



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

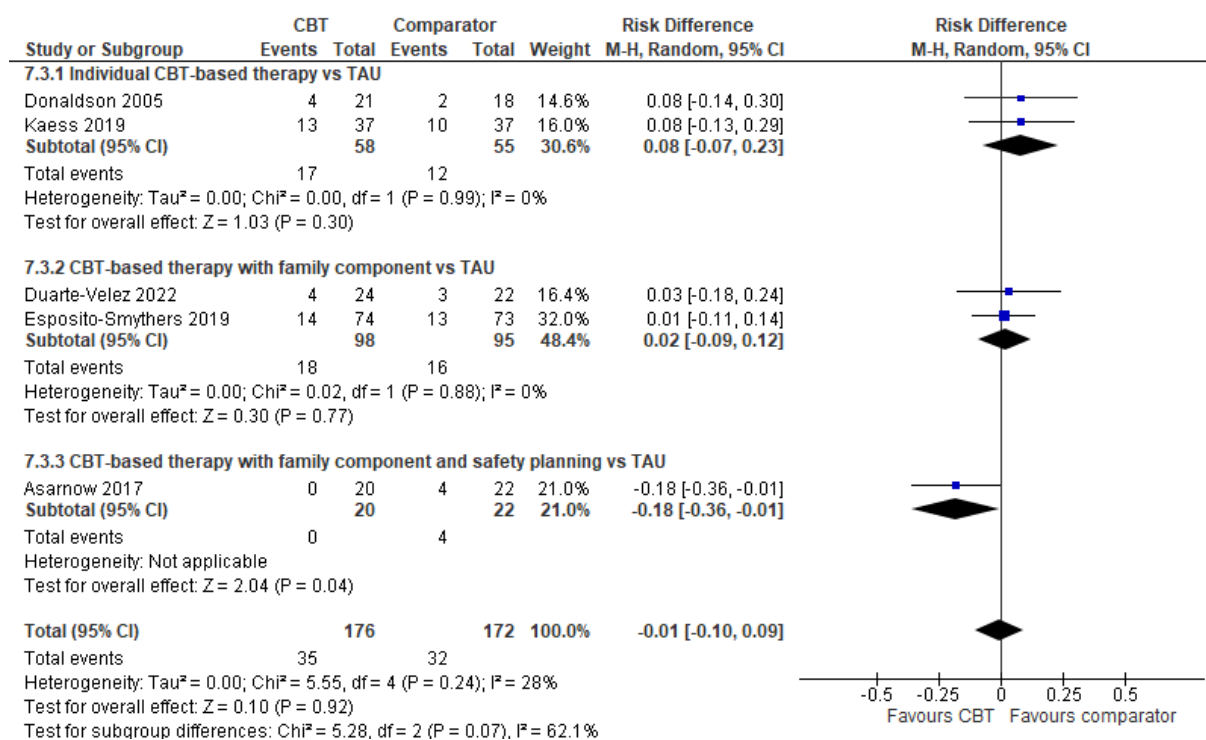
Bilaga 4 Metaanalyser och resultat tabeller/Appendix 4 Metaanalyses and Summary of Findings tables

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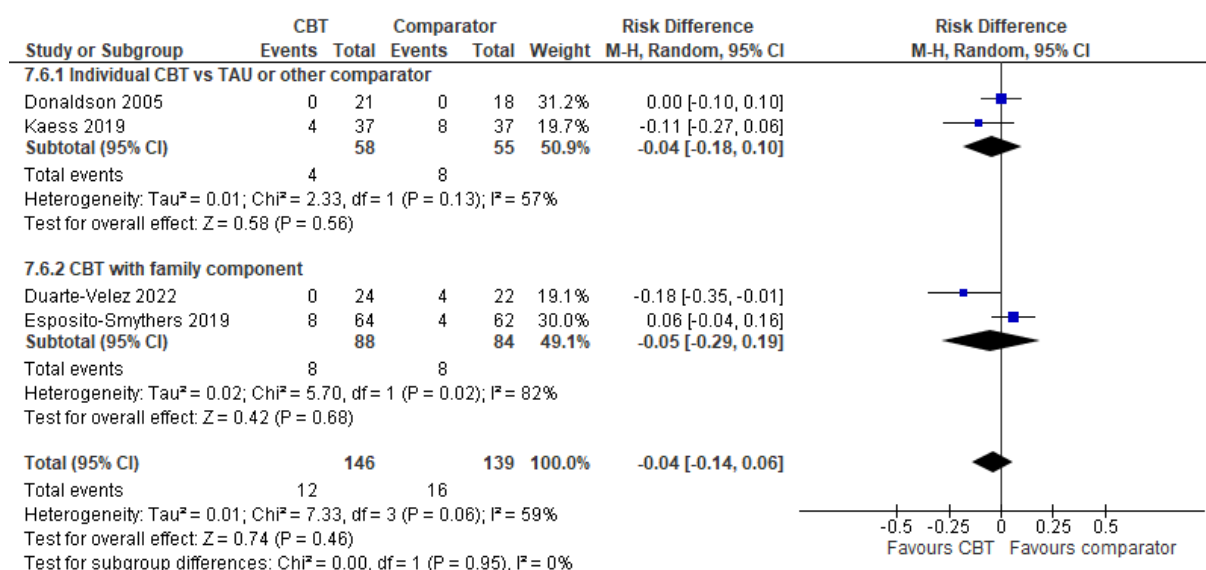
Cognitive behavioral therapy (CBT)

