Are you an Indian, Chinese, or Japanese American diagnosed with BPD and have had DBT Treatment? My name is Daniel Leong, and I am conducting my dissertation on this topic!

**Background:** Asian Americans make up over 7% of the population in the United States, but very little is known about the prevalence of BPD among Asian Americans. There is very little research on how effective Western psychotherapy treatments are on Asian Americans as well. My goal is for this dissertation to understand the experiences of Indian, Chinese, or Japanese Americans diagnosed with borderline personality disorder in dialectical behavioral therapy, and how they think their culture influenced their experiences.

**What will participating involve?** You will be interviewed about your experiences with BPD and DBT, as well as relevant information about your cultural background!

**Who can participate?** You must be 18 years of age or older, identify as Indian, Chinese, or Japanese American, have a formal diagnosis of borderline personality disorder from a licensed professional, are enrolled in or have completed DBT treatment, are first or second-generation Indian, Chinese, or Japanese American, can speak fluent English, and can conduct the interview over Zoom.

**How does this benefit me?** Following the interview, you will be entered into a raffle for the chance to win a $100 Amazon gift card. You will also be contributing to research that may shape the future of evidence-based psychotherapy!

If you are interested and would like more information, click the link below, or you may email me at danielleong@hushmail.com. If you know someone who might be interested, please spread the word!

<https://forms.gle/3vvsSCBuBXw31PBHA>

Thank you, Daniel Leong, M.A. – The Wright Institute in Berkeley, CA, danielleong@hushmail.com

Dissertation chair: Dr. Sydnie Yoo, Ph.D. – The Wright Institute in Berkely, CA, syoo@wi.edu Dissertation second reader: Dr. Terri Huh, Ph.D. – The Wright Institute in Berkely, CA, thuh@wi.edu

This study has been approved by the Wright Institute IRB in Berkeley, CA on 9/4/2023, reference number 09.04.2023.01.