#### Effects of Psychotherapy With Children and Adolescents Revisited: A Meta-Analysis of Treatment Outcome Studies

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A meta-analysis of child and adolescent psychotherapy outcome research tested previous findings using a new sample of 150 outcome studies and weighted least squares methods. The overall mean effect of therapy was positive and highly significant. Effects were more positive for behavioral than for nonbehavioral treatments, and samples of adolescent girls showed better outcomes than other Age × Gender groups. Paraprofessionals produced larger overall treatment effects than professional threating overcontrolled problems (e.g., anxiety and depression). Results supported the specificity of treatment effects: Outcomes were stronger for the particular problems targeted in treatment than for problems not targeted. The findings shed new light on previous results and raise significant issues for future study.

Over the past decade, applications of the technique known as meta-analysis (see Cooper & Hedges, 1994; Mann, 1990; Smith, Glass, & Miller, 1980) have enriched our understanding of the impact of psychotherapy with children and adolescents (herein referred to collectively as "children"). At least three general meta-analyses encompassing diverse treatment methods and diverse child problems have indicated that the overall impact of child psychotherapy is positive, with effect sizes averaging not far below Cohen's (1988) threshold of 0.80 for a "large" effect. Casey and Berman (1983) reported a mean effect size of 0.71 for a collection of treatment outcome studies with children 12 years of age and younger (studies published from 1952–1983). Weisz, Weiss, Allicke, and Klotz (1987) reported a mean effect size of 0.79 for a collection of studies with youth 4–18 years old (studies published from 1958–1984). Kazdin, Bass,

Ayers, and Rodgers (1990) assembled a collection of studies published between 1970 and 1988 focused on youth 4–18 years of age; mean effect sizes were 0.88 for treatment versus no-treatment comparisons and 0.77 for treatment versus active control comparisons. Combined, these three meta-analyses suggest that psychotherapy may have significant beneficial effects with children and adolescents (for a more detailed review of the meta-analytic procedures, findings, and implications, see Weisz & Weisz, 1993; Weisz, Weisz, & Donenberg, 1992).

In addition to generating overall estimates of therapy effectiveness, meta-analyses can provide evidence on factors that may be related to psychotherapy outcome. For example, meta-analytic evidence has fueled a lively debate over whether therapy outcomes differ as a function of the type of intervention used. Much of the adult therapy outcome literature has suggested that various forms of therapy work about equally well. One of the general conclusions reached by Smith et al. (1980) in their landmark meta-analysis was as follows:

Psychotherapy is beneficial, consistently so and in many ways. . . . Different types of psychotherapy (verbal or behavioral, psychotherapy, dient-centered, or systematic desensitization) do not produce different types or degrees of benefit. . . [It is]. . . clearly possible that all psychotherapies are equally effective, or nearly so; and that the lines drawn among psychotherapy schools are small distinctions, cherished by those who draw them, but all the same distinctions that make no important differences. (pp. 184, 186)

This conclusion has come to be called "the Dodo verdict" (i.e., "Everybody has won and all must have prizes"; see Parloff, 1984).

The picture may be different in the area of child psychotherage, but the evidence is somewhat mixed thus far. Casey and Berman (1985) initially found that behavioral methods yielded significantly larger effect sizes than nonbehavioral methods;

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# **Effects Of Psychotherapy With Children And Adolescents**

Michal Rosen-Zvi

**Effects Of Psychotherapy With Children And Adolescents:** 

Effects Of Psychotherapy With Children And Adolescents: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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