



# Effective interventions for those who self-harm: a randomised control trial

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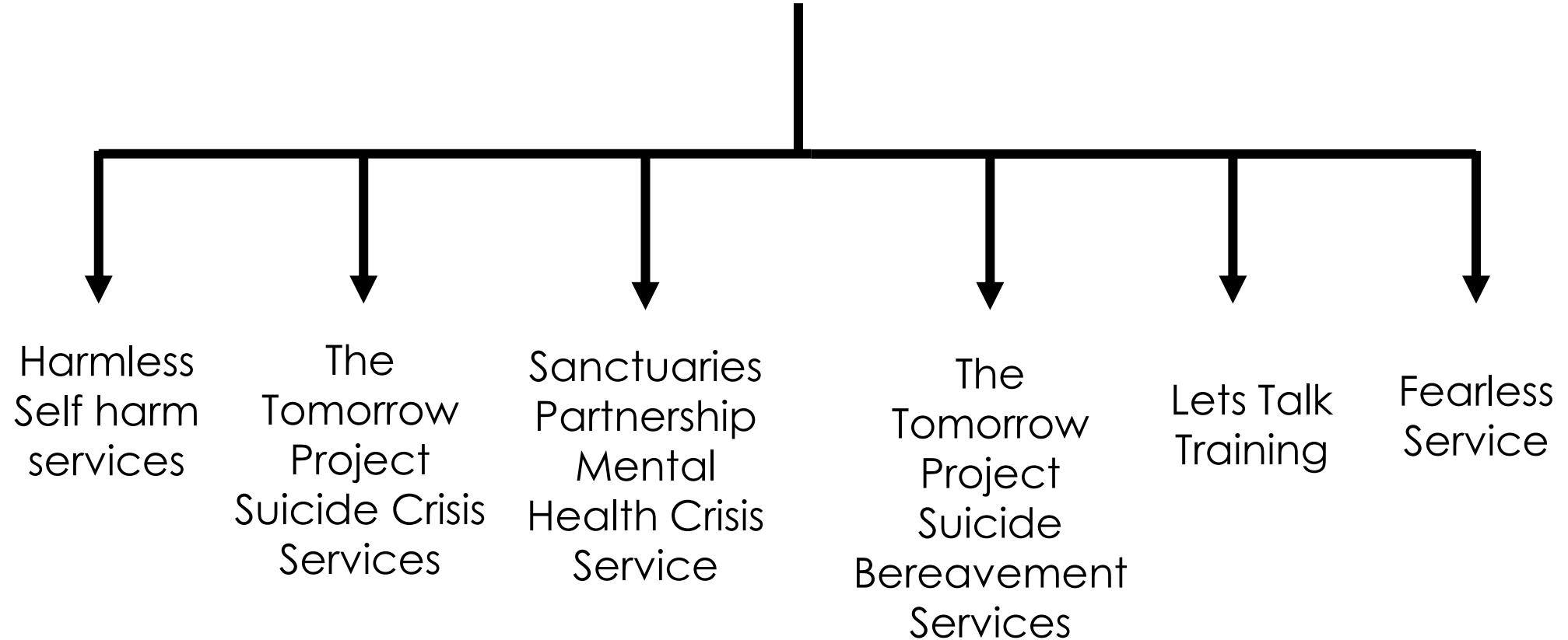
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# Self harm and Suicide

Harmless experienced a **200% increase** in demand during the pandemic  
(Harmless, 2020)

**23% and 35% increase** in adults presenting with self harm or suicidal ideation, compared to the previous year (Kooth, 2021)

