

Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* **MH** *clinical question-answering service*

Question

In service users that self harm how effective is transcutaneous muscle stimulation (TENS) compared to treatment as usual / no treatment in reducing the severity of injuries sustained through self harming behaviours?

Clarification of question using PICO structure (PICTRO for diagnostic questions)

Patients: Adults that self harm

Intervention: Transcutaneous muscle stimulation (TENS)

Comparator: Treatment as usual/no treatment

Outcome: Reducing the severity of injury sustained.

Clinical and research implications

No high quality research was found that examines the use of TENS in this way, therefore no clinical implications can be made. Three case studies were found that demonstrate the use of the intervention for this purpose, however due to the methodological limitations of the studies (single case studies, short term observations) the reliability of the conclusions are uncertain.

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main Findings

N/A

Authors Conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

No UK clinical guidelines were found that discuss the use of TENS in the context of self harming behaviour.

Date question received: 15/02/2013
Date searches conducted: 18/02/2013
Date answer completed: 19/02/2013

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	Self harm Self injury DSH	2	0
DARE	(electric-stimulation ADJ3 therap*) 2 (transcutaneous ADJ3 electric* ADJ3 stimulation) 3 (electroanalgesi*) 4 (electric* ADJ4 (nerve OR therap*)) 5 (electric* ADJ3 nerve ADJ3 stimulation) 6 (transcutaneous ADJ3 electric* ADJ3 nerve ADJ3 stimulation) 7 (transcutaneous ADJ3 nerve ADJ3 stimulation) 8 (electric* ADJ3 current) 9 (electrotherap*) 10 (tens) 11 (altens) 12 (electrostimulation) 13 (electroacupuncture) 14 (electric-countershock) 15 (electro-stimulation) 16 MeSH DESCRIPTOR Transcutaneous Electric Nerve Stimulation EXPLODE ALL TREES 17 MeSH DESCRIPTOR Electric Stimulation Therapy EXPLODE ALL TREES 18 MeSH DESCRIPTOR Electric Countershock EXPLODE ALL TREES 19 MeSH DESCRIPTOR Electroacupuncture EXPLODE ALL TREES 20 MeSH DESCRIPTOR Electroconvulsive Therapy EXPLODE	1	0

	<p>ALL TREES</p> <p>21 (deliberate ADJ3 self-harm)</p> <p>22 (deliberate ADJ3 self ADJ3 harm)</p> <p>23 (self ADJ3 harm*)</p> <p>24 (self-harm*)</p> <p>25 (self-injur*)</p> <p>26 (self ADJ3 injur*)</p> <p>27 (self ADJ3 destructive ADJ3 behav*)</p> <p>28 (DSH)</p> <p>29 MeSH DESCRIPTOR Self-Injurious Behavior EXPLODE ALL TREES</p> <p>30 #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29</p> <p>31 (muscle ADJ3 stimulation) IN DARE</p> <p>32 (musc* ADJ3 stimulation) IN DARE</p> <p>33 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #31 OR #32</p> <p>34 #30 AND #33</p>		
Primary studies			
CENTRAL	<p>self harm:ti,ab,kw (Word variations have been searched)</p> <p>308</p> <p>#2 Enter terms for search</p> <p>self injur*self injur* 2061</p> <p>#3 Enter terms for search</p> <p>self mutilat*self mutilat* 74</p> <p>#4 MeSH descriptor: [Self-Injurious Behavior] explode all trees</p> <p>621</p> <p>#5 Enter terms for search</p> <p>#1 or #2 or #3 or #4#1 or #2 or #3 or #4 2714</p> <p>#6 Enter terms for search</p> <p>transcutaneous nerve stimulationtranscutaneous nerve stimulation 1240</p>	0	

	<p>#7 MeSH descriptor: [Transcutaneous Electric Nerve Stimulation] explode all trees 1006</p> <p>#8Enter terms for searchTranscutaneous Electric Nerve Stimulation828</p> <p>#9Enter terms for search#6 or #7 or #81610</p> <p>#10 #5 and #9</p>		
PsycINFO	<p>1. PsycINFO; SELF DESTRUCTIVE BEHAVIOR/ OR SELF INJURIOUS BEHAVIOR/ OR SELF MUTILATION/ OR SELF INFLICTED WOUNDS/; 5495 results.</p> <p>3. PsycINFO; "self harm*".ti,ab; 2762 results.</p> <p>4. PsycINFO; "self injur*".ti,ab; 3503 results.</p> <p>5. PsycINFO; "self mutilat*".ti,ab; 1145 results.</p> <p>6. PsycINFO; 1 OR 3 OR 4 OR 5; 10388 results.</p> <p>9. PsycINFO; "TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION".ti,ab; 214 results.</p> <p>10. PsycINFO; TENS.ti,ab; 897 results.</p> <p>12. PsycINFO; (nerve* AND stimulat*).ti,ab; 6655 results.</p> <p>13. PsycINFO; 10 AND 12; 174 results.</p> <p>14. PsycINFO; 9 OR 13; 240 results.</p> <p>15. PsycINFO; 8 AND 14; 2 results.</p>	2	
EMBASE	<p>1. EMBASE; AUTOMUTILATION/; 9832 results.</p> <p>2. EMBASE; "self harm*".ti,ab; 3175 results.</p> <p>3. EMBASE; "self injur*".ti,ab; 2879 results.</p> <p>4. EMBASE; "self mutilat*".ti,ab; 1523 results.</p> <p>5. EMBASE; 1 OR 2 OR 3 OR 4; 12154 results.</p> <p>6. EMBASE; TRANSCUTANEOUS NERVE STIMULATION/; 5208 results.</p> <p>7. EMBASE; (transcutaneous AND nerve AND stimulation).ti,ab; 2299 results.</p> <p>8. EMBASE; "transcutaneous electrical nerve stimulat*".ti,ab; 1490 results.</p> <p>9. EMBASE; (transcutaneous AND nerve AND stimulation).ti,ab; 2299 results.</p>	4	

	10. EMBASE; 6 OR 7 OR 8; 5980 results. 11. EMBASE; 5 AND 10; 4 results.		
MEDLINE	12. MEDLINE; "self harm*".ti,ab; 2350 results. 13. MEDLINE; "self injur*".ti,ab; 2356 results. 14. MEDLINE; "self mutilat*".ti,ab; 1325 results. 15. MEDLINE; SELF-INJURIOUS BEHAVIOR/ OR SELF MUTILATION/; 7207 results. 16. MEDLINE; 12 OR 13 OR 14 OR 15; 9491 results. 17. MEDLINE; (transcutaneous AND nerve AND stimulation).ti,ab; 1798 results. 18. MEDLINE; "transcutaneous electrical nerve stimulat*".ti,ab; 1154 results. 19. MEDLINE; TRANSCUTANEOUS ELECTRIC NERVE STIMULATION/; 3130 results. 20. MEDLINE; 17 OR 18 OR 19; 3941 results. 21. MEDLINE; 16 AND 20; 2 results.	2	
Summary	NA	NA	

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