

## APPENDIX 17C - GRADE EVIDENCE PROFILES FOR PSYCHOSOCIAL INTERVENTIONS

### 7.1.2a

**Question:** Should Psychological therapy versus TAU be used for people who self-harm?

| Quality assessment   |                   |                        |                                       |                                      |                        |                      | No of patients        |                 | Effect                 |  | Quality          | Importance |
|--|-------------------|------------------------|---------------------------------------|--------------------------------------|------------------------|----------------------|-----------------------|-----------------|------------------------|--|------------------|------------|
| No of studies  | Design            | Limitations            | Inconsistency                         | Indirectness                         | Imprecision            | Other considerations | Psychological therapy | TAU             | Relative (95% CI)      | Absolute   |                  |            |
| <b>Per protocol repetition of DSH 0-6 months</b>                             |                   |                        |                                       |                                      |                        |                      |                       |                 |                        |  |                  |            |
| 3  | randomised trials | no serious limitations | no serious inconsistency              | serious <sup>1,2</sup>               | serious <sup>3</sup>   | none                 | 8/93 (8.6%)           | 22/78 (28.2%)   | RR 0.33 (0.15 to 0.72) | 189 fewer per 1000 (from 79 fewer to 240 fewer)  | ⊕⊕○○<br>LOW      | CRITICAL   |
|  |                   |                        |                                       |                                      |                        |                      |                       | 27.9%           |                        | 187 fewer per 1000 (from 78 fewer to 237 fewer)  |                  |            |
| <b>Per protocol repetition of DSH 6-12 months</b>                            |                   |                        |                                       |                                      |                        |                      |                       |                 |                        |  |                  |            |
| 5  | randomised trials | no serious limitations | no serious inconsistency              | no serious indirectness <sup>4</sup> | serious <sup>5</sup>   | none                 | 148/537 (27.6%)       | 165/530 (31.1%) | RR 0.89 (0.76 to 1.06) | 34 fewer per 1000 (from 75 fewer to 19 more)     | ⊕⊕⊕○<br>MODERATE | CRITICAL   |
|  |                   |                        |                                       |                                      |                        |                      |                       | 24.4%           |                        | 27 fewer per 1000 (from 59 fewer to 15 more)     |                  |            |
| <b>Per protocol repetition of DSH over 12 months</b>                         |                   |                        |                                       |                                      |                        |                      |                       |                 |                        |  |                  |            |
| 2  | randomised trials | no serious limitations | no serious inconsistency              | serious <sup>1</sup>                 | serious <sup>3</sup>   | none                 | 16/57 (28.1%)         | 27/48 (56.3%)   | RR 0.5 (0.31 to 0.82)  | 281 fewer per 1000 (from 101 fewer to 388 fewer) | ⊕⊕○○<br>LOW      | CRITICAL   |
|  |                   |                        |                                       |                                      |                        |                      |                       | 53.8%           |                        | 269 fewer per 1000 (from 97 fewer to 371 fewer)  |                  |            |
| <b>Per protocol repetition of DSH last follow up (follow-up 0-18 months)</b> |                   |                        |                                       |                                      |                        |                      |                       |                 |                        |  |                  |            |
| 9  | randomised trials | no serious limitations | no serious inconsistency <sup>6</sup> | serious <sup>1,2</sup>               | no serious imprecision | none                 | 172/675 (25.5%)       | 211/648 (32.6%) | RR 0.76 (0.61 to 0.96) | 78 fewer per 1000 (from 13 fewer to 127 fewer)   | ⊕⊕⊕○<br>MODERATE | CRITICAL   |
|  |                   |                        |                                       |                                      |                        |                      |                       | 27.9%           |                        | 67 fewer per 1000 (from 11 fewer to 109 fewer)   |                  |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

|   |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
|---|-------------------|------------------------|--------------------------|--------------------------------------|------------------------|------|----------------|----------------|------------------------|---|------------------|-----------|--|
|   |                   |                        |                          |                                      |                        |      |                |                |                        |   | fewer)           |           |  |
| <b>Depression scores at 6 months (Better indicated by lower values)</b>             |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 4   | randomised trials | no serious limitations | serious <sup>7</sup>     | no serious indirectness <sup>4</sup> | serious <sup>5</sup>   | none | 332            | 328            | -                      | SMD 0.33 lower (0.71 lower to 0.05 higher)    | ⊕⊕⊕⊕<br>LOW      | IMPORTANT |  |
| <b>Depression scores at 12 months (Better indicated by lower values)</b>            |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 5   | randomised trials | no serious limitations | serious <sup>8</sup>     | no serious indirectness <sup>4</sup> | serious <sup>5</sup>   | none | 329            | 327            | -                      | SMD 0.54 lower (1.01 to 0.07 lower)           | ⊕⊕⊕⊕<br>LOW      | IMPORTANT |  |
| <b>Depression scores over 12 months (Better indicated by lower values)</b>          |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 2   | randomised trials | no serious limitations | no serious inconsistency | serious <sup>1</sup>                 | serious <sup>5</sup>   | none | 114            | 111            | -                      | SMD 0.22 lower (0.48 lower to 0.05 higher)    | ⊕⊕⊕⊕<br>LOW      | IMPORTANT |  |
| <b>Depression scores at last follow up (Better indicated by lower values)</b>       |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 7   | randomised trials | no serious limitations | serious <sup>7</sup>     | serious <sup>1,2</sup>               | no serious imprecision | none | 441            | 437            | -                      | SMD 0.43 lower (0.73 to 0.12 lower)           | ⊕⊕⊕⊕<br>LOW      | IMPORTANT |  |
| <b>Hopelessness scores during 0-6 months (Better indicated by lower values)</b>     |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 3   | randomised trials | no serious limitations | no serious inconsistency | no serious indirectness              | serious <sup>9</sup>   | none | 83             | 66             | -                      | SMD 0.52 lower (0.86 to 0.18 lower)           | ⊕⊕⊕⊕<br>MODERATE | IMPORTANT |  |
| <b>Hopelessness scores at 12 months (Better indicated by lower values)</b>          |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 2   | randomised trials | no serious limitations | serious <sup>7</sup>     | serious <sup>1</sup>                 | serious <sup>9</sup>   | none | 61             | 60             | -                      | SMD 0.7 lower (1.76 lower to 0.35 higher)     | ⊕⊕⊕⊕<br>VERY LOW | IMPORTANT |  |
| <b>No. of participants with improved problems at 4 months</b>                       |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 2   | randomised trials | no serious limitations | no serious inconsistency | serious <sup>1</sup>                 | serious <sup>3</sup>   | none | 99/119 (83.2%) | 72/112 (64.3%) | RR 1.28 (1.09 to 1.49) | 180 more per 1000 (from 58 more to 315 more)  | ⊕⊕⊕⊕<br>LOW      | IMPORTANT |  |
|   |                   |                        |                          |                                      |                        |      |                | 61.3%          |                        | 172 more per 1000 (from 55 more to 300 more)  |                  |           |  |
| <b>No. of participants with improved problems at last follow up</b>                 |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 2   | randomised trials | no serious limitations | serious <sup>8</sup>     | serious <sup>1</sup>                 | serious <sup>3,5</sup> | none | 88/103 (85.4%) | 66/108 (61.1%) | RR 1.32 (0.89 to 1.96) | 196 more per 1000 (from 67 fewer to 587 more) | ⊕⊕⊕⊕<br>VERY LOW | IMPORTANT |  |
|   |                   |                        |                          |                                      |                        |      |                | 64.5%          |                        | 206 more per 1000 (from 71 fewer to 619 more) |                  |           |  |
| <b>Suicide ideation scores during 0-6 months (Better indicated by lower values)</b> |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 3   | randomised trials | no serious limitations | no serious inconsistency | serious <sup>1,2</sup>               | serious <sup>9</sup>   | none | 80             | 62             | -                      | SMD 0.54 lower (0.92 to 0.16 lower)           | ⊕⊕⊕⊕<br>LOW      | IMPORTANT |  |
| <b>Suicides at last follow up</b>   |                   |                        |                          |                                      |                        |      |                |                |                        |   |                  |           |  |
| 8   | randomised        |                        |                          |                                      |                        | none | 2/532 (0.38%)  | 7/511          | not pooled             | not pooled                                    |                  |           |  |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

