

Bilaga till rapport

Riktade interventioner för att förebygga suicidförsök och självskadebeteende hos barn och ungdomar/Prevention of self-harm and suicide attempts in children and adolescents at risk, rapport 378 (2024)

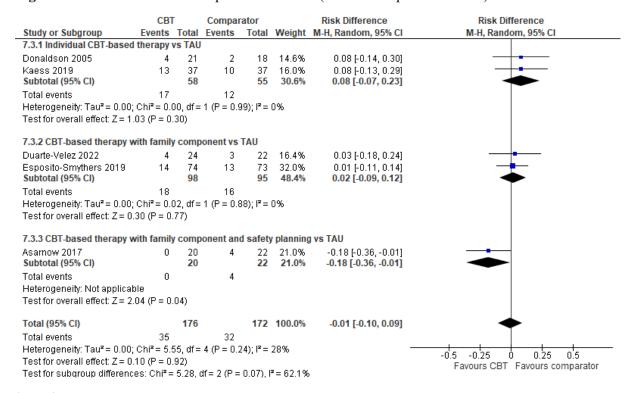
Bilaga 4 Metaanalyser och resultattabeller/Appendix 4 Metaanalyses and Summary of Findings tables

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Cognitive behavioral therapy (CBT) *Metaanalyses*

Figure 1 SA in last six months at post-intervention (3–6 months post-allocation)*.



^{*}Data from Kaess 2019 has been received upon request **SA** = Suicide Attempts

Figure 2 SA in last six months at 10–12 months post-allocation*.

	CBT		Compar	ator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
7.6.1 Individual CBT vs TA	U or other	comp	arator				
Donaldson 2005	0	21	0	18	31.2%	0.00 [-0.10, 0.10]	
Kaess 2019	4	37	8	37	19.7%	-0.11 [-0.27, 0.06]	
Subtotal (95% CI)		58		55	50.9%	-0.04 [-0.18, 0.10]	*
Total events	4		8				
Heterogeneity: Tau ² = 0.01	; Chi ² = 2.3	33, df=	1 (P = 0.1)	3); I² =	57%		
Test for overall effect: $Z = 0$	i.58 (P = 0.	56)	,				
7.6.2 CBT with family com	ponent						
Duarte-Velez 2022	0	24	4	22	19.1%	-0.18 [-0.35, -0.01]	
Esposito-Smythers 2019	8	64	4	62	30.0%	0.06 [-0.04, 0.16]	
Subtotal (95% CI)		88		84	49.1%	-0.05 [-0.29, 0.19]	-
Total events	8		8				
Heterogeneity: Tau2 = 0.02	; $Chi^2 = 5.7$	⁷ 0, df=	1 (P = 0.0	(2); I² =	82%		
Test for overall effect: $Z = 0$.42 (P = 0.	68)					
Total (95% CI)		146		139	100.0%	-0.04 [-0.14, 0.06]	•
Total events	12		16				7
Heterogeneity: Tau ² = 0.01	. –	33 Hf—		161: IZ =	50%		
Test for overall effect: Z = 0		•	3 (1 - 0.0	,0,,1 –	3370		-0.5 -0.25 0 0.25 0.5
Test for subgroup different	•		NF = 1 /D =	0.065	Z = 000		Favours CBT Favours comparator
restror subgroup unlerent	.es. om –	0.00, 1	ar — i (E —	0.50), 1	- 070		

^{*}Data from Kaess 2019 has been received upon request **SA** = Suicide Attempts

-0.5 -0.25 0

0.25 0.5

Favours CBT Favours comparator

Risk Difference CBT Comparator Risk Difference Study or Subgroup **Events Total Events** Total Weight M-H, Random, 95% CI M-H, Random, 95% CI 7.11.1 Individual CBT-based therapy Kaess 2019 19 36.8% -0.14 [-0.36, 0.09] Subtotal (95% CI) 37 37 36.8% -0.14 [-0.36, 0.09] Total events 19 24 Heterogeneity: Not applicable Test for overall effect: Z = 1.19 (P = 0.23) 7.11.2 CBT with family component 63.2% Esposito-Smythers 2019 68 -0.10 [-0.27, 0.07] 38 60 Subtotal (95% CI) 68 63.2% -0.10 [-0.27, 0.07] 60 Total events 36 38 Heterogeneity: Not applicable Test for overall effect: Z = 1.20 (P = 0.23) Total (95% CI) 97 100.0% -0.12 [-0.25, 0.02] 105

Figure 3 NSSI during last month, at post-intervention (4–6 months post-allocation)*.

*Data from Kaess 2019 has been received upon request **NSSI** = Non-Suicidal Self-Injury

55

Test for subgroup differences: $Chi^2 = 0.05$, df = 1 (P = 0.83), $I^2 = 0\%$

Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.05$, df = 1 (P = 0.83); $I^2 = 0\%$

Test for overall effect: Z = 1.67 (P = 0.09)

62

Total events

Figure 4 Suicide ideation scores* at post-intervention.

	(CBT		Con	nparat	ог		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
7.5.1 Individual CBT-based	d therapy								
Donaldson 2005 Subtotal (95% CI)	27.1	39.8	15 15	32.2	30.4	15 15	15.6% 15.6%	-0.14 [-0.86, 0.58] - 0.14 [-0.86, 0.58]	
Heterogeneity: Not applica	able								
Test for overall effect: Z = 0	0.38 (P = 0	0.70)							
7.5.2 CBT with family com	ponent								
Duarte-Velez 2022	16.5	18.2	19	12.7	19.1	16	18.0%	0.20 [-0.47, 0.87]	
Esposito-Smythers 2019	20.2	18.5	68	23.4	18.1	60	66.3%	-0.17 [-0.52, 0.17]	
Subtotal (95% CI)			87			76	84.4%	-0.09 [-0.40, 0.21]	•
Heterogeneity: Tau² = 0.00); Chi² = 0	.95, dt	= 1 (P	= 0.33)	$ \mathbf{l}^2 = 0 $	%			
Test for overall effect: $Z = 0$	0.60 (P = 0	0.55)							
Total (95% CI)			102			91	100.0%	-0.10 [-0.38, 0.18]	•
Heterogeneity: Tau ^z = 0.00); Chi² = 0	.96, dt	= 2 (P	= 0.62);	$ \mathbf{r} = 0$	%			_
Γest for overall effect: Z = 0			`						-2 -1 0 1 2
Test for subaroup different	ces: Chi²:	= 0.01	df = 1	(P = 0.9)	91). Pa	= 0%			Favours CBT Favours comparator

^{*(}Donaldson: SIQ, Duarte-Velez and Esposito-Smythers: SIQ-JR)

SIQ = Suicidal Ideation Questionnaire (range 0–180); **SIQ-JR** = Suicidal Ideation Questionnaire, Junior Version (range 0–90)

Figure 5 Suicide ideation scores at 10–12 months post-allocation.