Metaanalyses

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

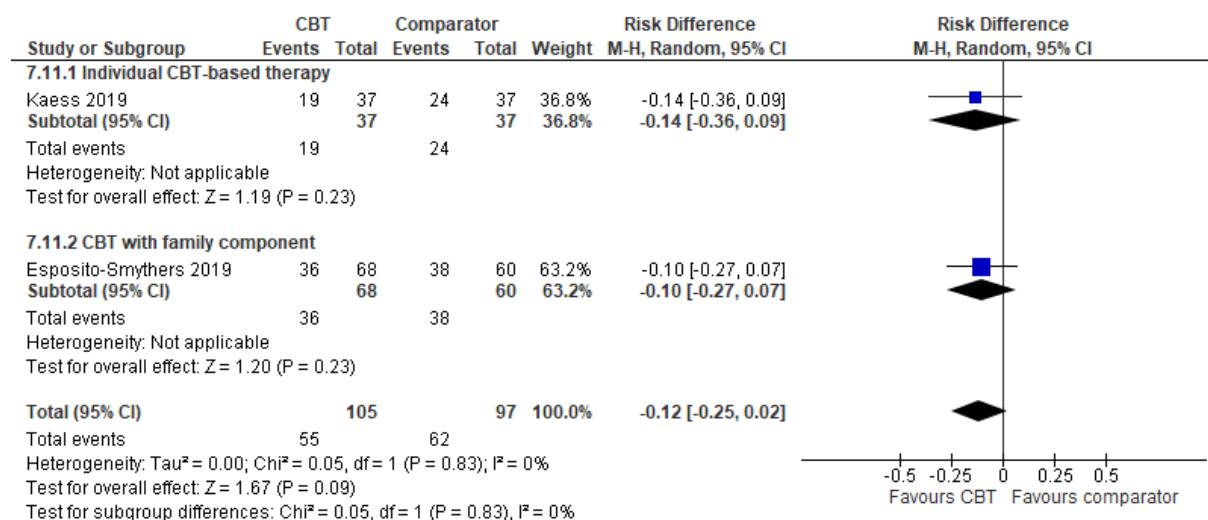
*Data from Kaess 2019 has been received upon request

SA = Suicide Attempts

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

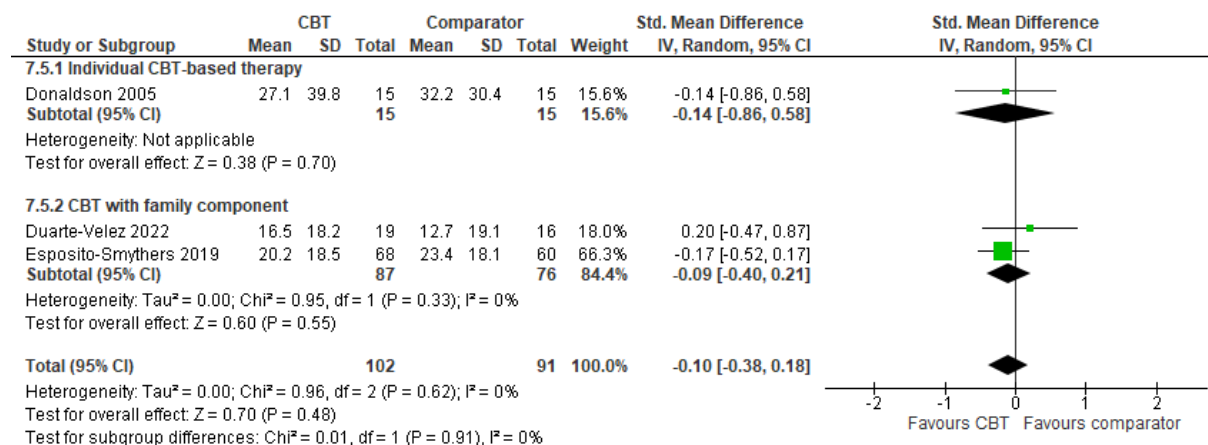
*Data from Kaess 2019 has been received upon request

SA = Suicide Attempts

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

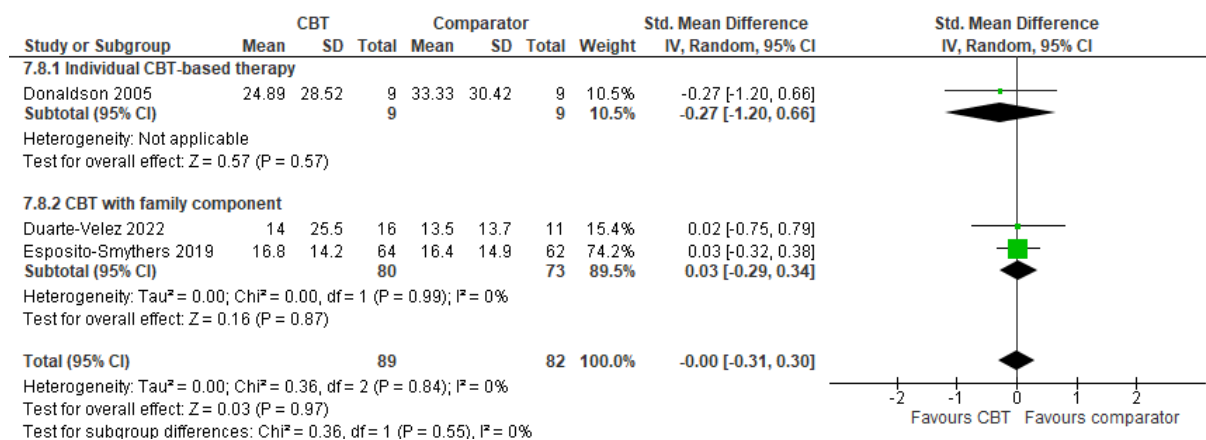
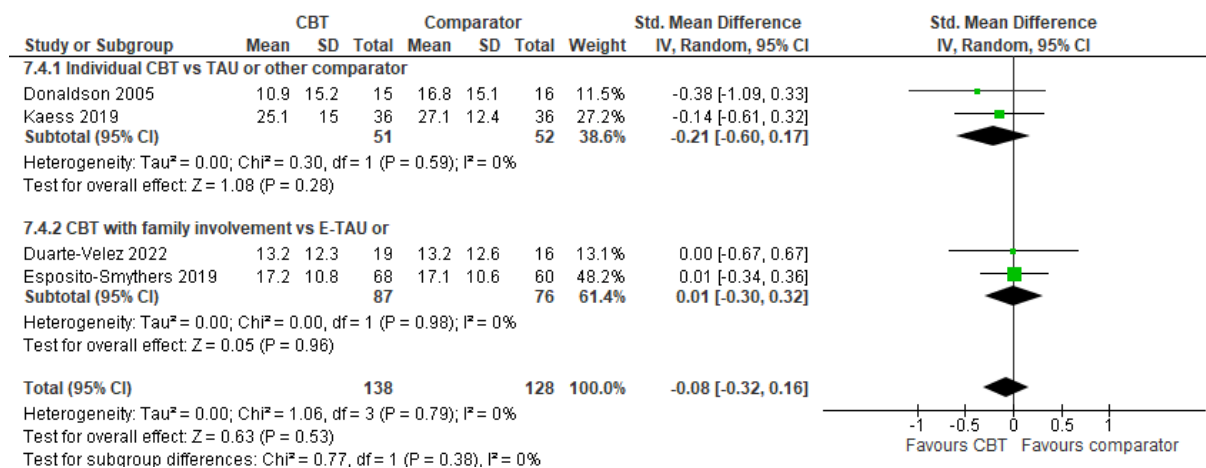
*Data from Kaess 2019 has been received upon request