|  |        |  |  |  |  |  |  |        |  |            |  |  |
|--|--------|--|--|--|--|--|--|--------|--|------------|--|--|
|  | trials |  |  |  |  |  |  | (1.4%) |  |            |  |  |
|  |        |  |  |  |  |  |  | 0%     |  | not pooled |  |  |

<sup>1</sup> Treatment conducted in different settings (home or outpatient); No. of sessions varies

<sup>2</sup> Also, treatment modalities differ across studies (Problem-solving; Psychodynamic interpersonal; Cognitive behavioural therapies)

<sup>3</sup> Total sample size is lower than 300 participants

<sup>4</sup> Majority outpatient based treatments

<sup>5</sup> Not statistically significant

<sup>6</sup> 30% heterogeneity

<sup>7</sup> Moderate heterogeneity (50 to 79%)

<sup>8</sup> High heterogeneity (over 80%)

<sup>9</sup> Total sample size is lower than 400 participants

### 7.1.2b(i)

**Question:** Should Intensive intervention versus TAU be used for people who self-harm?

| Quality assessment                                      |                   |                        |                      |                         |                      |                      | No of patients         |                | Effect                 |  | Quality     | Importance |
|---|-------------------|------------------------|----------------------|-------------------------|----------------------|----------------------|------------------------|----------------|------------------------|--|-------------|------------|
| No of studies   | Design            | Limitations            | Inconsistency        | Indirectness            | Imprecision          | Other considerations | Intensive intervention | TAU            | Relative (95% CI)      | Absolute                                       |             |            |
| <b>Per protocol repetition of DSH at last follow up</b> |                   |                        |                      |                         |                      |                      |                        |                |                        |  |             |            |
| 2   | randomised trials | no serious limitations | serious <sup>1</sup> | no serious indirectness | serious <sup>2</sup> | none                 | 25/125 (20%)           | 28/120 (23.3%) | RR 0.67 (0.18 to 2.49) | 77 fewer per 1000 (from 191 fewer to 348 more) | ⊕⊕⊕⊕<br>LOW | CRITICAL   |
|   |                   |                        |                      |                         |                      |                      |                        | 15.8%          |                        | 52 fewer per 1000 (from 130 fewer to 235 more) |             |            |
| <b>Suicides during F/U</b>                              |                   |                        |                      |                         |                      |                      |                        |                |                        |  |             |            |
| 1   | randomised trials |                        |                      |                         |                      | none                 | 3/76 (3.9%)            | 1/74 (1.4%)    | RR 1.24 (0.21 to 7.3)  | 3 more per 1000 (from 11 fewer to 85 more)     |             | CRITICAL   |
|   |                   |                        |                      |                         |                      |                      |                        | 1.4%           |                        | 3 more per 1000 (from 11 fewer to 88 more)     |             |            |
| <b>Attendance at treatment at 12 mths</b>               |                   |                        |                      |                         |                      |                      |                        |                |                        |  |             |            |
| 1   | randomised trials |                        |                      |                         |                      | none                 | 119/140 (85%)          | 64/143 (44.8%) | not pooled             | not pooled                                     |             |            |
|   |                   |                        |                      |                         |                      |                      |                        | 44.8%          |                        | not pooled                                     |             |            |
| <b>Attendance (Better indicated by lower values)</b>    |                   |                        |                      |                         |                      |                      |                        |                |                        |  |             |            |
| 1   | randomised trials |                        |                      |                         |                      | none                 | 140                    | 134            | -                      | not pooled                                     |             |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

| Depression (Better indicated by lower values)   |                   |                        |  |  |                        |      |    |    |   |  |  |  |
|---|-------------------|------------------------|--|--|------------------------|------|----|----|---|--|--|--|
| 1   | randomised trials | no serious limitations |  |  | serious <sup>2,3</sup> | none | 94 | 50 | - | SMD 0.31 lower (0.66 lower to 0.03 higher) |  |  |
| Hopelessness (Better indicated by lower values) |                   |                        |  |  |                        |      |    |    |   |  |  |  |
| 1   | randomised trials | no serious limitations |  |  | serious <sup>2,3</sup> | none | 94 | 50 | - | SMD 0.26 lower (0.61 lower to 0.08 higher) |  |  |

