

What can we learn from research on outcome?

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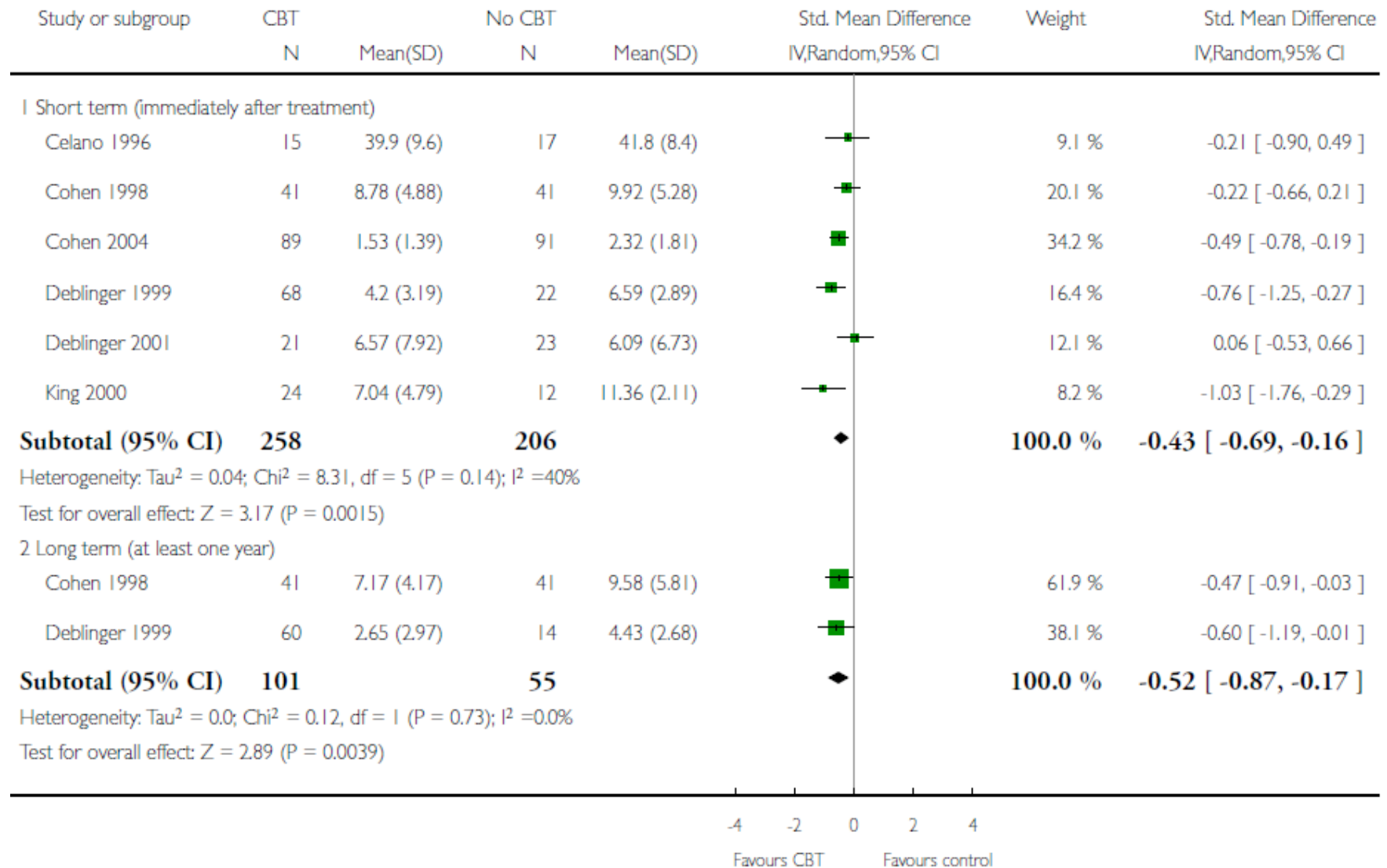
Effective interventions

- Trauma focussed CBT
- Parent-child interaction therapy
- Child-parent psychotherapy
- Play therapies (group, resilient peer)
- Therapeutic day treatment
- Multisystemic therapy
- Foster care placement

