

Table 1
Study Characteristics and Treatment Outcomes for FFT (Waldron, Robbins, & Alexander, 2012)

Study/Location	Reported Sample Characteristics	Treatment/Comparison Conditions	Follow-up Period	Treatment Outcomes
Alexander, 1971 Salt Lake City, UT	Delinquent youth arrested and detained for run away, ungovernable, or habitually truant n=40 13-16 years old	Random assignment: a. FFT only, n=10 b. individual therapy only (IT), n=10 c. FFT+IT, n=10 d. no treatment control, minimal probation supervision	Post-treatment	<u>Risk/protective process</u> : Family therapy plus individual therapy produced significantly greater improvements in communication style than other conditions
Alexander & Parsons, 1973 Salt Lake City, UT	Delinquent youth arrested and detained for run away, declared ungovernable, or habitually truant n=99 13-16 years old	Random assignment (a-d): a. FFT, n=46; b. client-centered family groups, n=19 c. psychodynamic family therapy, n=11 d. no treatment control, n=10 e. post hoc selected controls, n=46 f. national sample controls, n=2800	6-18 months	<u>Recidivism</u> : FFT recidivism was 26%, compared to 50% for no treatment control, 47% for client-centered family groups, and 73% for psychodynamic family therapy <u>Risk/protective process</u> : FFT produced significant improvements in family interactions compared to all other comparison conditions
Parsons & Alexander, 1973; Alexander & Barton, 1976; 1980 Salt Lake City, UT	Delinquent youth arrested and detained for run away, ungovernable, or truant n=40 Mean age=15.1 years	Random assignment: a. FFT, n=20 b. client centered family therapy, n=10 c. no treatment control, n=10	Post-treatment	<u>Risk/protective process</u> : FFT families displayed significant changes in interactions. No improvements in controls.
Barton, Alexander, Waldron, Turner, & Warburton, 1985-Study 1 Salt Lake City, UT	Delinquent youth referred for 3-6 status offenses (e.g., shoplifting, ungovernable) n=27	Non-random assignment: a. FFT, n=27 b. district juvenile justice base rates	13 months	<u>Recidivism</u> : 26% for the FFT group, compared to the 51% population base rate <u>Risk/protective process</u> : Significant reductions in family defensiveness
Barton, Alexander, Waldron, Turner, & Warburton, 1985-Study 2 Salt Lake City, UT	Status offender delinquent youth at risk for out-of-home placement n=325	Non-random assignment: a. FFT with trained therapists, n=109 b. community-based social workers with limited FFT training, n=216	Post-treatment	<u>Foster placements</u> : Reduction in foster care placement referrals FFT (11%) versus non-FFT (49%) <u>Treatment services</u> : Reduction in units of service per family to less than half (14.7-6.2)
Barton, Alexander, Waldron, Turner, & Warburton, 1985; Study 3 Salt Lake City, UT	Seriously delinquent youth, post incarceration for severe, chronic offenses (Mean=20) n=74	Non-random assignment: a. FFT, n=30 b. alternative treatment, n=44	15 months	<u>Recidivism</u> : 60% for the FFT group; 93% for those who receive regular services. Those in the FFT group who did reoffend did so at a lower rate/frequency than those in the regular services group (.202 vs .474)
Klein, Alexander, & Parsons, 1977 Salt Lake City, UT	Siblings in 99 families of delinquent youth (see Alexander & Parsons, 1973) n=99 13-16 years old	Random assignment: a. FFT, n=46 b. client centered family therapy, n=19 c. psychodynamic family therapy, n=11 d. no treatment control, n=10	30-40 months	<u>Recidivism</u> : 20% in siblings of those who had received FFT, compared to 40% for no-treatment controls, 59% for client-centered family treatment, and 63% for eclectic-dynamic family treatment

Table 1 (continued)

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Friedman, 1989; Stanton & Shaddish, 1997 Philadelphia, PA	Drug-abusing adolescents n=135 14-21 years old (Mean=17.8) 89% nonHispanic white, 11% other	Random assignment: a. FFT, n=91 b. parenting group intervention, n=75	> 15 months	<u>Substance use</u> : Significant pre-post reductions at all follow-up points, with greater reductions in FFT, compared to parenting intervention (see Stanton & Shaddish, 1997) <u>Risk/protective process</u> : FFT produced greater involvement of parents, lower family dropout rate, improved psychiatric and family functioning in both conditions
Lewis, Piercy, Sprengle, & Trepper, 1990 Lafayette, IN	Youth reporting regular substance use n=136	Random assignment: a. Purdue Brief Family Therapy b. Family Drug Education	Post-treatment	<u>Substance use</u> : Reductions in substance use only for family therapy condition involving an adaptation of FFT, not education group
Regas & Sprengle, 1982 Lafayette, IN	Youth with ADHD diagnosis referred to child protective services n=55	Random assignment: a. FFT b. group therapy c. no treatment control group, n=10	Post-treatment	<u>ADHD</u> : FFT and group therapy produced significant improvements in ADHD behaviors at home and at school, but only FFT also led to significantly more positive perceptions of the family
Gordon, Arbutnot, Gustofson, & McGreen, 1988; Gustofson, Gordon, & Arbutnot, 1985; Gordon, Graves, & Arbutnot, 1995; Gordon, 1995-Study 1 Southeastern Ohio	Rural, lower SES delinquent youth; juvenile offenses: status, misdemeanor, felony n=54 Mean age: 15.4 years 100% nonHispanic White	Matched assignment, with more severe cases assigned to family therapy: a. FFT, n=27 b. probation services as usual, n=27	30 months; 60-month follow-up of adult convictions	<u>Recidivism</u> : FFT group had 11% recidivism compared to 67% in the regular services group at 30-month follow-up and 8.7% recidivism compared to 41% in the regular services group at 60-month follow-up. <u>Cost analyses</u> : Cost-benefit analysis on these groups indicated that FFT had significantly lower direct costs than treatment as usual
Gordon & Arbutnot, 1990; Gordon, 1995-Study 2 Southeastern Ohio	Chronic offenders, average of 3 to 4 prior institutional commitments n=49 17-18 years old	Non-random assignment: a. FFT, n=49 b. statistical control: empirically derived risk of recidivating based on age, age of onset, number of offenses	12-18 months	<u>Recidivism</u> : FFT group had 30% with a new conviction after treatment, compared to 60-75% average expected for statistical control group, and 12% with a new institutional commitment, compared to 50-60% average expected for statistical controls
Gordon, 1995-Study 3 Ohio	Delinquent youth released from incarceration 16-17 years old n=52	Matched assignment: a. FFT, n=27 b. probation services as usual, n=25	16 months	<u>Recidivism</u> : FFT group showed a 33% recidivism rate, compared to 64% in the services as usual group.
Lantz, 1982 Salt Lake City, UT	Delinquent adolescents n=46	Random assignment: a. FFT, n=22 b. alternative treatment, n=24	Post-treatment	<u>Recidivism</u> : 50% in the FFT group and 88% in the control group. <u>Foster placement</u> : 18% in the FFT group were placed outside the home, compared to 72% in the control group
Hansson, Cederblad, & Hook, 2000; Harrison, 1998; Lund, Sweden	Youth referred following arrest for serious offenses n=89	Random assignment: a. FFT, n=40 b. treatment as usual, n=49	24 months	<u>Recidivism</u> : 41% in the FFT group, 82% in the "as usual" group <u>Externalizing</u> : FFT group associated with greater reductions in youth and parent reports of youth externalizing
Hansson, Johansson, Drott-Englén, & Benderix, 2004 Lund, Sweden	Community-based sample of multi-problem, delinquent youth and their families N=62	Matched Assignment a. FFT, n=45 b. social work services as usual, n=50	18 months	<u>Recidivism</u> : 41% in the FFT group, 82% in the "as usual" group <u>Youth symptoms</u> : FFT group associated with greater reductions in youth and parent reports of externalizing and internalizing symptoms <u>Risk/protective process</u> : Improved family functioning, and reduced maternal depression, somatization, and anxiety in FFT group

Table 1 (continued)

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Waldron, Slesnick, Brody, Turner, & Peterson, 2001; Waldron, Ozechowski, Turner, & Brody, 2012a; French, M. T., Zavala, S. K., McCollister, K. E., Waldron, H. B., Turner, C. W., & Ozechowski, T. J., 2008 Albuquerque, NM	Substance-abusing youth, moderate/heavy use n=120; 13-18 years (Mean=15.6) 38% nonHispanic White, 47% Hispanic, 8% Native American, 7% other	Random assignment: a. FFT b. individual CBT (IT) c. group CBT (GT) d. integrated FFT+CBT	19 months	<u>Substance use:</u> FFT, GT, and FFT+CBT all showed significant reductions in substance use from pre- to post-treatment or follow-up; FFT and IBFT superior to IT <u>Delinquency:</u> <u>Risk/protective process:</u> Improvements in family functioning associated with substance use reductions in the FFT conditions, but not GT, supporting family improvement as a mechanism of change in FFT <u>Cost analyses:</u> FFT and FFT+CBT were more cost effective than IT or GT at post-treatment due to lack of post-treatment effects for these conditions. GT was more cost effective than the other treatment conditions at follow-up, albeit with delayed benefits
Barnoski, 2002; Aos, Phipps, Barnoski, & Lieb, 2001; Aos, Lieb, Mayfield, Miller, & Pennucci, 2004	Delinquent youth n=750	Assignment (nonrandom) based on caseload capacity: a. FFT, n=427 b. wait-list controls, n=323	12 months	<u>Recidivism:</u> Youth with competent/adherent FFT therapists had significantly lower recidivism (34%) and felony recidivism (13%), compared to controls (43% and 19%, respectively) <u>Cost analyses:</u> Financial benefits of the dissemination were estimated at \$7.50 for each dollar of program cost for adherent therapists
Flicker, Waldron, & Turner, Brody, & Hops, 2008 Albuquerque, NM	Youth with substance use disorders, moderate-heavy use n=88; 13-19 years (Mean age=15.7) 50% Anglo, 50% Hispanic	Random assignment: a. FFT b. integrated FFT+CBT	Post-treatment	<u>Substance use:</u> Significant pre-post reductions in substance use for all youth in FFT and FFT+CBT. Hispanic youth with Hispanic therapists showed greater decreases in substance use compared to Hispanic youth with Anglo therapists. Ethnic match was not related to treatment outcome for Anglo youth
Slesnick & Prestopnik, 2009 Albuquerque, NM	Alcohol-abusing runaway youth n=119; 12-17 years (Mean=15.1) 29% Anglo, 44% Hispanic, 11% Native American, 5% African American, 11% Other	Random assignment: a. home-based ecological family therapy, n=37 b. office-based FFT, n=40 c. services as usual, n=42	15 months	<u>Substance use:</u> Significant pre- to post-treatment reductions in alcohol and drug use for all three conditions
Sexton & Turner, 2010 Washington State	Youth referred to community agencies	Random assignment: a. FFT b. probation services as usual	12 months	<u>Recidivism:</u> Overall, no differences were found between FFT and services as usual. However, when therapist adherence to the model was high, FFT showed significantly greater reductions in felonies (35%) and violent crimes (30%), with a marginally significant reduction in misdemeanors (21%), compared to services as usual
Waldron, Brody, Turner, & Ozechowski, 2012b Albuquerque, NM	Youth problem-drinking, other substance use disorders, moderate-heavy use n=140 13-19 years old (Mean=16.3) 45% nonHispanic White, 44% Hispanic, 7% Native American, 4% other	Random assignment: a. FFT b. individual CBT (IT) c. group CBT (GT) d. integrated FFT+CBT	19 months	<u>Substance use:</u> All four conditions showed significant reductions in alcohol use and FFT, IT, and GT (but not FFT+CBT) showed significant reductions in marijuana and other illicit drug use from pre- to post-treatment
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Waldron, Hops, Brody, Turner, Davis, & Barrera,	Youth with substance use disorders, moderate-heavy	Random assignment of Hispanic and Anglo youth to treatment conditions:	19 months	<u>Substance use:</u> Significant reductions in substance use for youth in both treatment conditions, with greater reductions in

2012 Hops, H., Ozechowski, T. J., Waldron, H. B., Davis, B., Turner, C. W., Brody, J. L., & Barrera, M. (2011) Albuquerque, NM and Salem/Portland, Oregon	use n=245 13-19 years old (Mean=15.8) 49% Anglo (nonHispanic White), 51% Hispanic	a. individual CBT (IT) b. integrated FFT+CBT		marijuana use for Hispanics in FFT+CBT, compared to IT <u>HIV-risk behavior</u> : Significant pre- to post-treatment reductions in HIV-risk behaviors for high-risk youth in both treatment conditions, with greater reductions in IT than FFT+CBT and greater reductions for high risk Anglos, compared to Hispanics
Waldron, Ozechowski, Brody, Turner, Hops, & Scherer, 2012 Albuquerque, NM	Youth with substance use disorders, moderate-heavy use n=74 13-18 yrs old (Mean=16.4) 40% nonHispanic White, 54% Hispanic, 6% other	Random assignment to post-FFT aftercare condition: a. FFT + home aftercare (FFT-HA) b. FFT + group CBT aftercare (FFT-G) c. FFT + telephone aftercare (FFT-TA)	12 months	<u>Substance use</u> : FFT showed significant reductions in substance use, with changes maintained in FFT-HA and FFT-TA, but not FFT-G. FFT-HA was superior to FFT-G at 12-months <u>Delinquency</u> : FFT showed significant reductions in delinquency, with reductions maintained in FFT-HA and FFT-TA, but not FFT-G. FFT-HA and FFT-TA were superior to FFT-G at 12-months <u>Risk/protective process</u> : Improvements in depression, anxiety, withdrawn behavior, and family functioning found for all FFT conditions
Rohde, Waldron, Turner, Brody, & Jorgensen, 2012 Albuquerque, NM and Portland, OR	Dually diagnosed depressed and substance-abusing youth, moderate-heavy use n=170 13-19 years old (Mean =16.4) 54% nonHispanic White, 32% Hispanic, 4% African American, 10% other	Random assignment to treatment sequence: a. FFT, followed by group CBT (FFT-GT) b. Group CBT, followed by FFT (GT-FFT) c. Integrated FFT+GT	19 months	<u>Substance use</u> : Preliminary findings show significant reductions in substance use from pre- to post-treatment and follow-up for treatment completers in all conditions, with superior retention and greater improvements in depression and substance use across all youth in the integrated FFT+GT condition
Waldron, Brody, Turner, Ozechowski, & Hops, 2008 Albuquerque, NM	Substance use disordered youth, moderate-heavy use n=140 13-19 years old (Mean=16.5) 40% nonHispanic White, 41% Hispanic, 19% other	Random assignment to treatment sequence: a. group CBT, then FFT if needed (GT-FFT) b. group CBT, then individual CBT if needed (GT-IT)	6-11 months	<u>Substance use</u> : Preliminary findings show significant reductions in substance use from pre- to post-treatment and follow-up for treatment completers in both conditions, with superior retention and greater improvements in substance use across all youth in the GT-FFT condition.
Robbins, Waldron, Hops, Turner, Ozechowski, Brody, & Alexander, 2011 Los Angeles, CA	Youth referred to community agencies for behavioral disturbances, at-risk for or diagnosed with substance use disorder Projected n=288 13-17 years old	Random assignment to supervision: a. FFT, supervision as usual + observation-based feedback to therapists b. FFT, supervision as usual (no observation-based feedback)	16 months	Study in progressing.

