

As Safe As Possible (ASAP): Establishing efficacy of a manualized intervention and Associated  
Phone app for Psychiatrically hospitalized Suicidal Adolescents

**Supplemental Data**

**Table 1. Demographic and Baseline Clinical Characteristics (N=66)**

Characteristics	TAU Condition (N=32)		ASAP + TAU Condition (N=34)		
	Mean	SD	Mean	SD	P value
Age (years)	15.3	1.4	14.9	1.6	0.37
Annual Income Bracket	3.1	1.5	3.7	1.4	0.136
PHQ-9	17.5	5.8	19.2	4.8	0.22
SCARED	46.4	17.3	50.3	13.7	0.31
CRAFFT	1.5	1.8	1.4	1.6	0.94
SIQ-Jr	67.0	24.9	66.3	19.2	0.89
FACES (Cohesion)	24.1	5.4	22.8	5.5	0.36
FACES (Flexibility)	21.5	4.7	20.2	5.8	0.33
FACES (Communication)	32.4	8.1	31.4	7.6	0.60
FACES (Satisfaction)	26.9	6.3	25.7	8.0	0.50
Reasons for Living	111.1	40.4	112.2	34.0	0.90
Distress Tolerance	3.7	1.0	3.9	0.8	0.46
REQ (Internal Dysfunction)	3.4	0.9	3.4	0.7	0.98
REQ (External Dysfunction)	1.9	0.9	1.8	0.7	0.39
REQ (Internal Functional)	3.0	0.7	2.9	0.9	0.55
REQ (External Functional)	3.0	0.7	2.8	0.7	0.31
PSQI	10.1	3.6	12.4	3.7	0.02
Weeks Hospitalized	2.3	2.3	2.1	2.3	0.48
	N	%	N	%	P value
Sex					
Female	29	90.6	30	88.2	>.99
Race/Ethnicity					
Caucasian	24	75.0	27	79.4	0.77
Hispanic	0	0.0	1	2.9	>.99
Living with Both Parents	11	35.5	13	38.2	0.82
Study Site					
Pittsburgh	13	40.6	16	47.1	0.60
Physical/Sexual Abuse	12	40.0	14	41.2	0.92
Alcohol/Substance Use (CRAFFT $\geq$ 2)	10	31.3	8	23.5	0.48
Lifetime Suicidality					
Morbid thoughts/death wishes	31	96.9	34	100.0	0.49
Suicidal ideation without plan	30	96.8	33	97.1	>.99

Suicidal ideation with plan & intent	28	90.3	31	91.2	>.99
Any suicidal ideation	31	96.9	34	100.0	0.49
SRB <sup>‡</sup>	22	68.8	17	50.0	0.12
Suicide attempt	25	78.1	28	82.4	0.67
Suicide attempt/ SRB <sup>‡</sup>	30	93.8	31	91.2	>.99
NSSI	29	90.6	28	82.4	0.48
Psychiatric Disorders (YSR)					
Affective Disorders	26	81.3	29	85.3	0.66
Anxiety	17	53.1	19	55.9	0.82
Somatic Problems	6	18.8	11	32.4	0.21
ADHD	4	12.5	4	11.8	>.99
ODD	5	15.6	4	11.8	0.73
Conduct	6	18.8	5	14.7	0.66
Psychiatric Disorders (Clinical Diagnosis)					
Depression	26	81.2	31	91.2	0.30
Bipolar	5	15.6	3	8.8	0.47
Anxiety	18	56.2	20	58.8	0.83
ADHD	4	12.5	9	26.5	0.15
Conduct	0	0.0	0	0.0	-
ODD	0	0.0	0	0.0	-
Other	7	21.9	5	14.7	0.45

\* 1=Less than \$24,999; 2=\$25,000-\$49,999; 3=\$50,000-\$74,999; 4=\$75,000-\$99,999; 5=More than \$100,000

<sup>‡</sup>SRB: interrupted or aborted

PHQ9: Patient Health Questionnaire, Depression Scale. SIQ: Suicidal Ideation Questionnaire. REQ: Regulation of Emotions Questionnaire. PSQI: Pittsburgh Sleep Quality Index. YSR: Youth Self Report.

**Table 2. Medication use – Lifetime at baseline interview (covers from 12-months prior to interview)**

	Usual Care (n=32)	Treatment (n=34)	Total (n=66)	Test	df	P
Antidepressants, N(% Yes)	26 (81.2)	31 (91.2)	57 (86.4)	FET	-	0.30
Antipsychotics, N(%)	7 (21.9)	6 (17.6)	13 (19.7)	$\chi^2=0.19$	1	0.67
Antianxiety, N(%)	7 (21.9)	6 (17.6)	13 (19.7)	$\chi^2=0.19$	1	0.67
Hypnotic, benzo or barbiturates, N(%)	1 (3.1)	2 (5.9)	3 (4.5)	FET	-	>0.99
Other sleep aids, N(%)	4 (12.5)	12 (35.3)	16 (24.2)	$\chi^2=4.66$	1	0.03
Any sleep aid, N(%)	5 (15.6)	14 (41.2)	19 (28.8)	$\chi^2=5.25$	1	0.02
Mood Stabilizers, N(%)	4 (12.5)	1 (2.9)	5 (7.6)	FET	-	0.19
Stimulants, N(%)	5 (15.6)	9 (26.5)	14 (21.2)	$\chi^2=1.16$	1	0.28
Other Psychotropic Medication, N(%)	8 (25.0)	12 (35.3)	20 (30.3)	$\chi^2=0.83$	1	0.36