NSSI = Non-Suicidal Self-Injury

Figure 4 Suicide ideation scores* at post-intervention.

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

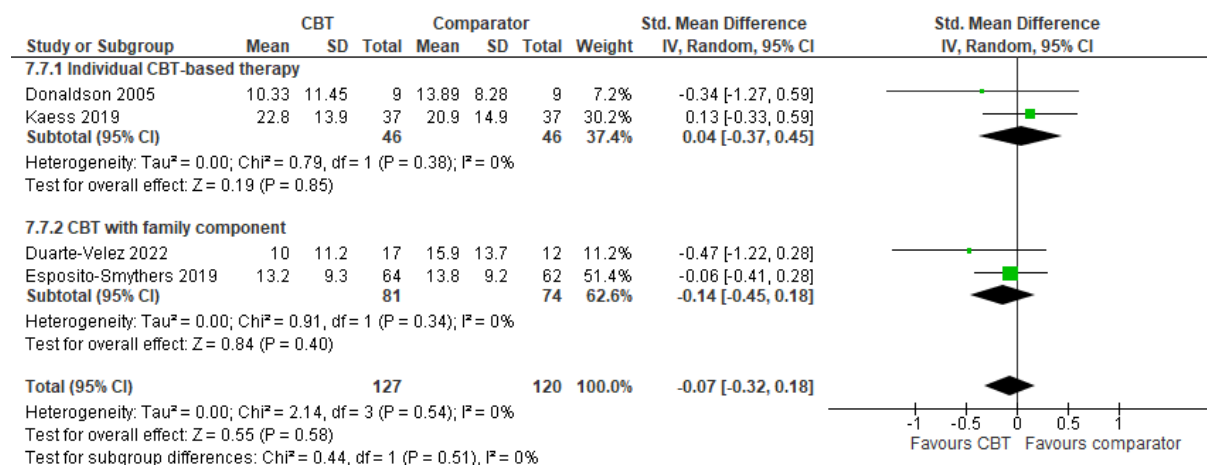
SIQ = Suicidal Ideation Questionnaire (range 0–180); SIQ-JR = Suicidal Ideation Questionnaire, Junior Version (range 0–90)

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 post-allocation	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 post-allocation	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-intervention	[4, 5]				
Number of participants with NSSI at follow-up	124 (1 RCT) [4]	At 12 months: RD= -0.09 (-0.25 to 0.07) At 18 months: RD=0.06 (-0.08 to 0.20)	⊕⊖⊖⊖ Very low	Imprecision ²	
Number of participants with NSSI at 2-4 years post-allocation	74 (1 RCT) [6]	RD=0.03 (-0.16 to 0.21)	⊕⊖⊖⊖ Very low	Imprecision ²	Follow-up study of Kaess 2019, data were received upon request
Completed suicides	31 (1 RCT) [2]	KBT: 0 TAU: 0	⊕⊖⊖⊖ Very low	Imprecision ³	Metaanalysis not performed because of 0 events
Suicidal ideation (SIQ or SIQ-JR), at post-intervention	193 (3 RCT) [2-4]	SMD= -0.10 (-0.38 to 0.18)	⊕⊖⊖⊖ Very low	Imprecision ²	
Suicidal ideation (SIQ or SIQ-JR), at 10-12 months post-allocation	171 (3 RCT) [2-4]	SMD= -0.00 (-0.31 to 0.30)	⊕⊖⊖⊖ Very low	Imprecision ²	
Suicidal ideation (SIQ or SIQ-JR), at 18 months post-allocation	124 (1 RCT) [4]	MD=2.40 (-1.30 to 6.10)	⊕⊖⊖⊖ Very low	Imprecision ²	
Depression (BDI-II, CES-D, CDI-II), at post-intervention	266 (4 RCT) [2-5]	SMD= -0.08 (-0.32 to 0.16)	⊕⊖⊖⊖ Very low	Imprecision ²	
Depression (BDI-II, CES-D, CDI-II), at 10-12 months post-allocation	247 (4 RCT) [2-5]	SMD= -0.07 (-0.32 to 0.18)	⊕⊖⊖⊖ Very low	Imprecision ²	
Depression (CDI-II), at 18 months post-allocation	124 (1 RCT) [4]	MD=5.30 (1.95 to 8.65)	⊕⊖⊖⊖ Very low	Imprecision ²	
Anxiety	0 (0 RCT)	-	-	-	Outcome not reported in any study
General function	0 (0 RCT)	-	-	-	Outcome not 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

