and standard deviation of scores at pre-treatment, admission and discharge.

The 'Client Journeys' chart below this shows the number of clients moving through each part of the pathway. It shows you how many attended pre-treatment compared to those moving straight to admission, how many were discharged with or without assessment, and how many finished treatment compared to those who dropped out. Hovering your mouse over any coloured section will show you how many clients each corresponds to.

Clients Over Time

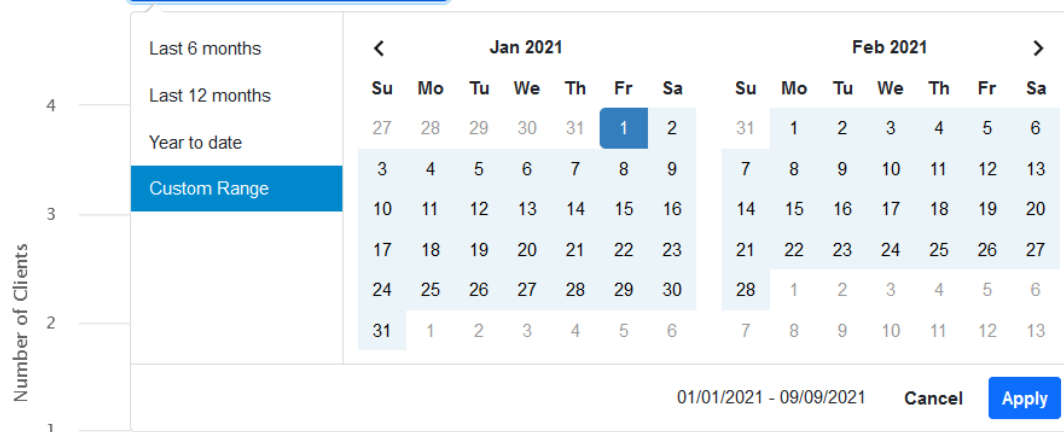
Annual Outcome Report & National Benchmarking

Date Range: 01/01/2021 - 09/09/2021



This graph shows the number of clients in your DBT programme for the selected date range, defaulting to the start of the current year. You can drag a box around a region in the graph to zoom in.

Date Range: 01/01/2021 - 09/09/2021

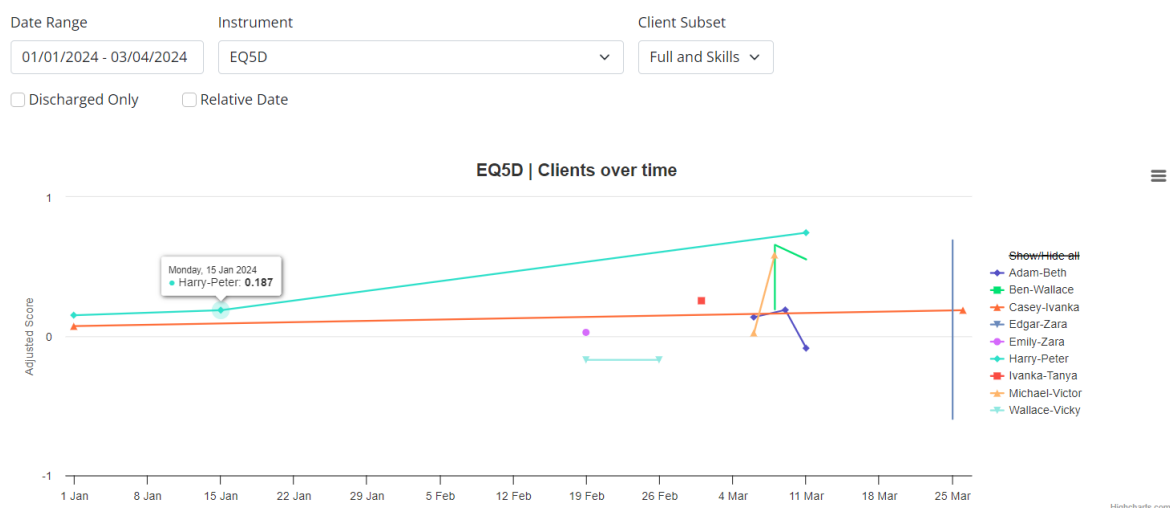


If you click on the “Date Range” field you can select another date range, or chose from a number of predefined ranges.

- ☐ Overlay same period 12m ago
- ☐ Overlay previous period same length

You can select “Overlay same period 12m ago” to see the number of clients in your programme compared to 12 months ago, and “Overlay previous period same length” to see the same length before your start date as after it. For example, if your selected date range was 30 weeks starting January 1st, this option would display the 30 weeks prior to January 1st as well.

