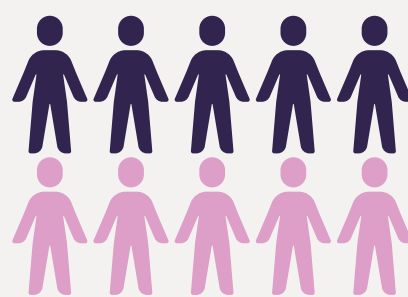


An overview of PROJECT SAVE

Randomized trial to evaluate an online, 30-minute, single-session intervention ("Project SAVE") designed for youth engaging in non-suicidal self-injury.

Participants

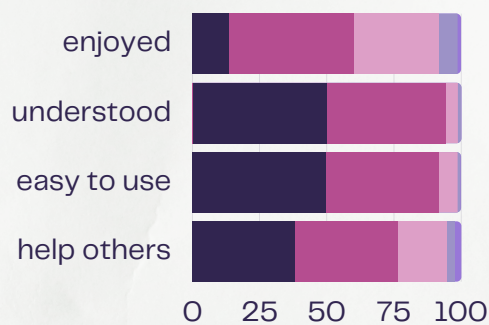
565 teenagers with recent history of self-harm received either Project SAVE or a time-matched control program.



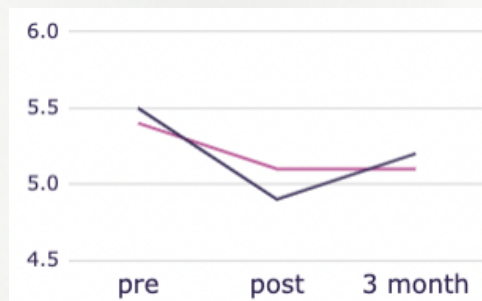
Program engagement



Of teenagers who were randomized to Project SAVE, 80% completed the intervention. That's a **high completion rate** for an online intervention, even in a controlled trial context!



A majority (60-94%) of teens **really agreed** or **agreed** that they enjoyed, understood Project SAVE; that SAVE was easy to use and likely to help others

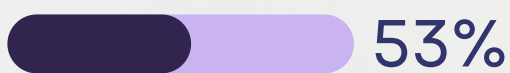


Project SAVE was better than the **control** at reducing **self-hate** in the short-term

SAVE did not reduce self-hate, self-harm, or thoughts of suicide 3 months later

Project SAVE is an **acceptable resource** for teens engaging in self-injury, with short-term effects on clinically-relevant outcomes. Future research may evaluate SAVE as an **accessible, short-term coping resource**

SAVE may be especially beneficial for teens without other mental health support



Most teens with past-month self-harm received **zero** mental health support in the past month

Learn more

Read the published **paper** or open-access **preprint**

Listen to a **podcast** about Project SAVE

View the Project SAVE **intervention**