



**Socialstyrelsen**

# Litteraturliste til temaet Unge med selvskadende adfærd

januar 2022

---

Viden til gavn

# Litteraturliste til temaet Unge med selvskadende adfærd

## Baggrund for søgning

År for søgning: september 2015

Tidsmæssig afgrænsning: 2009-2015

Geografisk afgrænsning: dansk, nordisk, internationalt

## Temaet er i januar 2022 opdateret og anvender følgende litteratur

Alim, Winnie & Nielsen, Cecilie (2016). Mere end hver femte i 9. klasse har skadet sig selv. *Børneindblik: Analysenotat fra Børnerådet*, Vol. 3(4): 1-17.

American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders* (5. Udg.). Arlington, VA: American Psychiatric Association.

Ammerman, Brooke A. et al. (2020). Quantifying the Importance of Lifetime Frequency Versus Number of Methods in Conceptualizing Nonsuicidal Self-Injury Severity. *Psychology of violence*, Vol. 10(4): 442-451.

Arango, A. et al. (2019). The protective role of connectedness on depression and suicidal ideation among bully victimized youth. *Journal of Clinical Child & Adolescent Psychology*, Vol. 48(5): 728-739.

Areba, E. M. et al. (2021). Adverse childhood experiences and suicidality: School connectedness as a protective factor for ethnic minority adolescents. *Children and Youth Services Review*, Vol. 120: (ArtID: 105637).

Asarnow, J. R. et al. (2021). Dialectical behavior therapy for suicidal self-harming youth: Emotion regulation, mechanisms, and mediators. *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 60(9): 1105-1115.

Bateman, A. & Fonagy, P. (1999). Effectiveness of partial hospitalization in the treatment of borderline personality disorder: A randomized controlled trial. *The American Journal of Psychiatry*, Vol. 156(10): 1563-1569.

Bateman, A. & Fonagy, P. (2008). 8-year follow up of patients treated for borderline personality disorder: Mentalization based treatment versus treatment as usual. *The American Journal of Psychiatry*, Vol. 165(5): 631-638.

Bateman, A. & Fonagy, P. (2009). Randomized controlled trial of outpatient mentalization-based treatment versus structured clinical management for borderline personality disorder. *The American Journal of Psychiatry*, Vol. 166(12): 1355-1364.

Bateman, A. W., & Fonagy, P. (2004). Psychotherapy for borderline personality disorder: Mentalization-based treatment. Oxford: *Oxford University Press*.

Beckman, K. et al. (2019). Prognoses after self-harm in youth: Exploring the gender factor. *Social Psychiatry and Psychiatric Epidemiology*, Vol. 54(4): 437-444.

Behavioral Tech: A Linehan Institute Training Company (u.å.). *Behavioral Tech: A Linehan Institute Training Company*. Tilgængelig fra: <https://behavioraltech.org/> [lokalisert juni 2021].

*Bekendtgørelse af lov om anvendelse af tvang i psykiatrien* (Psykiatriloven), LBK nr. 1160 af 29/09/2015. Tilgængelig fra: <https://www.retsinformation.dk/eli/ita/2015/1160#id7f302aee-3896-40c9-9868-4fbc387e00f6> [lokalisert 27-09-2021]

*Bekendtgørelse af lov om social service*, (Serviceloven), LBK nr. 1284 af 17/11/2015.

Tilgængelig fra: <https://www.retsinformation.dk/eli/ita/2015/1284> [lokalisert 27-09-2021]

*Bekendtgørelse af Sundhedsloven*, LBK nr. 1202 af 14/11/2014. Tilgængelig fra: <https://www.retsinformation.dk/eli/ita/2014/1202>

Berk, M. S. et al. (2020). Implementation of dialectical behavior therapy with suicidal and self-harming adolescents in a community clinic. *Archives of Suicide Research*, Vol. 24(1): 64-81.

Bjureberg, J. et al. (2019). Adolescent self-harm with and without suicidality: Cross-sectional and longitudinal analyses of a Swedish regional register. *Journal of Child Psychology and Psychiatry*, Vol. 60(3): 295–304.

Brailovskaia, J. et al. (2019). Positive mental health moderates the association between suicide ideation and suicide attempts. *Journal of Affective Disorders*, Vol. 245: 246-249.

Brereton, A. & McGlinchey, E. (2020). Self-harm, emotion regulation, and experiential avoidance: A systematic review. *Archives of Suicide Research*, Vol. 24 (suppl1): 1-24.

Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, Vol. 28(5): 759-775.

Brown, R. C. & Plener, P. L. (2017). Non-suicidal self-injury in adolescence. *Current Psychiatry Reports*, Vol. 19(Art. nr. 20): 1-8.

Brown, R. C. et al. (2018). The impact of child maltreatment on non-suicidal self-injury: Data from a representative sample of the general population. *BMC Psychiatry*, Vol. 18: (ArtID: 181).

Center for Kvalitetsudvikling, Region Midtjylland (2009). *Hvad er god behandling af selvskadende børn og unge med nedsat psykisk funktionsevne?* Århus: Center for Børn, Unge og Specialrådgivning, Region Midtjylland.