<sup>1</sup> Moderate heterogeneity (50-79%)

<sup>2</sup> Not statistically significant

<sup>3</sup> Total sample size is lower than 400 participants

### 7.1.2b(ii)

**Question:** Should Emergency card versus TAU be used for people who self-harm?

| Quality assessment             |                   |                        |                      |                         |                      |                      | No of patients |                | Effect                 |  | Quality     | Importance |
|--------------------------------|-------------------|------------------------|----------------------|-------------------------|----------------------|----------------------|----------------|----------------|------------------------|--|-------------|------------|
| No of studies                  | Design            | Limitations            | Inconsistency        | Indirectness            | Imprecision          | Other considerations | Emergency card | TAU            | Relative (95% CI)      | Absolute                                       |             |            |
| Repetition of DSH at 12 months |                   |                        |                      |                         |                      |                      |                |                |                        |  |             |            |
| 2                              | randomised trials | no serious limitations | serious <sup>1</sup> | no serious indirectness | serious <sup>2</sup> | none                 | 95/518 (18.3%) | 89/521 (17.1%) | RR 0.83 (0.35 to 1.97) | 29 fewer per 1000 (from 111 fewer to 166 more) | ⊕⊕⊕⊕<br>LOW |            |
|                                |                   |                        |                      |                         |                      |                      |                | 14.8%          |                        | 25 fewer per 1000 (from 96 fewer to 144 more)  |             |            |
| Suicides                       |                   |                        |                      |                         |                      |                      |                |                |                        |  |             |            |
| 2                              | randomised trials |                        |                      |                         |                      | none                 | 2/518 (0.39%)  | 1/521 (0.19%)  | not pooled             | not pooled                                     |             |            |
|                                |                   |                        |                      |                         |                      |                      |                | 0.1%           |                        | not pooled                                     |             |            |

<sup>1</sup> Moderate heterogeneity (50-79%)

<sup>2</sup> Not statistically significant

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

7.1.2b(iii)

**Question:** Should Telephone contact versus TAU be used for people who self-harm?

| Quality assessment   |                   |                        |                          |                         |                      |                      | No of patients    |                | Effect                 |  | Quality          | Importance                                    |
|--|-------------------|------------------------|--------------------------|-------------------------|----------------------|----------------------|-------------------|----------------|------------------------|--|------------------|---|
| No of studies  | Design            | Limitations            | Inconsistency            | Indirectness            | Imprecision          | Other considerations | Telephone contact | TAU            | Relative (95% CI)      | Absolute                                     |                  |   |
| <b>Suicide at last follow up</b>                             |                   |                        |                          |                         |                      |                      |                   |                |                        |  |                  |   |
| 2  | randomised trials |                        |                          |                         |                      | none                 | 2/400 (0.5%)      | 3/421 (0.71%)  | not pooled             | not pooled                                   |                  |   |
|  |                   |                        |                          |                         |                      |                      |                   | 0.8%           |                        |  | not pooled       |   |
| <b>Repetition of DSH - Between 3-12 months</b>               |                   |                        |                          |                         |                      |                      |                   |                |                        |  |                  |   |
| 2  | randomised trials | no serious limitations | no serious inconsistency | no serious indirectness | serious <sup>1</sup> | none                 | 34/253 (13.4%)    | 74/421 (17.6%) | RR 0.72 (0.45 to 1.16) | 49 fewer per 1000 (from 97 fewer to 28 more) | ⊕⊕⊕○<br>MODERATE |   |
|  |                   |                        |                          |                         |                      |                      |                   | 18.9%          |                        |  |                  | 53 fewer per 1000 (from 104 fewer to 30 more) |
| <b>Repetition of DSH - Between 1-12 months</b>               |                   |                        |                          |                         |                      |                      |                   |                |                        |  |                  |   |
| 2  | randomised trials | no serious limitations | no serious inconsistency | no serious indirectness | serious <sup>1</sup> | none                 | 38/254 (15%)      | 74/421 (17.6%) | RR 0.95 (0.48 to 1.87) | 9 fewer per 1000 (from 91 fewer to 153 more) | ⊕⊕⊕○<br>MODERATE |   |
|  |                   |                        |                          |                         |                      |                      |                   | 13.8%          |                        |  |                  | 7 fewer per 1000 (from 72 fewer to 120 more)  |
| <b>Attendance (at least once during 12 months follow up)</b> |                   |                        |                          |                         |                      |                      |                   |                |                        |  |                  |   |
| 1  | randomised trials |                        |                          |                         |                      | none                 | 60/83 (72.3%)     | 58/89 (65.2%)  | not pooled             | not pooled                                   |                  |   |
|  |                   |                        |                          |                         |                      |                      |                   | 65.2%          |                        |  | not pooled       |   |

<sup>1</sup> Not statistically significant

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

7.1.2b(iv)