[For reviews see: Allin, 2005; Jones, 2008, 2009; Macdonald, 2006; MacMillan, 2009; Ramchandani & Jones, 2003; Silverman, 2008]

From: Macdonald et al, 2006

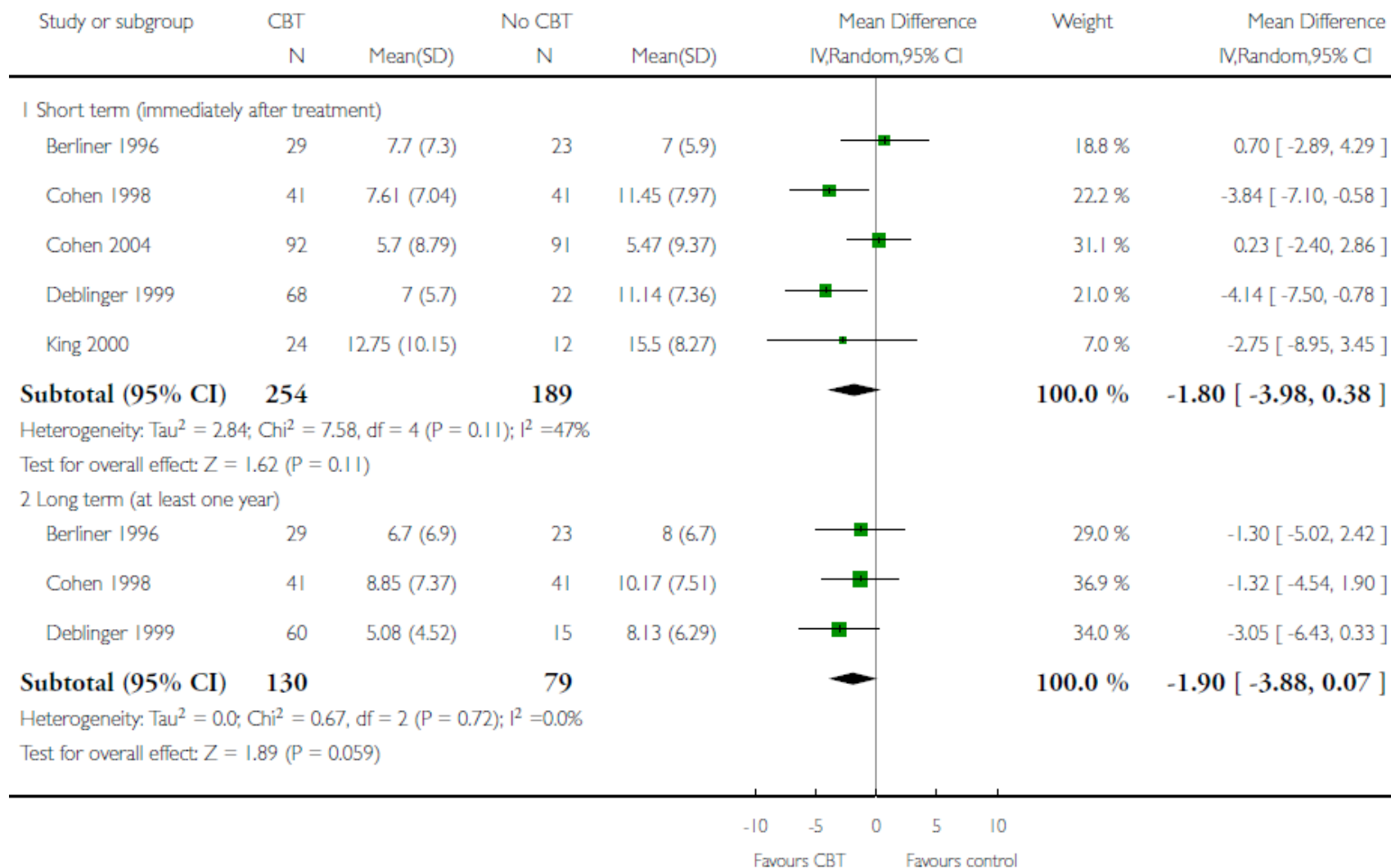
Outcome: 2 Child post-traumatic stress disorder (various scales)