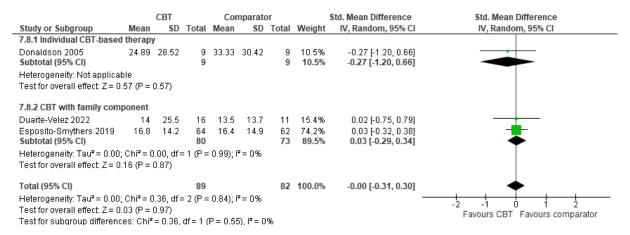
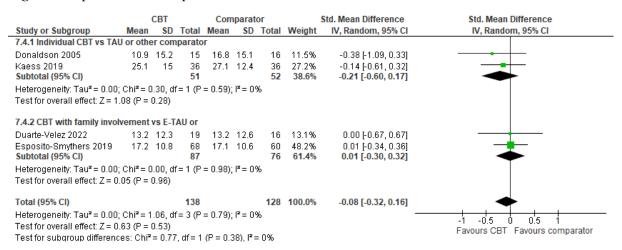


Figure 6 Depression scores* post-intervention.



*Kaess 2019: BDI-II, Donaldsson: CES-D, Duarte-Velez 2022: CDI-II, Esposito-Smythers 2019: CDI-II BDI-II = Beck-Depression-Inventory-II (range 0-63); CDI-II = Children's Depression Inventory-2nd Edition (range 0-56); CES-D = The Center for Epidemiologic Studies-Depression Scale (range 0-60)

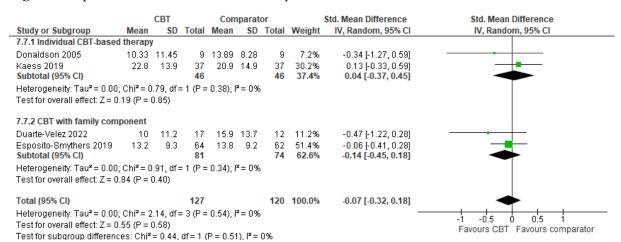


Figure 7 Depression scores* at 10–12 months post-allocation.

*Kaess 2019: BDI-II, Donaldsson: CES-D, Duarte-Velez 2022: CDI-II, Esposito-Smythers 2019: CDI-II **BDI-II** = Beck-Depression-Inventory-II (range 0-63); **CDI-II** = Children's Depression Inventory-2nd Edition (range 0-56); **CES-D** = The Center for Epidemiologic Studies-Depression Scale (range 0-60)

Summary of findings for CBT-based therapy versus TAU

Outcome	Number of participants (Number of studies) References	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Number of participants with suicide attempts at post-intervention	348 (5 RCT) [1-5]	RD= -0.01 (-0.10 to 0.09)	⊕⊕⊖⊖ Low	Imprecision ¹	Evidence suggests CBT results in little to no difference
Number of participants with suicide attempts at 10–12 months post-allocation	285 (4 RCT) [2-5]	RD= -0.04 (-0.14 to 0.06)	⊕⊕⊖⊖ Low	Imprecision ¹	Evidence suggests CBT results in little to no difference
Number of participants with suicidal attempts at 18 months postallocation	124 (1 RCT) [4]	RD=0.06 (-0.02 to 0.15)	⊕⊖⊖⊖ Very low	Imprecision ²	
Number of participants with suicidal attempts at 2-4 years postallocation	74 (1 RCT [6]	RD=0.05 (-0.14 to 0.03)	⊕⊖⊖⊖ Very low	Imprecision ²	Follow-up study of Kaess 2019, data were received upon request
Number of participants	202 (2 RCT)	RD= -0.12 (-0.25 to 0.02)	⊕⊖⊖⊖ Very low	Imprecision ²	

with NSSI at post-	[4, 5]				
intervention					
Number of	124	At 12 months:	9999	Imprecision ²	
participants	(1 RCT)	RD= -0.09 (-0.25 to	Very low		
with NSSI at	[4]	0.07)			
follow-up		At 18 months:			
		RD=0.06 (-0.08 to			
Number of	74	0.20) RD=0.03 (-0.16 to	⊕ ⊖ ⊖⊖	Imprecision ²	Follow-up
participants	(1 RCT)	0.21)	Very low		study of Kaess
with NSSI at 2-4	[6]	0:==,	,		2019, data
years post-	[0]				were received
allocation					upon request
Completed	31	KBT: 0	$\oplus \ominus \ominus \ominus$	Imprecision ³	Metaanalysis
suicides	(1 RCT)	TAU: 0	Very low	•	not performed
	[2]				because of 0
Suicidal	193	SMD= -0.10 (-0.38 to		Imprecision ²	events
ideation (SIQ or	(3 RCT)	0.18)	♥♥♥♥ Very low	ппрі ссізіоп	
SIQ-JR), at post-	[2-4]	0.18)	very low		
intervention	رک ۲٫				
Suicidal	171	SMD= -0.00 (-0.31 to		Imprecision ²	
ideation (SIQ or	(3 RCT)	0.30)	Very low	111191 20101011	
SIQ-JR), at 10-	[2-4]	0.007	ve. y 1011		
12 months	[]				
post-allocation					
Suicidal	124	MD=2.40 (-1.30 to	$\oplus \ominus \ominus \ominus$	Imprecision ²	
ideation (SIQ or	(1 RCT)	6.10)	Very low		
SIQ-JR), at 18	[4]				
months post-					
allocation					
Depression	266	SMD= -0.08 (-0.32 to	$\oplus\ominus\ominus\ominus$	Imprecision ²	
(BDI-II, CES-D,	(4 RCT)	0.16)	Very low		
CDI-II), at post-	[2-5]				
intervention					
Depression	247	SMD= -0.07 (-0.32 to	0000	Imprecision ²	
(BDI-II, CES-D,	(4 RCT)	0.18)	Very low		
CDI-II), at 10-12	[2-5]				
months post-					
allocation	101	= 00 /: 0= :			
Depression	124 (1. DCT)	MD=5.30 (1.95 to	⊕⊖⊖⊖ Varrulann	Imprecision ²	
(CDI-II), at 18	(1 RCT)	8.65)	Very low		
months post-	[4]				
allocation	0				0
Anxiety	0 (0.DCT)	-	-	-	Outcome not
	(0 RCT)				reported in any study
General	0	-	-	-	Outcome not
function	(O RCT)				reported in
	. ,				any study

BDI-II = Beck-Depression-Inventory-II (range 0-63); **BSSI** = Beck Scale for Suicide Ideation (range 0-38); **CDI-II** = Children's Depression Inventory-2nd Edition (range 0-56); **CES-D** = The Center for Epidemiologic Studies-Depression Scale (range 0-60); **CI** = Confidence Interval; **GRADE** = The Grading of Recommendations

Assessment, Development and Evaluation; **MD** = Mean Difference; **NSSI** = Non-Suicidal Self-Injury; **RCT** = Randomized controlled trial; **RD** = Risk Difference; **SIQ** = Suicidal Ideation Questionnaire (range 0–180); **SIQ-JR** = Suicidal Ideation Questionnaire, Junior Version (range 0–90); **SMD** = Standardized Mean Difference; **TAU** = Treatment As Usual

¹ Downrated –2 because of imprecision: few participants

² Downrated –3 because of imprecision: non-significant results and few participants

³ Downrated –3 because of imprecision: few participants and very few events

Dialectical Behavior Therapy for Adolescents (DBT-A) *Metaanalyses*

Figure 8 Number of participants with self-harm* at post-intervention.

