| **Intervention category** | **Study** | **Age range (mean age)** | **Outcome** | **Followup time (m)** | **Intervention group** | **Control group** | **Risk**  **(95% CI)** | **P-value** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cognitive behavioral therapy | Brown 2005126, 168,169 | 18-66 (35) | Participants with ≥1 suicide attempt per self-report | 18 | 13/54 (24.1%) | 23/55 (41.6%) | NR | 0.05 |
| Evans 1999134 | 16-50 (NR) | Participants with a repeat self-harm episode per self-report and hospital records | 6 | 10/18 (56%) | 10/14 (71%) | NR | NR |
| Hawton 1987137 | ≥16 (29) | Participants with repetition of self-poisoning per general practitioner and hospital records | 12 | 3/41 (7.3%) | 6/39 (15.4%) | NR | NR |
| Slee 2008145, 170 | 15-35 (24) | Average number of DSH episodes per self-report, corroborated by hospital records and treatment chart notes, mean (SD) | BL║ | 14.4 (10.5) | 11.6 (1.4) | NA | NSD |
| 3║ | 5.6 (9.0) | 5.6 (9.2) | NR | NR |
| 6║ | 5.3 (9.4) | 4.0 (7.2) | NR | NR |
| 9║ | 1.2 (4.2) | 4.6 (8.4) | NR | <0.05 |
| Tyrer 2003146, 171-174 | 16-65 (32) | Participants with severe or high risk DSH episode per self-report, corroborated with general practitioner notes and medical records | 6 | 64/213 (30%) | 77/217 (36%) | OR 0.76 (0.51, 1.15) | 0.19 |
| 12 | 84/213 (39%) | 99/217 (46%) | OR 0.76 (0.51, 1.13)\* | 0.17 |
| Dialectical behavior therapy | Carter 2010¶128 | 18-65 (24) | Average number of DSH episodes per self-report, corroborated by hospital records, mean (SD) | BL | 22.0 (28.6) | 28.1 (40.7) | NR | NSD† |
| 3║ | 5.7 (11.5) | 6.1 (11.4) | NR | NSD |
| Linehan 1991140 | 18-45 (NR) | Participants with parasuicidal acts requiring treatment per self-report | 12 | 5/22 (22.7%) | 10/22 (45.4%) | NR | NR |
| Linehan 2006141,175,176 | 18-45 (29) | Participants with suicide attempts per self-report | 24 | 12/52 (23.1%) | 23/49 (46.7%) | HR 2.66 | 0.005 |
| van den Bosch 2005148,177 | 18-65 (35) | Participants with a parasuicidal act per self-report | 12 | 2/27 (7%) | 8/31 (26%) | NR | NSD |
| 18† | 1/27 (4%) | 6/31 (19%) | NR | NSD |
| Problem-solving therapy | Hatcher 2011107 | ≥16 (34) | Participants presenting to hospital for DSH per the National New Zealand database | 12 | 36/253 (14.2%) | 51/299 (17.1%) | RR 0.83 (0.56, 1.24) | 0.43 |
| Psychodynamic or interpersonal therapy | Bateman 1999124,178 | 16-65 (32) | Participants with suicide attempt per self-report, corroborated by medical and psychiatric records§ | 6 | 8/19 (42%) | 13/19 (68%) | NR | <0.05 |
| 12† | 4/19 (21%) | 11/19 (58%) | NR | <0.02 |
| 18† | 1/19 (5.3%) | 12/19 (63%) | NR | <0.001 |
| Guthrie 2001135,179 | 18-65 (31) | Participants with repeat DSH episode per self-report or hospital records | 6 | 5/58 (9%) | 17/61 (28%) | NR | 0.009 |
| Other therapy, with direct therapeutic contact | Comtois 2011131 | 19-62 (37) | Average number of suicide attempts and/or self-inflicted injuries per self-report | BL | 3 (9.3) | 7.7 (24.5) | NR | NR |
| 2 | NA | 5.5 (7.8) | NR | NR |
| 4 | 0 (0) | 0.8 (1.8) | NR | NR |
| 6 | 0.2 (0.4) | 0.0 (0) | NR | NR |
| 12 | 1.2 (3.9) | 3.3 (7.6) | NR | NR |
| Medication: lithium | Lauterbach 2008139 | ≥18 (39) | Participants with suicide attempts per self-report | 1 | 2/74 (2.7%) | 1/68 (2.9%) | NR | NR |