Center for Mentalisering. (u.å.). *Selvskade, misbrug og selvmord*. Tilgængelig fra: <https://www.centerformentalisering.dk/misbrug-2/> [lokalisert 29-10-2021]

Cleare, S. et al. (2019). Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. *Clinical Psychology & Psychotherapy*, Vol. 26(5): 511-530.

Cook, N. E. & Gorraiz, M. (2016) Dialectical behavior therapy for nonsuicidal self-injury and depression among adolescents: Preliminary meta-analytic evidence. *Child and Adolescent Mental Health*, Vol. 21(2): 81-89.

Courtney, D. B. & Flament, M. F. (2015). Adapted Dialectical Behavior Therapy for Adolescents with self-injurious thoughts and behaviors. *Journal of Nervous and Mental Disease*, Vol. 203(7): 537-544.

Curtis, S. et al. (2018). Caring for young people who self-harm: A review of perspectives from families and young people. *International Journal of Environmental Research and Public Health*, Vol. 15(5): 950.

DBT-Linehan Board of Certification (u.å.). *DBT-Linehan Board of Certification*. Tilgængelig fra: <https://dbt-lbc.org/index.php> [lokalisert juni 2021]

Edmondson, A. J. et al. (2016). Non-suicidal reasons for self-harm: A systematic review of self-reported accounts. *Journal of Affective Disorders*, Vol. 191: 109-117.

- Foster, C. E. et al. (2017). Connectedness to family, school, peers, and community in socially vulnerable adolescents. *Children and Youth Services Review*, Vol. 81: 321-331.
- Freeman, K. R. et al. (2016). Outpatient dialectical behavior therapy for adolescents engaged in deliberate self-harm: Conceptual and methodological considerations. *Child & Adolescent Social Work Journal*, Vol. 33(2): 123-135.
- Gardner, W. (2020). Denmark's success in reducing adolescent self-harm. *Social Psychiatry and Psychiatric Epidemiology*, Vol. 55(4): 423-424.
- Geoffroy, M.-C. et al. (2016). Associations between peer victimization and suicidal ideation and suicide attempt during adolescence: Results from a prospective population-based birth cohort. *Journal of the American Academy of Child & Adolescent Psychiatry*, Vol. 55(2): 99-105.
- Gillespie, C. et al. (2019). Dialectical behaviour therapy for adolescents: A comparison of 16-week and 24-week programmes delivered in a public community setting. *Child and Adolescent Mental Health*, Vol. 24(3): 266-273.
- Gillies, D. et al. (2018). Prevalence and characteristics of self-harm in adolescents: Meta-analyses of community-based studies 1990–2015. *Journal of the American Academy of Child & Adolescent Psychiatry*, Vol. 57(10): 733-741.
- Glenn, C. R., & Klonsky, E. D. (2009). Social context during non-suicidal self-injury indicates suicide risk. *Personality and Individual Differences*, Vol. 46(1): 25-29.
- Grandclerc, S. et al. (2016). Relations between nonsuicidal self-injury and suicidal behavior in adolescence: A systematic review. *PloS One*, Vol. 11(4): Art. nr. e0153760.
- Griffiths, H. et al. (2019). Efficacy of Mentalization-based group therapy for adolescents: The results of a pilot randomised controlled trial. *BMC Psychiatry*, Vol. 19: (ArtID 167).
- Haga, E. et al. (2018). Cost-effectiveness of dialectical behaviour therapy vs. enhanced usual care in the treatment of adolescents with self-harm. *Child and Adolescent Psychiatry and Mental Health*, Vol. 12(ArtID: 22).
- Helweg-Jørgensen, Stig (2005). Det er aldrig for sent at lære en følelse. *Psyke & logos*, Vol. 26(2): 659-680. Hentet fra <https://tidsskrift.dk/psyke/article/view/8252>
- Hughes, M. A. et al. (2018). This corrosion: A systematic review of the association between alternative subcultures and the risk of self-harm and suicide. *British Journal of Clinical Psychology*, Vol. 57(4): 491-513.
- Hunnicutt Hollenbaugh, K. M., & Lenz, A. S. (2018). Preliminary evidence for the effectiveness of dialectical behavior therapy for adolescents. *Journal of Counseling and Development*, Vol. 96(2): 119-131.
- Ilsvard, S. (2016). *Virksomme indsatselementer i behandlingen af selvskadende adfærd: En litteraturgennemgang*. Århus: Metodecentret - Center for Innovation og Metodeudvikling.
- Implement Consulting Group (2018). *Erfaringsopsamling om gode metoder og viden om indsatser målrettet mennesker med selvskadende adfærd*. Kbh: Sundhedsstyrelsen.
- International Society for the Study of Self-injury (2018, Maj). What is self-injury? Tilgængelig fra: <https://itriples.org/about-self-injury/what-is-self-injury> [lokalisert 08-03-2021]
- Iyengar, U. et al. (2018). A further look at therapeutic interventions for suicide attempts and self-harm in adolescents: An updated systematic review of randomized controlled trials. *Frontiers in Psychiatry*, Vol. 9: (ArtID: 583).

