

# The Amager Project

Efficacy of intervention after  
attempted suicide

A randomized trial

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Psykiatrisk Center Amager 2005 – 2008

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# Background

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- Project on quality assessment 2001 – 2003
- Kvasi-experimental study 2003 – 2005 (Hvid  
■ M, Wang AG. Nord J Psychiatry. 2009;63(2):148-53.)
- Randomized study 2005 – 2008
- Not especially about elderly, men elderly were included

# Litterature

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- Not much about evidence based efficacy
- Best results from DBT (dialectic behavioural therapy) og cognitive therapy
- Bærum model

# WHO's definition of suicide attempt

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- A broad definition like the British concept of deliberate self harm

# Aims

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- Active outreach with contact, active continuation, assistance to therapy, problem solving and continuity
- Reduce number of persons repeating
- Reduce the number of repetitive acts

# Design

- Intervention group and control group
- Stratified randomized
- Intent – to - treat

# Inclusion/exclusion

Inclusion

From 12+

Amager

Suicide attempt/ deliberate self-harm

No psychiatric diagnosis or some diagnostic diagnoses

Exclusion

Dementia, schizophrenia, bipolar, severe/psychotic depression

Inpatient ward > 2 weeks

# Intervention (OPAC)

Was offered for ½ year with flexibility

Outreach, active, rapid contact

Problem solving, solution focused  
counselling

Adherence, motivator and supporter

Continuity, same contact person ½ year

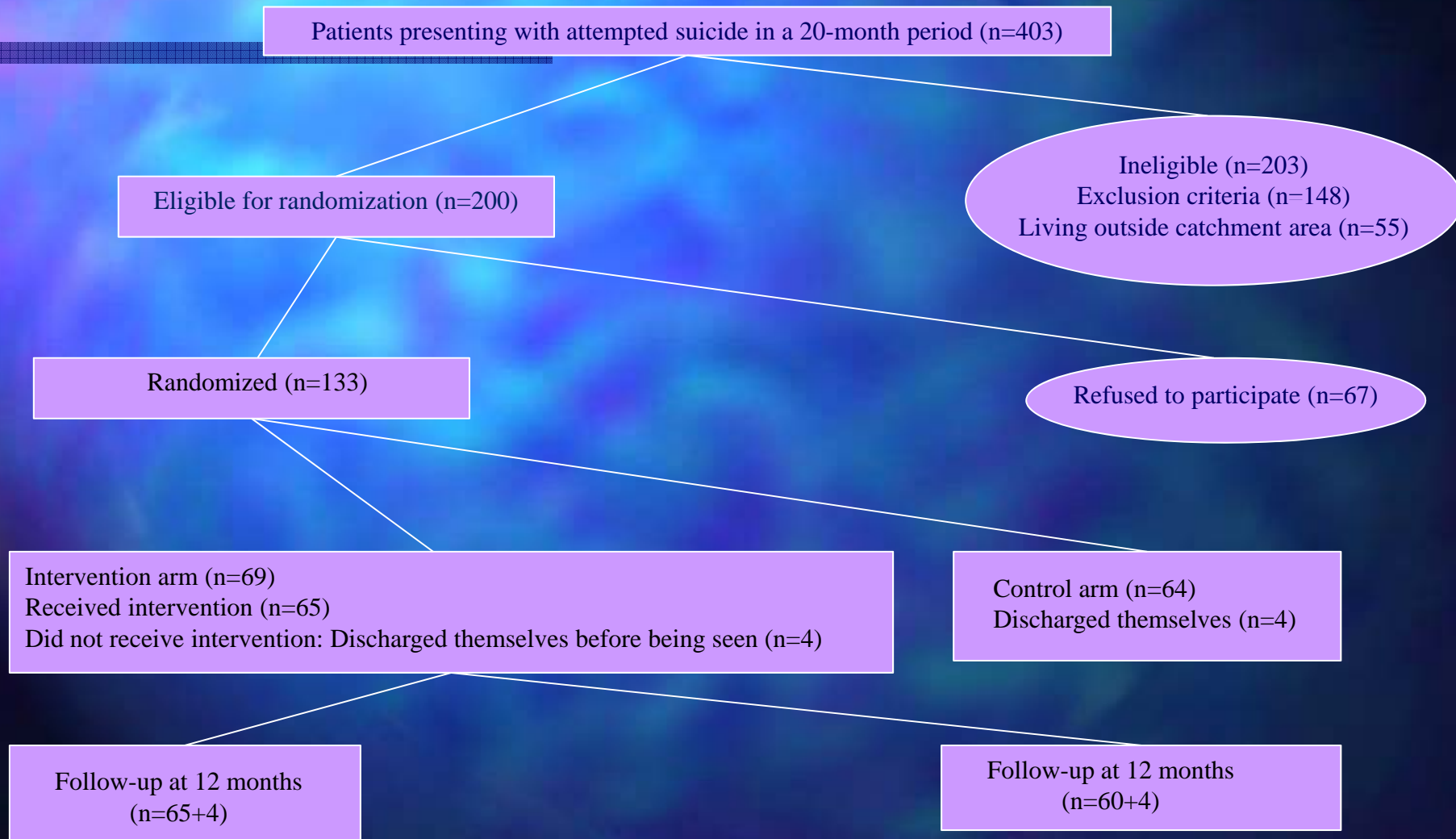
# Control group

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Standard treatmentbehandling