Any of the above, N(%)	28 (87.5)	33 (97.1)	61 (92.4)	FET	-	0.19
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**Table 3. Medication use – Lifetime at baseline interview (covers from 12-months prior to interview) by Site**

	Pittsburgh (n=29)	Dallas (n=37)	Total (n=66)	Test	df	P
Antidepressants, N(% Yes)	25 (86.2)	32 (86.5)	57 (86.4)	FET	-	>0.99
Antipsychotics, N(%)	11 (37.9)	2 (5.4)	13 (19.7)	$\chi^2=10.87$	1	0.001
Antianxiety, N(%)	4 (13.8)	9 (24.3)	13 (19.7)	$\chi^2=1.14$	1	0.29
Hypnotic, benzo or barbiturates, N(%)	0 (0.0)	3 (8.1)	3 (4.5)	FET	-	0.25
Other sleep aids, N(%)	5 (17.2)	11 (29.7)	16 (24.2)	$\chi^2=1.38$	1	0.24
Any sleep aid, N(%)	5 (17.2)	14 (37.8)	19 (28.8)	$\chi^2=3.36$	1	0.07
Mood Stabilizers, N(%)	3 (10.3)	2 (5.4)	5 (7.6)	FET	-	0.65
Stimulants, N(%)	7 (24.1)	7 (18.9)	14 (21.2)	$\chi^2=0.27$	1	0.61
Other Psychotropic Medication, N(%)	9 (31.0)	11 (29.7)	20 (30.3)	$\chi^2=0.01$	1	0.91
Any of the above, N(%)	27 (93.1)	34 (91.9)	61 (92.4)	FET	-	>0.99

**Table 4. Medication use – Lifetime before discharge – Participants with follow-up data only**

	Usual Care (n=29)	Treatment (n=31)	Total (n=60)	Test	df	P
Antidepressants, N(% Yes)	24 (82.8)	30 (96.8)	54 (90.0)	FET	-	0.10
Antipsychotics, N(%)	8 (27.6)	6 (19.4)	14 (23.3)	$\chi^2=0.57$	1	0.45
Antianxiety, N(%)	6 (20.7)	9 (29.0)	15 (25.0)	$\chi^2=0.56$	1	0.46
Hypnotic, benzo or barbiturates, N(%)	1 (3.4)	2 (6.5)	3 (5.0)	FET	-	>0.99
Other sleep aids, N(%)	8 (27.6)	16 (51.6)	24 (40.0)	$\chi^2=3.60$	1	0.06
Any sleep aid, N(%)	9 (31.0)	18 (58.1)	27 (45.0)	$\chi^2=4.42$	1	0.04
Mood Stabilizers, N(%)	3 (10.3)	1 (3.2)	4 (6.7)	FET	-	0.35
Stimulants, N(%)	5 (17.2)	10 (32.3)	15 (25.0)	$\chi^2=1.80$	1	0.18
Other Psychotropic Medication, N(%)	10 (34.5)	13 (41.9)	23 (38.3)	$\chi^2=0.35$	1	0.55
Any of the above, N(%)	26 (89.7)	31 (100.0)	57 (95.0)	FET	-	0.11

**Table 5. Medication use – Lifetime after discharge – Participants with follow-up data only  
One participant does not contribute because still in hospital**

	Usual Care (n=29)	Treatment (n=31)	Total (n=59)	Test	df	P
Antidepressants, N(% Yes)	24 (82.8)	28 (93.3)	52 (88.1)	FET	-	0.25
Antipsychotics, N(%)	12 (41.4)	4 (13.3)	16 (27.1)	$\chi^2=5.87$	1	0.02
Antianxiety, N(%)	9 (31.0)	15 (50.0)	24 (40.7)	$\chi^2=2.20$	1	0.14
Hypnotic, benzo or barbiturates, N(%)	2 (6.9)	5 (16.7)	7 (11.9)	FET	-	0.42
Other sleep aids, N(%)	8 (27.6)	19 (63.3)	27 (45.8)	$\chi^2=7.59$	1	0.01
Any sleep aid, N(%)	10 (34.5)	19 (63.3)	29 (49.2)	$\chi^2=4.91$	1	0.03
Mood Stabilizers, N(%)	7 (24.1)	8 (26.7)	15 (25.4)	$\chi^2=0.05$	1	0.82
Stimulants, N(%)	5 (17.2)	11 (36.7)	16 (27.1)	$\chi^2=2.82$	1	0.09
Other Psychotropic Medication, N(%)	6 (20.7)	9 (30.0)	15 (25.4)	$\chi^2=0.67$	1	0.41

Any of the above, N(%)	26 (89.7)	31 (100.0)	57 (95.0)	FET	-	0.11
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