- Jeppesen, P. et al. (2020). *Mental sundhed og sygdom hos børn og unge i alderen 10-24 år: Forekomst, udvikling og forebyggelsesmuligheder*. Kbh: Vidensråd for Forebyggelse.
- Jordet, H. et al. (2011). Mentalisering – mere end et modeord. *Psykolog Nyt*, (17): 14-18.
- Kothgassner, O. D. et al. (2021). Efficacy of dialectical behavior therapy for adolescent self-harm and suicidal ideation: A systematic review and meta-analysis. *Psychological Medicine*, Vol. 51(7): 1057-1067.
- Krawitz, Roy (2012). *Financial cost-effectiveness of dialectical behavior therapy*. Seattle: Behavioral Tech, LLC.
- Kvarstein, Elfrida H. et al. (2015). Changing from a traditional psychodynamic treatment programme to mentalization-based treatment for patients with borderline personality disorder – Does it make a difference? *Psychology and Psychotherapy: Theory, Research and Practice*, Vol. 88(1): 71-86.
- Lenz, A. S., & Del Conte, G. (2018). Efficacy of dialectical behavior therapy for adolescents in a partial hospitalization program. *Journal of Counseling and Development*, Vol. 96(1): 15-26.
- Linehan, M. M. & Wilks, C. R. (2015). The Course and Evolution of Dialectical Behavior Therapy. *American Journal of Psychotherapy*, Vol. 69(2): 97-110.
- Liu, B.-P. et al. (2020). The short-term rate of non-fatal and fatal repetition of deliberate self-harm: A systematic review and meta-analysis of longitudinal studies. *Journal of Affective Disorders*, Vol. 273: 597-603.
- LMS (2020, 24. september). *Opsporingsredskaber*. Landsforeningen mod spiseforstyrrelser og selvkade. Tilgængelig fra: <https://www.lmsos.dk/viden/vejledning-til-fagpersoner/opsporingsredskaber> [lokaliseret 27-09-2021]
- Malda-Castillo, J. et al. (2019) Mentalization-based treatment and its evidence-base status: A systematic literature review. *Psychology and Psychotherapy: Theory, Research and Practice*, Vol. 92(4): 465–498.
- Mangnall, J., & Yurkovich, E. (2008). A literature review of deliberate self-harm. *Perspectives in Psychiatric care*, Vol. 44(3): 175-184.
- Mars, B. et al. (2019). Predictors of future suicide attempt among adolescents with suicidal thoughts or non-suicidal self-harm: A population-based birth cohort study. *The Lancet Psychiatry*, Vol. 6(4): 327-337.
- McCauley, E. et al. (2018). Efficacy of dialectical behavior therapy for adolescents at high risk for suicide: A randomized clinical trial. *JAMA Psychiatry*, Vol. 75(8): 777-785
- Mehlum, L. et al. (2014). Dialectical Behavior Therapy for Adolescents With Repeated Suicidal and Self-harming Behavior: A Randomized Trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 53(10): 1082-1091.
- Mehlum, L. et al. (2019). Long term effectiveness of dialectical behavior therapy versus enhanced usual care for adolescents with self-harming and suicidal behavior. *Journal of Child Psychology and Psychiatry*, Vol. 60(10): 1112-1122.
- Mehlum, Lars, et al. (2016). Dialectical behavior therapy compared with enhanced usual care for adolescents with repeated suicidal and self-harming behavior: Outcomes over a one-year follow-up. *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 55(4): 295-300.

- Morken, I. Sund et al. (2020). The effects of interventions preventing self-harm and suicide in children and adolescents: An overview of systematic reviews [version 2; peer review: 2 approved]. F1000Research, Vol. 8:890.
- Møhl, B. (2015). Selvskade: *Psykologi og behandling*. Kbh: Hans Reitzels Forlag.
- Møhl, B., & Rubæk, L. (2020). *FAQ om selvskade*. Kbh: Hans Reitzels Forlag.
- O'Connor, R. C. et al. (2014). Adolescent self-harm: A school-based study in Northern Ireland. *Journal of Affective Disorders*, Vol. 159: 46–52.
- Oginni, O. A. et al. (2019). Mediators of increased self-harm and suicidal ideation in sexual minority youth: A longitudinal study. *Psychological Medicine*, Vol. 49(15): 2524–2532.
- O'Loughlin, C. M. et al. (2021). The social context of nonsuicidal self-injury: Links to severity, suicide risk, and social factors. *Journal of Clinical Psychology*, Vol. 77(4): 1004-1017.
- Pisinger, V. et al. (2019). (2019). *Sundhed og trivsel på gymnasiale uddannelser 2019*. København: Statens Institut for Folkesundhed, SDU.
- Pitkänen, J. et al. (2019). Experience of maternal and paternal adversities in childhood as determinants of self-harm in adolescence and young adulthood. *Journal of Epidemiology and Community Health*, Vol. 73(11): 1040-1046.
- Plener, P. L. et al. (2018). Nonsuicidal Self-Injury in Adolescents. *Deutsches Arzteblatt International*, Vol. 115(3): 23–30.
- Ramsey, W. A. et al. (2021). Targeting self-criticism in the treatment of nonsuicidal self-injury in dialectical behavior therapy for adolescents: A randomized clinical trial. *Child and Adolescent Mental Health*, Vol. 26(4): 320-330.
- Rathus J. H. & Miller, A. L. (2002). Dialectical behavior therapy adapted for suicidal adolescents. *Suicide and Life-Threatening Behavior*, Vol. 32(2): 146-157.
- Reedtz, C., & Wergeland, G. J. (2020). Kunnskapsoppsummering og klassifisering av tiltaket: Dialektisk atferdsterapi for ungdom (DBT-A) (1. utg.). *Ungsinn* 2:3.
- Rossouw, T. & Fonagy, P. (2012). Mentalization-Based Treatment for Self-Harm in Adolescents: A Randomized Controlled Trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 51(12): 1304-1313.
- Rossouw, T. (2012). Self-harm in young people: Is MBT the answer? I: Midgley, N. & Vrouva, Ioanna (Red.), *Minding the child: Mentalization-based interventions with children, young people and their families* (s. 131-144). New York, NY, US: Routledge/Taylor & Francis Group.
- Schwartz-Mette, Rebecca A. & Lawrence, Hannah R. (2019). Peer Socialization of Non-Suicidal Self-Injury in Adolescents' Close Friendships. *Journal of Abnormal Child Psychology*, Vol. 47(11): 1851-1862.
- Stanford, S., Jones, M. P., & Hudson, J. L. (2016). Rethinking pathology in adolescent self-harm: Towards a more complex understanding of risk factors. *Journal of Adolescence* (London, England.); 54, 32-41. doi:10.1016/j.adolescence.2016.11.004
- Steeg, S. et al. (2020). Temporal trends in incidence of hospital-treated self-harm among adolescents in Denmark: National register-based study. *Social Psychiatry and Psychiatric Epidemiology*, Vol. 55(4): 415-421.
- Stänicke, L. I. et al. (2020). Discovering one's own way: Adolescent girls' different pathways into and out of self-harm. *Journal of Adolescent Research*, Vol. 35(5): 605-634.