Client Progress



Here you can see the progress of all the clients in your DBT programme. You can drag a box on the graph to zoom in on a region, and you can click on client names to show or hide them. Mouse over points on the graph to see the instrument score for that assessment. You can opt to display those who have been Discharged Only if preferred. Selecting ‘Relative Date’ will change the axis to ‘Days Since First Assessment’ so all clients will start from the same start point.

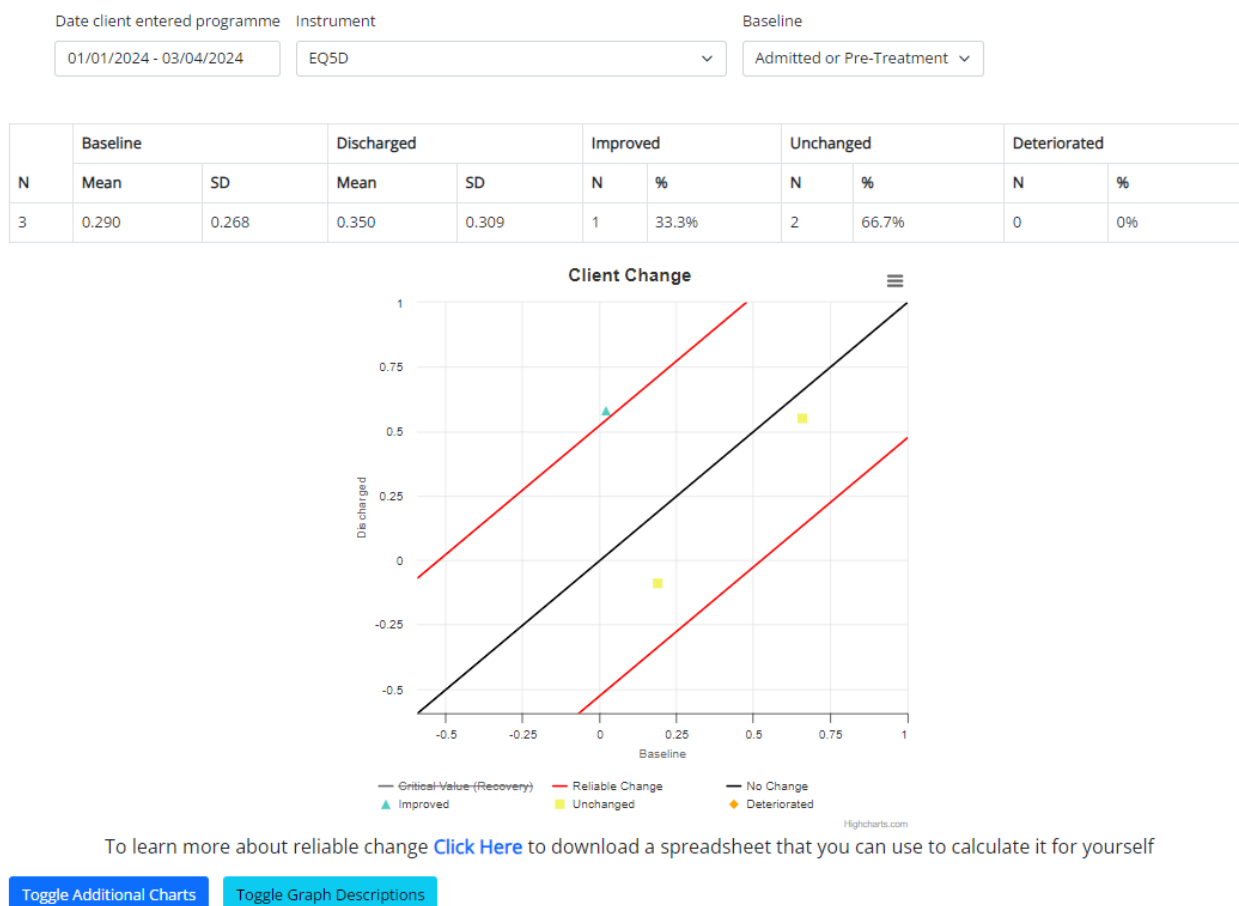
You can filter the data into a specific date range, it defaults to all client data by default.

If you use multiple instruments and/or treatment modalities (in your [preferences](#)), you can use the dropdowns to choose which to display.

Reliable Change

This graph enables you to track the change in scores of individual clients between baseline and discharge.

Reliable Change



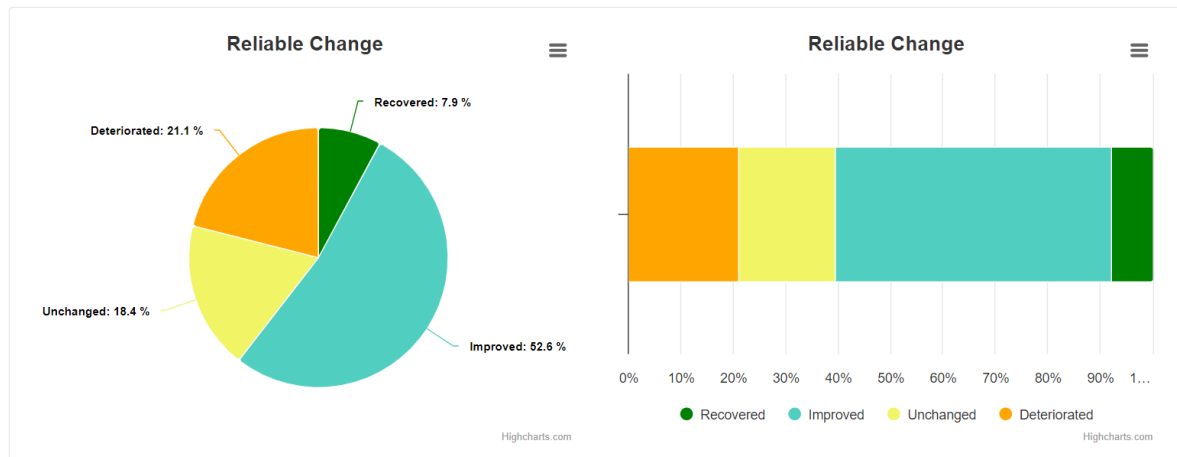
You can select the date range, instrument, and preferred baseline of interest. The graph shows score at baseline on the x-axis, and score at discharge on the y-axis. The two red lines show the threshold for significant change, based on the calculation of a Reliable Change Index (RCI). Clients between these lines (shown as yellow data points) have not shown a significant change. The black diagonal line indicates a position of no change. Some scales have a horizontal dashed line – this indicates the threshold above or below which a client is considered to have recovered (depending on the scale). This is not present for the EQ5D as there is no defined threshold for recovery.

In this example the EQ5D is used, so an increase in the score indicates potential improvement. On some other scales (for example the DERS and BSL), a reduction in the score indicates an improvement. On the chart, blue triangles always indicate clients with significant improvement (here, in the top left section) and orange diamonds indicate those with significant deterioration. Hovering over any data point will show you the clients pseudonym and scores. Click **'Toggle Graph Descriptions'** for more information on how to interpret the graph, and the number of your clients falling into each category.

Click 'Toggle Additional Charts' to see the information displayed in different ways:

Toggle Additional Charts

Toggle Graph Descriptions



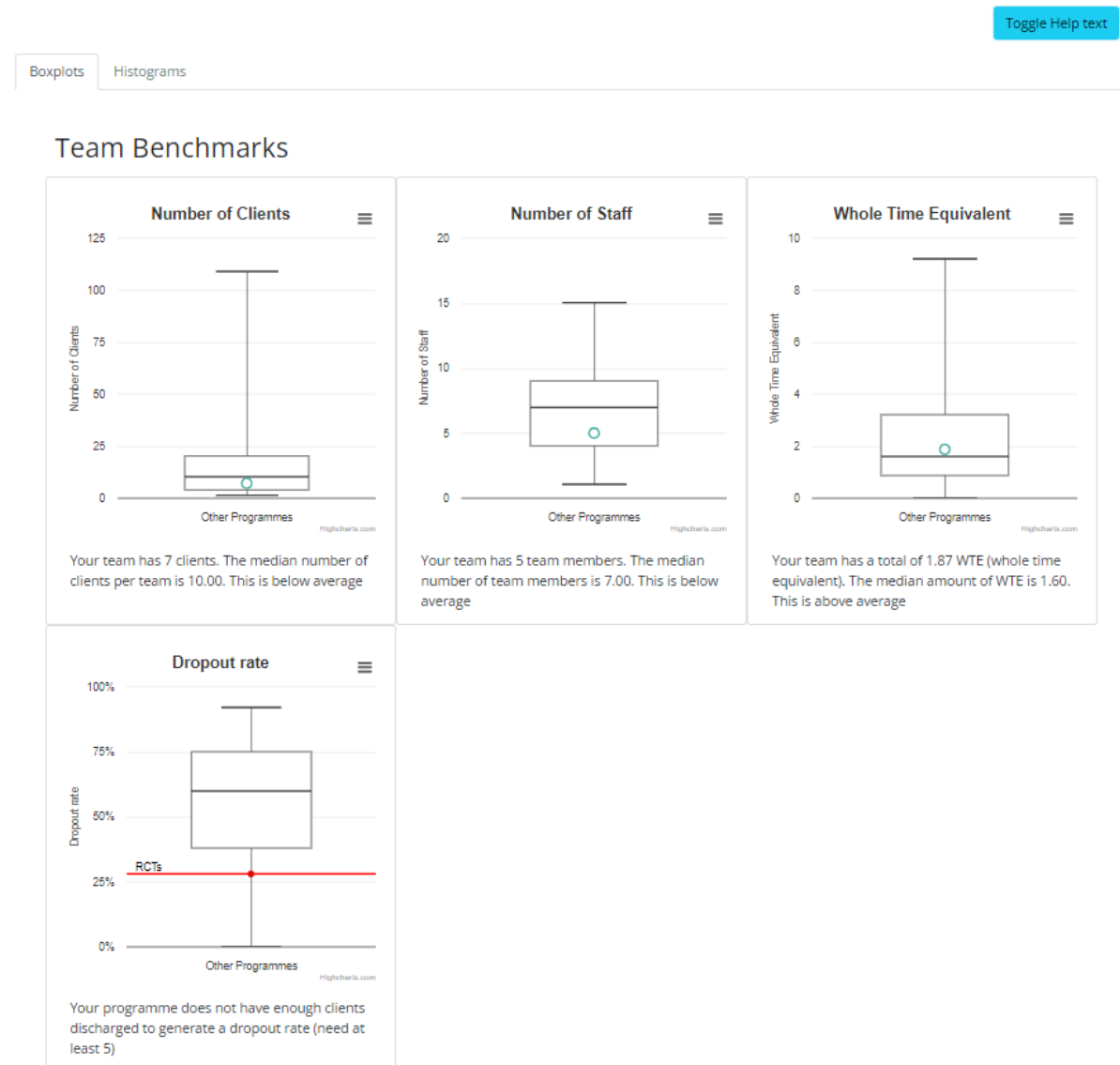
These charts show the proportion of clients that fall into each category of Improved, Recovered, Deteriorated and Unchanged. Hovering your mouse over any coloured section will show how many clients that section represents.

Benchmarks

This page shows you how your team's characteristics and outcomes compare with peer benchmarks and those from research studies.

Team Benchmarks

The first section 'Team Benchmarks' shows how your team compares against other DBT teams.