| 2‡ | 3/62 (4.8%) | 6/60 (10.0%) | NR | NR |
| 3‡ | 5/56 (8.9%) | 8/48 (16.7%) | NR | NR |
| Practice-based interventions | Almeida 2012152,180 | 60-101 (72) | Participants with self-harm behavior (suicide attempts and ideation) per self-report | 24 | 508/11,402 (4.5%) | 531/10,360 (5.1%) | OR: 0.80 (0.68, 0.94) | NR |
| Bennewith 2002115 | 16-95 (32) | Participants with a DSH episodes per self-report and general practitioner | 12 | 211/964 (21.9%) | 189/968 (16.5%) | OR 1.17 (0.94, 1.47) | 0.16 |
| Clarke 2002130 | ≥20 (33) | Participants with readmission to Accident and Emergency Services due to self-harm | 12 | 19/220 (9%) | 25/247 (10%) | NR | NSD |
| Bruce 2004114, 181-187 | 60-94 (70) | Participants with a suicide attempt (source NR) | 12 | 1/221 (0.5%) | 1/191 (0.5%) | NR | NR |
| 24 | 2/183 (1.1%) | 3/177 (1.7%) | NR | NR |
| Improving treatment adherence with direct person-to-person contact | Allard 1992123 | NR (NR) | Participants with ≥1 suicide attempt per self-report, corroborated by medical records, relatives and/or coroner’s report | 24 | 22/63 (34.9%) | 19/63 (30.2%) | NR | 0.57 |
| Cedereke 2002129 | NR (41) | Participants with a suicide attempt per self-report, corroborated by medical records | 1 | 6/107 (6%) | 10/109 (9%) | NR | NR |
| 12 | 14/83 (17%) | 15/89 (17%) | NR | NSD |
| Crawford 2010132 | 18-65 (37) | Participants with an ED visit related to DSH episode, per hospital record | 6 | 7/52 (13.7%) | 1/51 (21.2%) | OR 0.59 (0.21, 1.67) | 0.32 |
| Vaiva 2003147 | 18-65 (36) | Participants with suicide attempt per self-report, ED, medical or provider records | 6 | 29/202 (14.4) | 62/280 (22.1%) | NR | 0.27 |
| 13 | 44/293 (15.0%) | 59/312 (18.9%) | NR | 0.37 |
| van Heeringen 1995149 | ≥15 (34) | Participants with nonfatal suicide attempt per self-report, corroborated by medical records, provider and/or family | 12 | 15/129 (11.6%) | 27/195 (13.8%) | OR 1.17 | 0.73 |
| Welu 1977150 | ≥16 (29) | Participants with a suicide attempt per self-report, corroborated with medical records, provider and/or family | 4 | 9/62 (14.5%) | 13/57 (22.8%) | NR | 0.12§ |
| Improving treatment adherence without direct person-to-person contact | Beautrais 2012125 | ≥16 (34) | Participants presenting to the ED or emergency psychiatric service for self-harm | 12 | 39/153 (25.5%) | 49/174 (28.2%) | OR 0.87 (0.53, 1.43) | >0.58 |
| Carter 2007127, 188 | ≥16 (33) | Participants with admission for self-poisoning per toxicology service database | 12 | 57/279 (15.1%) | 68/394 (17.3%) | NR | 0.41 |
| 24 | 80/378 (21.2%) | 90/394 (22.8%) | NR | 0.57 |
| Hassanian 2011136 | ≥12 (24) | Participants with a suicide attempt per self-report, confirmed by hospital records if hospitalized | 12 | 31/1,043 (3.0%) | 55/1,070 (5.1%) | RR 0.42 (0.11, 0.63) | NR |

\*Adjusted.

†Group by time interaction.

‡║Cumulative from baseline.

§One-tailed.

║In previous 3 months.

¶Carter 2010: Only 3-month data reported; high attrition at other followup timepoints.

**Abbreviations:** BL = baseline; CI = confidence interval; DSH = deliberate self-harm; ED = emergency department; HR = hazard ratio; NSD = no significant difference; NR = not reported; OR = odds ratio; RR = risk ratio; SD = standard deviation.