**Question:** Should Postcards plus TAU versus TAU be used for people who self-harm?

| Quality assessment                                      |                   |                        |                          |                         |                      |                      | No of patients     |                 | Effect                 |  | Quality          | Importance |
|---|-------------------|------------------------|--------------------------|-------------------------|----------------------|----------------------|--------------------|-----------------|------------------------|--|------------------|------------|
| No of studies   | Design            | Limitations            | Inconsistency            | Indirectness            | Imprecision          | Other considerations | Postcards plus TAU | TAU             | Relative (95% CI)      | Absolute                                     |                  |            |
| <b>Repetition of DSH - During 12 months after study</b> |                   |                        |                          |                         |                      |                      |                    |                 |                        |  |                  |            |
| 2   | randomised trials | no serious limitations | no serious inconsistency | no serious indirectness | serious <sup>1</sup> | none                 | 98/531 (18.5%)     | 115/568 (20.2%) | RR 0.92 (0.73 to 1.18) | 16 fewer per 1000 (from 55 fewer to 36 more) | ⊕⊕⊕○<br>MODERATE |            |
|   |                   |                        |                          |                         |                      |                      |                    | 22.1%           |                        | 18 fewer per 1000 (from 60 fewer to 40 more) |                  |            |
| <b>Repetition of DSH - After 24 months after study</b>  |                   |                        |                          |                         |                      |                      |                    |                 |                        |  |                  |            |
| 1   | randomised trials | no serious limitations |                          |                         | serious <sup>1</sup> | none                 | 80/378 (21.2%)     | 90/394 (22.8%)  | RR 0.93 (0.71 to 1.21) | 16 fewer per 1000 (from 66 fewer to 48 more) |                  |            |
|   |                   |                        |                          |                         |                      |                      |                    | 22.8%           |                        | 16 fewer per 1000 (from 66 fewer to 48 more) |                  |            |
| <b>Suicide - During 12 mths after study</b>             |                   |                        |                          |                         |                      |                      |                    |                 |                        |  |                  |            |
| 1   | randomised trials | no serious limitations |                          |                         |                      | none                 | 2/378 (0.53%)      | 4/394 (1%)      | not pooled             | not pooled                                   |                  |            |
|   |                   |                        |                          |                         |                      |                      |                    | 0%              |                        | not pooled                                   |                  |            |
| <b>Suicide - After 24 mths after study</b>              |                   |                        |                          |                         |                      |                      |                    |                 |                        |  |                  |            |
| 1   | randomised trials |                        |                          |                         |                      | none                 | 2/378 (0.53%)      | 5/394 (1.3%)    | not pooled             | not pooled                                   |                  |            |
|   |                   |                        |                          |                         |                      |                      |                    | 0%              |                        | not pooled                                   |                  |            |

<sup>1</sup> Not statistically significant

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

## 7.1.4a

**Question:** Should Interpersonal Problem Solving versus Brief problem-orient therapy be used for people who self-harm?

| Quality assessment   |                   |                        |               |              |                        |                      | No of patients          |                           | Effect                 |  | Quality | Importance |
|--|-------------------|------------------------|---------------|--------------|------------------------|----------------------|-------------------------|---------------------------|------------------------|--|---------|------------|
| No of studies  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Interpersonal Prob Solv | Brief prob-orient therapy | Relative (95% CI)      | Absolute                                       |         |            |
| <b>Repetition within 1 year of treatment</b>                           |                   |                        |               |              |                        |                      |                         |                           |                        |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 4/19 (21.1%)            | 5/20 (25%)                | RR 0.84 (0.27 to 2.67) | 40 fewer per 1000 (from 183 fewer to 418 more) |         |            |
|  |                   |                        |               |              |                        |                      |                         | 25%                       |                        | 40 fewer per 1000 (from 183 fewer to 418 more) |         |            |
| <b>Hopelessness during 6 months (Better indicated by lower values)</b> |                   |                        |               |              |                        |                      |                         |                           |                        |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1,3</sup> | none                 | 17                      | 16                        | -                      | SMD 0.07 higher (0.62 lower to 0.75 higher)    |         |            |
| <b>Attendance</b>  |                   |                        |               |              |                        |                      |                         |                           |                        |  |         |            |
| 1  | randomised trials | no serious limitations |               |              |                        | none                 | 17/19 (89.5%)           | 17/20 (85%)               | not pooled             | not pooled                                     |         |            |
|  |                   |                        |               |              |                        |                      |                         | 85%                       |                        | not pooled                                     |         |            |

<sup>1</sup> not statistically significant

<sup>2</sup> Total sample size is lower than 300 participants

<sup>3</sup> Total sample size is lower than 400 participants

## 7.1.4b

**Question:** Should Inpatient behaviour therapy versus insight oriented therapy be used for people who self-harm?

| Quality assessment   |                   |                        |               |              |                        |                      | No of patients              |                          | Effect                |  | Quality | Importance |
|--|-------------------|------------------------|---------------|--------------|------------------------|----------------------|-----------------------------|--------------------------|-----------------------|--|---------|------------|
| No of studies  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Inpatient behaviour therapy | Insight oriented therapy | Relative (95% CI)     | Absolute                                       |         |            |
| <b>Repetition during 24 months follow up</b>                     |                   |                        |               |              |                        |                      |                             |                          |                       |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 2/12 (16.7%)                | 3/12 (25%)               | RR 0.67 (0.13 to 3.3) | 82 fewer per 1000 (from 218 fewer to 575 more) |         |            |
|  |                   |                        |               |              |                        |                      |                             | 25%                      |                       | 82 fewer per 1000 (from 218 fewer to 575 more) |         |            |
| <b>Depression at 24 weeks (Better indicated by lower values)</b> |                   |                        |               |              |                        |                      |                             |                          |                       |  |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

|   |                   |                        |  |  |                      |      |    |    |   |                                     |  |  |
|---|-------------------|------------------------|--|--|----------------------|------|----|----|---|-------------------------------------|--|--|
| 1 | randomised trials | no serious limitations |  |  | serious <sup>2</sup> | none | 12 | 12 | - | SMD 0.98 lower (1.84 to 0.12 lower) |  |  |
|---|-------------------|------------------------|--|--|----------------------|------|----|----|---|-------------------------------------|--|--|

<sup>1</sup> not statistically significant

<sup>2</sup> total sample size is below 300

### 7.1.4c

**Question:** Should long term therapy versus short term therapy be used for people who self-harm?

| Quality assessment             |                   |                        |               |              |                        |                      | No of patients    |                    | Effect              |   | Quality | Importance |
|--------------------------------|-------------------|------------------------|---------------|--------------|------------------------|----------------------|-------------------|--------------------|---------------------|---|---------|------------|
| No of studies                  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Long term therapy | Short term therapy | Relative (95% CI)   | Absolute                                      |         |            |
| <b>Repetition at 12 months</b> |                   |                        |               |              |                        |                      |                   |                    |                     |   |         |            |
| 1                              | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 9/40 (22.5%)      | 9/40 (22.5%)       | RR 1 (0.44 to 2.26) | 0 fewer per 1000 (from 126 fewer to 283 more) |         |            |
|                                |                   |                        |               |              |                        |                      |                   | 22.5%              |                     | 0 fewer per 1000 (from 126 fewer to 283 more) |         |            |

