

## A Pilot Study of a Parenting Intervention for Parents of Adolescents with Non-Suicidal Self-Injury

**Status:** Recruiting

### Eligibility Criteria

**Age:** Up to 18 years old

This study is NOT accepting healthy

**Healthy Volunteers:** volunteers

#### Inclusion Criteria:

- Age 12-17 years - at least 3 episodes of non suicidal self injury with at least one episode occurring in the past 12 weeks - receiving mental health treatment that doesn't include individually delivered treatment for the parent. This can be at any mental health clinic - at least one parent or caregiver who is willing to participate -for parents/caregivers: able to speak and write English

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#### Exclusion Criteria:

- history of a primary psychotic disorder - neurodevelopmental disorder such as intellectual disability or autism

### Conditions & Interventions

#### Conditions:

Children's Health, Mental Health & Addiction

#### Keywords:

anxiety, cutting, depression, non suicidal self injury, self-harm

### More Information

**Description:** University of Minnesota researchers are conducting a research study to learn more about how an individually-delivered parenting program may help teens with self-harm. Eligible parents will be assigned by chance (like flipping a coin) to one of two conditions: (1) Healthy Emotions and Relationships with Teens – A Guide for Parents (HEART-P): a 12-session individually-delivered parenting program that teaches parents skills and strategies to help them respond to their adolescents' emotions, or (2) wait list: parents will be offered the opportunity to receive HEART-P following their completion of the assessments during the study phase.

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#### IRB

**Number:** STUDY00017096

**System ID:** 39451

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