	DBT-	-A	Compa	rator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
McCauley 2018	33	86	41	87	45.0%	-0.09 [-0.23, 0.06]	
Mehlum 2014	3	39	7	38	43.7%	-0.11 [-0.26, 0.04]	
Santamarina-Pérez 2020	3	18	8	17	11.3%	-0.30 [-0.60, -0.01]	•
Total (95% CI)		143		142	100.0%	-0.12 [-0.22, -0.02]	•
Total events	39		56				
Heterogeneity: Tau² = 0.00; Test for overall effect: Z = 2			2 (P = 0.4	42); I² =	0%		-0.5 -0.25 0 0.25 0.5 Favours DBT-A Favours comparator

^{*}Mehlum 2014: self-harm leading to hospital/ED visit during the trial (last 19 weeks); McCauley 2018: selfharm (any, NSSI or SA) during trial/ last 6 months; Santa-Maria Perez: NSSI in last 4 weeks

NSSI = Non-Suicidal Self-Injury

Figure 9 Frequency of self-harm* at post-intervention.

	ı	DBT-A		Comparator				Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
McCauley 2018	3.56	11.79	72	6.55	19.22	65	2.1%	-2.99 [-8.40, 2.42]	
Mehlum 2014	1.2	2	39	3.3	6.8	38	11.9%	-2.10 [-4.35, 0.15]	
Santamarina-Pérez 2020	1.27	0.59	15	2.13	1.55	15	86.0%	-0.86 [-1.70, -0.02]	•
Total (95% CI)			126			118	100.0%	-1.05 [-1.83, -0.27]	•
Heterogeneity: Tau² = 0.00; Test for overall effect: Z = 2			2 (P =	0.47); l	²= 0%				-10 -5 0 5 10 Favours DBT-A Favours comparator

^{*}Santa-Maria Perez 2020: NSSI last 4 weeks; McCauley 2018: Number of self-harm episodes in last 6 months (from baseline to end of study)

NSSI = Non-Suicidal Self-Injury

Figure 10 Number of participants with suicide attempts at post-intervention.

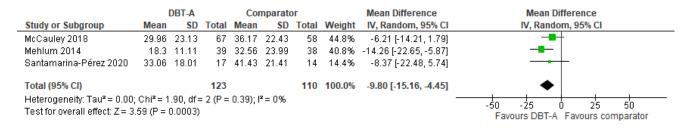
	DBT-A Comp					Risk Difference	Risk Difference		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI		
McCauley 2018	7	86	14	87	52.5%	-0.08 [-0.18, 0.02]			
Santamarina-Pérez 2020	0	18	0	17	47.5%	0.00 [-0.10, 0.10]	-		
Total (95% CI)		104		104	100.0%	-0.04 [-0.13, 0.05]	•		
Total events	7		14						
Heterogeneity: Tau² = 0.00; Test for overall effect: Z = 0			1 (P = 0.2	20); I² =		-0.5 -0.25 0 0.25 0.5 Favours DBT-A Favours comparator			

Figure 11 Number of participants with suicide attempts at 12–19 months* post-allocation.

	DBT-A Comp		Compar	ator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
McCauley 2018	5	86	6	87	55.0%	-0.01 [-0.08, 0.06]	-
Mehlum 2014	2	39	0	38	45.0%	0.05 [-0.03, 0.13]	
Total (95% CI)		125		125	100.0%	0.02 [-0.05, 0.08]	•
Total events	7		6				
Heterogeneity: Tau² = Test for overall effect:				P = 0.25	i); I²= 239	%	-0.5 -0.25 0 0.25 0.5 Favours DBT-A Favours comparator

Mehlum 2014: 19 months (71 weeks) post-allocation; McCauly 2018: 12 months post-allocation

Figure 12 Suicidal ideation scores (SIQ-JR) at post-intervention.



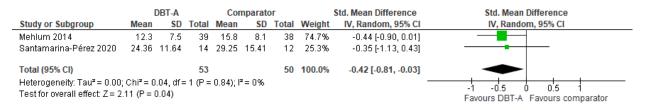
SIQ-JR = Suicidal Ideation Questionnaire, Junior Version (range 0–90)

Figure 13 Suicidal ideation (SIQ-JR) at 12–19 months post-allocation.

		DBT-A		Cor	nparato	or		Mean Difference	Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random	, 95% CI	
McCauley 2018	28.56	23.78	72	28.71	23.36	58	56.7%	-0.15 [-8.29, 7.99]		-	_	
Mehlum 2014	20.45	19.15	38	22.05	21.86	37	43.3%	-1.60 [-10.91, 7.71]		-	_	
Total (95% CI)			110			95	100.0%	-0.78 [-6.91, 5.35]		•		
Heterogeneity: Tau² : Test for overall effect				1 (P = 0	l.82); I ² :	= 0%			- 50	-25 0	25 avours compa	50 Brator

SIQ-JR = Suicidal Ideation Questionnaire, Junior Version (range 0–90)

Figure 14 Depression symptoms* at post-intervention.



*Mehlum 2014: MADRS; Santamarina-Perez 2020: BDI-II

BDI-II = Beck-Depression-Inventory-II (range 0-63); **MADRS** = (Montgomery-Åsberg Depression Rating Scale (range 0–60)

Figure 15 General function scores (C-GAS) at post-intervention.

	DBT-A				nparato	οr		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Mehlum 2014	65.88	9.52	38	65.89	13.03	37	51.5%	-0.01 [-5.19, 5.17]	-
Santamarina-Pérez 2020	65	7.36	13	54.29	9.37	14	48.5%	10.71 [4.38, 17.04]	
Total (95% CI)			51			51	100.0%	5.19 [-5.31, 15.69]	-
Heterogeneity: $Tau^2 = 48.7$ Test for overall effect: $Z = 0$			df = 1 (F	P = 0.01); I² = 86	5%			-50 -25 0 25 50 Favours comparator Favours DBT-A

C-GAS = Children's Global Assessment Scale (range 1–100)