<sup>1</sup> not statistically significant

<sup>2</sup> total sample size smaller than 300

### 7.1.4d

**Question:** Should Same versus different therapist be used for people who self-harm?

| Quality assessment  |                   |                        |               |              |                        |                      | No of patients |                     | Effect                 |   | Quality | Importance |
|---|-------------------|------------------------|---------------|--------------|------------------------|----------------------|----------------|---------------------|------------------------|---|---------|------------|
| No of studies   | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Same           | Different therapist | Relative (95% CI)      | Absolute                                      |         |            |
| <b>Repetition at 12 months</b>                                  |                   |                        |               |              |                        |                      |                |                     |                        |   |         |            |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 3/70 (4.3%)    | 9/66 (13.6%)        | RR 0.31 (0.09 to 1.11) | 94 fewer per 1000 (from 124 fewer to 15 more) |         |            |
|   |                   |                        |               |              |                        |                      |                | 13.6%               |                        | 94 fewer per 1000 (from 124 fewer to 15 more) |         |            |
| <b>Depression at 12 mths (Better indicated by lower values)</b> |                   |                        |               |              |                        |                      |                |                     |                        |   |         |            |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 65             | 62                  | -                      | SMD 0.17 lower (0.52 lower to 0.18 higher)    |         |            |
| <b>Attendance at least once</b>                                 |                   |                        |               |              |                        |                      |                |                     |                        |   |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study



|                |                   |                        |  |  |  |      |               |               |                        |   |  |  |
|----------------|-------------------|------------------------|--|--|--|------|---------------|---------------|------------------------|---|--|--|
| 1              | randomised trials | no serious limitations |  |  |  | none | 49/68 (72.1%) | 36/73 (49.3%) | not pooled             | not pooled                                    |  |  |
|                |                   |                        |  |  |  |      |               | 49.3%         |                        | not pooled                                    |  |  |
| <b>Suicide</b> |                   |                        |  |  |  |      |               |               |                        |   |  |  |
| 1              | randomised trials | no serious limitations |  |  |  | none | 2/70 (2.9%)   | 3/66 (4.5%)   | RR 0.63 (0.11 to 3.64) | 17 fewer per 1000 (from 40 fewer to 120 more) |  |  |
|                |                   |                        |  |  |  |      |               | 4.6%          |                        | 17 fewer per 1000 (from 41 fewer to 121 more) |  |  |

<sup>1</sup> not statistically significant

<sup>2</sup> total sample size smaller than 300

### 7.1.4e

**Question:** Should Home versus Outpatient interventions be used for people who self-harm?

| Quality assessment             |                   |                        |               |              |                        |                      | No of patients |                          | Effect                 |  | Quality | Importance |
|--------------------------------|-------------------|------------------------|---------------|--------------|------------------------|----------------------|----------------|--------------------------|------------------------|--|---------|------------|
| No of studies                  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Home           | Outpatient interventions | Relative (95% CI)      | Absolute                                       |         |            |
| <b>Repetition</b>              |                   |                        |               |              |                        |                      |                |                          |                        |  |         |            |
| 1                              | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 5/48 (10.4%)   | 7/48 (14.6%)             | RR 0.71 (0.24 to 2.09) | 42 fewer per 1000 (from 111 fewer to 159 more) |         |            |
|                                |                   |                        |               |              |                        |                      |                | 14.6%                    |                        | 42 fewer per 1000 (from 111 fewer to 159 more) |         |            |
| <b>Attendance in treatment</b> |                   |                        |               |              |                        |                      |                |                          |                        |  |         |            |
| 1                              | randomised trials | no serious limitations |               |              |                        | none                 | 45/48 (93.8%)  | 35/48 (72.9%)            | not pooled             | not pooled                                     |         |            |
|                                |                   |                        |               |              |                        |                      |                | 72.9%                    |                        | not pooled                                     |         |            |

<sup>1</sup> not statistically significant

<sup>2</sup> total sample size is smaller than 300

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

7.1.4f

**Question:** Should General hospital admission versus discharge be used for people who self-harm?

| Quality assessment   |                   |                        |               |              |                        |                      | No of patients             |              | Effect                 |   | Quality | Importance |
|--|-------------------|------------------------|---------------|--------------|------------------------|----------------------|----------------------------|--------------|------------------------|---|---------|------------|
| No of studies  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | General hospital admission | Discharge    | Relative (95% CI)      | Absolute                                      |         |            |
| <b>Repetition at 4 months</b>  |                   |                        |               |              |                        |                      |                            |              |                        |   |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 3/38 (7.9%)                | 4/39 (10.3%) | RR 0.77 (0.18 to 3.21) | 24 fewer per 1000 (from 84 fewer to 227 more) |         |            |
|  |                   |                        |               |              |                        |                      |                            | 10.3%        |                        | 24 fewer per 1000 (from 84 fewer to 228 more) |         |            |
| <b>Suicide ideation at 4 mths (Better indicated by lower values)</b> |                   |                        |               |              |                        |                      |                            |              |                        |   |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 27                         | 25           | -                      | SMD 0.28 higher (0.26 lower to 0.83 higher)   |         |            |

<sup>1</sup> not statistically significant

<sup>2</sup> total sample size smaller than 300

7.1.4g

**Question:** Should Compliance enhance versus TAU be used for people who self-harm?

| Quality assessment             |                   |                        |               |              |                      |                      | No of patients     |                | Effect                 |  | Quality | Importance |
|--------------------------------|-------------------|------------------------|---------------|--------------|----------------------|----------------------|--------------------|----------------|------------------------|--|---------|------------|
| No of studies                  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision          | Other considerations | Compliance enhance | TAU            | Relative (95% CI)      | Absolute                                     |         |            |
| <b>Repetition at 12 months</b> |                   |                        |               |              |                      |                      |                    |                |                        |  |         |            |
| 1                              | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 21/196 (10.7%)     | 34/195 (17.4%) | RR 0.61 (0.37 to 1.02) | 68 fewer per 1000 (from 110 fewer to 3 more) |         |            |
|                                |                   |                        |               |              |                      |                      |                    | 17.4%          |                        | 68 fewer per 1000 (from 110 fewer to 3 more) |         |            |
| <b>suicides</b>                |                   |                        |               |              |                      |                      |                    |                |                        |  |         |            |
| 1                              | randomised trials | no serious limitations |               |              |                      | none                 | 6/196 (3.1%)       | 7/195 (3.6%)   | not pooled             | not pooled                                   |         |            |
|                                |                   |                        |               |              |                      |                      |                    | 3.6%           |                        | not pooled                                   |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