- Svendsen, Anne Marie Bach (2021). *Selvskade - et fysisk udtryk for psykisk mistrivsel blandt børn og unge: Omfang, årsager og anbefalinger til at forebygge, at børn og unge skader sig selv.* Virum: Trygfonden; Valby: Børns Vilkår.
- Vammen, K. S. & Christoffersen; M. N (2013). *Unges selvskade og spiseforstyrrelse: Kan social støtte gøre en forskel?* 13:18. Kbh: SFI.
- ViOSS (2013). *Kommunerne tilbud til personer med spiseforstyrrelser eller selvskade.* Kbh: ViOSS – Videnscenter om Spiseforstyrrelser og Selvskade.
- ViOSS (2020, 5. maj) Digital selvskade. <https://www.lmsos.dk/selvskade/digital-selvskade> [lokalisert 08-12-2021]
- Wester, K. et al. (2018). Nonsuicidal self-injury: Increased prevalence in engagement. *Suicide and Life-Threatening Behavior*, Vol. 48(6): 690-698.
- WHO - World Health Organization (ICD-10 Browser, latest version: 2019) International Statistical Classification of Diseases and Related Health Problems (ICD) tilgængelig fra: <https://www.who.int/standards/classifications/classification-of-diseases> [lokalisert 27-08-2021]
- WHO - World Health Organization (ICD-11, 2021) International Statistical Classification of Diseases and Related Health Problems (ICD) tilgængelig fra: <https://www.who.int/standards/classifications/classification-of-diseases> [lokalisert 27-08-2021]
- WHO (2016). International Statistical Classification of Diseases and Related Health Problems (10th revision). ICD-10 Version: 2016. Genova: WHO - World Health Organization.
- WHO (2020) Guidelines on mental health promotive and preventive interventions for adolescents: helping adolescents thrive. Geneva: World Health Organization. Licence: CC BY-NC-SA 3.0 IGO.

## Den samlede litteraturliste ved temaets udarbejdelse

- American Psychiatric Association (2013). *Diagnostic and Statistic Manual of Mental Disorders* (5. udg.). Arlington: American Psychiatric Association.
- Andión, Ó. et al. (2012). Effectiveness of combined individual and group dialectical behavior therapy compared to only individual dialectical behavior therapy: A preliminary study. *Psychotherapy*, Vol. 49(2): 241-250.
- Apter, A. (2014). Adolescent self-harm: New horizons? *Journal of the American Academy of Child & Adolescent Psychiatry*, Vol. 53(10):1048-1049.
- Bales, D. et al. (2012). Treatment outcome of 18-month day hospital mentalization-based treatment (MBT) in patients with severe borderline personality disorder in the Netherland. *Journal of Personality Disorders*, Vol. 26(4): 568-582.
- Barnicot, K. & Priebe, S. (2013). Post-traumatic stress disorder and the outcome of dialectical behaviour therapy for borderline personality disorder. *Personality and Mental Health*, Vol. 7(3):181-190.
- Barnicot, K. et al. (2014). A pragmatic randomised controlled trial of dialectical behaviour therapy: Effects on hospitalisation and post-treatment follow-up. *Psychotherapy and Psychosomatics*, Vol. 83(3): 192-193.
- Bateman, A. & Fonagy, P. (2006). *Mentalization-based treatment for borderline personality disorder a practical guide.* Oxford: Oxford University Press.

