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# Decision Aid for young people who Self--Harm (DASH)

| Submission date | Recruitment status | [X] Prospectively registered |
|---|---|---|
| 13/05/2015 | No longer recruiting | [X] Protocol |
| **Registration date** | **Overall study status** | [_] Statistical analysis plan |
| 22/05/2015 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [_] Individual participant data |
| 20/09/2018 | Mental and Behavioural Disorders | |

**Plain English summary of protocol**

Background and study aims

Self-harm is when a person deliberately hurts or injures their body, often as a way to punish themselves. Self-harm is a serious mental health problem that is usually carried out to help the individual cope with or express extreme emotional distress. It is also the strongest predictor of suicide and is especially common among young people, a group in whom rates of self-harm appear to be rising. There is evidence to suggest that young people who self-harm can find it hard to reach a decision about where and how to get help. While young people may be reluctant to seek help from healthcare professionals when distressed, many turn to the internet as a way of coping with psychological distress. A growing number of studies involving children and adolescents suggest positive effects of treatment programmes that make use of web-based technology. Therefore, a safe and effective, internet-based intervention for young people who self-harm could be of benefit to a large numbers of individuals. The aim of this study is to test the practicality, acceptability and potential effectiveness of a newly developed internet-based decision aid (DA) programme. The DA aims to help young people reach decisions regarding where they can go for help or support for their self-harm issues.

Who can participate?

Children aged 12-18 attending secondary school in Southwark, London.

What does the study involve?

Participants are randomly allocated into one of two groups. Those in group 1 (intervention group) are given access to the DA programme. Those in group 2 (control group) are given standard information from their school counsellor. All participants are followed up 4 weeks after the start of the study to answer questions about their experiences during the study period.

What are the possible benefits and risks of participating?

Not provided at time of registration.

Where is the study run from?

The Charter School (UK)

When is the study starting and how long is it expected to run for?
April 2015 to April 2016

Who is funding the study?
Guy's and St Thomas' Charity (UK)

Who is the main contact?
Dr S Rowe (public)
Dr P Moran (scientific)

# Contact information

### Type(s)
Public

### Contact name
Dr Sarah Rowe

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### Type(s)
Scientific

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# Additional identifiers

### Protocol serial number
N/A

# Study information

### Scientific Title
Decision Aid for young people who Self--Harm (DASH): a feasibility trial

### Acronym

DASH

## Study objectives
The principal research objective of this trial is to assess the feasibility of undertaking a randomised controlled trial of the decision aid (DA), with respect to the following predefined parameters:
-1. Recruitment of young people and consent rates
-2. The feasibility and acceptability of randomisation procedures
-3. Follow-up rates and response rates to questionnaires

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
London - Camberwell St Giles Research Ethics Committee, 00/02/2015

## Study design
Randomised single-centre feasibility/pilot study

## Primary study design
Interventional

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Self-harm

## Interventions
We invite young people (aged 12--18) to complete a questionnaire about their feelings and any self--harm behaviour they may have engaged in the previous year. Participants who report self-harm in the previous year will then be randomised to one of two groups:
1. Intervention group receiving the web-based DA
2. Control group receiving general information about feelings and emotions
Both groups will be asked to complete some research scales about decision-making and help-seeking behaviour. Participants in both groups will be followed up at 4- weeks when we will repeat the scales. The researcher administering the 4-week scales will be blind to the original allocation status of the participants.

## Intervention Type
Behavioural

## Primary outcome(s)
1. Recruitment of young people and consent rates
-2. Feasibility and acceptability of randomisation procedures
-3. Follow--up rates and response rates to questionnaires

## Key secondary outcome(s))
Descriptive data on candidate outcome measures, in order to inform the design of an adequately powered, future efficacy study.

### Completion date
31/12/2016

## Eligibility

### Key inclusion criteria
1. Aged 12-18
2. Attending secondary school within the London borough of Southwark
3. Basic proficiency in English language

### Participant type(s)
Other

### Healthy volunteers allowed
No

### Age group
Child

### Lower age limit
12 years

### Upper age limit
18 years

### Sex
All

### Key exclusion criteria
Lacking capacity to consent

### Date of first enrolment
07/10/2015

### Date of final enrolment
01/08/2016

## Locations

### Countries of recruitment
United Kingdom

England

### Study participating centre
**The Charter School**
Red Post Hill
London

United Kingdom
SE24 9JH

# Sponsor information

**Organisation**
King's College London (UK)

**ROR**
https://ror.org/0220mzb33

# Funder(s)

**Funder type**
Charity

**Funder Name**
Guy's and St Thomas' Charity

**Alternative Name(s)**
Guy's and St Thomas' Charity, Guy's and St Thomas' Foundation, GSTTFoundation

**Funding Body Type**
Private sector organisation

**Funding Body Subtype**
Trusts, charities, foundations (both public and private)

**Location**
United Kingdom

# Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**
Not provided at time of registration

**Study outputs**

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| | results | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Results article | | 30/01/2018 | | Yes | No |
| Protocol article | protocol | 28/09/2016 | | Yes | No |
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |