Author's response to reviews

Title: Group mindfulness based cognitive therapy vs group support for self-injury among young people: Study protocol for a randomised controlled trial

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Dear Editor

Please find attached a manuscript we hope you will consider for publication in BMC Psychiatry. In this paper we describe the study protocol for a randomised controlled trial of Mindfulness Based Cognitive Therapy (MBCT) vs Supportive Therapy to reduce Non-Suicidal Self-injury (NSSI) among young adults. Despite increasing concern regarding NSSI there is no empirically validated treatment. We argue that as MBCT directly addresses proposed diagnostic features of NSSI, and core mechanisms repeatedly implicated in NSSI, it offers immense promise as a treatment for NSSI.

Ours will be the first randomised controlled trial to test the efficacy of MBCT in reducing NSSI among young adults in Australia. Evidence of the efficacy of MBCT for self-injury will allow provision of a brief intervention for self-injury that can be implemented as a stand-alone treatment or integrated with existing treatments for psychiatric disorders.

Publishing the protocol will allow others working in this field to follow suit and grow the evidence base for effective treatments for NSSI. As such we hope you find publication of our protocol worthwhile. As requested we have emailed copies of the ethical and funding approvals to BMCSeriesEditorial@biomedcentral.com. We also confirm that the funding provider reviewed the protocol.

Sincerely,

Penelope Hasking