

Internet-delivered Emotion Regulation Individual Therapy or Adolescents (IERITA) With Self-injury Within Child and Adolescent Mental Health Services: Pilot Study

NCT06817278

Status	RECRUITING
Phase	Not Applicable
Sponsor	Karolinska Institutet
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (3)

- years old
- At least one self-injury episode in the past three months
- A parent willing to engage in the parent program

Exclusion (4)

- Immediate suicide risk
- Global functioning corresponding to a rating d40 of the Children's Global Assessment Scale (CGAS)
- Social problems needing immediate intervention (e.g., violence within the family)
- Ongoing dialectical behavior therapy for adolescents

Locations (1 total)

Karolinska Institutet, Stockholm, Sweden