From: Macdonald et al, 2006

Comparison: 1 CBT vs no CBT

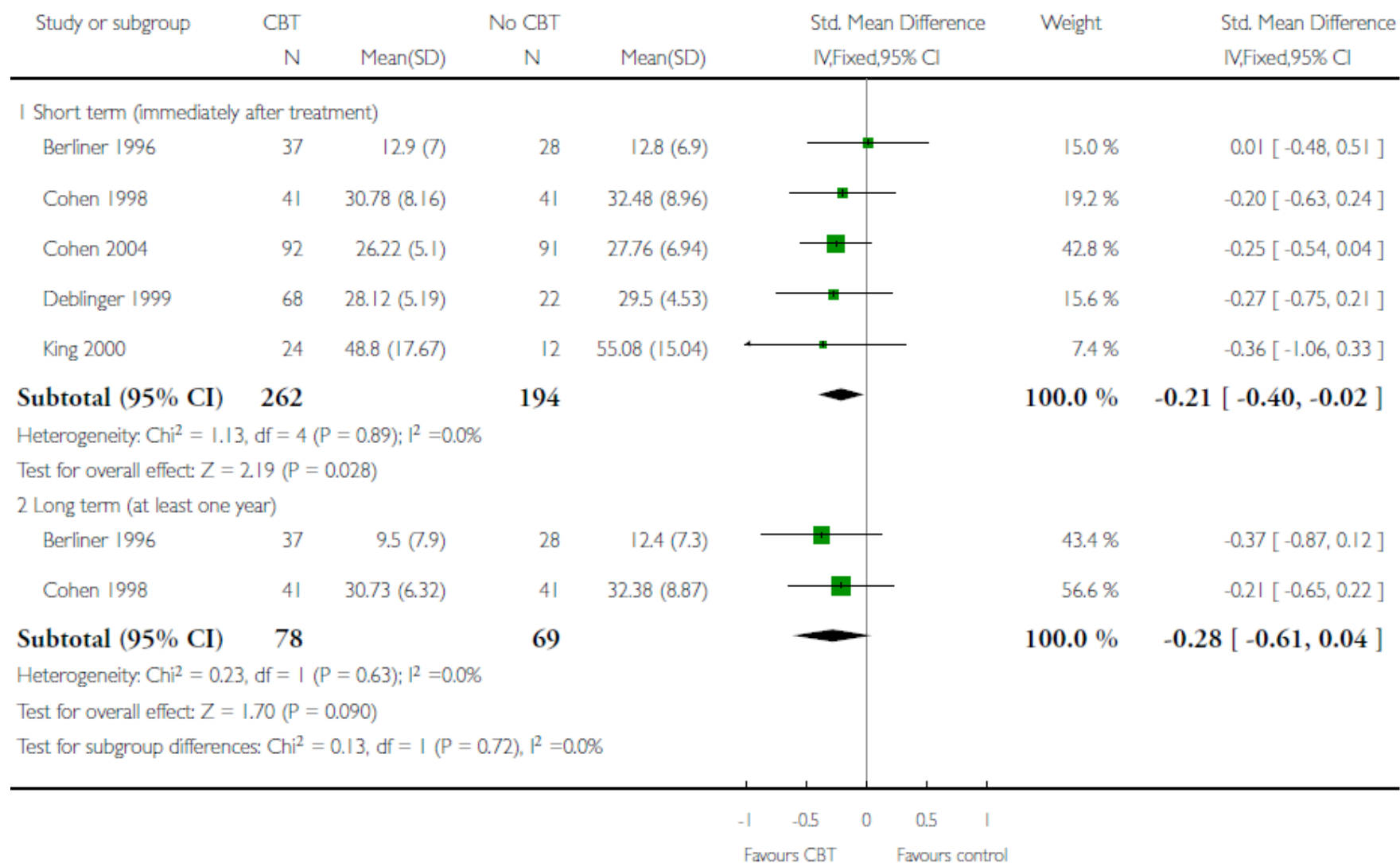
Outcome: 1 Child depression (CDI)



From: Macdonald et al, 2006

Comparison: 1 CBT vs no CBT

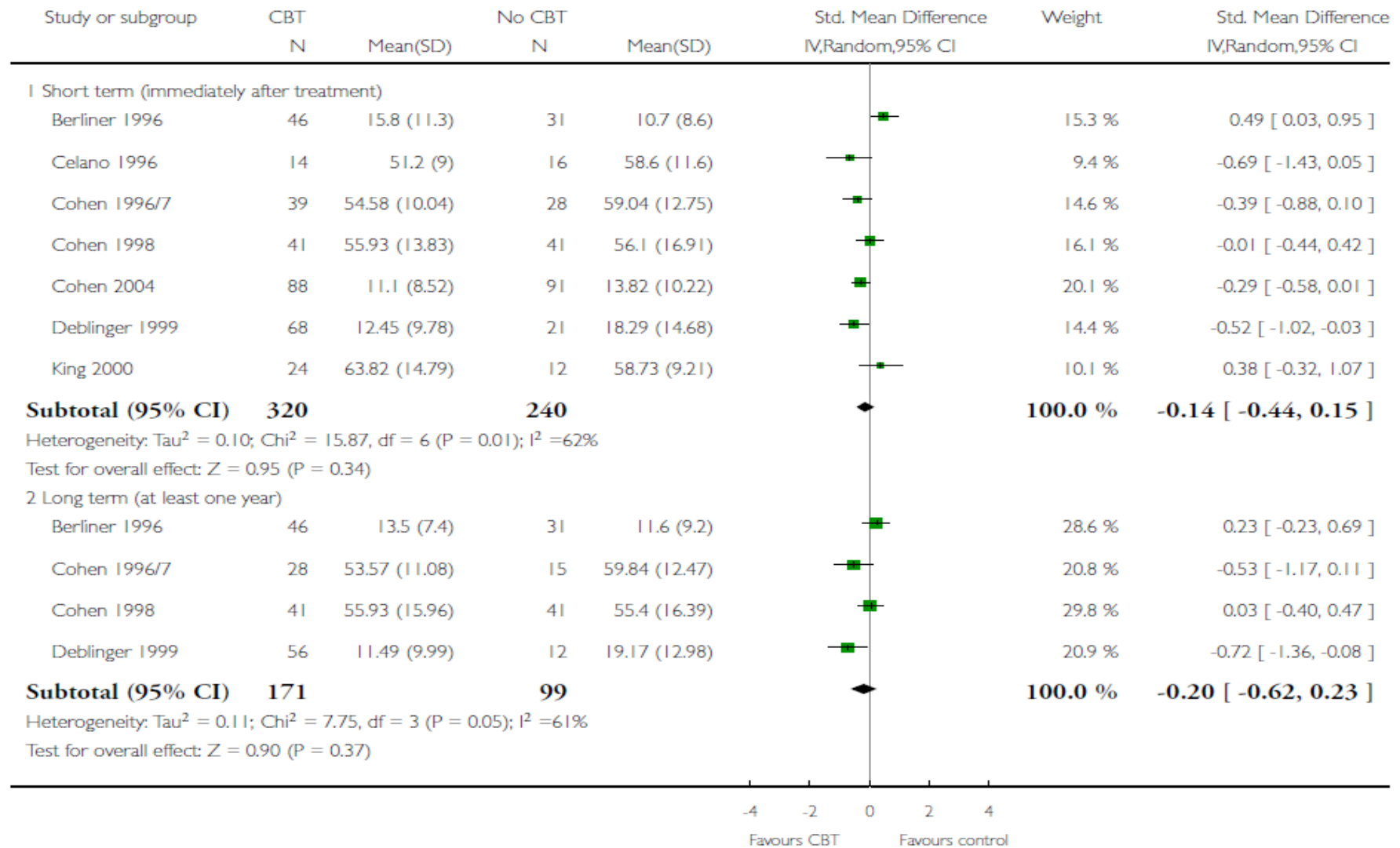
Outcome: 3 Child anxiety



From: Macdonald et al, 2006

Comparison: 1 CBT vs no CBT

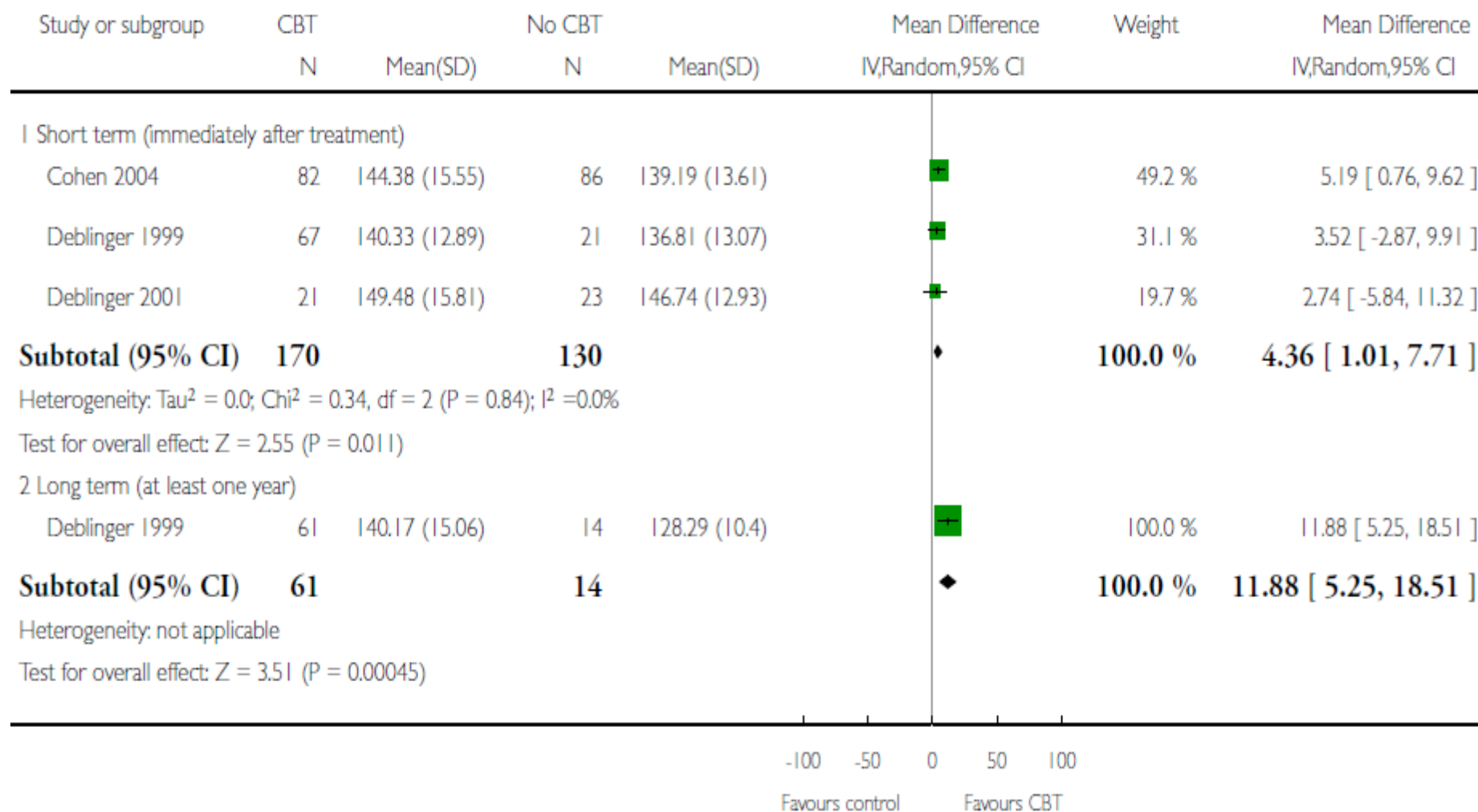
Outcome: 5 Child externalising behaviour (CBCL Externalising)



From: Macdonald et al, 2006

Comparison: 1 CBT vs no CBT

Outcome: 10 Parenting skills (PPQ)



Sufficient basis for case planning and commissioning?