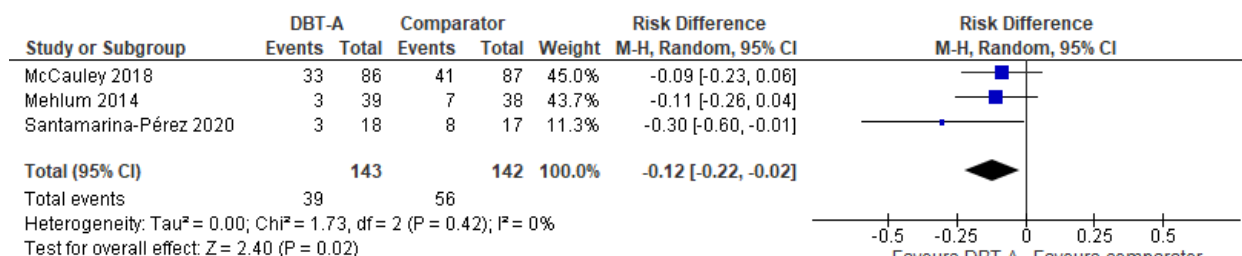
¹ Downrated –2 because of imprecision: few participants

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

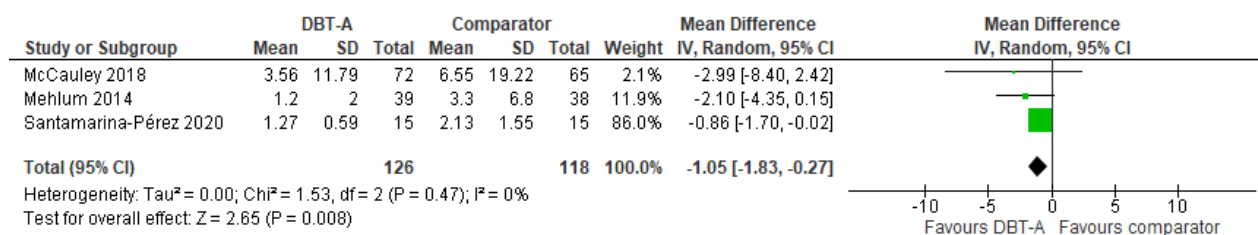
Figure 8 Number of participants with self-harm* at post-intervention.



*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.



*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.

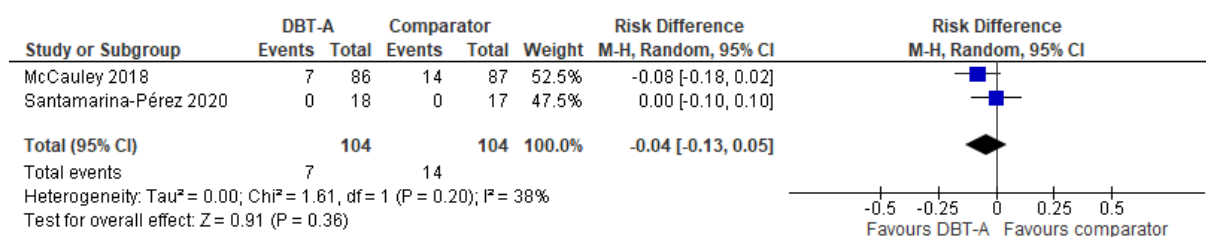
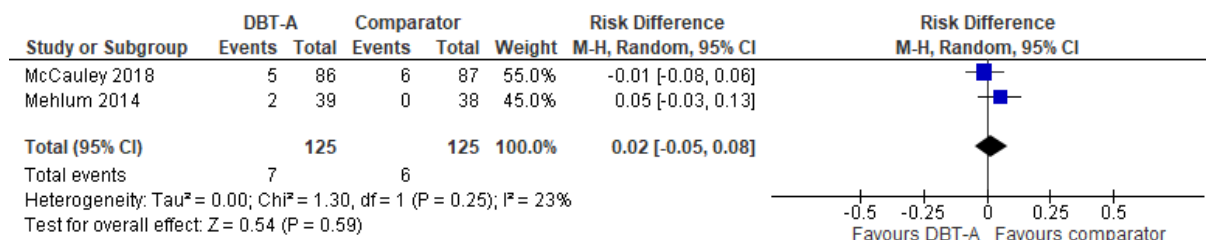
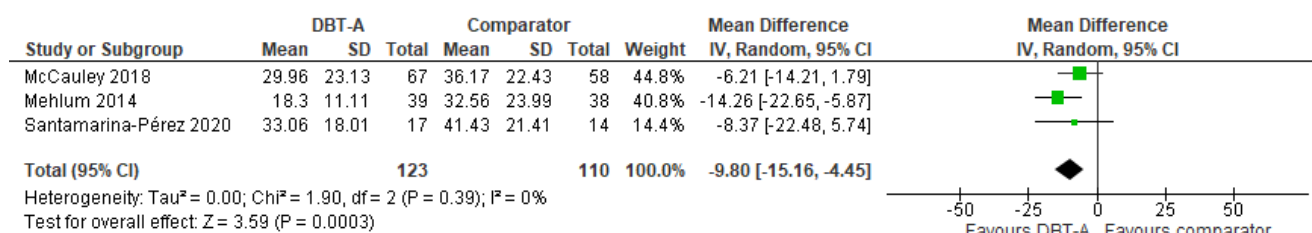
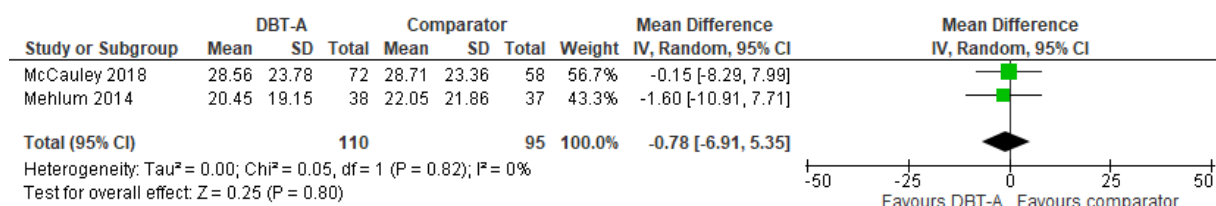