<sup>1</sup> Not statistically significant

### 7.1.4h

**Question:** Should Case management versus Routine care be used for people who self-harm?

| Quality assessment                             |                   |                        |               |              |                      |                      | No of patients  |                | Effect                 |  | Quality | Importance |
|--|-------------------|------------------------|---------------|--------------|----------------------|----------------------|-----------------|----------------|------------------------|--|---------|------------|
| No of studies                                  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision          | Other considerations | Case management | Routine care   | Relative (95% CI)      | Absolute                                     |         |            |
| <b>Readmission for repetition DSH</b>          |                   |                        |               |              |                      |                      |                 |                |                        |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 19/220 (8.6%)   | 25/247 (10.1%) | RR 0.85 (0.48 to 1.51) | 15 fewer per 1000 (from 53 fewer to 52 more) |         |            |
|  |                   |                        |               |              |                      |                      |                 | 10.1%          |                        | 15 fewer per 1000 (from 53 fewer to 52 more) |         |            |
| <b>Multiple Readmission for repetition DSH</b> |                   |                        |               |              |                      |                      |                 |                |                        |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 9/220 (4.1%)    | 2/247 (0.8%)   | RR 5.05 (1.1 to 23.13) | 33 more per 1000 (from 1 more to 179 more)   |         |            |
|  |                   |                        |               |              |                      |                      |                 | 0.8%           |                        | 32 more per 1000 (from 1 more to 177 more)   |         |            |
| <b>Suicides at 36 mths follow up</b>           |                   |                        |               |              |                      |                      |                 |                |                        |  |         |            |
| 1  | randomised trials | no serious limitations |               |              |                      | none                 | 1/220 (0.45%)   | 1/247 (0.4%)   | not pooled             | not pooled                                   |         |            |
|  |                   |                        |               |              |                      |                      |                 | 0.4%           |                        | not pooled                                   |         |            |

<sup>1</sup> Not statistically significant

### 7.1.4i

**Question:** Should Supportive contact versus TAU be used for people who self-harm?

| Quality assessment                    |                   |                        |               |              |                      |                      | No of patients     |               | Effect                |   | Quality | Importance |
|---------------------------------------|-------------------|------------------------|---------------|--------------|----------------------|----------------------|--------------------|---------------|-----------------------|---|---------|------------|
| No of studies                         | Design            | Limitations            | Inconsistency | Indirectness | Imprecision          | Other considerations | Supportive contact | TAU           | Relative (95% CI)     | Absolute                                    |         |            |
| <b>Repetition of DSH at 18 months</b> |                   |                        |               |              |                      |                      |                    |               |                       |   |         |            |
| 1                                     | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 60/800 (7.5%)      | 66/863 (7.6%) | RR 0.98 (0.7 to 1.37) | 2 fewer per 1000 (from 23 fewer to 28 more) |         |            |
|                                       |                   |                        |               |              |                      |                      |                    | 7.7%          |                       | 2 fewer per 1000 (from 23 fewer to 28 more) |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

|                              |                   |                        |  |  |  |      |               |               |            |            |                   |  |  |
|------------------------------|-------------------|------------------------|--|--|--|------|---------------|---------------|------------|------------|-------------------|--|--|
|                              |                   |                        |  |  |  |      |               |               |            |            | fewer to 28 more) |  |  |
| <b>Suicides at 18 months</b> |                   |                        |  |  |  |      |               |               |            |            |                   |  |  |
| 1                            | randomised trials | no serious limitations |  |  |  | none | 2/872 (0.23%) | 18/827 (2.2%) | not pooled | not pooled |                   |  |  |
|                              |                   |                        |  |  |  |      |               | 2.2%          |            | not pooled |                   |  |  |

<sup>1</sup> Not statistically significant

### 7.1.4j

**Question:** Should GP's letter to patient versus Routine care be used for people who self-harm?

| Quality assessment                                |                   |                        |               |              |                      |                      | No of patients         |                 | Effect                 |   | Quality | Importance |  |
|---|-------------------|------------------------|---------------|--------------|----------------------|----------------------|------------------------|-----------------|------------------------|---|---------|------------|--|
| No of studies                                     | Design            | Limitations            | Inconsistency | Indirectness | Imprecision          | Other considerations | GP's letter to patient | Routine care    | Relative (95% CI)      | Absolute                                    |         |            |  |
| <b>Repetition of DSH during first 12 months</b>   |                   |                        |               |              |                      |                      |                        |                 |                        |   |         |            |  |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 211/964 (21.9%)        | 189/968 (19.5%) | RR 1.12 (0.94 to 1.34) | 23 more per 1000 (from 12 fewer to 66 more) |         |            |  |
|   |                   |                        |               |              |                      |                      |                        | 19.5%           |                        | 23 more per 1000 (from 12 fewer to 66 more) |         |            |  |
| <b>Contact with services during first 6 weeks</b> |                   |                        |               |              |                      |                      |                        |                 |                        |   |         |            |  |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 351/599 (58.6%)        | 387/681 (56.8%) | RR 1.03 (0.94 to 1.13) | 17 more per 1000 (from 34 fewer to 74 more) |         |            |  |
|   |                   |                        |               |              |                      |                      |                        | 56.8%           |                        | 17 more per 1000 (from 34 fewer to 74 more) |         |            |  |