- Bateman, A. & Fonagy, P. (2008). 8-year follow up of patients treated for borderline personality disorder: Mentalization based treatment versus treatment as usual. *The American Journal of Psychiatry*, Vol. 165(5): 631-638.
- Bateman, A. & Fonagy, P. (2009). Randomized controlled trial of outpatient mentalization-based treatment versus structured clinical management for borderline personality disorder. *The American Journal of Psychiatry*, Vol. 166(12): 1355-1364.
- Bateman, Anthony & Fonagy, Peter (1999). Effectiveness of Partial Hospitalization in the Treatment of Borderline Personality Disorder: A Randomized Controlled Trial. *The American Journal of Psychiatry*, Vol. 156(10): 1563-1569.
- Bedics, J.D. et al. (2012). Treatment differences in the therapeutic relationship and introject during a 2-year randomized controlled trial of dialectical behavior therapy versus nonbehavioral psychotherapy experts for borderline personality disorder. *Journal of Consulting and Clinical Psychology*, Vol. 80(1):66-77.
- Bekendtgørelse af lov om anvendelse af tvang i psykiatrien*, LBK nr. 1160 af 29/09 2015.
- Bekendtgørelse af lov om social service (Serviceloven)*, LBK nr. 1284 af 17/11/2015.
- Bendtsen, Pernille et al. (2014). *Ungdomsprofilen 2014*. Kbh: Statens Institut for Folkesundhedsvidenskab.
- Blaabjerg, H. Døssing et al. (2010). Mentalisering: Mere end et modeord. *Psykologi Nyt*, Vol. 65(17): 14-18.
- Booth, R. et al. (2014). Living through distress: A skills training group for reducing deliberate self-harm. *Behavioural and Cognitive Psychotherapy*, Vol. 42(2): 156-165.
- Borschmann, R. & Moran, P. (2015). Recurrent self-harm. I: Bhugra, D et al. (Red.), *Troublesome disguises: Managing challenging disorders in psychiatry* (s. 67-84) (2. udg.). Chichester, West Sussex, UK; Ames, Iowa: John Wiley and Sons Ltd.
- Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, Vol. 28(5): 759-775.
- Brodsky B.S. et al. (2013). Dialectical behavior therapy for psychiatric residency training programs. *Psychiatric Annals*, Vol. 43(4): 162-168.
- Center for Børn, Unge og Specialrådgivning (2009). *Hvad er god behandling af selvskadende børn og unge med nedsat psykisk funktionsevne?* Århus: Center for Kavlitetsudvikling, Region Midtjylland.
- Choate L.H. (2012). Counseling adolescents who engage in nonsuicidal self-injury a dialectical behavior therapy approach. *Journal of Mental Health Counseling*, Vol. 34(1): 56-71.
- Christoffersen, Mogens Nygaard & Vammen, Katrine Schjødt (2013). *Unge's selvskade og spiseforstyrrelser: Kan social støtte gøre en forskel?* Kbh: SFI – det Nationale Forskningscenter for Velfærd, 13:18.
- Cook, N.E. & Gorraiz, M. (2015). Dialectical behavior therapy for nonsuicidal self-injury and depression among adolescents: Preliminary meta-analytic evidence. *Child and Adolescent Mental Health*, Vol. 21(2): 81-89.
- Courtney, D.B. & Flament, M.F. (2015). Adapted Dialectical Behavior Therapy for Adolescents with self-injurious thoughts and behaviors. *Journal of Nervous and Mental Disease*, Vol. 203(7): 537-544.

