

## **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

POPMACT Group: West London Site (Imperial College School of Medicine, Royal Holloway and Bedford College & St Mary's Hospital); Peter Tyrer, Jose Catalan, Susan Thornton, Philip Tata, Andrew MacLeod, Helen Scivewright, Vanessa Jones, Catherine Manley, South London Site (Kings College & Maudsley Hospitals, London & Maidstone General Hospital, Kent); Ulrike Schmidt, Simon Wessely, Kandiah Sivakumar, Joanne Godley, Nottingham Site (The Stonebridge Research Center & Queens Medical Center); Brian Ferguson, Sylvia Cooper, Neil Holden, Edinburgh Site (Royal Edinburgh Hospital); Chris Freeman, Katherine Logan, Susan Baxter, Leanne Ramsey, Glasgow Site (Gartnavel Royal Hospital, Southern General Hospital & Shawpark Resource Center); Kate Davidson, Jan Scott, Richard Caplan, Geraldine Byrne, Joy Airie, Paula Keech, Statistics and Health Economics (MRC Biostatistics Unit, Cambridge & Center for the Economics of Mental Health, Institute of Psychiatry, London); Simon Thompson, Oki Ukoumunne, Lois Fowler, Martin Knapp, Juliet Henderson, Sarah Byford, Jennifer Greenhalgh.

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# Manual Assisted Cognitive Behaviour Therapy

**Tobias Bleicker**



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