Summary of findings for DBT-A versus alternative psychotherapy

Outcome	Number of	Absolute effect	Certainty of	Downrating	Comment
	participants	(95% CI)	the evidence	(GRADE)	
	(Number of		(GRADE)		
	studies)				
	References				
Number of	285	RD= -0.12 (-0.22 to -	$\oplus \oplus \oplus \ominus$	Imprecision ¹	DBT-A
participants	(3 RCT)	0.02)	Moderate		probably
with self-harm	[7-9]				reduces
at post-					outcome
intervention					
Number of	173	RD= -0.03 (-0.17 to -	$\oplus \ominus \ominus \ominus$	Imprecision ²	
participants	(1 RCT)	0.11)	Very low		
with self-harm	[7]				
at 12 months					
post-allocation Frequency of	244	MD= -1.05 (-1.83 to	$\oplus \oplus \oplus \ominus$	Imprecision ¹	DBT-A
self-harm at	(3 RCT)	-0.27)	Moderate	imprecision	probably
post-	(3 KCT) [7-9]	-0.27)	Moderate		reduces
intervention	[7-3]				outcome
Frequency of	202	MD= -9.30 (-14.00	# ++++++++++++++++++++++++++++++++++++	Imprecision ²	Metaanalysis
self-harm at 12-	(2 RCT)	to –4.60) Mehlum	Very low		not performed
19 months	[7, 10]	2016	,		since data
post-allocation	., .	OR=0.60 (0.24 to			were reported
-		1.52) McCauley 2018			on different
					formats
Frequency of	71	MD=12.62 (-1.76 to	$\oplus \ominus \ominus \ominus$	Imprecision ²	
self-harm at 3	(1 RCT)	27.00)	Very low		
years post-	[11]				
allocation					
Number of	208	RD= -0.04 (-0.13 to	$\oplus \ominus \ominus \ominus$	Imprecision ²	
participants	(2 RCT)	0.05)	Very low		
with suicide	[7, 9]				
attempts at					
post-					
intervention	350	PD-0.03 / 0.05 +a	ΦΩΩΩ	Imprecision ²	
Number of	250 (2 PCT)	RD=0.02 (-0.05 to	⊕⊖⊖⊖ Vory low	imprecision	
participants with suicide	(2 RCT)	0.08)	Very low		
attempts at 12-	[7, 11]				
19 months					
post-allocation					
Post-anocation					

Number of participants with suicide attempts at 3 years post-allocation	77 (1 RCT) [11]	RD= -0.11 (-0.24 to 0.03)	⊕⊖⊖⊖ Very low	Imprecision ²	
Completed suicides	285 (3 RCT)	DBT-A: 0 ComparatOR=1	⊕⊖⊖⊖ Very low	Imprecision ³	Metaanalysis not performed because of very few events
Suicidal ideation (SIQ- JR), at post- intervention	233 (3 RCT) [7-9]	MD= -9.80 (-15.16 to -4.45)	⊕⊕⊕⊖ Moderate	Imprecision ¹	DBT-A probably reduces outcome
Suicidal ideation (SIQ- JR), at 12-19 months post- allocation	205 (2 RCT) [7, 10]	MD= -0.78 (-6.91 to 5.35)	⊕⊖⊖⊖ Very low	Imprecision ²	
Suicidal ideation (SIQ- JR), at 3 years post-allocation	71 (1 RCT) [11]	MD= -3.51 (-12.04 to 5.02)	⊕⊖⊖⊖ Very low	Imprecision ²	
Depression (MADRS or BDI- II), at post- intervention	103 (2 RCT) [8, 9]	SMD= -0.42 (-0.81 to -0.03)	⊕⊕⊖⊖ Low	Imprecision ⁴	DBT-A may reduce outcome
Depression (MADRS), at 19 months post- allocation	75 (1 RCT) [10]	MD= -0.64 (-4.53 to 3.25)	⊕⊖⊖⊖ Very low	Imprecision ²	
Depression (MADRS), at 3 years post- allocation	71 (1 RCT) [11]	MD=1.36 (-1.96 to 4.68)	⊕⊖⊖⊖ Very low	Imprecision ²	
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in any study
General function (C- GAS), at post- intervention	102 (2 RCT) [8, 9]	MD=5.19 (-5.31 to 15.69)	⊕⊖⊖⊖ Very low	Imprecision ²	
General function (C- GAS), at 19 months post- allocation	75 (1 RCT) [10]	MD=1.50 (-4.40 to 7.40)	⊕⊖⊖⊖ Very low	Imprecision ²	
General function (C- GAS), at 3 years post-allocation	71 (1 RCT) [11]	MD= -1.15 (-6.49 to 4.19)	⊕⊖⊖⊖ Very low	Imprecision ²	

BDI-II = Beck-Depression-Inventory-II (range 0-63); **C-GAS** = Children's Global Assessment Scale (range 1–100); **CI** = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and

Evaluation; **MADRS** = (Montgomery-Åsberg Depression Rating Scale (range 0–60); **MD** = Mean Difference; **RCT** = Randomized controlled trial; **RD** = Risk Difference; **SIQ-JR** = Suicidal Ideation Questionnaire, Junior Version (range 0–90); **SMD** = Standardized Mean Difference

¹Downrated –1 because of precision: few participants

² Downrated –3 because of precision: non-significant results and few participants

³ Downrated –3 because of precision: few participants and very few events

⁴ Downrated –2 because of precision: few participants

Internet-delivered emotion regulation individual therapy (IERITA) *Metaanalyses*

Figure 16 Number of participants with NSSI* at post-intervention**.

	Experim	ental	Cont	rol		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Bjureberg 2023	34	84	51	82	83.5%	-0.22 [-0.37, -0.07]	-
Morthorst 2022	9	15	11	15	16.5%	-0.13 [-0.47, 0.20]	
Total (95% CI)		99		97	100.0%	-0.20 [-0.34, -0.07]	•
Total events	43		62				
Heterogeneity: Tau ² :	= 0.00; Chi ^a	$^{2} = 0.20$	df = 1 (P	= 0.65	; I² = 0%	<u> </u>	
Test for overall effect	Z = 2.94 (I	P = 0.00	3)			-1	-0.5 0 0.5 1 Favours IERITA Favours comparison

^{*}Bjureberg 2023: Clinicians-rated version of DSHI-Y; Morthorst 2022: Self-reported DSHI-Y. Data from Bjureberg 2023 were received upon request.

DSHI-Y = Deliberate Self Harm Inventory - Youth version; **NSSI** = Non-Suicidal Self-Injury

Figure 17 Frequency of NSSI episodes* at post-intervention.

	Expe	erimen	ıtal	(Control			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Bjureberg 2023	4.18	8.91	84	9.45	16.57	82	69.8%	-5.27 [-9.33, -1.21]	
Morthorst 2022	3.5	6.6	13	6.7	9.6	14	30.2%	-3.20 [-9.38, 2.98]	
Total (95% CI)			97			96	100.0%	-4.65 [-8.04, -1.25]	•
Heterogeneity: Tau² = Test for overall effect				= 1 (P =	0.58); l ^z	= 0%		-	-20 -10 0 10 20 Favours IERITA Favours comparison

^{*}Number of NSSI episodes within the last 4 weeks: Bjureberg 2023: clinicians-rated version of DSHI-Y; Morthorst 2022: self-reported DSHI-Y

DSHI-Y = Deliberate Self Harm Inventory - Youth version; **NSSI** = Non-Suicidal Self-Injury

Figure 18 Depression scores (DASS-21 subscale depression) at post-intervention*.

