

UNI-SYSTEMS RESEARCH

B) FAMILY INTERVENTION RESEARCH

Dopp, A., Borduin, C., White, M., & Kuppens, S. (2017). "[Family-based treatments for serious juvenile offenders: A multilevel meta-analysis](#)". *Journal of Consulting and Clinical Psychology*. 85(4): 335–354. [doi:10.1037/ccp0000183](#). [PMID 28333535](#).

“We conducted a multilevel meta-analysis that modeled dependencies between multiple effect sizes from the same study. The meta-analysis synthesized 324 effect sizes from 28 studies that met inclusion criteria. Potential moderators (e.g., characteristics of samples, treatments, methods, and measures) were entered as fixed effects in the meta-analytic model. Results: Across studies, family-based treatments produced modest, yet long-lasting, treatment effects (mean $d = 0.25$ for antisocial behavior, 0.24 overall) relative to comparison conditions.”

Carr, A. (2008). The effectiveness of family therapy and systemic interventions for child-focused problems. *Journal of Family Therapy*. 31(1), 3-45.

“This review updates a similar paper published in the *Journal of Family Therapy* in 2001. It presents evidence from meta-analyses, systematic literature reviews and controlled trials for the effectiveness of systemic interventions for families of children and adolescents with various difficulties. In this context, systemic interventions include both family therapy and other family-based approaches such as parent training. The evidence supports the effectiveness of systemic interventions either alone or as part of multimodal programmes for sleep, feeding and attachment problems in infancy; child abuse and neglect; conduct problems (including childhood behavioural difficulties, ADHD, delinquency and drug abuse); emotional problems (including anxiety, depression, grief, bipolar disorder and suicidality); eating disorders (including anorexia, bulimia and obesity); and somatic problems (including enuresis, encopresis, recurrent abdominal pain, and poorly controlled asthma and diabetes).”

Evans, P., Turner, S. and Trotter, C. (2012). *The effectiveness of family and relationship therapy: A review of the literature*. Melbourne: PACFA.

“This review found that there is evidence to support the effectiveness of a number of approaches with couples and families, including multi-systemic family therapy (MST) and family problem solving. Promising approaches that require further research to support their effectiveness include experiential family therapy, behavioural couples therapy (BCT), behavioural marriage therapy (BMT) and solution focused brief therapy (SFBT), while approaches for which there are no clear outcomes include emotionally focused therapy (EFT), structural family therapy (SFT) and narrative therapy. There are clear gaps in the available literature with a need for more methodologically rigorous research to be conducted with couples and families in general, and specifically, in an Australian context.”(p. 17).

Woolfenden, S. & Williams, K. & Peat, J. (2002). Family and parenting interventions for conduct disorder and delinquency: A meta-analysis of randomised controlled trials. *Archives of Disease in Childhood*, 86(4).

“Family and parenting interventions significantly reduced the time spent by juvenile delinquents in institutions (weighted mean difference 51.34 days). There was also a significant reduction in the risk of a juvenile delinquent being rearrested (relative risk 0.66) and in their rate of subsequent arrests at 1–3 years (standardised mean difference –0.56).

Conclusions: The evidence suggests that family and parenting interventions for juvenile delinquents and their families have beneficial effects on reducing time spent in institutions and their criminal activity. In addition to the obvious benefit to the participant and their family, this may result in a cost saving for society.”