

Brief Strategic Family Therapy (BSFT)

Program description:

This intervention is aimed at youth who are at risk of developing serious behavior problems, including delinquency and substance abuse. Because such risk can be defined in various ways, the studies in this analysis included participants with different types and severity of problems. This treatment has been extensively tested in ethnic minority populations.

Typical age of primary program participant: 13

Typical age of secondary program participant: N/A

Meta-Analysis of Program Effects

Outcomes Measured	Primary or Secondary Participant	No. of Effect Sizes	Unadjusted Effect Sizes (Random Effects Model)			Adjusted Effect Sizes and Standard Errors Used in the Benefit-Cost Analysis					
			ES	SE	p-value	First time ES is estimated			Second time ES is estimated		
						ES	SE	Age	ES	SE	Age
Externalizing behavior symptoms	P	3	-0.49	0.20	0.01	-0.24	0.20	14	-0.12	0.40	19

Benefit-Cost Summary

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2011). The economic discount rates and other relevant parameters are described in Technical Appendix 2.	Program Benefits				Costs	Summary Statistics				
	Partici-pants	Tax-payers	Other	Other Indirect		Total Benefits	Benefit to Cost Ratio	Return on Invest-ment	Benefits Minus Costs	Probability of a positive net present value
	\$852	\$965	\$835	\$460	\$3,112	-\$512	\$6.08	49%	\$2,601	69%

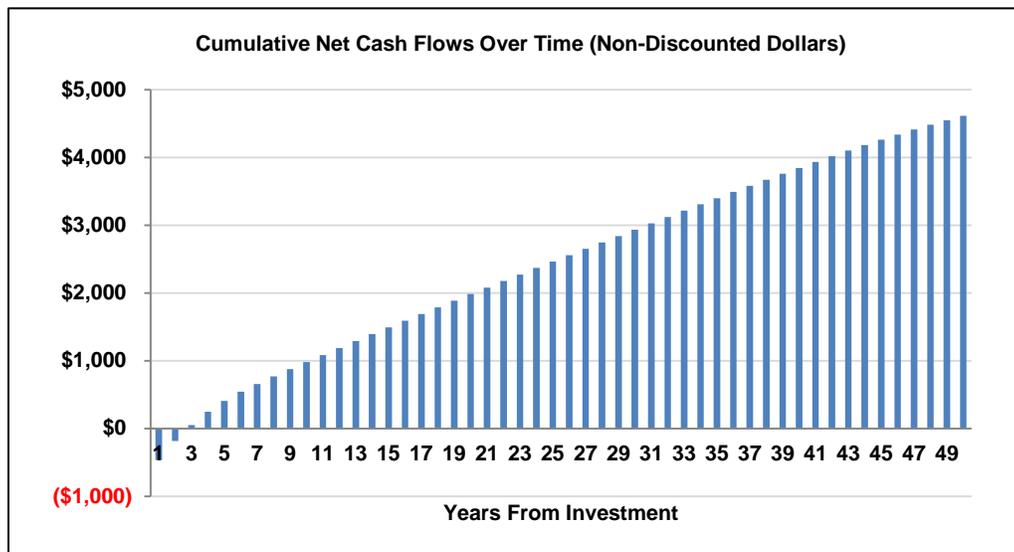
Detailed Monetary Benefit Estimates

Source of Benefits	Benefits to:					Total Benefits
	Partici-pants	Tax-payers	Other	Other In-direct		
Crime	\$0	\$45	\$155	\$22		\$222
Earnings via high school graduation	\$624	\$229	\$0	\$118		\$971
Health care costs for disruptive behavior symptoms	\$229	\$691	\$680	\$320		\$1,920

Detailed Cost Estimates

The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The uncertainty range is used in Monte Carlo risk analysis, described in Technical Appendix 2.	Program Costs			Comparison Costs			Summary Statistics	
	Annual Cost	Program Duration	Year Dollars	Annual Cost	Program Duration	Year Dollars	Present Value of Net Program Costs (in 2011 dollars)	Uncertainty (+ or - %)
	\$1,350	1	2010	\$850	1	2010	\$511	10%

Source: Based on therapist time, as reported in the treatment studies, as well as training costs and a flat fee for materials (e.g., manuals). Hourly therapist cost was based on the latest actuarial estimates of reimbursement by modality in WA State (DSHS).



Multiplicative Adjustments Applied to the Meta-Analysis

Type of Adjustment	Multiplier
1- Less well-implemented comparison group or observational study, with some covariates.	1.00
2- Well-implemented comparison group design, often with many statistical controls.	1.00
3- Well-done observational study with many statistical controls (e.g., IV, regression discontinuity).	1.00
4- Random assignment, with some RA implementation issues.	1.00
5- Well-done random assignment study.	1.00
Program developer = researcher	0.64
Unusual (not "real world") setting	1.00
Weak measurement used	0.5

Adjustment factors were generated by examining studies for the treatment of children or adolescents with externalizing problems. Meta-regressions were conducted to test for the impact of different methodological factors on unadjusted effect size. Because research design rating and unusual setting were not significant predictors of effect size, so multipliers were set to 1.0. A dummy variable representing involvement of a program developer in the research study was a statistically significant predictor ($B = -.189$, $p = .056$), indicating that such studies had significantly more negative (i.e., larger) effect sizes than studies in which the developer was not involved. This coefficient was used to determine the 0.64 multiplier. Finally, we coded as weak measures outcomes that were based solely on the report of individuals who were involved in the intervention (either delivered it, as in the case of teachers, or received it, such as parents in a parenting program). Due to concern that such measures might be biased in favor of the programs reviewed, we utilized the standard Institute multiplier (0.5).

Studies Used in the Meta-Analysis

Coatsworth, J. D., Santisteban, D. A., McBride, C. K., Szapocznik, J. (2001). Brief strategic family therapy versus community control: Engagement, retention, and an exploration of the moderating role of adolescent symptom severity. *Family Process*, 40(3), 313-313

Santisteban, D. A., Coatsworth, J. D., Perez-Vidal, A., Kurtines, W. M., Schwartz, S. J., LaPerriere, A., & Szapocznik, J. (2003). Efficacy of brief strategic family therapy in modifying Hispanic adolescent behavior problems and substance use. *Journal of Family Psychology*, 17(1), 121-133.

Szapocznik, J., Rio, A., Murray, E., Cohen, R., Scopetta, M., Rivas-Vasquez, A., . . . Kurtines, W. (1989). Structural family versus psychodynamic child therapy for problematic Hispanic boys. *Journal of Consulting and Clinical Psychology*, 57(5), 571-578.