

RANDOMIZED CONTROLLED TRIAL COMPARING INDIVIDUALLY-BASED AND FAMILY-BASED TREATMENTS FOR INTERNALIZING, EXTERNALIZING, AND FAMILY SYMPTOMS IN HISPANIC YOUTH

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An RCT was conducted to test Culturally Informed and Flexible Family Treatment for Adolescents (CIFFTA) to an individually-oriented treatment (TAU) in modifying Internalizing and Externalizing symptoms, and family conflict. CIFFTA integrates individual, family, and psycho-educational interventions using an adaptive approach to tailor the treatment to unique client characteristics. One hundred-thirty Hispanic adolescents 11-14 years of age were randomly assigned to 16 weeks of treatment. A pre-post design (4 month post baseline) was used. Parent reports are highlighted here. Adolescents showed similar change.

Retention in Treatment: Participants in CIFFTA had about twice the odds of being retained as those in TAU, $\chi^2(1, N = 169) = 4.02, p = .045, OR = 2.15$.

Change in Family Conflict: There were significant Time, $F(1, 131) = 140.43, p < .001$, and Time x Condition, $F(1, 131) = 4.12, p = .042$, effects. Parents reported reductions in both conditions but effects were greater in CIFFTA.

Change in Externalizing Symptoms: There was a significant Time effect, $F(1, 135) = 109.83, p < .001$, but no Time x Condition effect, $F(1, 135) = 0.42, p = .518$. Parents reported moderate-to-large decreases in externalizing problems in both conditions.

Change in Internalizing Symptoms: There were significant Time, $F(1, 135) = 110.08, p < .001$, and Time x Condition effects, $F(1, 135) = 5.12, p = .025$. Parents reported moderate-to-large decreases in depression in both conditions but were larger for TAU.

The clinical and research implications of this research will be presented along with some preliminary results of tests of mediation.