How to reduce self-harm in young people?
Challenges for future research

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Background

• Suicide is the second leading cause of death in 15-24 year old's and rates may be increasing
• Self-harm, a significant predictor of death by suicide, may also be increasing
• Until relatively recently we had little evidence to support interventions to prevent self-harm
• Evidence is now emerging around prediction, prevention and treatment
  — but it is still not very strong
Why is it so hard to obtain evidence?

• Not just a problem for self-harm studies
• There have been a lot of negative trials
  – Interventions?
  – Participants?
  – Comparisons?
  – Designs?
Evidence related to self-harm

• Specific Challenges
  – language and definition
  – measurement
  – primary outcome definition
    • time to, number of episodes etc
  – end points
    • how long after treatment completion?
Personalisation?

• How do we know what will work for which child?

• JCCP Practitioner Review pathway
  – prediction, prevention, treatment

• Smarter use of what we know about predictors and moderators

• Logic models to better define interventions

• Innovative research designs, for example
  – Adaptive designs – planned opportunities to modify eg early stopping, differential accrual
  – Umbrella protocols - assignment to different treatment strategies according to risk markers
Thank You