



**Multisystemic Therapy<sup>®</sup> (MST<sup>®</sup>)**  
**Research at a Glance**  
Short Version

**Published MST Outcome,  
Implementation and  
Benchmarking Studies**

*January 2023*

# Multisystemic Therapy<sup>®</sup> (MST<sup>®</sup>)

## Research at a Glance

Short Version

Published MST Outcome,  
Implementation and  
Benchmarking Studies



Copyright © 2023 by MST Services, LLC

MST is an internationally recognized program for at-risk youth and their families. For more than 30 years, MST has consistently demonstrated positive outcomes with chronic juvenile offenders. Based on the program's success, rigorous randomized trials were conducted to explore the feasibility and effects of adaptations of MST with other target populations. Results have been positive for treating problem sexual behavior, child abuse and neglect, substance abuse, serious emotional disturbances and chronic health care conditions. This document highlights the many areas of MST research and proven outcomes with traditional MST and MST clinical adaptations as well as research on the transport of MST to community practice settings.

### Research Highlights

- 96 published outcome, implementation and benchmarking studies
- Yielding more than 175 published, peer-reviewed journal articles
- More than 70,000 families included across all studies
- 28 randomized trials
- 69 of the 96 studies conducted by independent researchers (not involving an MST model developer)
- 19 outcome studies using MST with serious juvenile offenders:
  - 11 randomized trials
  - 16 independent studies
  - 7 international studies
- 19 outcome studies using MST with adolescents with serious conduct problems
  - 7 randomized trials
  - 16 independent studies
  - 9 international studies
- 2 outcome studies with substance-abusing or -dependent juvenile offenders (MST-Substance Abuse)
- 3 outcome studies with juvenile sexual offenders (MST-Problem Sexual Behavior)
- 4 outcome studies with youths presenting serious emotional and behavioral disturbance (MST-Psychiatric)
  - 2 independent
- 5 outcome studies with maltreating families (MST-Child Abuse and Neglect)
- 6 outcome studies with adolescents with chronic health care conditions (MST-Health Care)
  - 5 independent
- 26 implementation studies
  - 21 independent
- 24 treatment process studies
  - 19 independent
- 12 cost related studies
  - 6 independent

### MST Research Demonstrates

- Long-term re-arrest rates in studies with serious juvenile offenders reduced by median of 42%
- Out-of-home placements, across all MST studies, reduced by a median of 54%
- Improved family functioning
- Decreased substance use among youth
- Fewer mental-health problems for youth
- Higher levels of client satisfaction
- Considerable cost savings

### MST's positive results are long lasting

A 22-year, follow-up study by the Missouri Delinquency Project showed youths who received MST had:

- 36% fewer felony arrests
- 75% fewer violent felony arrests
- 33% fewer days incarcerated
- 37% fewer divorce, paternity and child support suits
- 56% fewer felony arrests for siblings

### MST has proven the importance of treatment adherence and quality assurance

For example, 3 large multisite studies on the transport of MST involving more than 7,000 families (see studies #11, 48, and 64) as well as several other well-conducted studies (see studies #6, 8, 14, 17, 20, and 73) have concluded that:

- High therapist adherence improves youth and family outcomes.
- Ongoing quality assurance improves MST therapist and team adherence.

### MST has been effectively transported to community practice settings

- MST currently has more than 590 active programs.
- Adherence measures demonstrate that MST is being delivered with high levels of fidelity.
- Outcomes in community practice settings are similar to those of university-based trials.

### MST theory of change has been supported by treatment process research

- Mediation and qualitative studies have demonstrated the importance of improving family relations as the mechanism to reduce youth antisocial behavior. (See publications in Studies #8, #22, #26, #29, #31, #39, #54, #92, & #96)

**More than 70,000 families included across all studies**

**96 outcome, implementation and treatment process studies, yielding more than 175 peer reviewed journal articles**

Most of the research publications listed in this document can be requested online from MST Services (MSTS). To request a publication, simply send an email with the publication number in the subject line (e.g., FSRC #104, MSTS #1095, etc.) to [Network.Partner@mstservices.com](mailto:Network.Partner@mstservices.com). The publication number is listed after each citation in this document. The requested publication will be emailed directly to you.

# Published MST Outcome, Implementation and Benchmarking Studies

## January 2023

<b>MST with Serious Juvenile Offenders</b>			
Study #	Authors	Design	Population
1	Henggeler et al. (1986)	QE	Delinquents and their families
3	Borduin, Henggeler, Blaske & Stein (1990)	RCT	Adolescent sexual offenders and their families
4	Henggeler, Melton & Smith (1992)	RCT	Violent and chronic juvenile offenders and their families
5	Borduin et al. (1995)	RCT	Violent and chronic juvenile offenders and their families
6	Henggeler, Melton et al. (1997)	RCT	Violent and chronic juvenile offenders and their families
8	Henggeler, Pickrel & Brondino (1999)	RCT	Substance-abusing and-dependent delinquents and their families
9	Borduin, Schaeffer & Heiblum (2009)	RCT	Juvenile sexual offenders and their families
16	Timmons-Mitchell et al. (2006)	RCT—Independent	Juvenile offenders (felons) at imminent risk of placement and their families
17	Henggeler et al. (2006)	RCT	Substance-abusing and -dependent juvenile offenders in Drug Court and their families
21	Curtis, Ronan, Heiblum & Crellin (2009)	BM—Independent	Juvenile offenders in New Zealand and their families
22	Letourneau et al. (2009)	RCT	Juvenile sexual offenders and their families
25	Glisson et al. (2010)	RCT/ CRO—Independent	Juvenile offenders and their families
26	Butler et al. (2011)	RCT—Independent	British juvenile offenders and their families
40	Fain et al. (2014)	QE—Independent	Chronic juvenile probationers
42	Baglivio et al. (2014)	QE—Independent	Juvenile offenders
49	Trupin et al. (2011)	QE—Independent	Incarcerated juvenile offenders and their families

**QE**=Quasi-experimental  
**RCT**=Randomized clinical trial  
**BM**=Benchmarking  
**IR**=Implementation Research  
**CRO**=Counties randomized to organizational intervention conditions, youth in counties to MST or usual care

<b>MST with Adolescents with Serious Conduct Problems</b>			
Study #	Authors	Design	Population
12	Ogden & Halliday-Boykins (2004)	RCT—Independent	Norwegian youth with serious antisocial behavior & their families
18	Ogden, Hagen & Andersen (2007)	BM—Independent	Norwegian youth with serious antisocial behavior & their families
20	Sundell et al. (2008)	RCT—Independent	Swedish youth with conduct disorder and their families
27	Boonstra et al. (2009)	BM—Independent	Dutch seriously antisocial & delinquent juveniles & their families
28	Boxer (2011)	Treatment process—Independent	Adolescents in MST Programs and their families
29	Asscher et al. (2013)	RCT—Independent	Dutch youth with severe & violent antisocial behavior & their families
31	Glebova et al. (2012)	Treatment process	Youth with serious antisocial behavior and their families treated by 51 MST therapists
34	Weiss et al. (2013)	RCT—Independent	Adolescents with serious conduct problems in self-contained classrooms and their families
37	Painter (2009)	QE—Independent	Youth with externalizing disorders
39	Gervan et al. (2012)	Treatment process—Independent	Youth who were physically aggressive or at imminent risk of placement
47	Smith-Boydston et al. (2014)	QE—Independent	Youth with behavior problems
48	Lofholm et al. (2014)	QE—Independent	Swedish youth with severe behavior problems
51	Boxer et al. (2015)	Treatment process—Independent	Adolescents and their families in MST programs
54	Paradisopoulos et al. (2015)	Treatment process—Independent	British youths who completed MST
56	Barth et al. (2007)	QE—Independent	Behaviorally troubled youth and their families
63	Porter & Nuntavisit (2016)	BM—Independent	Australian youth with severe externalizing problems
65	Vidal et al. (2017)	QE—Independent	Youth at high risk of out-of-home placement
70	Fonagy et al. (2018)	RCT—Independent	British youth with antisocial behavior
71	Eeren et al. (2018)	QE—Independent	Dutch youth with antisocial behavior
91	Holmes & Mueller (2021)	QE—Independent	Youths with high functional impairment
94	Hukkelberg et al. (2022)	QE—Independent	Norwegian youths with serious problem behaviors

# Published MST Outcome, Implementation and Benchmarking Studies

## January 2023

Implementation Studies			
Study #	Authors	Design	Population
10	Henggeler, Schoenwald, Liao, Letourneau & Edwards (2002)	Implementation research	Youth referred to standard MST and their families
11	Schoenwald, Sheidow, Letourneau & Liao (2003)	Implementation research	Youth referred to standard MST and their families
32	Ogden et al. (2012)	Implementation research—Independent	Norwegian therapists, supervisors, and agency leaders
35	Stout & Holleren (2013)	IR—Independent	MST and FFT programs
41	Westin et al. (2014)	IR—Independent	Youth referred to MST or FFT
44	Brunk et al. (2014)	Implementation research	Youth referred to standard MST
45	Hebert et al. (2014)	IR—Qualitative	Child protection team members
47	Smith-Boydston et al. (2014)	IR—QE—Independent	Youth in MST programs
48	Lofholm et al. (2014)	IR—Independent	Swedish youth in MST programs
50	Hendriks et al. (2014)	IR—Independent	MST and FFT programs
52	Welsh & Greenwood (2015)	IR—Qualitative—Independent	Stakeholders in 5 states
53	Lange et al. (2016)	IR—Independent	Dutch and US families
55	Pantoja (2015)	IR—Qualitative—Independent	Chilean government documents
60	Van der Rijken et al. (2016)	IR—QE—Independent	Dutch adolescents and families
61	Bruns et al. (2016)	IR—Independent	U.S. state mental health systems
64	Lange et al. (2017)	IR—Independent	Dutch adolescents with severe behavior problems
66	Ter Beek et al. (2018)	IR—Independent	Dutch boys with problem sexual behaviors
68	Swenson et al. (2018)	IR—Qualitative	Disadvantaged communities in Ghana & US
72	Heriot & Kissouri (2018)	IR—Independent	New South Wales government and MST-CAN and FFTCW sites
77	Hefti et al. (2019)	IR—Qualitative—Independent	Swiss welfare professionals
79	Walsh & Best (2019)	IR—QE and Qualitative—Independent	Northern Ireland families and practitioners
81	Albers et al. (2020)	IR – Qualitative-Independent	Australian agency staff
82	Albers & Shlonsky (2020)	IR – Qualitative-Independent	Australian agency staff and stakeholders
84	Beckwith & Stratford (2020)	IR – Qualitative-Independent	Public officials and service providers
86	Lange et al. (2021)	IR – Independent	Dutch adolescents with severe externalizing problems
90	Azan et al. (2021)	IR – Qualitative-Independent	Malaysian stakeholders

MST-Problem Sexual Behavior Studies (MST-PSB)			
Study #	Authors	Design	Population
3	Borduin, Henggeler, Blaske & Stein (1990)	RCT	Adolescent sexual offenders and their families
9	Borduin, Schaeffer & Heiblum (2009)	RCT	Juvenile sexual offenders and their families
22	Letourneau. et al. (2009)	RCT	Juvenile sexual offenders and their families

MST Child Abuse and Neglect Studies (MST-CAN)			
Study #	Authors	Design	Population
2	Brunk, Henggeler & Whelan (1987)	RCT	Maltreating families
24	Swenson et al. (2010)	RCT	Physically abused adolescents and their families
33	Schaeffer et al. (2013)	Pre-post and QE	Families with co-occurring parental substance abuse and child maltreatment
85	Buderer et al. (2020)	QE	Swiss children in MST-CAN or residential care
88	Schaeffer et al. (2021)	RCT	Families with co-occurring parental substance abuse and child maltreatment

MST-Psychiatric Studies			
Study #	Authors	Design	Population
7	Henggeler, Rowland et al. (1999)	RCT	Youth presenting psychiatric emergencies and their families
15	Rowland et al. (2005)	RCT	Youth with serious emotional and behavioral disturbances and their families
19	Stambaugh et al. (2007)	QE—Independent	Youth with serious emotional disturbance and antisocial behavior at risk for out-of-home placement and their families
36	Tolman et al. (2008)	BM—Independent	Youth with serious emotional and behavioral disturbances

MST-Health Care Studies (MST-HC)			
Study #	Authors	Design	Population
13	Ellis et al. (2004)	RCT—Independent	Adolescents with poorly controlled type 1 diabetes and their families
14	Ellis, Frey et al. (2005a)	RCT—Independent	Inner city adolescents with chronically poorly controlled type 1 diabetes and their families
23	Naar-King et al. (2009)	RCT—Independent	African-American adolescents with primary obesity and their families
30	Ellis et al. (2012)	RCT—Independent	Adolescents with poorly controlled type 1 or type 2 diabetes and their families
38	Letourneau et al. (2012)	RCT	HIV infected youth with poor medication adherence
43	Naar-King et al. (2014)	RCT—Independent	African-American adolescents with poorly controlled asthma

# Listing of published, peer-reviewed journal articles by study number

The publications cited below are the lead articles for the respective research study. Many of these studies have multiple publications. All publications related to each study are provided in the full length version of the MST Research at a Glance document, which can be found online at <https://www.msts-services.com/mst-reports-research>

- Henggeler, S. W., Rodick, J. D., Borduin, C. M., Hanson, C. L., Watson, S. M., & Urey, J. R. (1986). Multisystemic treatment of juvenile offenders: Effects on adolescent behavior and family interaction. *Developmental Psychology, 22*, 132–141. **FSRC Publication #104**
- Brunk, M., Henggeler, S. W., & Whelan, J. P. (1987). A comparison of multisystemic therapy and parent training in the brief treatment of child abuse and neglect. *Journal of Consulting and Clinical Psychology, 55*, 311–318. **FSRC Publication #103**
- Borduin, C. M., Henggeler, S. W., Blaske, D. M., & Stein, R. (1990). Multisystemic treatment of adolescent sexual offenders. *International Journal of Offender Therapy and Comparative Criminology, 35*, 105–114. **FSRC Publication #102**
- Henggeler, S. W., Melton, G. B., & Smith, L. A. (1992). Family preservation using multisystemic therapy: An effective alternative to incarcerating serious juvenile offenders. *Journal of Consulting and Clinical Psychology, 60*, 953–961. **FSRC Publication #4**
- Borduin, C. M., Mann, B. J., Cone, L. T., Henggeler, S. W., Fucci, B. R., Blaske, D. M., & Williams, R. A. (1995). Multisystemic treatment of serious juvenile offenders: Long-term prevention of criminality and violence. *Journal of Consulting and Clinical Psychology, 63*, 569–578. **FSRC Publication #25**
- Henggeler, S. W., Melton, G. B., Brondino, M. J., Scherer, D. G., & Hanley, J. H. (1997). Multisystemic therapy with violent and chronic juvenile offenders and their families: The role of treatment fidelity in successful dissemination. *Journal of Consulting and Clinical Psychology, 65*, 821–833. **FSRC Publication #55**
- Henggeler, S. W., Rowland, M. R., Randall, J., Ward, D., Pickrel, S. G., Cunningham, P. B., Miller, S. L., Edwards, J. E., Zealberg, J., Hand, L., & Santos, A. B. (1999). Home-based multisystemic therapy as an alternative to the hospitalization of youth in psychiatric crisis: Clinical outcomes. *Journal of the American Academy of Child & Adolescent Psychiatry, 38*, 1331–1339. **FSRC Publication #88**
- Henggeler, S. W., Pickrel, S. G., & Brondino, M. J. (1999). Multisystemic treatment of substance abusing and dependent delinquents: Outcomes, treatment fidelity, and transportability. *Mental Health Services Research, 1*, 171–184. **FSRC Publication #85**
- Borduin, C. M., Schaeffer, C. M., & Heiblum, N. (2009). A randomized clinical trial of multisystemic therapy with juvenile sexual offenders: Effects on youth social ecology and criminal activity. *Journal of Consulting and Clinical Psychology, 77*, 26–37. **FSRC Publication #335**
- Henggeler, S. W., Schoenwald, S. K., Liao, J. G., Letourneau, E. J., & Edwards, D. L. (2002). Transporting efficacious treatments to field settings: The link between supervisory practices and therapist fidelity in MST programs. *Journal of Clinical Child and Adolescent Psychology, 31*, 155–167. **FSRC Publication #215**
- Schoenwald, S. K., Sheidow, A. J., Letourneau, E. J., & Liao, J. G. (2003). Transportability of Multisystemic Therapy: Evidence for multilevel influences. *Mental Health Services Research, 5*, 223–239. **FSRC Publication #235**
- Ogden, T., & Halliday-Boykins, C. A. (2004). Multisystemic treatment of antisocial adolescents in Norway: Replication of clinical outcomes outside of the US. *Child & Adolescent Mental Health, 9*(2), 77–83. **FSRC Publication #248**
- Ellis, D. A., Naar-King, S., Frey, M. A., Templin, T., Rowland, M., & Greger, N. (2004). Use of Multisystemic Therapy to improve regimen adherence among adolescents with type 1 diabetes in poor metabolic control: A pilot investigation. *Journal of Clinical Psychology in Medical Settings, 11*, 315–324. **FSRC Publication #357**
- Ellis, D. A., Frey, M. A., Naar-King, S., Templin, T., Cunningham, P. B., & Cakan, N. (2005a). Use of multisystemic therapy to improve regimen adherence among adolescents with type 1 diabetes in chronic poor metabolic control: A randomized controlled trial. *Diabetes Care, 28*, 1604–1610. **FSRC Publication #268**
- Rowland, M. R., Halliday-Boykins, C. A., Henggeler, S. W., Cunningham, P. B., Lee, T. G., Kruesi, M. J. P., & Shapiro, S. B. (2005). A randomized trial of multisystemic therapy with Hawaii's Felix Class youths. *Journal of Emotional and Behavioral Disorders, 13*, 13–23. **FSRC Publication #262**
- Timmons-Mitchell, J., Bender, M. B., Kishna, M. A., & Mitchell, C. C. (2006). An independent effectiveness trial of multisystemic therapy with juvenile justice youth. *Journal of Clinical Child and Adolescent Psychology, 35*, 227–236. **FSRC Publication #291**
- Henggeler, S. W., Halliday-Boykins, C. A., Cunningham, P. B., Randall, J., Shapiro, S. B., & Chapman, J. E. (2006). Juvenile drug court: Enhancing outcomes by integrating evidence-based treatments. *Journal of Consulting and Clinical Psychology, 74*, 42–54. **FSRC Publication #270**
- Ogden, T., Hagen, K. A., & Andersen, O. (2007). Sustainability of the effectiveness of a programme of multisystemic treatment (MST) across participant groups in the second year of operation. *Journal of Children's Services, 2*, 4–14. **FSRC Publication #312**
