

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

Peter Tyrer, FRCPsych, Brian Tom, PhD, Sarah Byford, MSc, Ulrike Schmidt, MRCPsych, Vanessa Jones, BSc, Kate Davidson, PhD, Martin Knapp, PhD, Andrew MacLeod, PhD., and Jose Catalan, FRCPsych, on behalf of the POPMACT Group

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

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Address correspondence to Peter Tyrer, Department of Psychological Medicine, Imperial College (Charing Cross Campus), Claybrook Center, London W6 8LN, UK; E-mail: p.tyrer@imperial.ac.uk.

# Manual Assisted Cognitive Behaviour Therapy

**Zhe Xu**



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