Figure 11 Number of participants with suicide attempts at 12–19 months* post-allocation.

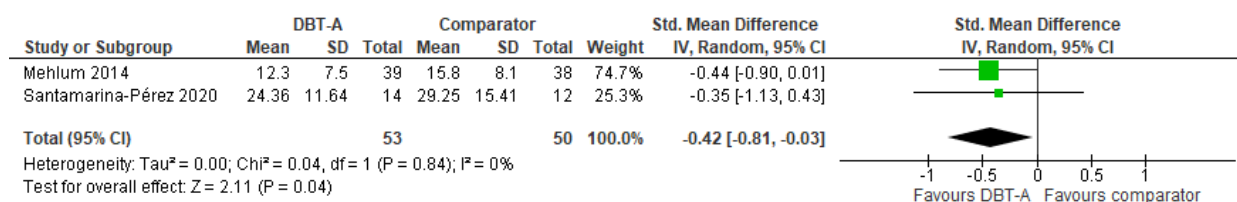
Mehlum 2014: 19 months (71 weeks) post-allocation; McCaughey 2018: 12 months post-allocation

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

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

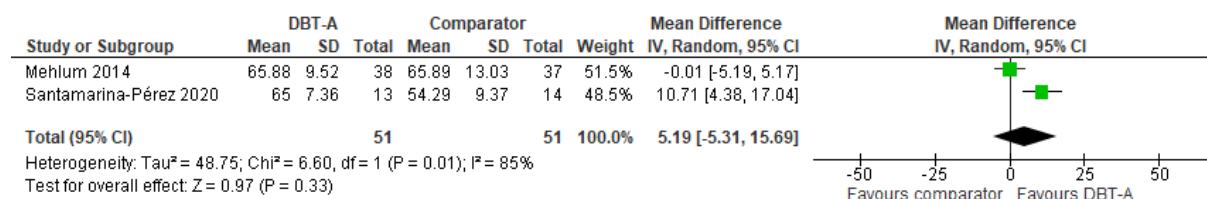
Figure 13 Suicidal ideation (SIQ-JR) at 12–19 months post-allocation.

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

Figure 14 Depression symptoms* at post-intervention.

*Mehlum 2014: MADRS; Santamarina-Pérez 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.

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

Summary of findings for DBT-A versus alternative psychotherapy

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 post-intervention	285 (3 RCT) [7-9]	RD= -0.12 (-0.22 to -0.02)	⊕⊕⊕⊖ Moderate	Imprecision ¹	DBT-A probably reduces outcome
Number of participants with self-harm at 12 months post-allocation	173 (1 RCT) [7]	RD= -0.03 (-0.17 to 0.11)	⊕⊖⊖⊖ Very low	Imprecision ²	
Frequency of self-harm at post-intervention	244 (3 RCT) [7-9]	MD= -1.05 (-1.83 to -0.27)	⊕⊕⊕⊖ Moderate	Imprecision ¹	DBT-A probably reduces outcome
Frequency of self-harm at 12-19 months post-allocation	202 (2 RCT) [7, 10]	MD= -9.30 (-14.00 to -4.60) Mehlum 2016 OR=0.60 (0.24 to 1.52) McCauley 2018	⊕⊖⊖⊖ Very low	Imprecision ²	Metaanalysis not performed since data were reported on different formats
Frequency of self-harm at 3 years post-allocation	71 (1 RCT) [11]	MD=12.62 (-1.76 to 27.00)	⊕⊖⊖⊖ Very low	Imprecision ²	
Number of participants with suicide attempts at post-intervention	208 (2 RCT) [7, 9]	RD= -0.04 (-0.13 to 0.05)	⊕⊖⊖⊖ Very low	Imprecision ²	
Number of participants with suicide attempts at 12-19 months post-allocation	250 (2 RCT) [7, 11]	RD=0.02 (-0.05 to 0.08)	⊕⊖⊖⊖ Very low	Imprecision ²	

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

¹ Downrated –1 because of precision: few participants

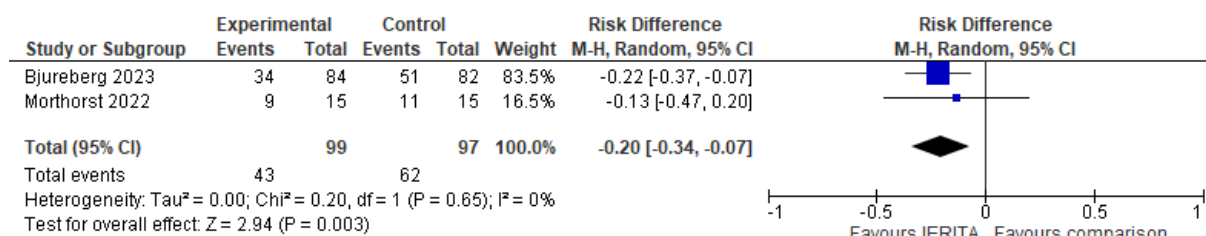
² Downrated –3 because of precision: non-significant results and few participants

