

Feasibility and acceptability of EDBridge: A brief contact intervention for adolescents at risk of suicide and their parents

ACTRN12625001287426

Status	RECRUITING
Sponsor	Deakin University
Enrollment	144 participants

Plain Language Summary

When a young person is seen in an emergency department after a suicidal crisis, the period after they are discharged home is a critical and often under-supported time. Families often feel excluded from their child's care and unsure how to help. EDBridge is a new multi-part programme designed to bridge this gap — it includes a safety planning conversation with the adolescent, a factsheet resource for parents and carers, and an automated follow-up text message programme for both the young person and their family in the weeks after discharge.

This pilot trial is testing whether EDBridge is practical to deliver and acceptable to adolescents, parents, and the clinicians who work in the emergency department. Early signals of whether it improves mental health and helps young people engage with ongoing community support will also be examined.

You may be eligible if you are an adolescent aged 12 to 18 who has presented to the participating paediatric emergency department with suicidal thoughts or behaviour and is being discharged home, accompanied by a parent or carer. Families need a mobile phone and the ability to read English to receive the text message component. Young people in out-of-home care or without a parent present at the time of presentation are not eligible for this pilot.

Key Eligibility Criteria

Inclusion (10)

- Adolescent group
- Aged 12-18 years
- Presents to the trial site paediatric Emergency Department (ED) with suicidal ideation or behaviour and is discharged home/to community-based services.
- Presents to the trial site with a parent/caregiver
- Parents/caregiver
- ... and 5 more (see full listing online)

Exclusion (16)

- Adolescents
- No suicidal ideation or behaviour at presentation to site ED. Justification: intervention designed for adolescents with suicidal ideation or behaviour.
- Under 12 years old or over 18 years old. Justification: Intervention designed for adolescent patients aged 12-18. Patients over 18 are assessed by different services.
- Adolescent presents without parent/caregiver. Justification: Parent/caregiver is needed to provide consent for adolescent to participate, and seeking parent consent via follow up is not feasible or appropriate as the intervention is designed to begin during ED mental health assessment.
- Contraindication according to clinical judgement. Justification: Clinicians recruiting participants may obtain information via medical records (e.g., patient history) or assessment that suggests intervention is not suitable for some participants e.g., due to developmental difficulties, risk of harm to clinician, frequent ED presentations (requiring more tailored intervention that is outside the scope of this intervention), psychotic symptoms, manic symptoms or intoxication that impairs capacity to provide assent.

and 11 more (see full listing online)
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625001287426>

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Locations (1 total)

Monash Children's Hospital - Clayton, VIC, Australia