Telephone contact after ½ year

# Flow chart



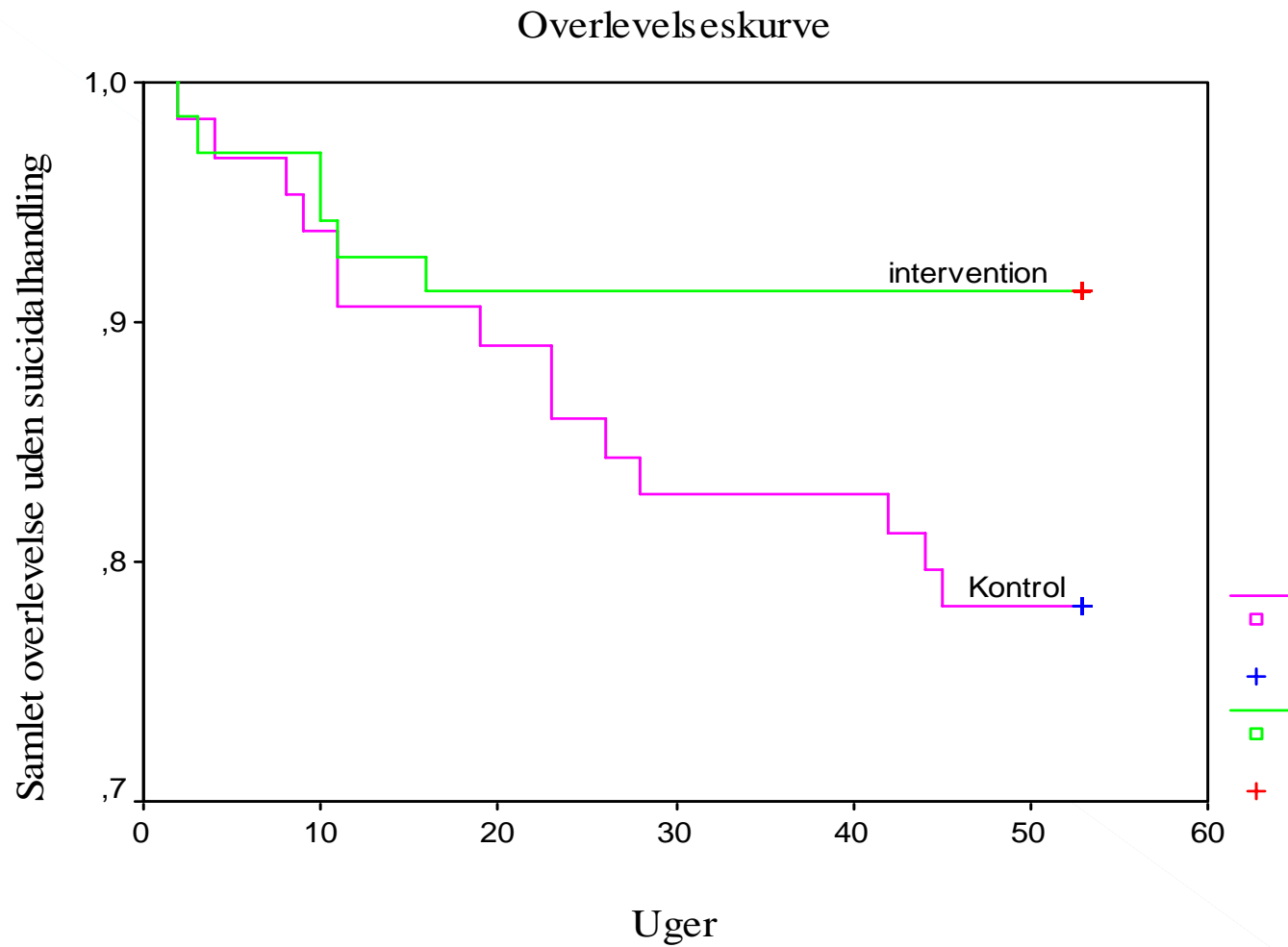
# Results

1. Age
  2. Gender
  3. Method: Chemical/physical
  4. Alcohol influence at suicide attempt
  5. Diagnosis: Psychiatric/no psychiatric
  6. Formal psychiatric assessment
  7. Earlier psychiatric admittance (without suicide attempt)
  8. Earlier suicide attempt\*
  9. Patients own reason: internal/external
  10. Intervention\*
- \* Significant difference

# Results

	Intervention group	Control group
	69	64
No repetition	63	50
Repetition in follow-up	4*	12*
Rep. in drop out group	2*	2
Total repetition	6 (8.7%)	14 (21.9%)
Natural deaths	1	1
Repetitive acts	8	22
* 1 suicide		

# Kaplan Meyer plot



# Related results

- Mean number of home visits: 8 plus many phone calls and text messaging
- Log-rank test:  $p=0.040$  (adjusted for former suicide attempt)
- Results:  
Related to gender, but not age in general
- Not related to attendance to other treatment