

DIFFERENTIAL EFFECTS OF MANUAL ASSISTED COGNITIVE BEHAVIOR THERAPY IN THE TREATMENT OF RECURRENT DELIBERATE SELF-HARM AND PERSONALITY DISTURBANCE: THE POPMACT STUDY

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A total of 480 patients were treated in a large, multicenter randomized trial of a brief form of cognitive therapy, manual-assisted cognitive behavior therapy (MACT) versus treatment as usual (TAU) for recurrent deliberate self-harm. Each patient was randomized after a self-harm episode assessed at an accident and emergency center and followed up over 1 year. The main hypothesis tested was that those allocated to MACT would have a lower proportion of self-harm episodes in the succeeding year. A total of 60% of those allocated to MACT had face-to-face treatment and 430 (90%) of all patients had self-harm data recorded after 1 year. Although the results showed no significant difference between those repeating self-harm in the MACT group (39%) compared with the TAU group (46%) ($P = 0.20$), the treatment was cost effective (10% cheaper than TAU) and the frequency of self-harm episodes was fewer (50%) in the MACT group. A total of nine of 10 patients had some personality disturbance (42% of these with disorder), and for those where information on parasuicide events was collected, the proportion having a repeat episode

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This trial was supported by the Medical Research Council (UK).

The authors thank Catherine Manley for help with training in personality assessment, Marsha Linehan for advice and Gene Paykel, Walter Holland, and Gethas Morgan for their assistance during their membership of the POPMACT Trial Steering Group.

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