



SafePIT Newsletter Winter 2022

What is SafePIT?

SafePIT is an NIHR funded randomised clinical trial, investigating the effectiveness of short (4 session), focused Psychodynamic Interpersonal Therapy (PIT) versus standard care in reducing self-harm in individuals who have attended A&E following an episode of self-harm. Participants will have little or no previous history of self-harm (providing focused therapeutic help for those with a greater history of self-harm is addressed in our other research project, FReSH START). The therapy will be delivered by liaison mental health staff following training by the study team and supported by supervision. The SafePIT trial aims to investigate the effect this type of intervention has on repeat of self-harm and on improving the quality of life of those who have attended hospital following a self-harm event. By doing a health economic analysis SafePIT also



hopes to provide evidence that the care for these individuals can be improved by

front line NHS staff in a manner that is cost effective, and will not over burden mental health staff and services.

For this trial, we aim to recruit approximately 12 sites, and reach 770 participants, staggering the opening of these sites throughout the year to allow in depth training to be provided to the participating staff members. We aim to have our first sites up and running in January 2022, and are currently in contact with several potential sites to make sure this happens. We have received ethical approval for the study from the Health



Research Authority and the Research Ethics Committee, so once the final few bits of prep work have been done, we will be ready to launch!

Independent oversight of the SafePIT trial will be maintained by the Trial Steering Committee and the Data Monitoring and Ethics committee, who ensure that the project adheres to the highest of standards. Feedback from the first meetings was very positive, with the independent committee members being very happy with the project design and its set-up to date. These committees will continue to keep a close eye on the trial,

and make sure high standards continue to be delivered throughout the lifetime of the trial.

Progress so Far

Progress on the SafePIT trial has steadily been moving forward with a lot of behind the scenes work getting essential documents, guidelines, case report forms and questionnaires written and ready for use. Our data experts have also been hard at work getting our databases up and running, ready to start storing data when it starts flowing in. Whilst the trial is not open to recruitment yet, CTRU staff have all been keeping busy with behind the scenes preparation work, making sure when the trial does open in its first site, everything will be ready for staff and participants.



Most recently, PIT training sessions have been provided by Professor Else Guthrie for our first few therapists who will be delivering the intervention at sites. This training will give them the vital skills they will need to start delivering the intervention, and the training will be followed by fortnightly supervision by an experienced PIT supervisor. Further training sessions will be held throughout

the year for liaison mental health staff as more sites are recruited.

Patient and Public Involvement

The involvement of people with personal experience of self-harm is central to our work. We have worked in partnership since the very beginning and PPI involvement has helped shape the programme of work for SafePIT.

We also have PPI oversight in our Steering Committee, as well as PPI representation on the trial management group. We want our therapeutic approach to be of value and we believe that working in partnership with people with personal experience is key to making that happen.

Next Steps

The next big job we have is to get the study open to recruitment! We currently aim to start in January 2022, and are hard at work getting the final few tasks complete, and are in constant communication with hospitals and site staff around the country to make it happen. Some sites which are delivering our FReSH START study are also interested in helping out with SafePIT. Hopes are high that plenty of sites will come on board with the trial, and we can deliver the intervention to as many people as possible. The more sites we work with, the more people we can reach with this intervention, the stronger our data will be, and the more of an impact we can make because of that.