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)

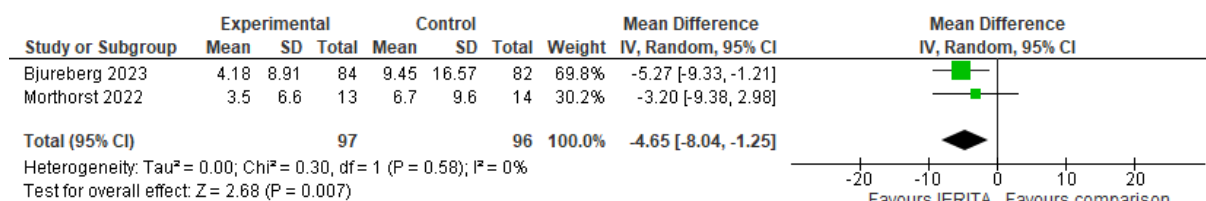
Metaanalyses

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

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

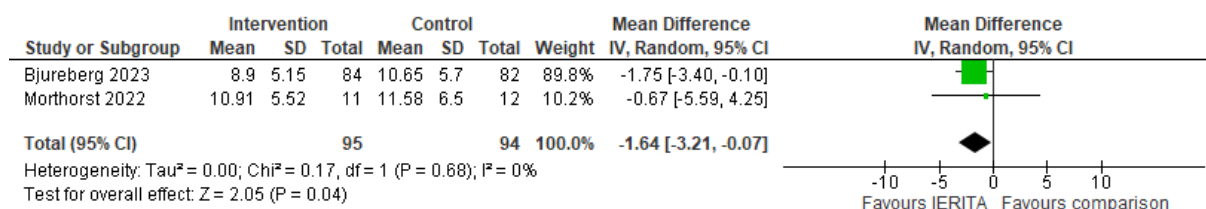
** Bjureberg 2023: Outcome was assessed 1 month post-treatment; Morthorst 2022: Outcome was assessed post-treatment. Treatment length was 12 weeks in both studies.

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

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

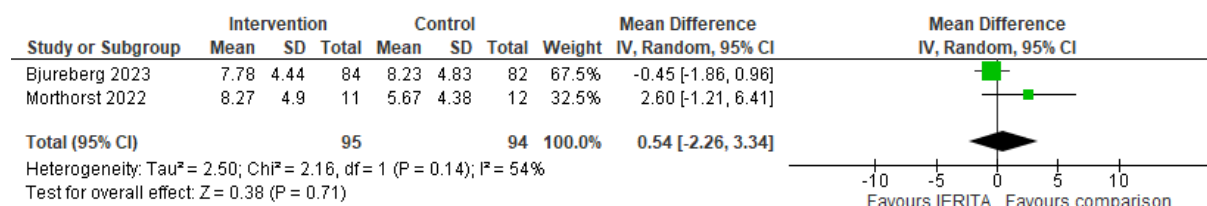
*Number of NSSI episodes within the last 4 weeks: Bjureberg 2023: clinicians-rated version of DSHI-Y; Morthorst 2022: self-reported DSHI-Y

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

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

*Data from Bjureberg 2023 were received upon request.

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

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

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

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

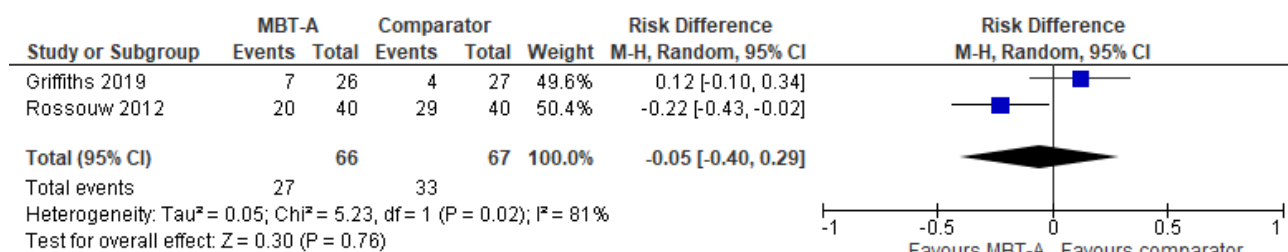
C-GAS = Children's Global Assessment Scale (range 1–100); **CI** = Confidence Interval; **DASS-21** = Depression, Anxiety and Stress Scale, 21 items (range 0–42); **GRADE** = The Grading of Recommendations Assessment, Development and Evaluation; **MD** = Mean Difference; **NSSI** = Non-Suicidal Self-Injury; **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**.



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

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

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.

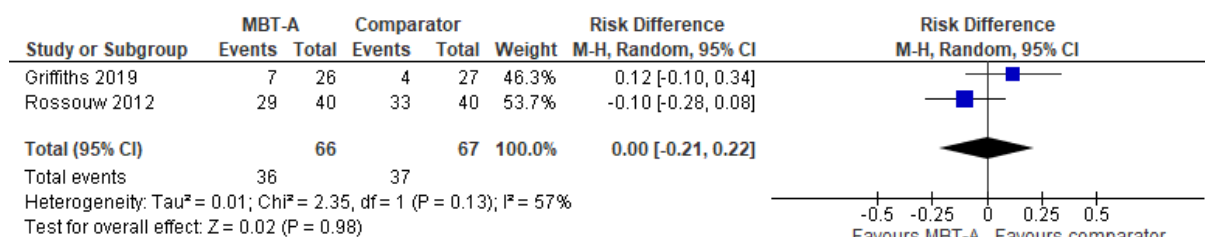


Figure 22 Number of participants with self-harm at 9 months post-allocation.