- Courtney-Seidler E.A. et al. (2013). Borderline personality disorder in adolescents. *Clinical Psychology: Science and Practice*, Vol. 20(4): 425-444.
- Due, Pernille et al (2014). *Børn og unges mentale helbred: Forekomst af psykiske symptomer og lidelser og mulige forebyggelsesindsatser*. Kbh: Vidensråd for Forebyggelse.
- Durlak, J. & DuPre, E. (2008). Implementation matters: A review of research on the implementation on program outcomes and factors affecting implementation. *American Journal of Community Psychology*, Vol. 41(3-4): 327-350.
- Ejdesgaard, Bo Andersen et al. (2009). *Unges selvmordstanker og selvmordsadfærd*. Odense: Center for Selvmordsforskning.
- Ejdesgaard, Bo Andersen et al. (2010). *Unge og selvskadende adfærd*. Odense: Center for Selvmordsforskning.
- Elbeshausen, Hans & Demir, Ahmet (2011, 15. februar). Sårbarhed og selvskadende adfærd belyst fra et multikulturelt perspektiv. *Kritisk Debat [online]*.
- Federici, Anita. (2010). *Effectiveness of a Dialectical Behavior Therapy skills group for the treatment of suicidal/self-injurious behavior and eating disorder symptoms in patients with borderline personality disorder*. US Institution: ProQuest Information & Learning; Afhandling/Dissertation.
- Feigenbaum J. (2010). Self-harm: The solution not the problem: The dialectical behaviour therapy model. *Psychoanalytic Psychotherapy*, Vol. 24(2): 115-134.
- Fischer, S. & Peterson, C. (2014). Dialectical behavior therapy for adolescent binge eating, purging, suicidal behavior, and non-suicidal self-injury: A pilot study. *Psychotherapy*, Vol. 52(1): 78-92.
- Freeman, K.R. et al. (2016) Outpatient dialectical behavior therapy for adolescents engaged in deliberate self-harm: Conceptual and methodological considerations. *Child & Adolescent Social Work Journal*, Vol. 33(2): 123-135.
- Gibson J. et al. (2014). Dialectical behaviour therapy-informed skills training for deliberate self-harm: A controlled trial with 3-month follow-up data. *Behaviour Research and Therapy*, Vol. 60(Sep): 8-14.
- Granato H.F. et al. (2015). The use of dialectical behavior therapy and prolonged exposure to treat comorbid dissociation and self-harm: The case of a client with borderline personality disorder and posttraumatic stress disorder. *Journal of Clinical Psychology*, Vol. 71(8): 805-815.
- Groves S. et al. (2012). Review: Dialectical behaviour therapy with adolescents. *Child and Adolescent Mental Health*, Vol. 17(2): 65-75.
- Harned, M.S. et al. (2010). Dialectical behavior therapy as a precursor to PTSD treatment for suicidal and/or self-injuring women with borderline personality disorder. *Journal of Traumatic Stress*, Vol. 23(4): 421-429.
- Harned, M.S. et al. (2012). Treating PTSD in suicidal and self-injuring women with borderline personality disorder: development and preliminary evaluation of a Dialectical Behavior Therapy Prolonged Exposure Protocol. *Behaviour Research and Therapy*, Vol. 50(6): 381-386.
- Harned, M.S. et al. (2014). A pilot randomized controlled trial of Dialectical Behavior Therapy with and without the Dialectical Behavior Therapy Prolonged Exposure protocol for suicidal and self-injuring women with borderline personality disorder and PTSD. *Behaviour Research and Therapy*, Vol. 55(Apr): 7-17.

- Heckman, J. J. & Lochner, L.J. (2000). Rethinking myths about education and training: Understanding the sources of skill formation in a modern economy. I: Danziger, S. & Waldfogel, J. (Red.), *Securing the Future: Investing in Children from Birth to College*. New York: Russell Sage Foundation
- Heckman, J. J. et al. (2008). *The Rate of return to the Perry Preschool program*. Unpublished manuscript. University of Chicago, Department of Economics.
- Helweg-Larsen, Karin og Larsen, Helmer Bøving (2010). *Unges sociale problemer i samspil eller isolerede problemer?* Kbh: Statens Institut for Folkesundhed & Syddansk Universitet.
- Karterud S. & Bateman A. (2011). *Mentaliseringsbaseret terapi: Manual og vurderingsskala: Individuel version*. Kbh: Hans Reitzel.
- Karterud, S. & Bateman, A.(2011). *Manual for mentaliseringsbasert psykoedukativ gruppeterapi*. Oslo: Gyldendal Akademisk.
- Karterud, S. et al.(2013). The Mentalization-based treatment adherence and competence scale (MBT-ACS) development, structure and reliability. *Psychotherapy Research*, Vol. 23(6): 705-717.
- Kliem S et al. (2010). Dialectical Behavior Therapy for Borderline Personality Disorder: A Meta-Analysis Using Mixed-Effects Modeling. *Journal of Consulting and Clinical Psychology*, Vol. 78(6): 936-951.
- Konieczna, Agnieszka et al (2013). *Selvskadende adfærd blandt unge mellem 13 – 19 år: Del 1: Medicinforgiftning, støtte, mistrivsel og forældres skilsimse*. Odense: Center for Selvmordsforskning.
- Krawitz, Roy (2012). *Financial cost-effectiveness of dialectical behavior therapy (DBT)*. Seattle: Behavioral Tech, LLC.
- Kvarstein, E.H. et al., (2015). Changing from a traditional psychodynamic treatment programme to mentalization-based treatment for patient with borderline personality disorder: Does it make a difference? *Psychology and Psychotherapy: Theory, Research and Practice*, Vol. 88(1): 71-86.
- Linehan, M. M. & Wilks, C. R. (2015). The Course and Evolution of Dialectical Behaviour Therapy. *American Journal of Psychotherapy*, Vol. 69(2): 97-110.
- Lundh Lars-Gunnar (2014). [Treatment of non-suicidal self-injurious behavior requires a clear structure. Randomized controlled trials show evidence for dialectical behavior therapy and mentalization-based treatment]. *Lakartidningen*, Vol. 111(6): 210-213.
- Lundh, Lars-Gunnar (2012). *Behandlingseffekter på självskadebeteende: Vad visar forskningen*. Lund: Institutionen för Psykologi, Lunds Universitet.
- Lundh, Lars-Gunnar (2014). Behandling vid icke-suicidalt självskadabeteende kräver tydlig struktur : Randomiserade kontrollerade studier visar evidens för DBT och MBT. *Läkartidningen*, Vol. 111(6): 1-5.
- MacPherson, H.A. et al. (2013). Dialectical behavior therapy for adolescents: Theory, treatment adaptations, and empirical outcomes. *Clinical Child and Family Psychology Review*, Vol. 16(1): 59-80.
- Madge, N. et al. (2011). Psychological characteristics, stressful life events and deliberate self-harm: Findings from the Child & Adolescent Self-harm in Europe (CASE) Study. *European Child & Adolescent Psychiatry*, Vol. 20(10): 499-508.