	Inte	rventi	on	Co	ontro	I		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Bjureberg 2023	8.9	5.15	84	10.65	5.7	82	89.8%	-1.75 [-3.40, -0.10]	-
Morthorst 2022	10.91	5.52	11	11.58	6.5	12	10.2%	-0.67 [-5.59, 4.25]	
Total (95% CI)			95			94	100.0%	-1.64 [-3.21, -0.07]	•
Heterogeneity: Tau² : Test for overall effect				= 1 (P =	0.68); I² = 0°	%		-10 -5 0 5 10 Favours IERITA Favours comparison

^{*}Data from Bjureberg 2023 were received upon request.

DASS-21 = Depression, Anxiety and Stress Scale, 21 items (range 0–42)

^{**} Bjureberg 2023: Outcome was assessed 1 month post-treatment; Morthorst 2022: Outcome was assessed post-treatment. Treatment length was 12 weeks in both studies.

Figure 19 Anxiety scores (DASS-21 subscale anxiety) at post-intervention*.

	Inte	rventio	on	C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Bjureberg 2023	7.78	4.44	84	8.23	4.83	82	67.5%	-0.45 [-1.86, 0.96]	-
Morthorst 2022	8.27	4.9	11	5.67	4.38	12	32.5%	2.60 [-1.21, 6.41]	
Total (95% CI)			95			94	100.0%	0.54 [-2.26, 3.34]	•
Heterogeneity: Tau² = Test for overall effect:				= 1 (P =	0.14);	l² = 54°	%	-	-10 -5 0 5 10 Favours IERITA Favours comparison

^{*}Data from Bjureberg 2023 were received upon request.

DASS-21 = Depression, Anxiety and Stress Scale, 21 items (range 0–42)

Summary of findings for IERITA versus TAU.

Outcome	Number of	Absolute effect	Certainty of	Downrating	Comment
	participants	(95% CI)	the evidence	(GRADE)	
	(Number of		(GRADE)		
	studies)				
	References				
Number of	196	RD= -0.20 (-0.34 to -	$\oplus \oplus \ominus \ominus$	Imprecision ¹	IERITA may
participants	(2 RCT)	0.07)	Low		reduce
with NSSI at	[12, 13]				outcome
post-					
intervention					
Frequency of	193	MD= -4.65 (-8.04 to -	$\oplus \oplus \ominus \ominus$	Imprecision ¹	IERITA may
NSSI at post-	(2 RCT)	1.25)	Low		reduce
intervention	[12, 13]				outcome
Frequency of	166	MD= -1.47 (-3.51 to	$\oplus\ominus\ominus\ominus$	Imprecision ²	
NSSI at 6	(1 RCT)	0.57)	Very low		
months post-	[12]				
allocation					
Number of	166	RD= -0.05 (-0.13 to	$\oplus\ominus\ominus\ominus$	Imprecision ²	
participants	(1 RCT)	0.03)	Very low		
with suicide	[12]				
attempts at					
post-					
intervention					
Completed	0	-	-	-	Outcome not
suicides	(0 RCT)				reported in
					any study
Suicidal	0	-	-	-	Outcome not
ideation	(0 RCT)				reported in
					any study
Depression	189	MD= -1.64 (-3.21 to -	$\oplus \oplus \ominus \ominus$	Imprecision ²	IERITA may
(DASS-21	(2 RCT)	0.07)	Low		reduce
subscale), at	[12, 13]				outcome
post-					
intervention					
Depression	166	MD= -0.69 (-2.50 to	$\oplus \ominus \ominus \ominus$	Imprecision ²	
(DASS-21	(1 RCT)	1.12)	Very low		
subscale), at 6	[12]				

months post- allocation					
Anxiety (DASS-	189	MD=0.54 (-2.26 to	$\oplus \ominus \ominus \ominus$	Imprecision ²	
21 subscale), at	(2 RCT)	3.34)	Very low		
post-	[12, 13]				
intervention					
Anxiety (DASS-	166	MD=-0.18 (-1.63 to	⊕⊖⊖⊖	Imprecision ²	
21 subscale), at	(1 RCT)	1.27)	Very low		
6 months post-	[12]				
allocation					
General	159	MD=1.98 (-0.71 to	# ++++++++++++++++++++++++++++++++++++	Imprecision ²	
function (C-	(1 RCT)	4.67)	Very low		
GAS), at post- intervention	[12]				

C-GAS = Children's Global Assessment Scale (range 1–100); CI = Confidence Interval; DASS-21 = Depression, Anxiety and Stress Scale, 21 items (range 0–42); GRADE = The Grading of Recommendations Assessment, Development and Evaluation; MD = Mean Difference; NSSI = Non-Suicidal Self-Injury; RCT = Randomized controlled trial; RD = Risk Difference; TAU = Treatment As Usual

¹ Downrated –2 because of imprecision: few participants

² Downrated –3 because of imprecision: non-significant results and few participants

Mentalization-Based Treatment for Adolescents (MBT-A) *Metaanalyses*

Figure 20 Number of participants with self-harm* at post-intervention**.

	MBT-	-A	Compar	ator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Griffiths 2019	7	26	4	27	49.6%	0.12 [-0.10, 0.34]	- -
Rossouw 2012	20	40	29	40	50.4%	-0.22 [-0.43, -0.02]	
Total (95% CI)		66		67	100.0%	-0.05 [-0.40, 0.29]	
Total events	27		33				
Heterogeneity: Tau² = Test for overall effect:				P = 0.02); I ^z = 819	%	-1 -0.5 0 0.5 1 Favours MBT-A Favours comparator

^{*}Length of intervention: Rossouw 2012: 12 months; Griffith 2019:12 weeks.

Rossouw: self-reported self-harm from RT from RTSHI questionnaire.

ED = Emergency Department; **RTSHI** = Risk-Taking and Self-Harm Inventory

Figure 21 Number of participants with self-harm at 3 months treatment.

	MBT-	-A	Compar	rator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Griffiths 2019	7	26	4	27	46.3%	0.12 [-0.10, 0.34]	
Rossouw 2012	29	40	33	40	53.7%	-0.10 [-0.28, 0.08]	
Total (95% CI)		66		67	100.0%	0.00 [-0.21, 0.22]	-
Total events	36		37				
Heterogeneity: Tau² = Test for overall effect:				P = 0.13	i); I² = 579	%	-0.5 -0.25 0 0.25 0.5 Favours MBT-A Favours comparator

Figure 22 Number of participants with self-harm at 9 months post-allocation.