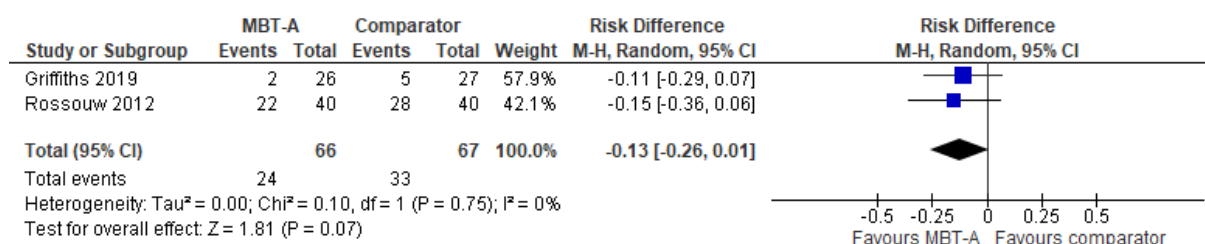
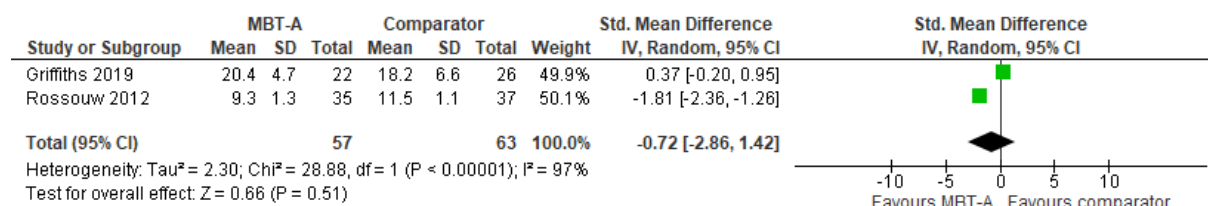
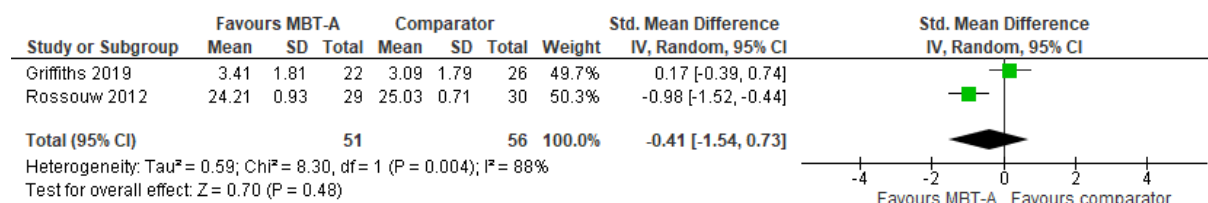


Figure 23 Depression scores at post-intervention.

*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*.

*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 suicidal 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 and 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.

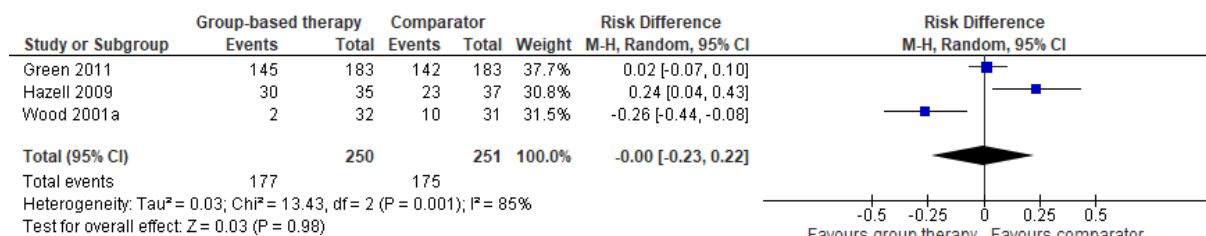
Outcome	Number of participants (Number of studies) Reference	Absolute effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
Self-harm	0 (0 RCT)	-	-	-	Outcome not reported in study
Number of participants with suicide attempts, at 1 year post-allocation	105 (1 RCT) [18]	RD= -0.06 (-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

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

Group therapy versus TAU

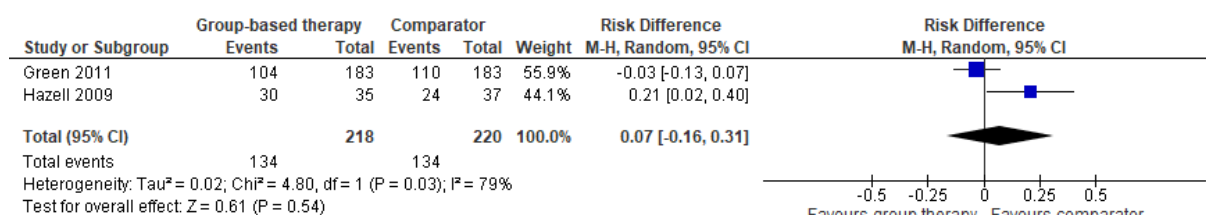
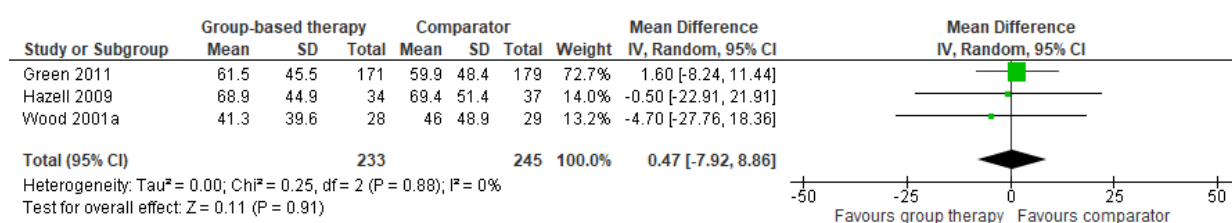
Metaanalyses