- McFetridge, M. & Coakes, J. (2010). The longer-term clinical outcomes of a DBT-informed residential therapeutic community; An evaluation and reunion. *Therapeutic Communities*, Vol. 31(4): 406-416
- McMain, S.F. et al. (2010). 'A randomized trial of dialectical behavior therapy versus general psychiatric management for borderline personality disorder': Correction. *The American Journal of Psychiatry*, Vol. 167(10): 1283.
- Mehlum, L. et al. (2014). Dialectical behavior therapy for adolescents with repeated suicidal and self-harming behavior: A randomized trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, Vol. 10;53(10): 1082-1091
- Møhl, Bo & Schack, Malthe M. (2013). Cutting og anden form for selvskade: Hvad er det, og hvordan behandles det i almen praksis? *Månedsskrift for Almen Praksis*, Vol. 91(5): 379-389.
- Møhl, Bo & Skandsen, A. (2012). The Prevalence and Distribution of Self-harm among Danish high-school students. *Personality and Mental Health*, Vol. 6(2): 147-155.
- Møhl, Bo (2006). *At skære smerten bort: En bog om cutting og anden selvskadende adfærd*. Kbh: PsykiatriFonden.
- Møhl, Bo (2013). Behandling af cutting og anden form for selvskade. *Psykologisk Set*, Vol. 90(Jun): 15-25.
- Møhl, Bo (2015). *Selvskade: Psykologi og behandling*. Kbh: Hans Reitzel
- Nationella sjalvskadeprojektet (2015). *Rekommendationer för insatser vid självskadebeteende: Nationellt kvalitetsdokument för psykiatrin*. [Sverige]: Nationella Självskadeprojektet.
- Nielsen, Jens Christian & Sørensen, Niels Ulrik (2011). *Når det er svært at være ung i DK: Viden og råd om unges trivsel og mistrivsel*. Kbh: Center for Ungdomsforskning, Institut for Uddannelse og Pædagogik (DPU), Aarhus Universitet, Campus København.
- Nielsen, Jens Christian et al. (2010). *Den svære ungdom: 10 eksperter om unges trivsel og mistrivsel*. Kbh: Hans Reitzel
- Nielsen, Jens Christian et al. (2010). Når det er svært at være ung i DK: Unges trivsel og mistrivsel i tal. Kbh: Center for Ungdomsforskning, Institut for Uddannelse og Pædagogik (DPU), Aarhus Universitet, Campus København.
- Nielsen, Jens Christian et al. (2011). *Når det er svært at være ung i DK: Unges beretninger om mistrivsel og ungdomsliv*. Kbh: Center for Ungdomsforskning, Institut for Uddannelse og Pædagogik (DPU), Aarhus Universitet, Campus København.
- O'Connor, R.C. et al (2014). Adolescent self-harm: A school-based study in Northern Ireland. *Journal of Affective Disorders*, Vol. 159(Apr): 46-52.
- O'Connell, B. & Dowling, M. (2014). Dialectical behaviour therapy (DBT) in the treatment of borderline personality disorder. *Journal of Psychiatric and Mental Health Nursing*, Vol. 21(6): 518-525.
- Ougrin, D. et al. (2015). Therapeutic Interventions for Suicide Attempts and Self-Harm in Adolescents: SystematicReview and Meta-Analysis. *Journal of the American Academy of Child & Adolescent Psychiatry*, Vol. 54(2): 97-107.
- Perepletchikova, F. et al. (2011). Adapting Dialectical Behaviour Therapy for children: Towards a new research agenda for paediatric suicidal and non-suicidal self-injurious behaviours. *Child and Adolescent Mental Health*, Vol. 16(2): 116-121.