- Stambaugh, L. F., Mustillo, S. A., Burns, B. J., Stephens, R. L., Baxter, B., Edwards, D., & DeKraai, M. (2007). Outcomes from wraparound and multisystemic therapy in a center for mental health services system-of-care demonstration site. *Journal of Emotional and Behavioral Disorders, 15*, 143–155. **FSRC Publication #303**
- Sundell, K., Hansson, K., Lofholm, C. A., Olsson, T., Gustle, L. H., & Kadesjo, C. (2008). The transportability of MST to Sweden: Short-term results from a randomized trial of conduct disordered youth. *Journal of Family Psychology, 22*, 550–560. **FSRC Publication #330**
- Curtis, N. M., Ronan, K. R., Heiblum, N., & Crellin, K. (2009). Dissemination and effectiveness of multisystemic treatment in New Zealand: A benchmarking study. *Journal of Family Psychology, 23*, 119–129. **FSRC Publication #341**
- Letourneau, E. J., Henggeler, S. W., Borduin, C. M., Schewe, P. A., McCart, M. R., Chapman, J. E., & Saldana, L. (2009). Multisystemic therapy for juvenile sexual offenders: 1-year results from a randomized effectiveness trial. *Journal of Family Psychology, 23*, 89–102. **FSRC Publication #336**
- Naar-King, S., Ellis, D., Kolmodin, K., Cunningham, P., Jen, K. L. C., Saelens, B., & Brogan, K. (2009). A randomized pilot study of multisystemic therapy targeting obesity in African-American adolescents. *Journal of Adolescent Health, 45*, 417–419. **FSRC Publication #352**
- Swenson, C. C., Schaeffer, C., Henggeler, S. W., Faldowski, R., & Mayhew, A. M. (2010). Multisystemic therapy for child abuse and neglect: A randomized effectiveness trial. *Journal of Family Psychology, 24*, 497–507. **FSRC Publication #382**
- Glisson, C., Schoenwald, S. K., Hemmelgarn, A., Green, P., Dukes, D., Armstrong, K. S., & Chapman, J. E. (2010). Randomized trial of MST and ARC in a two-level EBT implementation strategy. *Journal of Consulting and Clinical Psychology, 78*, 537–550. **FSRC Publication #381**
- Butler, S., Baruch, G., Hickley, N., & Fonagy, P. (2011). A randomized controlled trial of MST and a statutory therapeutic intervention for young offenders. *Journal of the American Academy of Child & Adolescent Psychiatry, 50*, 1220–1235. **FSRC Publication #398**
- Boonstra, C., Jonkman, C., Soeteman, D., & Van Busschbach, J. (2009). Multi-systemic therapy for seriously antisocial and delinquent juveniles: two year follow-up study. *Systemic Therapy, 21*, 94–104. **FSRC Publication #420**
- Boxer, P. (2011). Negative peer involvement in multisystemic therapy for the treatment of youth problem behavior: Exploring outcome and process variables in “real-world” practice. *Journal of Clinical Child & Adolescent Psychology, 40*, 848–854. **FSRC Publication #419**
- Dekovic, M., Asscher, J. J., Manders, W. A., Prins, P. J. M., & Van der Laan, P. (2012). Within-intervention change: Mediators of intervention effects during multisystemic therapy. *Journal of Consulting and Clinical Psychology, 80*, 574–587. **FSRC Publication #413**
- Ellis, D. A., Naar-King, S., Chen, X., Moltz, K., Cunningham, P. B., & Idalski-Carcone, A. (2012). Multisystemic therapy compared to telephone support for youth with poorly controlled diabetes: Findings from a randomized controlled trial. *Annals of Behavioral Medicine, 44*, 207–215. **FSRC Publication #412**
- Glebova, T., Foster, S. L., Cunningham, P. B., Brennan, P. A., & Whitmore, E. (2012). Examining therapist comfort in delivering family therapy in home and community settings: Development and evaluation of the therapist comfort scale. *Psychotherapy, 49*, 52–61. **FSRC Publication #406**
- Ogden, T., Bjornebekk, G., Kjobli, J., Patras, J., Christiansen, T., Taraldsen, K., & Tollefsen, N. (2012). Measurement of implementation components ten years after a nationwide introduction of empirically supported programs – a pilot study. *Implementation Science, 7*:49. **FSRC Publication #416**
- Schaeffer, C. M., Swenson, C. C., Tuerk, E. H., & Henggeler, S. W. (2013). Comprehensive treatment for co-occurring child maltreatment and parental substance abuse: Outcomes from a 24-month pilot study of the MST-Building Stronger Families program. *Child Abuse and Neglect, 37*(8), 596–607. **FSRC Publication #462**
- Weiss, B., Han, S., Harris, V., Catron, T., Ngo, V. K., Caron, A., Gallop, R., & Guth, C. (2013). An independent randomized clinical trial of multisystemic therapy with non-court-referred adolescents with serious conduct problems. *Journal of Consulting and Clinical Psychology, 81*, 1027–1039. **MSTS Publication #1085**
- Stout, B. D., & Holleran, D. (2013). The impact of evidence-based practices on requests for out-of-home placements in the context of system reform. *Journal of Child and Family Studies, 22*, 311–321. **MSTS Publication #1080**
- Tolman, R. T., Mueller, C. W., Daleiden, E. L., Stumpf, R. E., & Pestle, S. L. (2008). Outcomes from multisystemic therapy in a statewide system of care. *Journal of Child and Family Studies, 17*, 894–908. **MSTS Publication #1040**



