

Table DS1 Clinical characteristics of the two study groups

		Statistical test	P
Psychiatric comorbidity			
CBT	Mean 3.6 diagnoses per person (s.d.=3.0)	$t = -1.15$	0.25
TAU	Mean 4.5 diagnoses per person (s.d.=4.1)		
Range of diagnosis			
CBT	88% mood, 65% anxiety, 10% eating and 5% somatoform disorders; 10% alcohol/drug misuse		
TAU	90% mood, 46% anxiety, 24% eating and 3% somatoform disorders; 24% alcohol/drug misuse		
History of self-harm	82% in CBT and 70% in TAU report 10 or more previous episodes of self-harm (self-poisoning and/or self-injury)	$\chi^2=0.73$	0.47
Self-mutilation in past 3 months	CBT 92% ($n=37$), TAU 57% ($n=24$)	$t=1.54$	0.13
Suicidal acts in past 3 months	CBT 45% ($n=18$), TAU 81% ($n=34$)	$t=-1.91$	0.06
Index episode of self-harm	Self-poisoning 83% in CBT and 91% in TAU; self-injury 17% CBT and 9% in TAU	$\chi^2=4.69$	0.70
Suicide intent, index episode ^a	CBT 10.83 (s.d.=6.65); TAU 12.58 (s.d.=6.84)	$t=8.27$	0.94
Motives, index episode ^b	Relieve state of mind (92%), want to die (67%), escape impossible situation (64%); similar for CBT and TAU	$\chi^2=19.80$	0.14
Psychotropic medication at baseline	53% of patients in CBT, 71% of patients in TAU	$\chi^2=3.12$	0.08
Psychotherapy at baseline	43% of patients in CBT, 55% of patients in TAU	$\chi^2=4.74$	0.09

CBT, cognitive-behavioural therapy; TAU, treatment as usual.
a. Measured with the Suicide Intent Scale (range 0–30).
b. Measured with the Reasons for Overdose Scale.

Table DS2 Use of healthcare services/usual care between the two groups

	Baseline	3 months	6 months	9 months
Psychotropic medication, %				
Cognitive-behavioural therapy	53	38*	42*	46
Treatment as usual	71	59	57	70
Psychotherapy, %				
Cognitive-behavioural therapy	43	21	28	52
Treatment as usual	55	83	72	72
Psychiatric hospitalisations, %				
Cognitive-behavioural therapy	0	2	6	2*
Treatment as usual	0	14	16	21

a. Significance calculated using χ^2 -test.
* $P < 0.05$.

Table DS3 Multilevel analysis effects for time, condition and time \times condition, and Cohen's d effect sizes for differences on outcome measures between the two study groups, for those completing the intervention ($n=73$)

Variables	Time B (s.e.)	Condition ^a B (s.e.)	Time \times condition B (s.e.)	Cohen's d 3 months (post-treatment) (CBT $n=40$, TAU $n=33$)	Cohen's d 6 months (follow-up) (CBT $n=40$, TAU $n=33$)	Cohen's d 9 months (follow-up) (CBT $n=40$, TAU $n=33$)
Self-harm	−0.728 (0.178)*	3.361 (2.233)	−0.604 (0.239)*	0.02	0.05	0.39
Depression (BDI-II)	−0.458 (0.246)	−2.613 (3.189)	−1.694 (0.331)*	0.50	0.41	1.24
Anxiety (SCL-90)	−0.025 (0.179)	−1.608 (2.211)	−1.102 (0.241)*	0.36	0.46	0.82
Suicide cognitions total (SCS)	−0.747 (0.306)*	−4.637 (4.103)	−1.607 (0.412)*	0.58	0.64	1.03
Perceived burdensomeness (SCS)	−0.093 (0.039)*	−0.298 (0.529)	−0.196 (0.052)*	0.44	0.56	0.88
Helplessness (SCS)	−0.116 (0.100)	−1.658 (1.230)	−0.470 (0.134)*	0.66	0.68	1.13
Poor distress tolerance (SCS)	−0.308 (0.107)*	−1.271 (1.385)	−0.534 (0.143)*	0.53	0.58	0.96
Unlovability (SCS)	−0.230 (0.096)*	−1.409 (1.319)	−0.407 (0.129)*	0.49	0.58	0.88
Self-esteem (RSCQ)	0.139 (0.067)*	0.683 (0.904)	0.326 (0.090)*	0.36	0.47	0.83
Problem-solving (CISS)	−0.163 (0.218)	−0.434 (2.541)	1.137 (0.293)*	0.35	0.47	0.83

BDI-II, Beck Depression Inventory II; CBT, cognitive-behavioural therapy; CISS, Coping Inventory for Stressful Situations; RSCQ, Robson Self-Concept Questionnaire (short version); SCL-90, Symptom Checklist-90; SCS, Suicide Cognitions Scale; TAU, treatment as usual.
a. 'Condition' means baseline differences between the intervention and usual treatment groups.
* $P < 0.05$.

Table DS4 Multilevel analysis effects for time, condition and time × condition and Cohen's *d* effect sizes for differences on outcome measures between the study groups in the intent-to-treat, last observation carried forward method (*n*=90)

Variables	Time B (s.e.)	Condition ^a B (s.e.)	Time × condition B (s.e.)	Cohen's <i>d</i> 3 months (post-treatment) (CBT <i>n</i> =48, TAU <i>n</i> =42)	Cohen's <i>d</i> 6 months (follow-up) (CBT <i>n</i> =48, TAU <i>n</i> =42)	Cohen's <i>d</i> 9 months (follow-up) (CBT <i>n</i> =48, TAU <i>n</i> =42)
Self-harm	−0.610 (0.163)*	2.225 (2.069)	−0.637 (0.224)*	0.08	0.15	0.49
Depression (BDI-II)	−0.438 (0.218)*	−3.996 (2.809)	−1.434 (0.299)*	0.56	0.77	1.19
Anxiety (SCL-90)	−0.033 (0.152)	0.865 (1.993)	−0.945 (0.209)*	0.38	0.47	0.77
Suicide cognitions total (SCS)	−0.678 (0.267)*	−6.077(3.633)	−1.373 (0.367)*	0.61	0.68	0.98
Perceived burdensomeness (SCS)	−0.095 (0.034)*	−0.470 (0.462)	−0.156 (0.047)*	0.48	0.56	0.82
Helplessness (SCS)	−0.110 (0.084)	−1.906 (1.109)	−0.403 (0.116)*	0.64	0.67	1.00
Poor distress tolerance (SCS)	−0.247 (0.093)*	−1.643 (1.233)	−0.487 (0.127)*	0.55	0.61	0.89
Unlovability (SCS)	−0.226 (0.087)*	−2.049 (1.168)	−0.328 (0.120)*	0.56	0.64	0.89
Self-esteem (RSCQ)	0.106 (0.058)*	0.742 (0.814)	0.298 (0.079)*	0.33	0.48	0.77
Problem-solving (CISS)	−0.144 (0.180)	0.917 (2.412)	0.996 (0.247)*	0.38	0.50	0.77

BDI-II, Beck Depression Inventory II; CBT, cognitive-behavioural therapy; CISS, Coping Inventory for Stressful Situations; RSCQ, Robson Self-Concept Questionnaire (short version); SCL-90, Symptom Checklist-90; SCS, Suicide Cognitions Scale; TAU, treatment as usual.
a. 'Condition' means baseline differences between the intervention and usual treatment groups.
**P*<0.05.