

1. Abstract

Background: Among adolescent suicide attempters, poor attendance to the out-patient after-care appointment is a well documented problem. **Aim:** The present study aimed at investigating the efficacy of a proposed intervention in enhancing the adherence of adolescent suicidal attempters to the outpatient after-care treatment. **Method:** A randomized controlled intervention trial of three groups (i.e. as usual treatment “U”, additional telephone reminder “T”, additional psychoeducational interview plus telephone reminder “P” groups) was conducted. The subjects were 70 adolescent in-patients referred for urgent psychiatric consultation because of suicidal attempts. The outcome was the attendance to the first follow-up at the outpatient clinic. **Results:** High defaulting rate was found. The attendance rate in “P” group (59.1%) was significantly higher than those in “U” group (25%) or “T” group (29.2%). The intervention did not have obvious effect in maintaining the attendance after the acute phase. **Conclusions:** Adolescents suicidal attempters who received both psychoeducational interview and telephone reminder showed better adherence to the first follow-up at the psychiatric out-patient clinic. The results support the implementation of an active intervention to engage the adolescents in psychiatric service. The findings of this study also highlight the need for future researches in this area. **Key Words:** suicide, suicidal attempt, deliberate self harm, adolescent, youth, treatment adherence, compliance, attendance.

Declaration of interest: None