

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, Orla Ukoumunne, Lois Fowler, Martin Knapp, Juliet Henderson, Sarah Byford, Jennifer Greenhalgh.

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Manual Assisted Cognitive Behaviour Therapy

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Table of Contents Manual Assisted Cognitive Behaviour Therapy

1. Understanding the eBook Manual Assisted Cognitive Behaviour Therapy
 - The Rise of Digital Reading Manual Assisted Cognitive Behaviour Therapy
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Assisted Cognitive Behaviour Therapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Assisted Cognitive Behaviour Therapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Assisted Cognitive Behaviour Therapy
 - Personalized Recommendations
 - Manual Assisted Cognitive Behaviour Therapy User Reviews and Ratings
 - Manual Assisted Cognitive Behaviour Therapy and Bestseller Lists
5. Accessing Manual Assisted Cognitive Behaviour Therapy Free and Paid eBooks
 - Manual Assisted Cognitive Behaviour Therapy Public Domain eBooks
 - Manual Assisted Cognitive Behaviour Therapy eBook Subscription Services
 - Manual Assisted Cognitive Behaviour Therapy Budget-Friendly Options
6. Navigating Manual Assisted Cognitive Behaviour Therapy eBook Formats

- ePub, PDF, MOBI, and More
- Manual Assisted Cognitive Behaviour Therapy Compatibility with Devices
- Manual Assisted Cognitive Behaviour Therapy Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Assisted Cognitive Behaviour Therapy
 - Highlighting and Note-Taking Manual Assisted Cognitive Behaviour Therapy
 - Interactive Elements Manual Assisted Cognitive Behaviour Therapy
- 8. Staying Engaged with Manual Assisted Cognitive Behaviour Therapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Assisted Cognitive Behaviour Therapy
- 9. Balancing eBooks and Physical Books Manual Assisted Cognitive Behaviour Therapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Assisted Cognitive Behaviour Therapy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Assisted Cognitive Behaviour Therapy
 - Setting Reading Goals Manual Assisted Cognitive Behaviour Therapy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Assisted Cognitive Behaviour Therapy
 - Fact-Checking eBook Content of Manual Assisted Cognitive Behaviour Therapy
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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