

Dialectical Behavior Therapy for Adolescents With Repeated Suicidal and Self-harming Behavior: A Randomized Trial

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Objective: We examined whether a shortened form of dialectical behavior therapy, dialectical behavior therapy for adolescents (DBT-A) is more effective than enhanced usual care (EUC) to reduce self-harm in adolescents. **Method:** This was a randomized study of 77 adolescents with recent and repetitive self-harm treated at community child and adolescent psychiatric outpatient clinics who were randomly allocated to either DBT-A or EUC. Assessments of self-harm, suicidal ideation, depression, hopelessness, and symptoms of borderline personality disorder were made at baseline and after 9, 15, and 19 weeks (end of trial period), and frequency of hospitalizations and emergency department visits over the trial period were recorded. **Results:** Treatment retention was generally good in both treatment conditions, and the use of emergency services was low. DBT-A was superior to EUC in reducing self-harm, suicidal ideation, and depressive symptoms. Effect sizes were large for treatment outcomes in patients who received DBT-A, whereas effect sizes were small for outcomes in patients receiving EUC. Total number of treatment contacts was found to be a partial mediator of the association between treatment and changes in the severity of suicidal ideation, whereas no mediation effects were found on the other outcomes or for total treatment time. **Conclusion:** DBT-A may be an effective intervention to reduce self-harm, suicidal ideation, and depression in adolescents with repetitive self-harming behavior. Clinical trial registration information—Treatment for Adolescents With Deliberate Self Harm; <http://ClinicalTrials.gov/>; NCT00675129. *J. Am. Acad. Child Adolesc. Psychiatry*, 2014;53(10):1082–1091. **Key Words:** self-harm, attempted suicide, psychotherapy, randomized trial

Self-harming behavior (nonfatal self-poisoning or self-injury with or without suicide intent)¹ in adolescents is a serious public health problem in many countries. According to population studies, between 5% and 10% of adolescents report past-year self-harm, with cutting as the most commonly reported method. Relief from intensely unpleasant emotions or dying are reported as the most common

reasons for such behavior.^{2,3} Only 10% to 20% of adolescents who have self-harmed report receiving any kind of subsequent treatment.⁴ Even fewer report having received treatment in child and adolescent psychiatric services. Among those who are referred to specialized care, many will be noncompliant with the treatment or will drop out prematurely because of treatment-interfering characteristics of the adolescents, their families, or the clinical services. Self-harm is a powerful predictor of completed suicide.⁵ There is thus a strong need to develop effective interventions that are accessible and acceptable to adolescents and their families, as well as feasible for clinicians in community mental health settings.

Repetitive self-harm is very often linked to personality disorders, in particular to borderline



This article is discussed in an editorial by Dr. Alan Apter on page 1048.



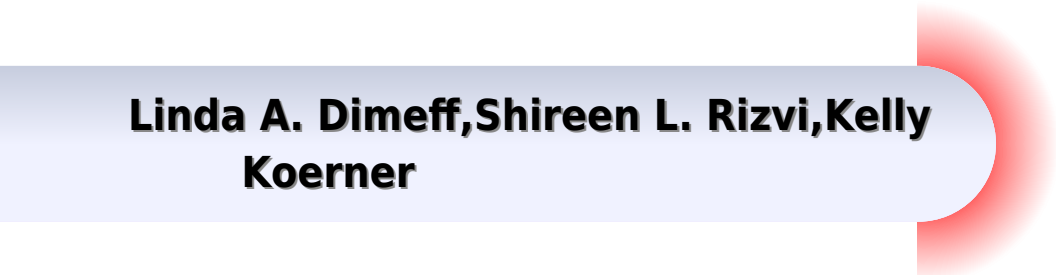
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