Outcome Indicators for Youths’ Functioning and Parents’ Child Management Skills: Results for PMTO Trainees

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TAMPA

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Measures

Youth Functioning: CAFAS
Parenting Skills: Caregiver Wish List

CAFAS SUBSCALES

- School/Work
- Home
- Community
- Behavior Toward Others
- Moods/Emotions
- Self-Harmful Behavior
- Substance Use
- Thinking

CAFAS: The Essentials

Each of the 8 subscales has problems, strengths and goals.

For each Subscale, problems are divided into 4 levels of impairment:

- Severe
- Moderate
- Mild
- Minimal/None

30  20  10  0

For problems, raters select behavioral descriptors that describe child’s severest functioning in the last 3 months.

A Strength-Based Self-Report Questionnaire for Assessing Parenting Skills

Caregiver Wish List

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Caregiver Wish List

- Self-Report by caregiver
- Strength Based & Skills-Based
- Skills that can be taught by a “coach” (therapist)
- Asks about caregiver’s parenting skills across six major skill areas
- Caregivers are full participants – gets their “buy in”
- While answering the questions, caregivers “tell their story”
- Contains “Scientific Secrets” to managing difficult youths (What parent behaviors lead to improved behavior in a youth with behavioral problems?)

Example Question and Answer Key

<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
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Answer key identifies the skill strengths and deficits which correspond to each question.

Skills to Develop is the “Answer Key” (Under Questions)

- Caregiver’s answers are transferred to answer key via carbonless copy
- Used to “cross walk” from caregiver’s answers to specific skill building needed
- Used to design treatment objectives
- Can be shared with caregiver for purpose of collaboratively selecting skills to be addressed in treatment
- Scores generated can be used to assess change in caregiver’s perception over time

Participant Criteria

- No criteria imposed, except that youth lives at home with at least one caregiver
- For purposes of facilitating training, plan was to restrict by age and CAFAS scores:
  - Age: 5-12 years old
  - CAFAS: presence of significant behavior problems
    - CAFAS home subscale = 20 (moderate) or 30 (severe)
    - CAFAS Behavior Toward Others subscale or School subscale = 20 (moderate) or 30 (severe)
  - CAFAS: absence of serious comorbidity
    - No 30’s on: Moods/Emotions, Self-Harmful, Substance Use, Thinking, & Community subscales
- Lifting restrictions resulted in more challenging cases

Data For Naturalistic Field Study

- N=18 Trainee Therapists
- Limitations:
  - Incomplete data collection
  - Non-equivalent samples
Presented at the 21st Annual RTC Conference
Presented in Tampa, February 2008

PMTO and “Before PMTO” Cases to Date

<table>
<thead>
<tr>
<th></th>
<th>PMTO</th>
<th>Before PMTO</th>
</tr>
</thead>
<tbody>
<tr>
<td>n</td>
<td>93</td>
<td>49</td>
</tr>
<tr>
<td>Average Age</td>
<td>9</td>
<td>9.1</td>
</tr>
<tr>
<td>% Male</td>
<td>67.8</td>
<td>70.8</td>
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CAFAS Outcome Indicator

Proportion of Youths Improved:
Clinically Meaningful Reduction in CAFAS Total Score
(>=20 pts)

All t-tests are significant. For d statistics, .20=small effect, .50=moderate, >.80=large

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CAFAS Total Score

Change in Average CAFAS Total Score from Intake to Last CAFAS

All t-tests are significant. For d statistics, .20=small effect, .50=moderate, >.80=large

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CAFAS Subscale Scores for PMTO

PMTO Sample: Change in Average Score on CAFAS Subscales from Intake to Last CAFAS

All t-tests are significant. For d statistics, .20=small effect, .50=moderate, >.80=large

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CAFAS Subscale Scores for BEFORE PMTO

Before PMTO: Change in Average Score on CAFAS Subscales from Intake to Last CAFAS

All t-tests are significant. For d statistics, .20=small effect, .50=moderate, >.80=large

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CAFAS Outcome Indicator

Proportion of Youths Improved:
No Severe Impairments at Last CAFAS
(Restricted to Youths with 1 or More Severe Impairments at Intake)

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**Summary: T-Tests Comparing Pre to Post**

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<th>PMTO</th>
<th>Before PMTO</th>
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<tr>
<td>CAFAS</td>
<td>1.18</td>
<td>0.70</td>
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<tr>
<td>Home</td>
<td>1.27</td>
<td>0.59</td>
</tr>
<tr>
<td>Problem Solving</td>
<td>0.84</td>
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