<sup>1</sup> Not statistically significant

### 7.1.4k

**Question:** Should Intensive intervention and community treatment versus routine care be used for self-harm?

| Quality assessment                                      |                   |                        |               |              |                        |                      | No of patients                                 |                | Effect                |  | Quality | Importance |          |
|---|-------------------|------------------------|---------------|--------------|------------------------|----------------------|--|----------------|-----------------------|--|---------|------------|----------|
| No of studies   | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Intensive intervention and community treatment | Routine care   | Relative (95% CI)     | Absolute                                 |         |            |          |
| <b>Per protocol repetition of DSH at last follow up</b> |                   |                        |               |              |                        |                      |  |                |                       |  |         |            |          |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 119/140 (85%)                                  | 64/143 (44.8%) | RR 1.9 (1.56 to 2.31) | 403 more per 1000 (from 251 more to 586) |         |            | CRITICAL |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

|  |                   |                        |  |  |                        |      |               |                |            |  |  |  |
|--|-------------------|------------------------|--|--|------------------------|------|---------------|----------------|------------|--|--|--|
|  |                   |                        |  |  |                        |      |               |                |            | more)  |  |  |
|  |                   |                        |  |  |                        |      |               | 15.8%          |            | 142 more per 1000 (from 88 more to 207 more) |  |  |
| <b>Attendance at treatment at 12 months</b>            |                   |                        |  |  |                        |      |               |                |            |  |  |  |
| 1  | randomised trials |                        |  |  |                        | none | 119/140 (85%) | 64/143 (44.8%) | not pooled | not pooled                                   |  |  |
|  |                   |                        |  |  |                        |      |               | 44.8%          |            | not pooled                                   |  |  |
| <b>Attendance (Better indicated by lower values)</b>   |                   |                        |  |  |                        |      |               |                |            |  |  |  |
| 1  | randomised trials |                        |  |  |                        | none | 140           | 134            | -          | not pooled                                   |  |  |
| <b>Depression (Better indicated by lower values)</b>   |                   |                        |  |  |                        |      |               |                |            |  |  |  |
| 1  | randomised trials | no serious limitations |  |  | serious <sup>1,2</sup> | none | 94            | 50             | -          | SMD 0.31 lower (0.66 lower to 0.03 higher)   |  |  |
| <b>Hopelessness (Better indicated by lower values)</b> |                   |                        |  |  |                        |      |               |                |            |  |  |  |
| 1  | randomised trials | no serious limitations |  |  | serious <sup>1,2</sup> | none | 94            | 50             | -          | SMD 0.26 lower (0.61 lower to 0.08 higher)   |  |  |

<sup>1</sup> Not statistically significant

<sup>2</sup> Total sample size is lower than 400 participants

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

7.1.7a

**Question:** Should Group therapy versus TAU be used for adolescents who self-harm?

| Quality assessment   |                   |                        |                          |                         |                        |                      | No of patients  |                     | Effect                 |  | Quality          | Importance |
|--|-------------------|------------------------|--------------------------|-------------------------|------------------------|----------------------|-----------------|---------------------|------------------------|--|------------------|------------|
| No of studies  | Design            | Limitations            | Inconsistency            | Indirectness            | Imprecision            | Other considerations | Group therapy   | TAU for adolescents | Relative (95% CI)      | Absolute                                       |                  |            |
| <b>Per protocol repetition of DSH during first 12 months</b>                               |                   |                        |                          |                         |                        |                      |                 |                     |                        |  |                  |            |
| 3  | randomised trials | no serious limitations | serious <sup>1</sup>     | no serious indirectness | serious <sup>2</sup>   | none                 | 136/249 (54.6%) | 144/248 (58.1%)     | RR 0.95 (0.63 to 1.45) | 29 fewer per 1000 (from 215 fewer to 261 more) | ⊕⊕⊕⊕<br>LOW      |            |
|  |                   |                        |                          |                         |                        |                      |                 | 60.1%               |                        | 30 fewer per 1000 (from 222 fewer to 270 more) |                  |            |
| <b>Per protocol suicidal ideation at last follow up (Better indicated by lower values)</b> |                   |                        |                          |                         |                        |                      |                 |                     |                        |  |                  |            |
| 3  | randomised trials | no serious limitations | no serious inconsistency | no serious indirectness | serious <sup>2</sup>   | none                 | 231             | 240                 | -                      | SMD 0.03 lower (0.21 lower to 0.15 higher)     | ⊕⊕⊕⊕<br>MODERATE |            |
| <b>Per protocol depression at last follow up (Better indicated by lower values)</b>        |                   |                        |                          |                         |                        |                      |                 |                     |                        |  |                  |            |
| 2  | randomised trials | no serious limitations | no serious inconsistency | no serious indirectness | serious <sup>2,3</sup> | none                 | 63              | 66                  | -                      | SMD 0.17 lower (0.52 lower to 0.18 higher)     |                  |            |

<sup>1</sup> Moderate heterogeneity (50-79%)

<sup>2</sup> Not statistically significant

<sup>3</sup> Total sample size smaller than 300

7.1.7b

**Question:** Should Psychological therapy versus Usual care be used for adolescents who self-harm?

| Quality assessment                              |                   |                        |               |              |                        |                      | No of patients        |                            | Effect                 |  | Quality | Importance |
|---|-------------------|------------------------|---------------|--------------|------------------------|----------------------|-----------------------|----------------------------|------------------------|--|---------|------------|
| No of studies                                   | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Psychological therapy | Usual care for adolescents | Relative (95% CI)      | Absolute                                     |         |            |
| <b>Repetition at 6 months after trial entry</b> |                   |                        |               |              |                        |                      |                       |                            |                        |  |         |            |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 4/21 (19%)            | 2/18 (11.1%)               | RR 1.71 (0.35 to 8.29) | 79 more per 1000 (from 72 fewer to 810 more) |         |            |
|   |                   |                        |               |              |                        |                      |                       | 11.1%                      |                        | 79 more per 1000 (from 72 fewer to 809 more) |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

| Depression at 6 months after trial entry (Better indicated by lower values)        |                   |                        |  |  |                        |      |               |               |                        |   |  |  |
|--|-------------------|------------------------|--|--|------------------------|------|---------------|---------------|------------------------|---|--|--|
| 1  | randomised trials | no serious limitations |  |  | serious <sup>1,2</sup> | none | 15            | 16            | -                      | SMD 0.38 lower (1.09 lower to 0.33 higher)      |  |  |
| Adherence-Treatment completion   |                   |                        |  |  |                        |      |               |               |                        |   |  |  |
| 1  | randomised trials | no serious limitations |  |  | serious <sup>1,2</sup> | none | 13/21 (61.9%) | 13/18 (72.2%) | RR 0.86 (0.55 to 1.33) | 101 fewer per 1000 (from 325 fewer to 238 more) |  |  |
|  |                   |                        |  |  |                        |      |               | 72.2%         |                        | 101 fewer per 1000 (from 325 fewer to 238 more) |  |  |
| Suicidal ideation at 6 months after trial entry (Better indicated by lower values) |                   |                        |  |  |                        |      |               |               |                        |   |  |  |
| 1  | randomised trials | no serious limitations |  |  | serious <sup>1,2</sup> | none | 15            | 15            | -                      | SMD 0.14 lower (0.86 lower to 0.58 higher)      |  |  |