- Existing evidence insufficiently robust to preclude other approaches
- Amount of improvement is modest
- Proportion of population accessed and maintained in therapy *[Jones, 2008, 2009; Lippert, 2008]*
- Generalisability *[Cohen & Mannarino, 2008; Ramchandani & Jones, 2003]*
- What works for whom? *[Hetzel-Riggin, 2007]*
- Process of change
- Deterioration despite intervention *[Berliner, 1997]*
- Persistent emotional disorder *[Ramchandani & Jones, 2003]*

Further confounds to interpretation

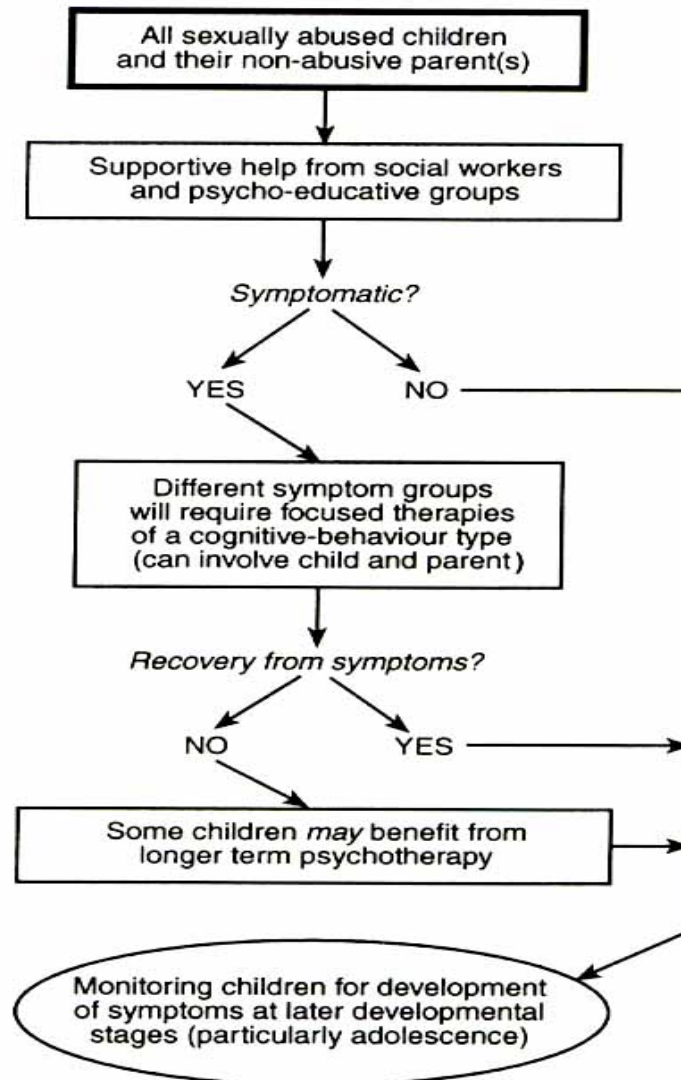
- Maltreatment is an experience (exposure), not a condition
- Co-occurrence of maltreatment types
- Context for maltreatment
- Impairment varied – effects and consequences
- Resilience
- Which outcomes are salient?
- Therapist variables

Recommendations now

- Public health approach required *[Jones, 2008; MacMillan, 2009; O'Donnell, 2008]*
- Access to intervention services
- Treatments that emphasise interpersonal and emotional life
- Key principles for interventions *[Jones, 2009]*
- Promotion of resilience *[Rutter, 2007]*
- Awareness of possible harm
- Current approaches with best evidence
- Identification of common elements *[Garland, 2008]*

An algorithm for intervention

[Jones & Ramchandani, 1999]



Future directions

- Reconsider outcomes to be assessed
- Maltreatment interventions > abuse-specific
- Genetic studies *[McGowan et al, 2009]*
- Psychopharmacology
- Longitudinal designs, or longer follow up
- Identification of common elements, and most effective components of interventions, and their application to front line, and general mental health services

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