

CADTH Reference List

Suicide and Self-Harm Prevention Following Acute Care

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Key Messages

- We did not find any studies on the potential clinical benefits and harms of non-pharmaceutical interventions that can help to prevent suicide and/or self-harm in youth and adolescents following acute care that met our criteria for this review.
- We did not find any evidence-based guidelines regarding non-pharmaceutical interventions that can help prevent suicide and/or self-harm in youth and adolescents following acute care.

Research Questions

1. What literature describes the potential clinical benefits and harms of non-pharmaceutical interventions that can help to prevent suicide and/or self-harm in youth and adolescents following acute care?
2. What are the evidence-based guidelines regarding non-pharmaceutical interventions that can help prevent suicide and/or self-harm in youth and adolescents following acute care?

Methods

Literature Search Methods

A limited literature search was conducted by an information specialist on key resources including MEDLINE, the Cochrane Database of Systematic Reviews, the international HTA database, the websites of Canadian and major international health technology agencies, as well as a focused internet search. The search strategy comprised both controlled vocabulary, such as the National Library of Medicine's MeSH (Medical Subject Headings), and keywords. The main search concepts were suicide, adolescents or youth, and hospital settings and/or patient care planning. CADTH-developed search filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses, network meta-analyses, or guidelines. When possible, retrieval was limited to the human population. The search was also limited to English-language documents published between January 1, 2017, and August 2, 2022. Internet links were provided, where available.

Selection Criteria

One reviewer screened literature search results (titles and abstracts) and selected publications according to the inclusion criteria presented in [Table 1](#). Full texts of study publications were not reviewed. Open access full-text versions of evidence-based guidelines were reviewed when available.

Table 1: Selection Criteria

Criteria	Description
Population	Adolescent and/or youth at risk for suicide and/or self-harm (≤ 24 years)
Concept	Non-pharmaceutical interventions used to prevent suicide and/or self-harm following acute care visits
Types of information	Q1: Descriptions of potential clinical benefits and harms (e.g., number of suicide attempts, number of self-harm attempts, deaths, hospitalization, suicidal ideation) Q2: Recommendations regarding the use of interventions to prevent suicide and/or self-harm
Study designs	Health technology assessments, systematic reviews, evidence-based guidelines

Results

No relevant health technology assessments or systematic reviews were identified about potential clinical benefits and harms of non-pharmaceutical interventions that can help to prevent suicide and/or self-harm in youth and adolescents following acute care. No evidence-based guidelines were identified regarding non-pharmaceutical interventions that can help prevent suicide and/or self-harm in youth and adolescents following acute care.

Additional references of potential interest that did not meet the inclusion criteria are provided in [Appendix 1](#).

References

Health Technology Assessments

No literature identified.

Systematic Reviews

No literature identified.

Guidelines and Recommendations

No literature identified.

Appendix 1: References of Potential Interest

Previous CADTH Reports

1. Peer Support Programs for Youth at Risk for Suicide and Self-Harm: Clinical Evidence. (*CADTH Rapid response report: reference list*). Ottawa (ON): CADTH; 2020: <https://www.cadth.ca/sites/default/files/pdf/htis/2020/RA1102%20Peer%20Support%20Suicide%20Final.pdf>. Accessed 2022 Aug 10.

