



We had a great response from 62 participants across England who took part in our Q sort study. Thanks also to the NHS

organizations who helped bring it all together. The results have given us a great insight into the variety of reasons people self-harm, and that has helped us in designing our therapy. We will be preparing a research report for publication in the next few weeks, led by Louise Bryant.

And another big thank you to our Manchester workshop participants! We have now held three of these workshops - which are based on the principle of co-production with therapists and people with personal experience working together, looking at our study results and sharing ideas about what therapy should be like. The feedback we have received so far has been very positive, and it's been a real pleasure to work with so enthusiastic partners on this. We look forward to working together again next year!



Meanwhile, back in the office...we have been reviewing the published literature (61 papers!) on what helps people who self-harm – not based upon research studies (the usual sort of academic literature reviewing) but based upon first-hand accounts from people with personal experience of living with, and moving

away from, repeated self-harm. What we learn here can add to therapy by offering a picture of what others have found helpful: therapy + self-management feels like a good combination to be aiming for!

What's Next?



In the New Year we are moving onto our feasibility study, to be held across three

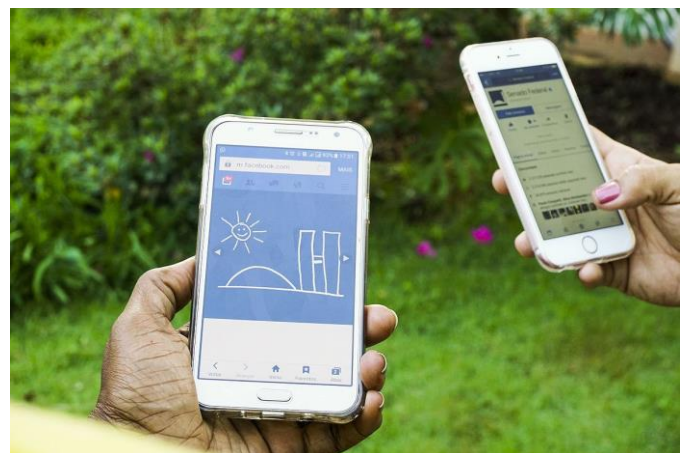
sites in the North – Oldham, Hull and Leeds. The feasibility study will test whether our plans for delivering therapy work and will explore the experience of the therapies from the viewpoint of 30 people with personal experience of self-harm who will receive therapy, and from therapists. We are in the process of finalizing manuals and training programmes for therapists to help support this activity.

Vision 2021: PPIE – Working together in Research

Dr Kate Farley and Marsha Macadam will be presenting their experience of coproduction at Vision in York:

<https://www.yhahsn.org.uk/event/vision-2021-ppie-working-together-in-research/>

In studies running in parallel to FReSH START we have been looking at how people use on line resources when they are self-harming. There's a lot in the news about social media and young people and Cathy Brennan is leading a project in collaboration with Samaritans, studying what aspects of social media are helpful as well as what might be harmful. At the same time we have been checking out other online resources that are most likely to be useful for professionals or people with personal experience of self-harm.



Daniel Romeu, a junior doctor who is interested in self-harm has been working with us for the past four months to identify what kind of information is available on the web for people who self-harm, their friends and families and health professionals.

This includes websites of professional bodies such as the National Institute for Clinical Excellence (NICE), general tips and strategies to stop self-harming and personal accounts of recovery. We are currently writing up the results and think they will be of particular use to health professionals, such as GPs, who may not be that familiar with what is available on the web.