# Listing of published, peer-reviewed journal articles by study number

The publications cited below are the lead articles for the respective research study. Many of these studies have multiple publications. All publications related to each study are provided in the full length version of the MST Research at a Glance document, which can be found online at <https://www.msts-services.com/mst-reports-research>

37. Painter, K. (2009). Multisystemic therapy as community-based treatment for youth with severe emotional disturbance. *Research on Social Work Practice*, 19, 314 – 324. **MSTS Publication #1045**
38. Letourneau, E. J., Ellis, D. A., Naar-King, S., Chapman, J. E., Cunningham, P. B., & Fowler, S. (2013). Multisystemic therapy for poorly adherent youth with HIV: Results from a pilot randomized controlled trial. *AIDS Care*, 25, 507– 514. **FSRC Publication #464**
39. Gervan, S., Granic, I., Solomon, T., Blokland, K., & Ferguson, B. (2012). Paternal involvement in multisystemic therapy: Effects on adolescent outcomes and maternal depression. *Journal of Adolescence*, 35, 743 –751. **MSTS Publication #1070**
40. Fain, T., Greathouse, S. M., Turner, S. F., & Weinberg, H. D. (2014). Effectiveness of multisystemic therapy for minority youth: Outcomes over 8 years in Los Angeles County. *OJJDP Journal of Juvenile Justice*, 3, 24 – 37. **MSTS Publication #1099**
41. Westin, A. M. L., Barksdale, C. L., & Stephan, S. H. (2014). The effect of waiting time on youth engagement to evidence based treatments. *Community Mental Health Journal*, 50, 221– 228. **MSTS Publication #1088**
42. Baglivio, M. T., Jackowski, K., Greenwald, M. A., & Wolff, K. T. (2014). Comparison of multisystemic therapy and functional family therapy effectiveness: A multiyear statewide propensity score matching analysis of juvenile offenders. *Criminal Justice and Behavior*, 41, 1033 –1056. **MSTS Publication #1097**
43. Naar-King, S., Ellis, D., King, P. S., Cunningham, P., Secord, E., Bruzzese, J.-M., & Templin, T. (2014). Multisystemic therapy for high-risk AfricanAmerican adolescents with asthma: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 82, 536 – 545. **MSTS Publication #1094**
44. Brunk, M. A., Chapman, J. E., & Schoenwald, S. K. (2014). Defining and evaluating fidelity at the program level in psychosocial treatments. *Zeitschrift für Psychologie*, 222, 22 – 29. **MSTS Publication #1090**
45. Hebert, S., Bor, W., Swenson, C. C., & Boyle, C. (2014). Improving collaboration: a qualitative assessment of inter-agency collaboration between a pilot multisystemic therapy child abuse and neglect (MSTCAN) program and a child protection team. *Australasian Psychiatry*, 22, 370 – 373. **FSRC Publication #465**
46. Curtis, N. M., Ronan, K. R., & Borduin, C. M. (2004). Multisystemic treatment: A meta-analysis of outcome studies. *Journal of Family Psychology*, 18, 411 – 419. **FSRC Publication #255**
47. Smith-Boydston, J. M., Holtzman, R. J., & Roberts, M. C. (2014). Transportability of multisystemic therapy to community settings: Can a program sustain outcomes without MST Services oversight? *Child Youth Care Forum*, 43, 593 – 605. **MSTS Publication #1101**
48. Lofholm, C. A., Eichas, K., & Sundell, K. (2014). The Swedish implementation of multisystemic therapy for adolescents: Does treatment experience predict treatment adherence. *Journal of Clinical Child & Adolescent Psychology*, 43, 643 – 655. **MSTS Publication #1095**
49. Trupin, E. J., Kerns, S. E. U., Walker, S. C. DeRobertis, M. T., & Stewart, D. G. (2011). Family integrated transitions: A promising program for juvenile offenders with co-occurring disorders. *Journal of Child & Adolescent Substance Abuse*, 20, 421– 436. **FSRC Publication #399**
50. Hendriks, M. E. D., Lange, A. M. C., BoonstoppelBoender, M., & van der Rijken, R. E. A. (2014). Functional Family Therapy and Multisystemic Therapy: a comparison of target populations. *Orthopedagogiek: Onderzoek en Praktijk*, 53, 355 – 366. **MSTS Publication #1109**
51. Boxer, P., Kubik, J., Ostermann, M., & Veysey, B. (2015). Gang involvement moderates the effectiveness of evidence-based intervention for justice-involved youth. *Children and Youth Services Review*, 52, 26 – 33. **MSTS Publication #1103**
52. Welsh, B. C., & Greenwood, P. W. (2015). Making it happen: State progress in implementing evidencebased programs for delinquent youth. *Youth Violence and Juvenile Justice*, 13, 243 – 257. **MSTS Publication #1204**
53. Lange, A. M. C., Scholte, R. H. J., van Geffen, W., Timman, R., Busschbach, J. J. V., & van der Rijken, R. E. A. (2016). The lack of cross-national equivalence of a therapist adherence measure (TAM-R) in multisystemic therapy (MST). *European Journal of Psychological Assessment*, 32, 312 – 325. **MSTS Publication #1507**
54. Paradisopoulos, D., Pote, H., Fox, S., & Kaur, P. (2015). Developing a model of sustained change following multisystemic therapy: young people's perspectives. *Journal of Family Therapy*, 37, 471– 491. **MSTS Publication #1102**
55. Pantoja, R. (2015). Multisystemic therapy in Chile: A public sector innovation case study. *Psychosocial Intervention*, 24, 97–103. **MSTS Publication #1108**
56. Barth, R. P., Greeson, J. K. P., Guo, S., Green, R. L., Hurley, S., & Sisson, J. (2007). Outcomes for youth receiving intensive in-home therapy or residential care: A comparison using propensity scores. *American Journal of Orthopsychiatry*, 77, 497– 505. **MSTS Publication #1021**