Systematic Reviews

Alternative Concept – Not Specific to Interventions Following Acute Care Visits

2. Grande AJ, Elia C, Peixoto C, et al. Mental health interventions for suicide prevention among indigenous adolescents: a systematic review. *Sao Paulo Med J*. 2022;140(3):486-498. [PubMed](#)
3. Bahji A, Pierce M, Wong J, Roberge JN, Ortega I, Patten S. Comparative Efficacy and Acceptability of Psychotherapies for Self-harm and Suicidal Behavior Among Children and Adolescents: A Systematic Review and Network Meta-analysis. *JAMA Netw Open*. 2021;4(4):e216614. [PubMed](#)
4. Kothgassner OD, Goreis A, Robinson K, Huscsava MM, Schmahl C, Plener PL. Efficacy of dialectical behavior therapy for adolescent self-harm and suicidal ideation: a systematic review and meta-analysis. *Psychol Med*. 2021;51(7):1057-1067. [PubMed](#)
5. Witt KG, Hetrick SE, Rajaram G, et al. Interventions for self-harm in children and adolescents. *Cochrane Database Syst Rev*. 2021;3:CD013667. [PubMed](#)
6. Kothgassner OD, Robinson K, Goreis A, Ougrin D, Plener PL. Does treatment method matter? A meta-analysis of the past 20 years of research on therapeutic interventions for self-harm and suicidal ideation in adolescents. *Borderline Personal Disord Emot Dysregul*. 2020;7:9. [PubMed](#)
7. Szyk H, Tan J. The Role of Technology and the Continuum of Care for Youth Suicidality: Systematic Review. *J Med Internet Res*. 2020;22(10):e18672. [PubMed](#)
8. Morken IS, Dahlgren A, Lunde I, Toven S. The effects of interventions preventing self-harm and suicide in children and adolescents: an overview of systematic reviews. *F1000Res*. 2019;8:890. [PubMed](#)
9. Iyengar U, Snowden N, Asarnow JR, Moran P, Tranah T, Ougrin D. A Further Look at Therapeutic Interventions for Suicide Attempts and Self-Harm in Adolescents: An Updated Systematic Review of Randomized Controlled Trials. *Front Psychiatry*. 2018;9:583. [PubMed](#)
10. Robinson J, Bailey E, Witt K, et al. What Works in Youth Suicide Prevention? A Systematic Review and Meta-Analysis. *EClinicalMedicine*. 2018;4-5:52-91. [PubMed](#)

Mixed Population – Adolescents and Adults

11. McCabe R, Garside R, Backhouse A, Xanthopoulou P. Effectiveness of brief psychological interventions for suicidal presentations: a systematic review. *BMC Psychiatry*. 2018 05 03;18(1):120. [PubMed](#)

Systematic Review of Guidelines Not Specific to Interventions Following Acute Care Visits

12. Courtney DB, Duda S, Sztamari P, Henderson J, Bennett K. Systematic Review and Quality Appraisal of Practice Guidelines for Self-Harm in Children and Adolescents. *Suicide Life Threat Behav*. 2019;49(3):707-723. [PubMed](#)

Guidelines and Recommendations

Unclear Methodology

13. National Action Alliance for Suicide Prevention. Best practices in care transitions for individuals with suicide risk: Inpatient care to outpatient care. Washington (DC): Education Development Center, Inc; 2019: <https://www.samhsa.gov/sites/default/files/suicide-risk-practices-in-care-transitions-11192019.pdf>. Accessed 2022 Aug 10.
See: Engage the School; Involve Other Adult Support for Children or Youth (page 11)

Review Articles

14. Asarnow JR, Mehlum L. Practitioner Review: Treatment for suicidal and self-harming adolescents - advances in suicide prevention care. *J Child Psychol Psychiatry*. 2019;60(10):1046-1054. [PubMed](#)
15. Kuiper N, Goldston D, Godoy Garraza L, Walrath C, Gould M, McKeon R. Examining the Unanticipated Adverse Consequences of Youth Suicide Prevention Strategies: A Literature Review with Recommendations for Prevention Programs. *Suicide Life Threat Behav*. 2019;49(4):952-965. [PubMed](#)
16. Henderson R, Crowshoe L, Johnson B, et al. Of the Heart: Scoping Review of Indigenous Youth Suicide and Prevention. Edmonton (AB): PolicyWise for Children & Families; 2017: https://www.suicideinfo.ca/wp-content/uploads/gravity_forms/6-191a85f36ce9e20de2e2fa3869197735/2017/11/Of-the-heart-Scoping-review-of-Indigenous-youth-suicide-and-prevention_oa.pdf. Accessed 2022 Aug 10.
See: Appendix D (page 44 to 67)

Additional References

17. Substance Abuse and Mental Health Services Administration (SAMHSA): Treatment for Suicidal Ideation, Self-harm, and Suicide Attempts Among Youth. (*SAMHSA Publication No. PEP20-06-01-002*). Rockville (MD): National Mental Health and Substance Use Policy Laboratory. Substance Abuse and Mental Health Services Administration; 2020: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-06-01-002.pdf. Accessed 2022 Aug 10.
See: Safe Alternatives for Teens and Youth (page 24)

18. Ranahan P, Yuen F, Linds W. Suicide prevention education: Indigenous youths' perspectives on wellness. *J Indig Wellbeing*. 2017;2(1):15-28. https://journalindigenouwellbeing.co.nz/journal_articles/suicide-prevention-education-indigenous-youths-perspectives-on-wellness/. Accessed 2022 Aug 10.