

Institute for Children and Young People's Mental Health

at King's College London & Maudsley Hospital

Research also investigates interventions, for example; the long-term impact of 'Therapeutic Assessment', a novel brief psychological intervention for adolescents with self-harm; the development and evaluation of 'Supported Discharge Service', an experimental model of Intensive Community Care Service for adolescents with severe psychiatric disorders which provides a combination of home treatment, day care or intensive case management according to need.

Our research group has had three major grants involving clinicians and researchers: developing a modular intervention for adolescents with self-harm (funded by Guy's and St Thomas' Charity); further evaluation of Intensive Community Care Services as an alternative to inpatient admissions (funded by the National Health Institute of Research) and evaluating an intensive community treatment service for 0-5 year-old looked after children who are at great risk of self-harm and suicide

The overarching goal of the group is to reduce self-harm and suicide in adolescents. The specific objectives include: developing, evaluating and implementing effective psychological therapies for self-harm; further elucidating basic pathophysiology of self-harm and understanding the role of digital media in self-harm.

Key publications

- OUGRIN D, BOEGE I (2013) The Self Harm Questionnaire: A New Tool Designed to Improve Identification of Self Harm in Adolescents *Journal of Adolescence* 36:221-5
- OUGRIN D, BOEGE I, STAHL D, BANARSEE R, TAYLOR E (2013) Randomised controlled trial of therapeutic assessment versus usual assessment in adolescents with self-harm: 2-year follow-up. *Archives of Disease in Childhood* 98:772-6
- OUGRIN D, TRANAH T, LEIGH E, TAYLOR L, ASARNOW JR (2015) Therapeutic Interventions for Suicide Attempts and Self-Harm in Adolescents: Systematic Review and Meta-Analysis. *Journal of the American Academy of Child and Adolescent Psychiatry*, 5:97-107
- OUGRIN D, CORRIGALL R, POOLE J (...), TAYLOR E (2018) Comparison of effectiveness and cost-effectiveness of an intensive community supported discharge service versus treatment as usual for adolescents with psychiatric emergencies: a randomised controlled trial. *Lancet Psychiatry* 5:477-485
- SEDGWICK R, EPSTEIN S, DUTTA R, OUGRIN D. Social media, internet use and suicide attempts in adolescents. *Current Opinion in Psychiatry*. 2019;32(6):534-41