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

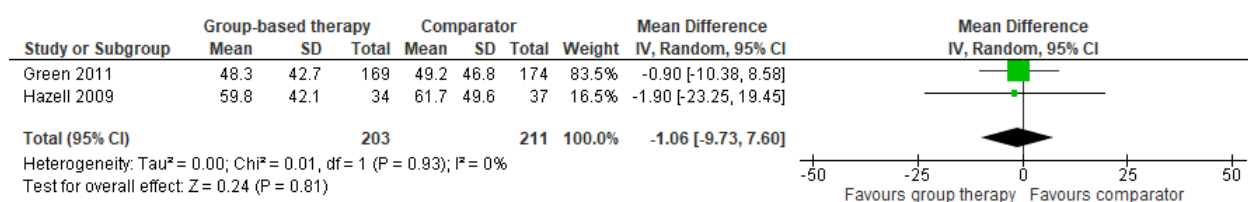
* All studies reported interviewed-assessed self-harm during last 6 months. No study reported SA or NSSI

** Post-intervention analysis was not performed since it was not clear in all studies when the interventions stopped

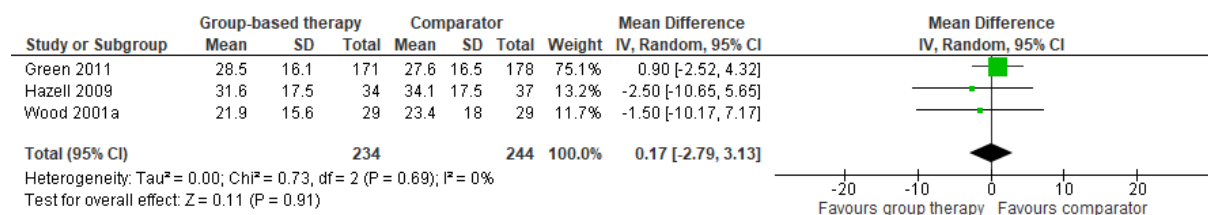
NSSI = Non-Suicidal Self-Injury; **SA** = Suicide Attempts

Figure 26 Repetition of self-harm at 12 months post-allocation.**Figure 27** Suicidal ideation scores (SIQ) at 6 months post-allocation.

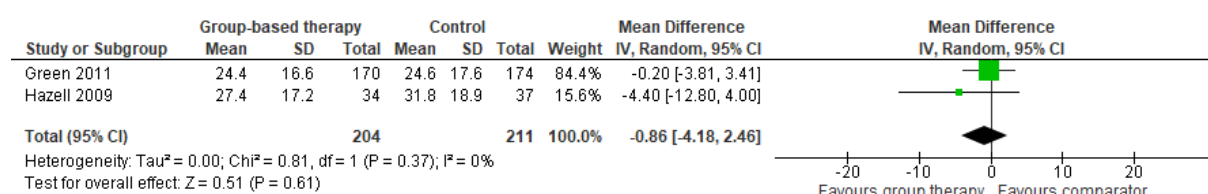
SIQ = Suicidal Ideation Questionnaire (range 0–180)

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

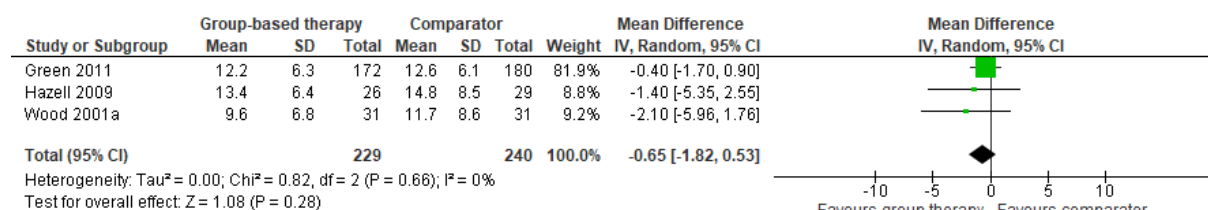
SIQ = Suicidal Ideation Questionnaire (range 0–180)

Figure 29 Depression scores (MFQ) at 6 months.

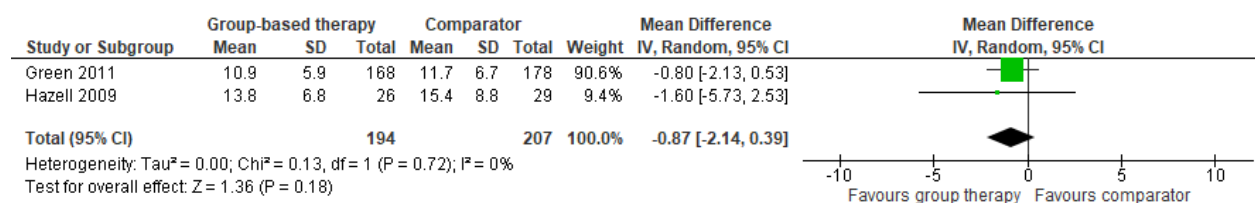
MFQ = Mood and Feelings Questionnaire (range 0–26)

Figure 30 Depression scores (MFQ) at 12 months.

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

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 participants (Number of studies) References	Effect (95% CI)	Certainty of the evidence (GRADE)	Downrating (GRADE)	Comment
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

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

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

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 –3 because of non-significant results and few participants

² Downrated –3 because of imprecision: very few events

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