	MBT-	-A	Compar	rator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Griffiths 2019	2	26	5	27	57.9%	-0.11 [-0.29, 0.07]	
Rossouw 2012	22	40	28	40	42.1%	-0.15 [-0.36, 0.06]	
Total (95% CI)		66		67	100.0%	-0.13 [-0.26, 0.01]	•
Total events	24		33				
Heterogeneity: Tau ² =	0.00; Ch	$i^2 = 0.11$	0, df = 1 (F	P = 0.75	i); I² = 0%	_	-0.5 -0.25 0 0.25 0.5
Test for overall effect:	Z = 1.81	(P = 0.0)	07)				-0.5 -0.25 0 0.25 0.5 Favours MBT-A Favours comparator

^{**}Griffith: data on self-harm with ED presentation self-harm were received from author upon request.

Figure 23 Depression scores at post-intervention.

	M	BT-A		Com	parat	ог		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Griffiths 2019	20.4	4.7	22	18.2	6.6	26	49.9%	0.37 [-0.20, 0.95]	•
Rossouw 2012	9.3	1.3	35	11.5	1.1	37	50.1%	-1.81 [-2.36, -1.26]	•
Total (95% CI)			57			63	100.0%	-0.72 [-2.86, 1.42]	•
Heterogeneity: Tau² Test for overall effec				df=1 (P	< 0.0	0001);	I²= 97%	-	-10 -5 0 5 10 Favours MBT-A Favours comparator

*Rossouw: MFQ; Griffiths: RCADS MD

MD = Mean Difference; MFQ = Mood and Feelings Questionnaire (range 0–26); RCADS MD = Revised Child

Anxiety and Depression Scale, Major Depression subscale (range 0–30)

Figure 24 Anxiety scores post-intervention*.

	Favou	ırs MB	T-A	Com	parat	ог		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Griffiths 2019	3.41	1.81	22	3.09	1.79	26	49.7%	0.17 [-0.39, 0.74]	
Rossouw 2012	24.21	0.93	29	25.03	0.71	30	50.3%	-0.98 [-1.52, -0.44]	
Total (95% CI)			51			56	100.0%	-0.41 [-1.54, 0.73]	-
Heterogeneity: Tau²: Test for overall effect	•			1 (P = 0	0.004);	l = 88	%	-	-4 -2 0 2 4 Favours MBT-A Favours comparator

*Rossouw: ECRS anxiety subscale; Griffiths, ECRS revised Child version, anxiety subscale.

ECRS = Experiences in Close Relationships Scale

Summary of findings for MBT-A versus TAU.

Outcome	Number of participants (Number of studies) ref	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Number of participants with self-harm	133 (2 RCT) [14, 15]	At post-intervention: RD= -0.05 (-0.40 to 0.29) At 3 months post- allocation: RD=0.00 (-0.20 to 0.21) At 8-9 months post- allocation: RD= -0.13 (-0.26 to 0.01)	⊕⊖⊖⊖ Very low	Imprecision, Inconsistency ¹	
Suicide attempts	0 (0 RCT)	-	-	-	Outcome not reported in any study
Completed suicides	133 (2 RCT)	MBT-A: 0 TAU: 0	⊕⊖⊖⊖ Very low	Imprecision ²	Metaanalysis not performed because of 0 events
Suicidal ideation	0 (0 RCT)	-	-	-	Outcome not reported in any study
Depression scores (MFQ and RADSC MD) at post- intervention	120 (2 RCT) [14, 15]	SMD= -0.72 (-2.86 to 1.42)	⊕⊖⊖ Very low	Imprecision ³	
Anxiety (ECRS and ECRS Child version, subscales for anxiety) at post-intervention	107 (2 RCT) [14, 15]	SMD= -0.41 (-1.54 to 0.73)	⊕⊖⊖⊖ Very low	Imprecision ³	
General function	0 (0 RCT)	-	-	-	Outcome not reported in any study

CI = Confidence Interval; ECRS = Experiences in Close Relationships Scale; GRADE = The Grading of Recommendations Assessment, Development and Evaluation; MFQ = Mood and Feelings Questionnaire (range 0–26); RCT = Randomized controlled trial; RD = Risk Difference; SMD = Standardized Mean Difference; TAU = Treatment As Usual

¹ Downrated –2 because of imprecision: non-significant results (CI includes both important benefit and harm), and -1 because of inconsistency: the results of the three studies are substantially different

² Downrated –3 because of imprecision: very few events and few participants

³ Downrated –3 because of imprecision: non-significant results and few participants

Motivational interviewing

Summary of findings for As Safe as Possible (ASAP) versus TAU.

Outcome	Number of participants (Number of studies) Reference	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Number of participants with NSSI, at 6 months post- allocation	66 (1 RCT) [16]	RD=0.01 (-0.23 to 0.24)	⊕⊖⊖⊖ Very low	Imprecision ¹	
Number of participants with suicide attempts, at 6 months post- allocation	66 (1 RCT) [16]	RD= -0.13 (-0.33 to 0.06)	⊕⊖⊖⊖ Very low	Imprecision ¹	
Completed suicides	0 (0 RCT)	-	-	-	Outcome not reported in study
Number of participants with uicidal ideation (SIQ- JR)	66 (1 RCT) [16]	RD= -0.07 (-0.30 to 0.16)	⊕⊖⊖⊖ Very low	Imprecision ¹	
Depression	0 (0 RCT)	-	-	-	Outcome not reported in study
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in study
General function	0 (0 RCT)	-	-	-	Outcome not reported in study

CI = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **NSSI** = Non-Suicidal Self-Injury; **RCT** = Randomized controlled trial; **RD** = Risk Difference; **SIQ-JR** = Suicidal Ideation Questionnaire, Junior Version (range 0–90); **TAU** = Treatment As Usual

¹ Downrated –3 because of imprecision: non-significant results, few participants an only one study

Summary of findings for Therapeutic Assessment (TA) versus Assessment As Usual (AAU).

Outcome	Number of participants (Number of studies) Reference	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Number of participants with self-harm leading to hospital admission, at 2 years post-allocation	70 (1 RCT) [17]	RD= -0.06 (-0.25 to 0.14)	⊕⊖⊖⊖ Very low	Imprecision ¹	Outcome not reported at earlier timepoints
Suicide attempts	0 (0 RCT)	-	-	-	Outcome not reported in study
Completed suicides	0 (0 RCT)	TA: 0 AAU: 0	⊕⊖⊖⊖ Very low	Imprecision ¹	
Suicidal ideation	0 (0 RCT)	-	-	-	Outcome not reported in study
Depression	0 (0 RCT)		-		Outcome not reported in study
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in study
General function, at 3 months post- allocation (C-GAS)	70 (1 RCT) [17]	MD=4.49 (-0.98 to 9.96)	⊕⊖⊖⊖ Very low	Imprecision ¹	·

AAU = Assessment As Usual; **C-GAS** = Children's Global Assessment Scale (range 1–100); **CI** = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **MD** = Mean Difference; **RCT** = Randomized controlled trial; **RD** = Risk Difference

¹ Downrated –3 because of imprecision: non-significant results, few participants an only one study

² Downrated –3 because of imprecision: very few events and few participants

Brief Admission by Self-Referral

Summary of findings for Brief Admission by Self-Referral versus TAU.

