



# multidimensional FAMILY THERAPY

## MDFT Scientific Publications

Outcome Analyses:  
Randomized Clinical Trials  
Quasi-Experimental Designs  
Meta-Analyses  
& Integrative Data Analyses

# RANDOMIZED CLINICAL TRIALS (RCT)

## RCT 1: California Study

Liddle, H. A., Dakof, G. A., Parker, K., Diamond, G. S., Barrett, K., & Tejada, M. (2001). [Multidimensional Family Therapy for adolescent drug abuse: Results of a randomized clinical trial](#). *American Journal of Drug and Alcohol Abuse*, 27(4), 651-688.

Schmidt, S E., Liddle, H. A., & Dakof, G. A. (1996). [Changes in parenting practices and adolescent drug abuse during Multidimensional Family Therapy](#). *Journal of Family Psychology*, 10, 12-27. doi: 10.1037/0893-3200.10.1.12

## RCT 2: Prevention Study

Hogue, A., Liddle, H. A., Becker, D., & Johnson-Leckrone, J. (2002). [Family-based prevention counseling for high-risk young adolescents: Immediate Outcomes](#). *Journal of Community Psychology*, 30(1), 1 -22. doi: doi.org/10.1002/jcop.1047

Hogue, A., Liddle, H. A., Singer, A., & Leckrone, J. (2005). [Intervention fidelity in family-based prevention counseling for adolescent problem behaviors](#). *Journal of Community Psychology*, 33(2), 191-211. doi: doi.org/10.1002/jcop.20031

Hogue, A., Bobek, M., Dauber, S., Henderson, C. E., McLeod, B. D., & Southam-Gerow, M. A. (2019). [Core elements of family therapy for adolescent behavior problems: Empirical distillation of three manualized treatments](#). *Journal of Clinical Child and Adolescent Psychology*, 48(1), 29-41. doi: 10.1080/15374416.2018.1555762

## RCT 3: Young Adolescent Study

Henderson, C. E., Rowe, C. L., Dakof, G. A., Hawes, S. W., Liddle, H. A. (2009). [Parenting practices as mediators of treatment effects in an early-intervention trial of multidimensional family therapy](#). *American Journal of Drug and Alcohol Abuse*, 35, 220-226. doi: 10.1080/00952990903005890

Liddle, H. A., Rowe, C. L., Dakof, G. A., Henderson, C., & Greenbaum, P. (2009). [Multidimensional Family Therapy for early adolescent substance abusers: Twelve month outcomes of a randomized controlled trial](#). *Journal of Consulting and Clinical Psychology*, 77, 12-25. doi: 10.1037/a0014160

Liddle, H. A., Rowe, C. L., Dakof, G. A., Ungaro, R. A., & Henderson, C. E. (2004). [Early intervention for adolescent substance abuse: Pretreatment to posttreatment outcomes of a randomized clinical trial comparing multidimensional family therapy and peer group treatment](#). *Journal of Psychoactive Drugs*, 36, 49-63. doi: 10.1080/02791072.2004.10399723

## RCT 4: Cannabis Youth Treatment (CYT) Study

Dennis, M., Godley, S. H., Diamond, G., Tims, F. M., Babor, T., Donaldson, J., Funk, R. (2004). [The Cannabis Youth Treatment \(CYT\) study: Main findings from two randomized trials](#). *Journal of Substance Abuse Treatment*, 27, 197-213. doi: 10.1016/j.jsat.2003.09.005

Dennis, M. (2003). [Cannabis Youth Treatment Experiment: 12 and 30 Month Main Findings \[PowerPoint slides\]](#). Presentation at CSAT Pre-Session at the College of Problems on Drug Dependence 65th Annual Scientific Meeting, June 13, 2003, Bal Harbour, FL. doi: 10.13140/

## RCT 5: Philadelphia Study

Henderson, C. E., Dakof, G. A., Greenbaum, P. E., Liddle, H. A. (2010). [Effectiveness of multidimensional family therapy with higher severity substance-abusing adolescents: Report from two randomized controlled trials](#). *Journal of Consulting and Clinical Psychology*, 78, 885-897. doi: 10.1037/a0020620 (NB : Study 1 in this article refers to RCT4)

Liddle, H. A., Dakof, G. A., Turner, T. M., Henderson, C. E., Greenbaum, P. E. (2008). [Treating adolescent drug abuse: a randomized trial comparing multidimensional family therapy and cognitive behavior therapy](#). *Addiction*, 103, 1660-1670. doi: 10.1111/j.1360-0443.2008.02274.x

## RCT 6: Detention to Community Study

Rowe, C. L., Alberga, L., Dakof, G. A., Henderson, C. E., Ungaro, R., & Liddle, H. A. (2016). [Family-based HIV and sexually transmitted infection risk reduction for drug-involved young offenders: 42-month outcomes](#). *Family Process*, 55(2), 305-320. doi: 10.1111/famp.12206

Liddle, H. A., Dakof, G. A., Henderson, C. E., & Rowe, C. L. (2011). [Implementation outcomes of multidimensional family therapy-detention to community \(DTC\)—A re-entry program for drug-using juvenile detainees](#). *International Journal of Offender Therapy and Comparative Criminology*, 55, 587-604. doi: 10.1177/0306624X10366960

Henderson, C. E., Dakof, G. A., Greenbaum, P. E., Liddle, H. A. (2010). [Effectiveness of multidimensional family therapy with higher severity substance-abusing adolescents: Report from two randomized controlled trials](#). *Journal of Consulting and Clinical Psychology*, 78, 885-897. doi: 10.1037/a0020620. (NB: Study 2 in this article refers to RCT5).

