

Table 1. Specific strategies and considerations for involving people with lived experience of self-injury in research.

Initial Recruitment	<p>People with lived experience of self-injury are often keen to contribute to research and break down stigma. The approaches below may help when inviting individuals in the research process and during subsequent interactions:</p> <ul style="list-style-type: none"> • Use existing professional groups to invite people with lived experience (e.g. American Association for Suicidology; Canadian Depression Research and Intervention Network; Western Australian Health Translation Network; INVOLVE). • Create specific lived experience components of relevant professional organisations (e.g., International Society for the Study of Self-Injury; American Association for Suicidology, International Association for Suicide Prevention). • Online self-injury communities are abundant and highly salient for many individuals with lived experience of self-injury. Posts can be made on relevant platforms to invite participation in research. Use of online chat and meeting software (e.g., Skype, Zoom, Webex) may permit follow-up and facilitate further involvement.
Involvement in Research	<p>People with lived experience of self-injury can participate in all parts of the research process. Their involvement may be helpful in the following ways:</p> <ul style="list-style-type: none"> • People with experience of self-injury can use their own experiences to guide priority driven research. • People with experience of self-injury can use their stories of stigma in the healthcare system to inform treatment provision and service delivery. • People with lived experience of self-injury are in a unique role to inform research design through consideration of the impact of research on participants (e.g., self-injury imagery may be triggering). • When conducting research, disclosures during interview studies may break down stigma and facilitate rapport. • Maximising the reach and impact of findings through involving individuals with lived experience in conferences and eliciting their viewpoints.
Ethical considerations	<p>Involvement in research may be upsetting or triggering for some people with a history of self-injury. The following considerations may help mitigate such risks:</p> <ul style="list-style-type: none"> • In line with ethical guidelines, ensure clear communication regarding participant requirements from the outset <i>and</i> during the research process, provide community-based (local) and online resources to all participants, and employ mood augmentation or relaxation techniques to ensure participants are not upset upon completion of the study. <p>People with lived experience can be reimbursed for their time in a number of ways. The INVOLVE guidelines in the UK (see below) outline different levels of remuneration depending on the level of involvement.</p>
Helpful Resources	<p>Resources to be consulted/adapted for involving people with lived NSSI experience in research:</p> <ul style="list-style-type: none"> • INVOLVE: www.invo.org.uk • American Association for Suicidology: www.suicidology.org • Canadian Depression Research and Intervention Network: www.cdrin.org • Recovery-oriented mental health services: www.health.gov.au • BC SUPPORT Unit (bcsupportunit.ca) <p>Resources to provide to individuals with lived NSSI experience:</p>

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| | <ul style="list-style-type: none">• Self-injury Outreach & Support: www.sioutreach.org• Shedding Light on Self-injury: www.self-injury.org.au• Self-injury and Recovery Research and Resources:
http://www.selfinjury.bctr.cornell.edu |
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