

# RE:SOLVE - Exploring the acceptability and feasibility of a Problem Solving Therapy programme for young people at risk of self harm.

ACTRN12610000569000

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**Status** RECRUITING  
**Sponsor** University of Auckland  
**Enrollment** 24 participants

## Plain Language Summary

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This study is testing a program called RE:SOLVE, which teaches young people how to solve problems in their lives more effectively. Researchers believe that poor problem-solving skills can be linked to self-harm, and they want to find out whether this therapy approach is helpful and acceptable to young people and therapists. Twenty young people will take part, and both the therapy experience and outcomes will be studied.

You may be eligible if:

- You are between 13 and 18 years old
- You have been referred to a mental health service following an episode of self-harm, or you have concerns about self-harm
- You can communicate in English
- You are mentally able to engage with therapy

You may NOT be eligible if:

- You are currently experiencing psychosis
- You are already involved in another research study

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (14)

- Eligibility criteria for CAMHS and PHO environments are as follows:
- Referral to the service occurs following a first episode of self harm OR
- Referral to the service occurs amid concerns about self harm with a history of at least one previous episode of self harm OR
- Currently involved with the service and self harms during study period
- Between the ages of 13 and 18 years inclusive
- ... and 9 more (see full listing online)

### Exclusion (2)

- Current psychosis
- Involvement with another study

## Locations (1 total)

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New Zealand

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12610000569000>

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