**Supplement 1**

Supplementary Table 1 shows Risk of Bias Assessments–predefined criteria for rating. In Table 2, we present the 21 studies’ assessment of quality sorted by design (Randomized Controlled Trials; RCTs, Clinical Controlled Trials; CCTs, pre-post design).

**Supplementary 1, Table 1: Risk of Bias Assessment – Categories for rating (adapted from Viswanathan et al., 2018)**

|  |  |
| --- | --- |
| **Randomization Bias** |  |
| Method of Randomization\* | **Low**: Computer generated random allocation**Moderate**: Other methods identified to randomize**High**: Inadequate method of randomization (e.g., alternating), randomization approach cannot be determined or did not randomize |
| **Selection Bias** |  |
| Attrition Bias | **Low:** Low attrition or low differential loss **Moderate:** Moderate attrition (20-39%) or moderate differential loss (5-29%)**High:** High Attrition (≥ 40%) or high differential loss (≥ 30%), or cannot be determined |
| Creation of ComparableGroups\* | **Low:** No significant baseline differences among groups regarding primary outcome measures and inclusion/exclusion criteria**Moderate:** Few baseline differences among groups**High**: Multiple differences among groups, or does not state any baseline comparisons between groups |
| **Confounding Bias** |  |
| Control of confounding | **Low:** Addressed through study design (e.g., RCT) and/or statistical analysis**Moderate:** Attempt made to control confounding, but doesn’t address all relevant confounders**High:** No attempt to control confounders |
| **Measurement Bias** |  |
| Outcome Measurement | **Low:** Existing and validated measure used for self-harm and/or suicide ideation symptom severity**Moderate:** Validated measurement for self-harm and /or suicide ideation symptom severity**High:** Used originally developed instrument/items without validation |
| **Statistical Problems** | **Low:** Power-calculation, sufficient participants, reporting *p*-values and effect size estimates, using appropriate statistical methods**Moderate:** Reporting *p*-values and effect size estimates, appropriate statistical methods**High:** Small group sizes, insufficient data, or inappropriate statistical methods used |

\* Indicator used only for RCTs

**Supplementary 1, Table 2: Risk of Bias Assessments**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Study** | **Randomization Bias** | **Selection Bias** | **Confounding Bias** | **Measurement Bias** | **Statistical Problems** |
| **RCTs** | Apsche et al. (2006) | High | Low | Moderate | Low | High |
|  | Goldstein et al. (2015) | Moderate | Low | Moderate | Low | Moderate |
|  | McCauley et al. (2018) | Low | Moderate | Low | Low | Low |
|  | Mehlum et al. (2014) | Moderate | Low | Low | Moderate | Low |
|  | Santamarina-Perez et al. (2020) | Low | Moderate | Low | Moderate | Moderate |
|  |  |  |  |  |  |  |
| **CCTs** | Katz et al. (2004) | - | Low | Low | Moderate | Low |
|  | McDonell et al. (2010) | - | Low | High | High | High |
|  | Rathus & Miller (2002) | - | Low | High | Low | High |
|  | Tebbett-Mock et al. (2020) | - | Low | High | High | Moderate |
|  |  |  |  |  |  |  |
| **Pre-Post Trials** | Berk et al. (2019) | - | Low | Low | High | High |
|   | Buerger et al. (2019) | - | Low | Low | Low | Low |
|  | Courtney & Flament (2015) | - | High | Low | Moderate | Low |
|  | Firscher et al. (2014) | - | Moderate | High | Low | High |
|  | Fleischhaker et al. (2011) | - | Moderate | High | Low | High |
|  | Geddes et al. (2013) | - | Moderate | Moderate | High | High |
|  | Gillepie et al. (2019) | - | Low | Low | High | High |
|  | Goldstein et al. (2007) | - | Low | Moderate | Low | High |
|  | James et al. (2008) | - | Low | High | High | High |
|  | James et al. (2011) | - | Moderate | High | High | High |
|  | Perepletchikova et al. (2011) | - | Low | Moderate | High | High |
|  | Woodberry & Popenoe (2008) | - | Moderate | Low | Low | Low |

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