

Evidence and gap map pilot

Self-harm in children and young people

PHINS seminar

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What is an evidence and gap map?

- Visual representation of evidence base
- Highlights where evidence exists and where it does not
- Can be used to
 - Support decision-making in policy and practice
 - Understand where there are gaps in knowledge and where research is needed
















What is an evidence and gap map?

Classification		PH topic 1 – self-harm	PH topic 2... etc
Domain	Sub-domain	Risk/protective factor	Intervention
Individual			
Individual	Health behaviours		
Individual	Physical health		
Individual	Mental health		
Individual	Social media use		
Individual	Body image		
Individual	Perinatal environment		
Individual	Early development		
Individual	Intrinsic characteristics		
Individual	Other (Individual)		

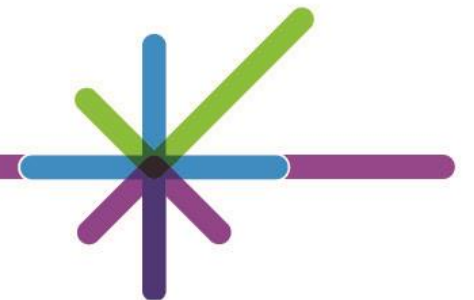
Size of shapes indicates quantity of evidence

Empty cell = gap in the evidence




▼	Family and friends			
	Family and friends	Family relations		 Intervention: 18
	Family and friends	Parental health		
	Family and friends	Peer and friend relationships		
	Family and friends	Other (Family and friends)		
▼	Learning environment			
	Learning environment	Engagement with learning		
	Learning environment	Educational environment		
	Learning environment	Pressure and expectations		

Click through to see details of evidence

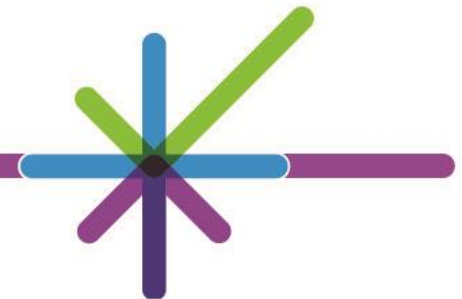


Details of underlying evidence

 Download as CSV

Search

Author and date	Title	Aim of study	Author conclusions
Abdelraheem 2019	Mediating and moderating variables in the prediction of self-harm in young people: A systematic review of prospective longitudinal studies.	To identify mediators and moderators of factors that prospectively predict self-harm repetition in young people.	In a moderated mediation model, BPD features significantly mediated by negative emotions (depression, stress and anxiety), which were adolescents who were self-critical and behaved impulsively. Within the same community sample negative emotions in predicting NSSI was elevated in adolescents with trait impulsivity factors. Findings indicate that impulsivity related factors exacerbate and mediate negative emotions self-harm, and lend support to the affect regulation role of this behaviour, consistent with "pragmatic hypothesis" of the integrated theoretical model of NSSI. Therefore, interventions that target improved self-regulation and distress tolerance may be beneficial.
Aggarwal 2018	Engaging families in the management of adolescent self-harm.	To describe the effectiveness of interventions for adolescent self-harm with a family component including treatment-related moderators of effect.	Although brief single session interventions in an emergency department do not reduce the frequency of self-harm, they are likely to be a useful strategy promoting better engagement with psychiatric services. Intermediate-level interventions show benefits but maintenance sessions seem likely to be a useful adjunct in ensuring the persistence of recovery.



Filter to answer research questions

Select outcome definition

- Any form of self-injurious thoughts and behaviours
 - Exclusively non-suicidal self-harm
 - Repetitive, compulsive self-injury

Select reviews looking at interventions or risk/protective factors, and the intervention classification

- Intervention
 - Non-clinical therapy
 - Family therapy
 - Individual therapy
 - School based
 - Multiple modalities
 - Other
 - Pharmaceutical
 - Information provision
- Risk/protective factor

Select population age

- All ages
 - Exclusively 0-18 years
 - Up to 25 years

Select study setting

- Clinical setting
- Community setting
- Educational establishment
- Online
- Not specific
- Other: Youth detention centres

Select type of synthesis

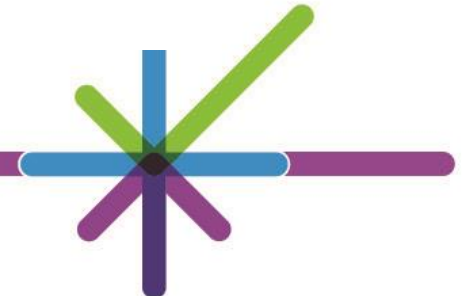
- Systematic review with meta-analysis
- Systematic review with narrative synthesis
- Other review with narrative synthesis
- Scoping evidence mapping

Only show reviews that assess the quality of reviewed studies?

- Yes
- No

Only show reviews that have a pre-registered protocol?

- Yes
- No



What next?

- Automation
- Pilot dissemination and evaluation
- Supporting briefings



View our evidence and gap map:

<https://publichealthscotland.scot/our-areas-of-work/health-and-wellbeing/prevention-of-mental-ill-health-and-improved-wellbeing/mental-health-evidence-and-addressing-gaps/evidence-tools/>

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