57. Connell, C. M., Steeger, C. M., Schroeder, J. A., Franks, R. P., & Tebes, J. K. (2016). Child and case influences on recidivism in a statewide dissemination of multisystemic therapy for juvenile offenders. *Criminal Justice and Behavior*, 43, 1330 –1346. **MSTS Publication #1514**
58. Fox, S., Bibi, F., Millar, H., & Holland, A. (2017). The role of cultural factors in engagement and change in multisystemic therapy (MST). *Journal of Family Therapy*, 39, 243 – 263. **MSTS Publication #1505**
59. Lange, A. M. C., van der Rijken, R. E. A., Delsing, M. J. M. H., Busschbach, J. J. V., van Horn, J. E., & Scholte, R. H. J. (2017). Alliance and adherence in a systemic therapy. *Child and Adolescent Mental Health*, 22, 148 –154. **MSTS Publication #1515**
60. Van der Rijken, R. E. A., Bijlsma, E., Wilpert, J., van Horn, J. E., van Geffen, W. and van Busschbach, J. J. (2016). Using Interpreters in Mental Health Care: An Exploration of Multisystemic Therapy Outcomes. *Journal of Emotional and Behavioral Disorders*, 24(2), 92 –100. **MSTS Publication #1503**
61. Bruns, E. J., Kerns, S. E. U., Pullman, M. D., Hensley, S. W., Lutterman, T., & Hoagwood, K. E. (2016). Research, data, and evidence-based treatment use in state behavioral health systems, 2001– 2012. *Psychiatric Services*, 67, 496 – 503. **MSTS Publication #1510**
62. Vermeulen, K. M., Jansen, D. E. M. C., Knorth, E. J., Buskens, E., & Reijneveld, S. A. (2017). Costeffectiveness of multisystemic therapy versus usual treatment for young people with antisocial problems. *Criminal Behaviour and Mental Health*, 27, 89 –102. **MSTS Publication #1572**
63. Porter, M., & Nuntavisit, L. (2016). An evaluation of multisystemic therapy with Australian families. *Australian & New Zealand Journal of Family Therapy*, 37, 443 – 462. **MSTS Publication #1519**
64. Lange, A. M. C., van der Rijken, R. E. A., Busschbach, J. J. V., Delsing, M. J. M. H., & Scholte, R. H. J. (2017). It's not just the therapist: Therapist and countrywide experience predict therapist adherence and adolescent outcome. *Child Youth Care Forum*, 46, 455 – 471. **MSTS Publication #1566**
65. Vidal, S., Steeger, C. M., Caron, C., Lasher, L., & Connell, C. M. (2017). Placement and delinquency outcomes among system-involved youth referred to multisystemic therapy: A propensity score matching analysis. *Administration and Policy in Mental Health*, 44, 853 – 866. **MSTS Publication #1573**
66. Ter Beek, E., van der Rijken, R. E. A., Kuiper, C. H. Z., Hendriks, J., & Stams, G. J. J. M. (2018). The allocation of sexually transgressive juveniles to intensive specialized treatment: An assessment of the application of RNR principles. *International Journal of Offender Therapy and Comparative Criminology*, 62, 1179-1200. **MSTS Publication #1615**
67. Dopp, A. R., Coen, A. S., Smith, A. B., Reno, J., Bernstein, D. H., Kerns, S. E. U., & Altschul, D. (2018). Economic impact of the statewide implementation of an evidence-based treatment: Multisystemic therapy in New Mexico. *Behavior Therapy*, 49, 551566. **MSTS Publication #1616**
68. Swenson, C. C., Yeboah, S. N., Yeboah, N. A., Spratt, E. G., Archie-Hudson, M., & Taylor, I. S. (2018). Sustainable change in rural Africa through villageguided interventions and global partnerships. *Africology: The Journal of Pan African Studies*, 12, 373-394. **MSTS Publication #1606**
69. Harrison-Stewart, B., Fox, S., & Millar, H. (2018). Multisystemic Therapy in families of adopted young people referred for antisocial behaviour problems. *Adoption & Fostering*, 42, 162-175. **MSTS Publication #1611**
70. Fonagy, P., Butler, S., Cottrell, D., Scott, S., Pilling, S., Eisler, I., Fuggle, P., Kraam, A., Byford, S., Wason, J., Ellison, R., Simes, E., Ganguli, P., Allison, E., & Goodyer, I. M. (2018). Multisystemic therapy versus management as usual in the treatment of adolescent antisocial behaviour (START): a pragmatic, randomized controlled, superiority trial. *Lancet Psychiatry*, 5, 119-133. **MSTS Publication #1610**
71. Eeren, H. V., Goossens, L. M. A., Scholte, R. H. J., Busschbach, J. J. V., & van der Rijken, R. E. A. (2018). Multisystemic therapy and functional family therapy compared on their effectiveness using the propensity score method. *Journal of Abnormal Child Psychology*, 46, 1037-1050. **MSTS Publication #1609**
72. Heriot, S., & Kissouri, M. (2018). Moving toward an evidence-based family and community-based approach to improve the lives of children and young people who have experienced abuse and neglect. *Australian and New Zealand Journal of Family Therapy*, 39, 294-302. **MSTS Publication #1612**
73. Lange, A. M. C., van der Rijken, R. E. A., Delsing, M. J. M. H., Busschbach, J. J. V., & Scholte, R. H. J. (2018). Development of therapist adherence in relation to treatment outcomes of adolescents with behavioral problems. *Journal of Clinical Child & Adolescent Psychology*. doi.org/10.1080/15374416.2018. 1477049 **MSTS Publication #1613**
74. Cunningham, P. B., Foster, S. L., Kawahara, D. M., Robbins, M. S., Bryan, S., Burleson, G., Day, C., Yu, S., & Smith, K. (2018). Midtreatment problems implementing evidence-based interventions in community settings. *Family Process*. doi:10.1111/famp.12380 **MSTS Publication #1607**