Outcome	Number of participants (Number of studies) Reference	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Self-harm	0 (0 RCT)	-	-	-	Outcome not reported in study
Number of participants with suicide attempts, at 1 year post-allocation	105 (1 RCT) [18]	RD= -0.06 (-0.17 to 0.05)	⊕⊖⊖ Very low	Imprecision ¹	
Completed suicides	0 (0 RCT)	-	-	-	Outcome not reported in study
Suicidal ideation	0 (0 RCT)	-	-	-	Outcome not reported in study
Depression	0 (0 RCT)	-	-	-	Outcome not reported in study
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in study
General function	0 (0 RCT)	-	-	-	Outcome not reported in study

CI = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **RCT** = Randomized controlled trial; **RD** = Risk Difference; **TAU** = Treatment As Usual

¹ Downrated –3 because of imprecision: non-significant results, few participants an only one study

Group therapy versus TAU *Metaanalyses*

Figure 25 Repetition of self-harm* at 6 months post-allocation**.

	Group-based th	егару	Compa	rator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Green 2011	145	183	142	183	37.7%	0.02 [-0.07, 0.10]	-
Hazell 2009	30	35	23	37	30.8%	0.24 [0.04, 0.43]	
Wood 2001a	2	32	10	31	31.5%	-0.26 [-0.44, -0.08]	
Total (95% CI)		250		251	100.0%	-0.00 [-0.23, 0.22]	-
Total events	177		175				
Heterogeneity: Tau2:	= 0.03; Chi ² = 13.4	3, df = 2	(P = 0.00)	1); I ² = 8	5%	_	-0.5 -0.25 0 0.25 0.5
Test for overall effect	Z = 0.03 (P = 0.98)	3)					Favours group therapy Favours comparator

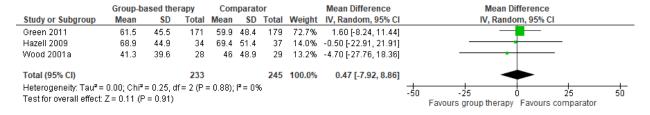
- * All studies reported interviewed-assessed self-harm during last 6 months. No study reported SA or NSSI
- ** Post-intervention analysis was not performed since it was not clear in all studies when the interventions stopped

NSSI = Non-Suicidal Self-Injury; SA = Suicide Attempts

Figure 26 Repetition of self-harm at 12 months post-allocation.

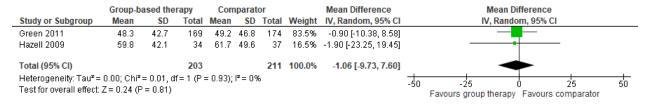
	Group-based t	herapy	Compa	rator		Risk Difference	Risk Difference
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Green 2011	104	183	110	183	55.9%	-0.03 [-0.13, 0.07]	-
Hazell 2009	30	35	24	37	44.1%	0.21 [0.02, 0.40]	
Total (95% CI)		218		220	100.0%	0.07 [-0.16, 0.31]	
Total events	134		134				
Heterogeneity: Tau²: Test for overall effect			P = 0.03);	I²= 799	6	_	-0.5 -0.25 0 0.25 0.5 Favours group therapy Favours comparator

Figure 27 Suicidal ideation scores (SIQ) at 6 months post-allocation.



SIQ = Suicidal Ideation Questionnaire (range 0-180)

Figure 28 Suicidal ideation scores (SIQ) at 12 months post-allocation.



SIQ = Suicidal Ideation Questionnaire (range 0-180)

Figure 29 Depression scores (MFQ) at 6 months.

	Group-ba	ased the	гару	Con	parat	ог		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Green 2011	28.5	16.1	171	27.6	16.5	178	75.1%	0.90 [-2.52, 4.32]	-
Hazell 2009	31.6	17.5	34	34.1	17.5	37	13.2%	-2.50 [-10.65, 5.65]	
Wood 2001a	21.9	15.6	29	23.4	18	29	11.7%	-1.50 [-10.17, 7.17]	
Total (95% CI)			234			244	100.0%	0.17 [-2.79, 3.13]	•
Heterogeneity: Tau² = Test for overall effect:			f= 2 (P	= 0.69);	I ² = 09	%		-	-20 -10 0 10 20 Favours group therapy Favours comparator

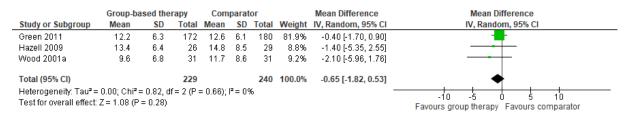
MFQ = Mood and Feelings Questionnaire (range 0-26)

Figure 30 Depression scores (MFQ) at 12 months.

	Group-ba	ased the	гару	C	ontrol			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Green 2011	24.4	16.6	170	24.6	17.6	174	84.4%	-0.20 [-3.81, 3.41]	-
Hazell 2009	27.4	17.2	34	31.8	18.9	37	15.6%	-4.40 [-12.80, 4.00]	
Total (95% CI)			204			211	100.0%	-0.86 [-4.18, 2.46]	•
Heterogeneity: Tau ² = 0.00; Chi ² = 0.81, df = 1 (P = 0.37); l ² = 0% Test for overall effect: Z = 0.51 (P = 0.61)								-	-20 -10 0 10 20 Favours group therapy Favours comparator

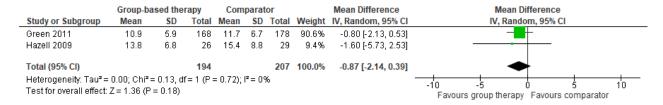
MFQ = Mood and Feelings Questionnaire (range 0-26)

Figure 31 General functioning scores (HoNOSCA) at 6 months.



HoNOSCA = Health of the Nation Outcome Scales (range 0–52)

Figure 32 General functioning scores (HoNOSCA) at 12 months.



HoNOSCA = Health of the Nation Outcome Scales (range 0–52)

Summary of findings for group therapy versus TAU.