<sup>1</sup> Not statistically significant

<sup>2</sup> Total sample size is lower than 300

### 7.1.7c

**Question:** Should Home based family intervention versus TAU be used for adolescents who self-harm?

| Quality assessment  |                   |                        |               |              |                        |                      | No of patients                 |                     | Effect                 |   | Quality | Importance |
|---|-------------------|------------------------|---------------|--------------|------------------------|----------------------|--------------------------------|---------------------|------------------------|---|---------|------------|
| No of studies   | Design            | Limitations            | Inconsistency | Indirectness | Imprecision            | Other considerations | Home based family intervention | TAU for adolescents | Relative (95% CI)      | Absolute                                    |         |            |
| Repetition in 6 months  |                   |                        |               |              |                        |                      |                                |                     |                        |   |         |            |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 11/74 (14.9%)                  | 11/75 (14.7%)       | RR 1.01 (0.47 to 2.19) | 1 more per 1000 (from 78 fewer to 175 more) |         |            |
|   |                   |                        |               |              |                        |                      |                                | 14.7%               |                        | 1 more per 1000 (from 78 fewer to 175 more) |         |            |
| Attendance  |                   |                        |               |              |                        |                      |                                |                     |                        |   |         |            |
| 1   | randomised trials | no serious limitations |               |              |                        | none                 | 39/84 (46.4%)                  | 28/77 (36.4%)       | not pooled             | not pooled                                  |         |            |
|   |                   |                        |               |              |                        |                      |                                | 36.4%               |                        | not pooled                                  |         |            |
| Suicide ideation at 6 months (Better indicated by lower values)       |                   |                        |               |              |                        |                      |                                |                     |                        |   |         |            |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 74                             | 75                  | -                      | SMD 0.13 lower (0.45 lower to 0.19 higher)  |         |            |
| Problem solving scores at 6 months (Better indicated by lower values) |                   |                        |               |              |                        |                      |                                |                     |                        |   |         |            |
| 1   | randomised trials | no serious limitations |               |              | serious <sup>1,2</sup> | none                 | 73                             | 74                  | -                      | SMD 0.04 lower (0.36 lower to 0.28 higher)  |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study

| Suicide  |                   |                        |  |  |  |                        |             |           |            |            |   |  |  |
|--|-------------------|------------------------|--|--|--|------------------------|-------------|-----------|------------|------------|---|--|--|
| 1  | randomised trials | no serious limitations |  |  |  | none                   | 1/74 (1.4%) | 0/75 (0%) | not pooled | not pooled |   |  |  |
|  |                   |                        |  |  |  |                        |             | 0%        |            | not pooled |   |  |  |
| Hopelessness scores at 6 months (Better indicated by lower values) |                   |                        |  |  |  |                        |             |           |            |            |   |  |  |
| 1  | randomised trials | no serious limitations |  |  |  | serious <sup>1,2</sup> | none        | 74        | 74         | -          | SMD 0.06 higher (0.26 lower to 0.38 higher) |  |  |

<sup>1</sup> Not statistically significant

<sup>2</sup> Total sample size smaller than 300

### 7.1.7d

**Question:** Should Standard disposition planning with added compliance enhancement versus without planning be used for adolescents who self-harm?

| Quality assessment   |                   |                        |               |              |                      |                      | No of patients  |                             | Effect                |  | Quality | Importance |
|--|-------------------|------------------------|---------------|--------------|----------------------|----------------------|---|-----------------------------|-----------------------|--|---------|------------|
| No of studies  | Design            | Limitations            | Inconsistency | Indirectness | Imprecision          | Other considerations | Standard disposition planning with added compliance enhancement | Without for DSH adolescents | Relative (95% CI)     | Absolute                                       |         |            |
| Repetition at 3 months from trial entry                      |                   |                        |               |              |                      |                      |   |                             |                       |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 3/29 (10.3%)  | 5/34 (14.7%)                | RR 0.7 (0.18 to 2.69) | 44 fewer per 1000 (from 121 fewer to 249 more) |         |            |
|  |                   |                        |               |              |                      |                      |   | 14.7%                       |                       | 44 fewer per 1000 (from 121 fewer to 248 more) |         |            |
| No. of treatment sessions (Better indicated by lower values) |                   |                        |               |              |                      |                      |   |                             |                       |  |         |            |
| 1  | randomised trials | no serious limitations |               |              | serious <sup>1</sup> | none                 | 29  | 34                          | -                     | SMD 0.25 higher (0.25 lower to 0.75 higher)    |         |            |
| Attendance   |                   |                        |               |              |                      |                      |   |                             |                       |  |         |            |
| 1  | randomised trials | no serious limitations |               |              |                      | none                 | 44/58 (75.9%)   | 47/68 (69.1%)               | not pooled            | not pooled                                     |         |            |
|  |                   |                        |               |              |                      |                      |   | 69.1%                       |                       | not pooled                                     |         |            |
| Attendance - Attended at least 1 treatment session           |                   |                        |               |              |                      |                      |   |                             |                       |  |         |            |
| 1  | randomised trials | no serious limitations |               |              |                      | none                 | 27/29 (93.1%)   | 31/34 (91.2%)               | not pooled            | not pooled                                     |         |            |
|  |                   |                        |               |              |                      |                      |   | 91.2%                       |                       | not pooled                                     |         |            |

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study



| Attendance - Completed treatment |                   |                        |  |  |  |      |               |               |            |            |  |  |
|----------------------------------|-------------------|------------------------|--|--|--|------|---------------|---------------|------------|------------|--|--|
| 1                                | randomised trials | no serious limitations |  |  |  | none | 17/29 (58.6%) | 16/34 (47.1%) | not pooled | not pooled |  |  |
|                                  |                   |                        |  |  |  |      |               | 47.1%         |            | not pooled |  |  |

<sup>1</sup> Not statistically significant

Please take note that inconsistency and indirectness were not rated in comparisons that contain only one study