

# Group therapy for adolescents who repeatedly harm themselves

**Submission date**

16/06/2009

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**

19/08/2009

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

06/04/2011

**Condition category**

Mental and Behavioural Disorders

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

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## Additional identifiers

**Protocol serial number**

1727/1072

## Study information

**Scientific Title**

A two arm single blinded randomised allocation trial of a manualised group therapy in addition to usual care compared with usual care alone for adolescents who repeatedly harm themselves

## **Acronym**

ASSIST

## **Study objectives**

1. To test the effect of the addition of a manualised group therapy intervention to usual care when treating adolescent repeated self harm
2. To explore the costs and cost-effectiveness of usual care plus group therapy compared to usual care alone

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Multi-centre Research Ethics Committee (MREC) approved in March 2002 (ref: 01-8-8)

## **Study design**

Two arm single-blinded randomised allocation trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Self-harm (deliberate overdoses, cutting, burning, banging head, ligatures)

## **Interventions**

Intervention:

The experimental group therapy intervention is a manualised treatment specifically designed for adolescents who harmed themselves. The group treatment is based on cognitive behaviour and problem solving techniques. Techniques used in the group integrated empirically based conceptual approaches in common clinical practice within the NHS and advocated by several opinion leaders in the field of deliberate self harm. Participants were asked to attend four group therapy sessions. After this, they can access the group for as long as they are open to CAMHS.

Comparator - Routine Care:

Clinical centres provide routine care that they would normally provide to these patients. Treatment as usual is undertaken by the local CAMHS Team using established protocols and clinical practice. Centres agree that routine care will not include any group intervention.

For both arms of the trial, treatment was given for as long as the Care Manager thought it was clinically needed. Some participants were in treatment for over a year.

## **Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Frequency and severity of episodes of self harm assessed using an adapted self harm interview schedule. Steps will be taken with the interview schedule to minimise a recall bias towards more recent events and to get a clear picture of the pattern of self harm over the previous year. The self harm interview will be conducted by research assessors (blinded to treatment allocation) and additionally (to allow for reporting bias from young people) clinicians involved with the young person will also undertake the same interview.

**Key secondary outcome(s)**

1. Time to first and second repetition, number of severe suicidal acts (defined by medical risk of death)
2. Depression measured using the Moods and Feelings Questionnaire (MFQ)
3. Suicidality measured using the Suicidal Ideation Questionnaire
4. Global outcome assessed by the health of the nation outcome scales for children and adolescents (HoNOSCA)
5. Psychosocial stress assessed using the Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS)
6. Cost benefit analysis measured using the Service Use Inventory

All the above administered at baseline, 6 and 12 months. At 3 months an assessment to measure emerging personality problems was undertaken (SCID II).

**Completion date**

01/06/2007

**Eligibility****Key inclusion criteria**

1. Aged 12 - 17 years, either sex
2. Referred to mental health services in Greater Manchester following self-harm
3. The adolescent reports that in the last year he or she has harmed themselves on at least one other occasion

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

12 years

**Upper age limit**

17 years

**Sex**

All

**Key exclusion criteria**

1. The adolescent cannot attend groups (e.g., in secure care)
2. Has a psychotic or eating disorder
3. Unlikely to benefit from groups (e.g., learning problems)
4. Non-English speakers

**Date of first enrolment**

01/08/2002

**Date of final enrolment**

01/06/2007

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Jean McFarlane Building

Manchester

United Kingdom

M13 9PL

**Sponsor information****Organisation**

University of Manchester (UK)

**ROR**

<https://ror.org/027m9bs27>

**Funder(s)****Funder type**

Charity

**Funder Name**

## 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?
<a href="#">Results article</a>	results	01/04/2011		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes