

FSRC Update & Publications



Highlighted article or topic:

New Zealand Benchmarking Study

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October 7, 2009

Dissemination and Effectiveness of Multisystemic Treatment in New Zealand: A Benchmarking Study

Nicola Curtis, Kevin Ronan, Naamith Heilblum, and
Kylie Crellin

Journal of Family Psychology (2009)
Publication #341 at <musc.edu/fsrc>

Benchmarking Advantages



- Can compare results from community study to clinical trial standards
- Doesn't require control condition and corresponding hassles that accompany clinical trial
- Less expensive than controlled clinical trial

Site and Participants



- 3 MST teams in New Zealand
- 65 youth (mean = 13.8 years, sd = 2.0 years) and families
- 83% European descent, 9% Maori
- Referral: 60% verbal/physical aggression, 14% truancy, 8% substance abuse
- 36% conduct disorder, 23% ADHD
- 32% in Child, Youth and Family Service custody (though living at home)

Assessments



- Conducted pretreatment, post treatment, and 6- and 12-month follow-ups
- Offending
- Out-of-home placement
- School vocational attendance
- Behavioral adjustment
- Parental monitoring
- Client satisfaction/treatment completion

Post Treatment Outcomes



- Decreased frequency of offending
- Decreased days in placement
- Increased school attendance
- Increased parental monitoring
- Improved behavioral adjustment
- 98% treatment completion

6- and 12-Month Outcomes



- Offending outcomes continued to improve
- Behavioral adjustment outcomes were sustained
- Parental monitoring outcomes were sustained
- School attendance and placement outcomes dissipated

Benchmarking Comparison



Present outcomes compared against 3 MST clinical trials with serious offenders published in 1990s:

- Higher rate of treatment completion than MST conditions in clinical trials
- As effective as MST conditions in clinical trials
- More effective than control conditions in clinical trials

Conclusion



“Positive treatment outcomes identified in RCTs may be able to be transferred to publicly funded not for profit clinics.”
(very distal to U.S.)