# Listing of published, peer-reviewed journal articles by study number

The publications cited below are the lead articles for the respective research study. Many of these studies have multiple publications. All publications related to each study are provided in the full length version of the MST Research at a Glance document, which can be found online at <https://www.mstservices.com/mst-reports-research>

75. Wagner, D. V., Borduin, C. M., Mazurek, M. O., Kanne, S. M., & Dopp, A. R. (2019). Multisystemic therapy for disruptive behavior problems in youths with autism spectrum disorder: Results from a small randomized clinical trial. *Evidence-Based Practice in Child and Adolescent Mental Health*, 4, 42-54. DOI: 10.1080/23794925.2018.1560237  
**MSTS Publication #1660**
76. Blankenstein, A., van der Rijken, R., Eeren, H. V., Lange, A., Scholte, R., Moonen, X., De Vuyst, K., Leunissen, J., & Didden, R. (2019). Evaluating the effects of multisystemic therapy for adolescents with intellectual disabilities and antisocial or delinquent behaviour and their parents. *Journal of Applied Research in Intellectual Disabilities*, 32, 575-590. DOI: 10.1111/jar.12551 **MSTS Publication #1655**
77. Hefti, S., Perez, T., Rhiner, B., Furstenu, U., & Schmid, M. (2019). Multisystemische therapie kinderschutz (MST-CAN): Wie erleben die zuweisenden fachkräfte MST-CAN? – Ergebnisse einer qualitativen untersuchung. *Trauma & Gewalt*, 13, 62-77. DOI: 10.21706/TG-13-1-62 **MSTS Publication #1683**
78. Davis, M., Sheidow, A. J., McCart, M. R., & Perrault, R. T. (2018). Vocational coaches for justice-involved emerging adults. *Psychiatric Rehabilitation Journal*, 41, 266-276. doi.org/10.1037/prj0000323  
**MSTS Publication #1657**
79. Walsh, C., & Best, P. (2019). Practitioners' experiences of using blended models within family support: A proof of concept study involving Cognitive-Behavioural Therapy (CBT), Multisystemic Therapy (MST) and Incredible Years (IY) interventions. *Journal of Family Social Work*, 22, 369-388. doi.org/10.1080/10522158.2019.1616240 **MSTS Publication #1661**
80. Jethwa, J., Glorney, E., Adhyaru, J., & Lawson, A. (2021). A grounded theory of multisystemic therapy roles in achieving positive outcomes for young people and families. *Journal of Family Therapy*, 43, 124-142. doi:10.1111/1467-6427.12287  
**MSTS Publication #1707**
81. Albers, B., Hateley-Browne, J., Steele, T., Rose, V., Shlonsky, A., & Mildon, R. (2020). The early implementation of FFT-CW, MST-Psychiatric, and SafeCare in Australia. *Research on Social Work Practice*, 30, 658-677. DOI:10.1177/1049731520908326  
**MSTS Publication #1700**
82. Albers, B., & Shlonsky, A. (2020). When policy hits practice – Learning from the failed implementation of MST-EA in Australia. *Human Service Organizations: Management, Leadership & Governance*, 44, 381-405. doi.org/10.1080/23303131.2020.1779893  
**MSTS Publication #1701**
83. Bunting, A., Fox, S., Adhyaru, J., & Holland, A. (2021). Considerations for minority ethnic young people in multisystemic therapy. *Clinical Child Psychology and Psychiatry*, 26, 268-282. DOI:10.1177/359104520969762  
**MSTS Publication #1704**
84. Beckwith, S., & Stratford, B. (October, 2020). To adapt interventions to serve youth who have been marginalized, service providers can seek funding from public agencies. *Bethesda, MD: Child Trends*.  
**MSTS Publication #1702**
85. Buderer, C., Hefti, S., Fux, E., Perez, T., Swenson, C. C., Furstenu, U., Rhiner, B., & Schmid, M. (2020). Effects of multisystemic therapy for child abuse and neglect on severity of neglect, behavioral and emotional problems, and attachment disorder symptoms in children. *Children and Youth Services Review*, 119. doi.org/10.1016/j.chidyouth.2020.105626  
**MSTS Publication #1703**
86. Lange, A. M. C., Delsing, M. J. M. H., van Geffen, M., & Scholte, R. H. J. (2022). Alliance between therapist and multi-stressed families during the COVID-19 pandemic: The effect of family-based videoconferencing. *Child & Youth Care Forum*, 51, 593-611. doi.org/10.1007/s10566-021-09644-y  
**MSTS Publication #1728**
87. Mbiriri, M., Waithima, A. K., & Omondi, M. P. (2017). Psychiatric morbidity among adolescent girls incarcerated at Kirigiti and Dagoretti rehabilitation schools in Kenya. *American Journal of Applied Psychology*, 5, 57-62. doi:10.12691/ajap-5-2-4  
**MSTS Publication #1549**
88. Schaeffer, C. M., Swenson, C. C., & Powell, J. S. (2021). Multisystemic Therapy – Building Stronger Families (MST-BSF): Substance misuse, child neglect, and parenting outcomes for an 18-month randomized effectiveness trial. *Child Abuse & Neglect*, 122. Advance online publication. doi.org/10.1016/j.chiabu.2021.105379 **MSTS Publication #1729**
89. Keles, S., Taraldsen, K., & Olseth, A. R. (2021). Identification of multisystemic therapy (MST) subgroups with distinct trajectories on ultimate outcomes in Norway. *Research on Child and Adolescent Psychopathology*, 49, 429-442. doi.org/10.1007/s10802-020-00735-3  
**MSTS Publication #1722**
90. Azam, S. B. M., Bakar, S. H. A., Yusoff, J. Z. M., & Rauf, S. H. A. (2021). A case study on academic and vocational training for child offenders undergoing a multisystemic therapy-based rehabilitation order in Malaysia. *Children and Youth Services Review*, 122. doi.org/10.1016/j.chidyouth.2020.105911  
**MSTS Publication #1724**
91. Holmes, K. L., & Mueller, C. W. (2022a). Treatment focus diffusion predicts poorer clinical progress in children's public mental health. *Journal of Behavioral and Cognitive Therapy*, 32, 99-110. doi.org/10.1016/j.jbct.2021.09.002 **MSTS Publication #1727**
92. Bauch, J., Hefti, S., Oeltjen, L., Perez, T., Swenson, C. C., Furstenu, U., Rhiner, B., & Schmid, M. (2022). Multisystemic therapy for child abuse and neglect: Parental stress and parental mental health as predictors of change in child neglect. *Child Abuse & Neglect*, 126. Advance online publication. doi.org/10.1016/j.chiabu.2022.105489  
**MSTS Publication #1755**
93. Bijlsma, A. M. E., Assink, M., Overbeek, G., van Geffen, M., & van der Put, C. E. (2022). Differences in developmental problems between victims of different types of child maltreatment. *Journal of Public Child Welfare*. Advance online publication. doi.org/10.1080/15548732.2022.2044429 **MSTS Publication #1756**
94. Hukkelberg, S., Ogden, T., & Thogersen, D. M. (2022). Youth level of service/case management inventory assessments as predictors of behavioral change in Multisystemic Therapy and Functional Family Therapy in Norway. *Research on Social Work Practice*, 32, 784-792. DOI:10.1177/10497315221086641  
**MSTS Publication #1750**
95. Pattni, S., Fox, S., & Glorney, E. (2022). Therapist and supervisor experiences of the application of standard Multisystemic Therapy to young people with suspected or diagnosed level 1 autistic spectrum disorder. *Journal of Family Therapy*, 44, 504-519. DOI:10.1111/1467-6427.12396  
**MSTS Publication #1749**
96. Nuntavisit, L., & Porter, M. (2022). Mediating effects of discipline approaches on the relationship between parental mental health and adolescent antisocial behaviors: Retrospective study of Multisystemic Therapy intervention. *International Journal of Environmental Research and Public Health*, 19. doi.org/10.3390/ijerph192013418  
**MSTS Publication #1758**





**MST**<sup>®</sup>  
Services

## Proven Results for Families and Communities

**ATLANTA**  
3490 Piedmont Rd NE  
Suite 304  
Atlanta, GA 30305

**SAN FRANCISCO**  
1100 Moraga Way  
Suite 103  
Moraga, CA 94556