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Randomised controlled trial of therapeutic assessment versus usual assessment in adolescents with self-harm: 2-year follow-up.

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Source

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Abstract

BACKGROUND:

An earlier randomised controlled trial demonstrated improved treatment engagement in adolescents who received Therapeutic Assessment (TA) versus Assessment As Usual (AAU), following an emergency presentation with self-harm.

OBJECTIVES:

To determine 2-year outcomes for the same adolescents focusing on frequency of Accident and Emergency (A&E) self-harm presentations and treatment engagement.

METHOD:

Patients in the TA groups (n=35) and the AAU group (n=34) were followed up 2 years after the initial assessment. Their primary and secondary care electronic records were analysed.

RESULTS:

There was no significant difference in the frequency of self-harm resulting in A&E presentations between the two groups (OR 0.69, 95% CI 0.23 to 2.13, p=0.53). Treatment engagement remained higher in the TA group than the AAU group.

CONCLUSIONS:

TA is not associated with a lower frequency of A&E self-harm presentations. The effect of TA on engagement is maintained 2 years after the initial assessment. Interventions to reduce self-harm in adolescents are needed.

TRIAL REGISTRATION:

ISRCTN 81605131, <http://www.controlled-trials.com/ISRCTN81605131/>

KEYWORDS:

Accident & Emergency, Child Psychiatry