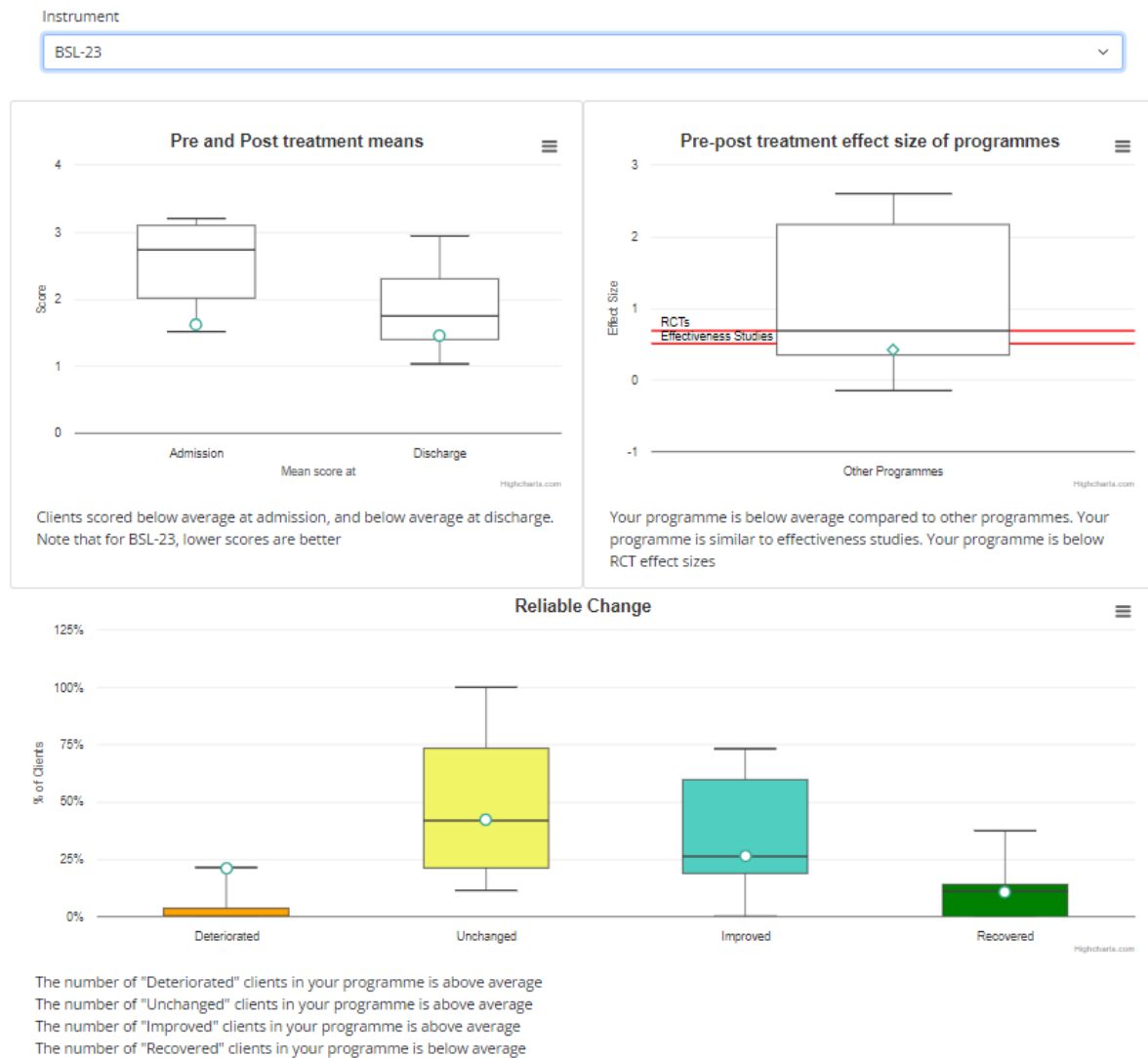


You can choose between displaying the data as 'Boxplots' or as 'Histograms' by the tabs at the top of the page. On the box plots, the value for your team is shown as a small circle, whereas on the Histograms it is shown as a green vertical line. Select 'Toggle Help Text' for more information about how to interpret both kinds of graph.

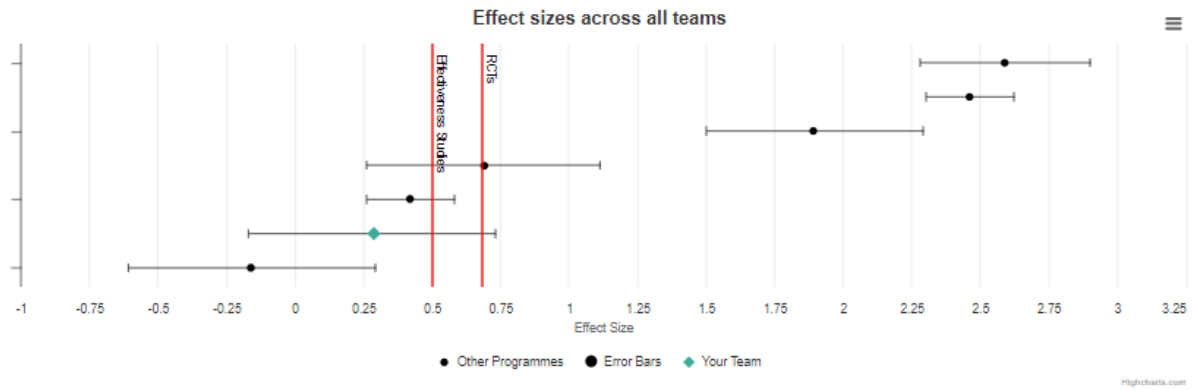
Instrument Benchmarks

As of Spring 2024, there are not yet enough teams with discharge data to provide peer benchmarks for all self-report measures. However, there is sufficient data to provide these for the BSL and DERS.

Instrument Benchmarks



On the box plots, the small green circle or diamond represents the position of your team in relation to the performance of other teams nationally, combined.



Your team effect size is 0.42

Red vertical lines indicate clinical effect sizes

In the graph of 'effect sizes across all teams', each dot with accompanying error bars represents one team. The dot represents the team's overall effect size, and the error bars represent 95% confidence intervals. The red vertical lines represent overall effect sizes for effectiveness studies and for Randomised Controlled Trials (RCTs). Where error bars for teams' results overlap with these lines, their results do not differ significantly from the studies' results. If the error bars do not overlap and the team's results sit to the left of the lines, the teams' outcomes are significantly worse; if they sit clearly to the right of the lines, their results are significantly better.

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