- Plener, P.L. et al (2010). Nonsuicidal self-injury in adolescence. *Zeitschrift für Kinder- und Jugendpsychiatrie und Psychotherapie*, Vol. 38(2): 77-88.
- Rathus J.H. & Miller, A. L. (2002). Dialectical behavior therapy adapted for suicidal adolescents. *Suicide & Life-Threatening Behavior*, Vol. 32(2): 146-157.
- Rossouw T. & Fonagy, P. (2012). Mentalization-Based Treatment for Self-Harm in Adolescents: A Randomized Controlled Trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, Vol. 51(12): 1304-1313.
- Rossouw, T. (2012). Self-harm in young people: Is MBT the answer? I: Midgley, N. & Vrouva, Ioanna (Red.), *Minding the child: Mentalization-based interventions with children, young people and their families* (s. 131-144). New York, NY, US: Routledge/Taylor & Francis Group.
- Rubæk, Lotte (2009). *Selvskadens psykologi*. Virum: Dansk Psykologisk Forlag.
- Schmahl, C. & Stiglmayr, C. (2015). Dialectical behavior therapy of non-suicidal self-injurious behavior. *Psychotherapeut*, Vol. 60(1): 6-12.
- Simpson, L.R. (2011). Dialectical behavior theory. I: Capuzzi, D. & Gross, D.R. (Red.), *Counseling and psychotherapy* (s. 215-235) (5. udg.). Alexandria, US: American Counseling Association.
- Søgaard, Lisa Eilenberg et al. (2009). Selvskadende adfærd blandt børn og unge. *Ugeskrift for Læger*, Vol. 171(33): 2265-2268.
- Søndergaard, Per Straarup (2012). *Når livet gør ondt: Om selvskadende adfærd blandt unge*. Aarhus: Turbine.
- Stephensen, Iben og Zöllner, Lillian (2008). *Selvmordsadfærd og selvskade blandt etniske minoriteter*. Odense: Center for Selvmordsforskning.
- Stokholm, Tove & Høeg, Pernille (2010). Børn og unge med selvskadende og/eller selvmordstruende adfærd. *Børnesygeplejerske*, Vol. (2): 10-11.
- The Linehan Institute: Tilgængelig fra: [www.behavioraltech.org](http://www.behavioraltech.org).
- Thorsteinsson, Hallur Gilstón (2010). Selvskade: Den indadvendte og kropsorienterede risikoadfærd. *Stof*, (15): 38-42.
- VIOSS (2013). *Kommunernes tilbud til personer med spiseforstyrrelser eller selvskade*. Kbh: ViOSS - Videnscenter om spiseforstyrrelser og selvskade.
- VIOSS (2015). *Selvskade i den danske befolkning*. Kbh: ViOSS - Videnscenter om spiseforstyrrelser og selvskade.
- Walsh, B.W. & Eaton, J.E. (2014). Dialectical behavior therapy. I: Claes, L. & Muehlenkamp, J.J., (Red.), *Non-suicidal self-injury in eating disorders: Advancements in etiology and treatment* (s. 127-145). New York, NY, US: Springer-Verlag Publishing.
- Westers, N.J. et al (2012). The Role of forgiveness in adolescents who engage in nonsuicidal self-injury. *Journal of Nervous and Mental Disease*, Vol. 200(6): 535-541.
- Wilkinson, B. (2011). Current trends in remediating adolescent self-injury: an integrative review. *Journal of school nursing*, Vol. 27(2): 120-128.
- World Health Guide (2016). *International Classification of Diseases and Related Health Problems* (5. udg.). ICD 10 app. Geneva: WHO.
- Zöllner, Lilian & Jensen, Børge (2009). *Sårbarhed og (mis)trivsel blandt unge: I folkeskolens ældste klasser*. Odense: Center for Selvmordsforskning.

Zøllner, Lilian & Jensen, Børge (2010). *Selvskadende adfærd blandt unge i de gymnasiale uddannelser*. Odense: Center for Selvmordsforskning.

Zøllner, Lilian (2012). *Unges sårbarhed, tanker om selvskade og selvskadende adfærd*. Odense: Center for Selvmordsforskning.

Zøllner, Lillian (2008). *Selvskade og resiliens blandt etniske minoriteter*. Odense: Center for Selvmordsforskning.

Zøllner, Lillian et al (2013). *Selvskadende adfærd blandt unge mellem 13-19 år: Del 2: Sociale medier, søvn og mistrivsel*. Odense: Center for Selvmordsforskning.

## Temaet er 08.01.2019 opdateret med følgende litteratur

Bateman, A. & Fonagy, P. (1999). Effectiveness of partial hospitalization in the treatment of borderline personality disorder a randomized controlled trial. *The American Journal of Psychiatry*, Vol. 156(10): 1563-1569.

Bateman, A. & Fonagy, P. (2004). *Psychotherapy for borderline personality disorder: mentalization-based treatment*. Oxford: Oxford University Press.

Bateman, A. & Fonagy, P. (2008). 8-year follow up of patients treated for borderline personality disorder: mentalization based treatment versus treatment as usual. *The American Journal of Psychiatry*, Vol. 165(5): 631-638.

Bateman, A. & Fonagy, P. (2009). Randomized controlled trial of outpatient mentalization-based treatment versus structured clinical management for borderline personality disorder. *American Journal of Psychiatry*, Vol. 166(12): 1355-1364.

Jordet, H. et al. (2011). Mentalisering : Mere end et modeord. *Psykolog Nyt*, Vol. 65(17): 14-18.

Kvarstein, Elfrida H. et al. (2015). Changing from a traditional psychodynamic treatment programme to mentalization-based treatment for patients with borderline personality disorder – Does it make a difference? *Psychology and Psychotherapy: Theory, Research and Practice*, Vol. 88(1): 71-86.

Møhl, B. (2015). *Selvskade: Psykologi og behandling*. Kbh: Hans Reitzels Forlag.

Rossouw, T. & Fonagy, P. (2012). Mentalization-Based Treatment for Self-Harm in Adolescents: A Randomized Controlled Trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 51(12): 1304-1313.

Rossouw, T. (2012). Self-harm in young people: Is MBT the answer? I: Midgley, N. & Vrouva, Ioanna (Red.), *Minding the child: Mentalization-based interventions with children, young people and their families* (s. 131-144). New York, NY, US: Routledge/Taylor & Francis Group.



Socialstyrelsen  
Edisonsvej 1  
5000 Odense C  
Tlf.: 72 42 37 00

[www.socialstyrelsen.dk](http://www.socialstyrelsen.dk)