Utfallsmått	Antal	Effekt	Resultatets	Avdrag	Kommentar
	deltagare	(95% KI)	tillförlitlighet		
	(Antal studier,				
	Studiedesign)				
	Reference				
Number of	501	RD= -0.00 (-0.23 to	⊕⊖⊖⊖	Imprecision,	
participants	(3, RCT)	0.22)	Very low	Inconsistency ¹	
with self-harm	[19-21]				
at 6 months					
post-allocation					
Number of	438	RD=0.07 (-0.16 to	$\oplus\ominus\ominus\ominus$	Imprecision,	
participants	(2 RCT)	0.31)	Very low	Inconsistency ¹	
with self-harm					
at 12 months					
post-allocation					
Suicide	0	-	_	-	Outcome not
attempts	(0 RCT)				reported in
					any study
Completed	478	Group therapy: 0	$\oplus \ominus \ominus \ominus$	Imprecision ²	Metaanalysis
suicides	(3 RCT)	TAU: 0	Very low		not performed
					because of 0
					events
Suicidal	478	MD=0.47 (-7.92 to	$\oplus \oplus \oplus \ominus$	Imprecision	Group therapy
ideation scores	(3 RCT)	8.86)	Moderate	and risk of	probably
(SIQ) at 6	[19-21]			bias ³	results in little
months post-					to no
allocation Suicidal	414	MD= 1.06 / 0.72 +o	$\oplus \oplus \oplus \ominus$	Imprecision	difference
ideation scores	(2 RCT)	MD=-1.06 (-9.73 to 7.60)	Moderate	and risk of	Group therapy probably
(SIQ) at 12	[19, 20]	7.00)	Moderate	bias ³	results in little
months post-	[13, 20]			bias	to no
allocation					difference
Depression	478	MD=0.17 (-2.79 to	# ++++++++++++++++++++++++++++++++++++	Imprecision ⁴	<u> </u>
scores (MFQ) at	(3 RCT)	3.13)	Very low		
6 months post-	[19-21]	,			
allocation					
Depression	415	MD=0.86 (-4.18 to	$\oplus \ominus \ominus \ominus$	Imprecision ⁴	
scores (MFQ) at	(2 RCT)	2.46)	Very low	-	
12 months	[19, 20]				
post-allocation					
Anxiety	0	-	-	-	Outcome not
	(0 RCT)				reported in
					any study
General	469	MD= -0.65 (-1.82 to	$\oplus\ominus\ominus\ominus$	Imprecision ⁴	
function scores	(3 RCT)	0.53)	Very low		
(HoNOSCA) at 6	[19-21]				
months post-					
allocation					
General	401	MD= -0.87 (-2.14 to	$\oplus \ominus \ominus \ominus$	Imprecision ⁴	
function scores	(2 RCT)	0.39)	Very low		
(HoNOSCA) at	[19, 20]				
12 months					
post-allocation					

CI = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **HoNOSCA** = Health of the Nation Outcome Scales (range 0–52); **MD** = Mean Difference; **MFQ** = Mood and Feelings Questionnaire (range 0–26); **RCT** = Randomized controlled trial; **RD** = Risk Difference; **SIQ** = Suicidal Ideation Questionnaire (range 0–180); **TAU** = Treatment As Usual

¹ Downrated –2 because of imprecision: CI includes both considerable benefit and harm, and -1 because of inconsistency: the results of the three studies are very different

² Downrated –3 because of imprecision: very few events Downrated –2 because of imprecision: CI includes both important benefit and harm, and -1 because of inconsistency: the results of the three studies are very different ³ Downrated -1 because of precision: few participants; and risk of bias: some concerns regarding randomization and reporting

⁴ Downrated –3 because of imprecision: non-significant results and few participants

Family therapy

Summary of findings for systemic family therapy versus TAU.

Outcome	Number of	Effect	Certainty of	Downrating	Comment	
	participants (Number of studies) References	(95% CI)	the evidence (GRADE)	(GRADE)		
Number of participants with self-harm, at post-treatment	0 (0 RCT)	-	-	-	Outcome only reported at later follow-up	
Number of participants with self-harm, at follow-up	832 (1 RCT) [22-24]	At 12 months post- allocation: RD=0.04 (-0.02 to 0.10) At 3 years post- allocation: RD=0.01 (-0.06 to 0.07)	⊕⊕⊖⊖ Low	Imprecision ¹	Evidence suggests family therapy results in little to no difference	
Suicide attempts	0 (0 RCT)	-	-	-	Outcome not reported in study	
Completed suicides, at 3 years follow-up	832 (1 RCT) [24]	FT: 1 TAU: 0	⊕⊖⊖⊖ Very low	Imprecision ²	Meta-analysis not performed because of 0 events	
Number of participants with suicidal ideation (BSSI screening), at 12 months post-allocation	832 (1 RCT) [22, 23]	OR=0.64 (0.44 to 0.94)	⊕⊕⊕⊖ Moderate	Risk of bias and imprecision ³	Family therapy probably reduces outcome. Data for calculating RD was not reported in study	
Number of participants with suicidal ideation (BSSI screening), at 18 months post-allocation	832 (1 RCT) [24]	OR=0.76 (0.49 to 1.16)	⊕⊖⊖⊖ Very low	Imprecision ⁴	Data for calculating RD was not reported in study	
Depression	832 (1 RCT) [22-24]	At 12 months post- allocation: MD= -0.6 (- 3.1 to 1.9) At 18 months post- allocation: MD= -1.0 (- 3.5 to 1.5)	⊕⊖⊖⊖ Very low	Imprecision ⁴	Multiple imputation of missing data was used by study authors	
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in study	
General function	0 (0 RCT)	-	-	-	Outcome not reported in study	

BSSI = Beck Scale for Suicide Ideation (range 0–38); **CI** = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **MD** = Mean Difference; **RCT** = Randomized controlled trial; **RD** = Risk Difference; **TAU** = Treatment As Usual

Summary of findings for home-based family therapy versus TAU.

Outcome	Number of participants (Number of studies) References	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Number of participants with self-harm, at 6 months post-allocation	162 (1 RCT) [25]	At 6 months post- allocation: RD= -0.01 (-0.12 to 0.09)	⊕⊖⊖⊖ Very low	Imprecision ¹	
Suicide attempts	0 (0 RCT)	-	-	-	Outcome not reported in study
Completed suicides	162 (1 RCT)	FT: 1 TAU: 0	⊕⊖⊖⊖ Very low	Imprecision ²	Metaanalysis not performed because of very few events
Suicidal ideation (SIQ)	154 (1 RCT)	At 2 months post- allocation: MD= -3.40 (-19.18 to 12.38) At 6 months post- allocation: MD= -5.10 (-17.37 to 7.17)	⊕⊖⊖⊖ Very low	Imprecision ¹	
Depression, diagnosis of major depression	162 (1 RCT)	At 2 months post- allocation: RD=0.05 (– 0.09 to 0.18) At 6 months post- allocation: RD= –0.08 (–0.20 to 0.04)	⊕⊖⊖⊖ Very low	Imprecision ¹	Clinical diagnosis of depression according to DSM-IV
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in study
General function	0 (0 RCT)	-	-	-	Outcome not reported in study

CI = Confidence Interval; **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **MD** = Mean Difference; **RCT** = Randomized controlled trial; **RD** = Risk Difference; **SIQ** = Suicidal Ideation Questionnaire (range 0–180); **TAU** = Treatment As Usual

¹ Downrated –2 because of precision: few participants (only one study)

² Downrated –3 because of imprecision: very few events and few particiapants (only one study)

³ Downrated −1 because of risk of bias: high attrition rate; and precision: few participants (only one study)

⁴ Downrated –3 because of non-significant results and few participants (only one study)

¹ Downrated –3 because of non-significant results and few participants

² Downrated –3 because of imprecision: very few events

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