

# NHS Greater Glasgow and Clyde: Pre and post Dialectical Behaviour Therapy service inpatient data

## Background information

This inpatient data relates to:

- Where active in the DBT Group program in November 2025 (have been active in the group for 2M or more)
- Where active in the DBT Graduate group in November 2025
- Have been dx from DBT but who have completed at least 1 cycle by November 2025

## How the figures were calculated

- We identified the duration from when each person started DBT group up to the present (November 2025, e.g., 3 months)
- The number of Inpatient bed night during this period was recorded as their post-group measure
- To calculate each persons pre-group measure, we used the same duration immediately preceding the DBT group start date (e.g., 3 months) and recorded the corresponding number of Inpatient bed days instances.

## Total of Inpatient nights pre and post DBT group (N = 61; N = 34 hospital users)

Out of 61 individuals, 34 were hospital users within the time frame examined.

As can be seen in the charts bellow, inpatient bed days reduced post commencing DBT group by 3488 days which is roughly a reduction of 73%.