**50% of people** who die by suicide have a history of self harm

**1 in 50 people seen in A&E** after self harm have died within a year

Risk of suicide **increases up to 50 fold** in the year after self harm

# Motivations

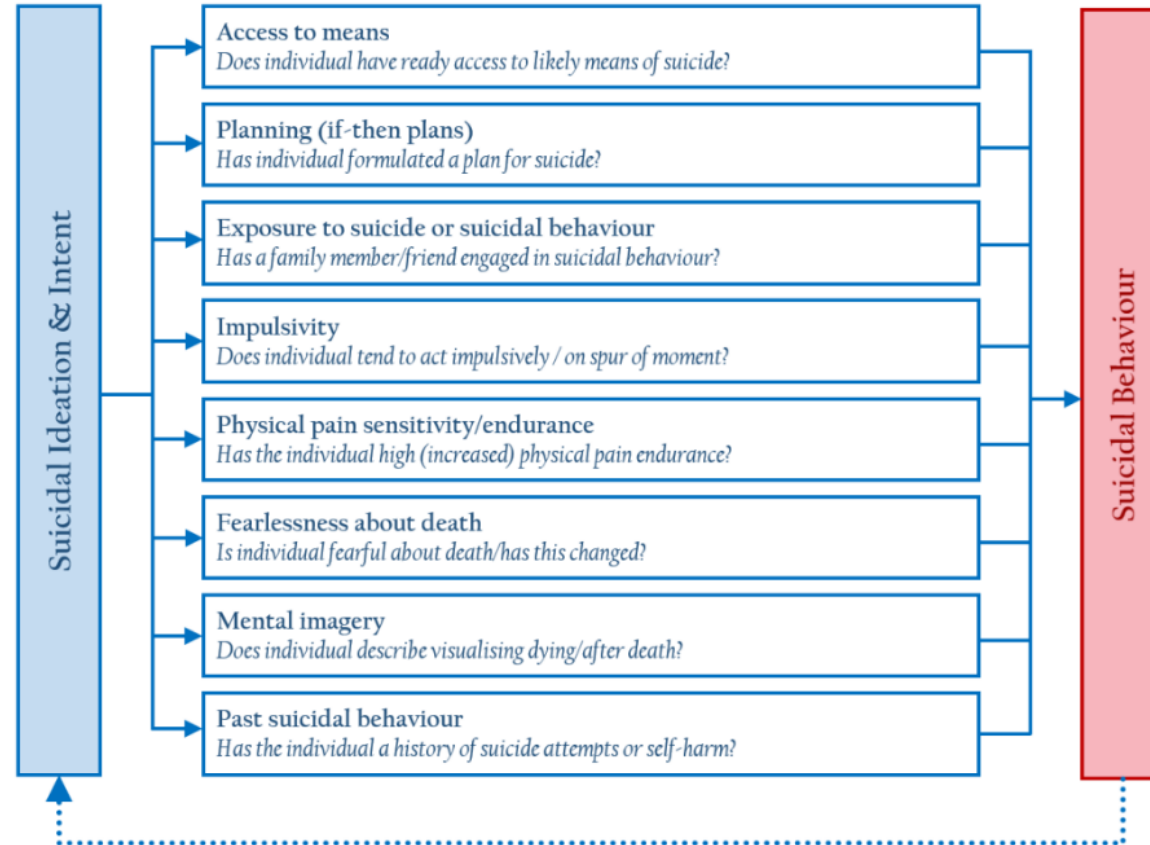
## Self harm

- Release
- Relief
- Pain alleviation
- Feeling better
- Survival
- Absence of lethal intent
- **Intention to live**

## Suicide

- Trapped
- Despair
- Defeat
- Loss of hope
- Seeking to die
- No other options
- **Intention to die**

# The Integrated Motivational-Volitional (IMV) Model of Suicidal Behaviour



O'Connor, R. C. & Kirtley, O. J. (2018). The Integrated Motivational-Volitional Model of Suicidal Behaviour. *Philosophical Transactions of the Royal Society B*. 373:20170268. <http://dx.doi.org/10.1098/rstb.2017.0268>

# Third Sector Support & Evidence-based Interventions

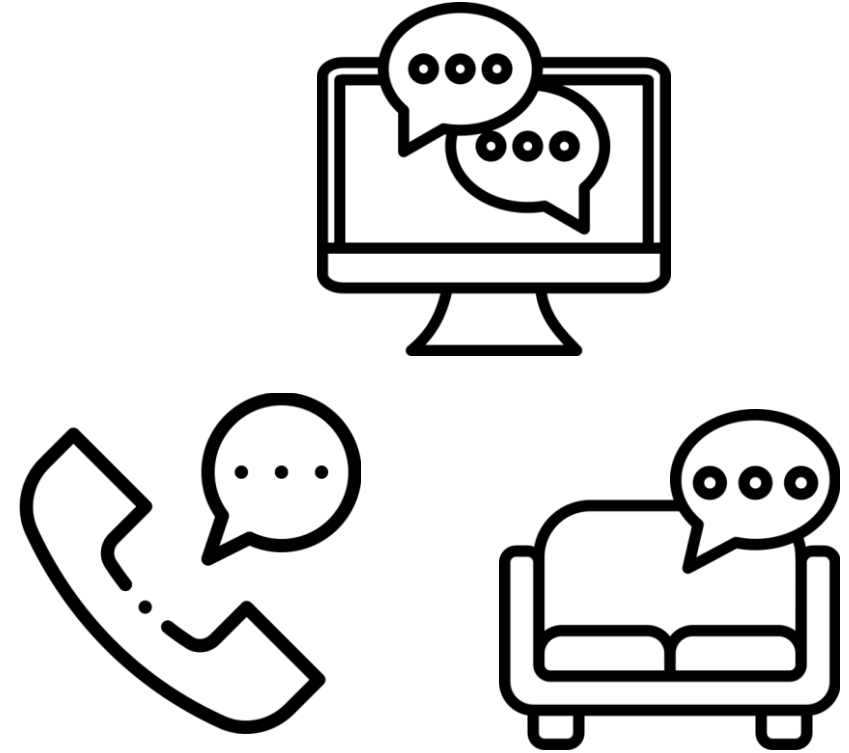
- Increased demand
- Limited effective interventions
- Accessibility challenges

Aim: To evaluate two interventions, compared to a waitlist control group.

- Participants 18+, mixed gender, 1:1, 6x 1 hour remote sessions,
- Inclusion criteria: baseline assessment within a week of referral, having had one or more episodes of self harm in the past two weeks

# Harmless Interventions

- Stabilisation
- Integrative Psychotherapy



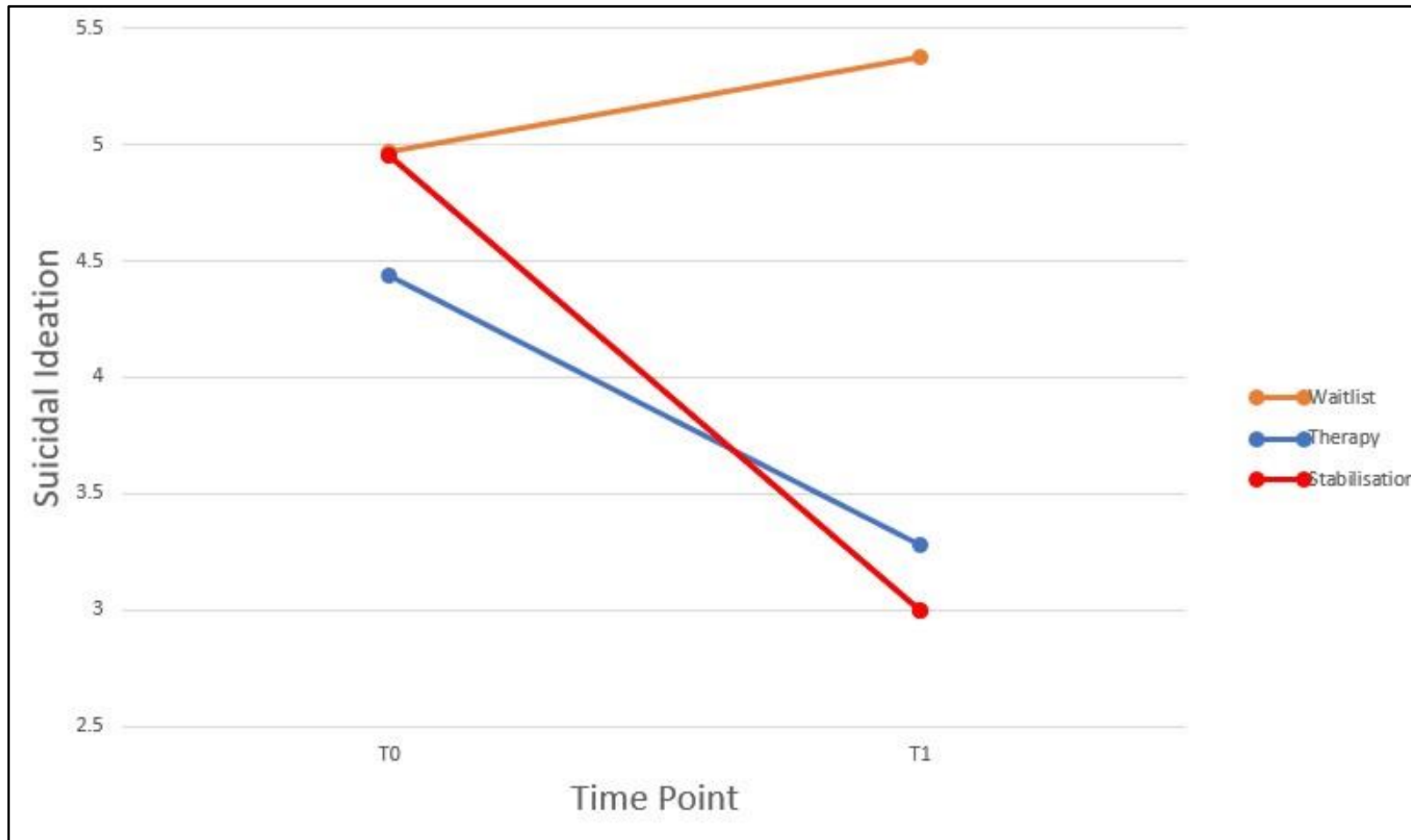
# Findings

1. Self harm interventions should be centred around **distress reduction** and not only on self harm **behaviour reduction**
2. Strengthens the rationale that remotely-delivered interventions can aid suicide prevention
3. Supports the view that stabilisation of someone's environment may be anti-depressive, without the need for more complex psychological work
4. Overall either of these interventions could reduce the risk of future suicidal behaviour, due to the reduction in key risk factors



Figure 2.

*A Line Graph Depicting Change Over Time in Mean Suicidal Ideation Scores Across Three Different Treatment Groups*



# Practical application

- Offered as a first line of treatment (after psychosocial assessment)
- Highlights the benefits of third-sector service provision
- Suggests no particular diagnoses are required for self harm interventions to be effective



# Contact us



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