## RCT 7: European Study

### Analyses Across Multiple Countries

- van der Pol, T. M., Henderson, C. E., Hendriks, V., Schaub, M. P., & Rigter, H. (2017). [Multidimensional Family Therapy reduces self-reported criminality among adolescents with a cannabis use disorder](#). *International Journal of Offender Therapy and Comparative Criminology*, 62(6), 1573-1588. doi: 10.1177/0306624X16687536
- Schaub, M. M., Henderson, C. E., Pelc, I., Tossman, P., Phan, O., Hendricks V., Rowe, C. L., & Rigter, H. (2014). [Multidimensional family therapy decreases the rate of externalising behavioural disorders symptoms in cannabis abusing adolescents: outcomes of the INCANT trial](#). *BMC Psychiatry*, 14, 26. doi: 10.1186/1471-244X-14-26
- Rigter, H., Henderson, C. E., Pelc, I., Tossman, P., Phan, O., Hendriks, V., Rowe, C. L. (2013). [Multidimensional family therapy lowers the rate of cannabis dependence in adolescents: A randomised controlled trial in Western European outpatient settings](#). *Drug and Alcohol Dependence*, 130, 85-93. doi: 10.1016/j.drugalcdep.2012.10.013
- Rowe, C. L., Rigter, H., Henderson, C., Gantner, A., Mos, K., Nielson, P., Phan, O. (2013). [Implementation fidelity of Multidimensional Family Therapy in an international trial](#). *Journal of Substance Abuse Treatment*, 44, 391-399. doi: 10.1016/j.jsat.2012.08.225

## RCT 7: European Study Individual Country Analyses

- van der Pol TM, Cohn MD, van Domburg L, Rigter H, Vermeiren R. R. J. M. (2020). [Assessing the effect of multidimensional family therapy in adolescents on police arrests against a background of falling crime rates. A randomised controlled trial with 7-year follow-up.](#) *Journal of Experimental Criminology*. doi.org/10.1007/s11292-020-09431-0
- van der Pol, T. M., Hendriks, V., Rigter, H., Cohn, M. D., Doreleijers, T. A. H., van Domburgh, L., & Vermeiren, R. R. J. M. (2018). [Multidimensional family therapy in adolescents with cannabis use disorder: long-term effects on delinquency in a randomized controlled trial.](#) *Child and Adolescent Psychiatry and Mental Health*, 12, 44. doi: 10.1186/s13034-018-0248-x
- Goorden, M., Van der Schee, E., Hendriks, V. M., Hakkaart-van Roijen, L. (2016). [Cost-effectiveness of multidimensional family therapy compared to cognitive behavioral therapy for adolescents with a cannabis use disorder: data from a randomized controlled trial.](#) *Drug and Alcohol Dependence*, 162, 154-161. doi: 10.1016/j.drugalcdep.2016.03.004
- Hendriks, V. M., Van der Schee, E., Blanken, P. (2013). [Multidimensionele gezinstherapie en cognitieve gedragstherapie bij adolescenten met een stoornis in het gebruik van cannabis; een gerandomiseerd onderzoek.](#) *Tijdschrift voor Psychiatrie*, 55(10), 747-759.
- Hendriks, V., Van der Schee, E., & Blanken, P. (2012). [Matching adolescents with a cannabis use disorder to multidimensional family therapy or cognitive behavioral therapy: treatment effect moderators in a randomized controlled trial.](#) *Drug and Alcohol Dependence*, 125, 119-126. doi : 10.1016/j.drugalcdep.2012.03.023
- Tossmann, P., Jonas, B., Rigter, H., & Gantner, A. (2012). [Multidimensionale Familientherapie \(MDFT\) bei cannabisbenogenen Storungen.](#) *SUCHT-Zeitschrift fur Wissenschaft und Praxis/Journal of Addiction Research and Practice*, 51, 157-166. doi: 10.1024/0939-5911.a000180
- Hendriks, V., Van der Schee, E., & Blanken, P. (2011). [Treatment of adolescents with a cannabis use disorder: main findings of a randomized controlled trial comparing multidimensional family therapy and cognitive behavioral therapy in The Netherlands.](#) *Drug and Alcohol Dependence*, 119, 64-71. doi: 10.1016/j.drugalcdep.2011.05.021

## RCT 8: Juvenile Drug Court Study

Dakof, G. A., Henderson, C. S., Rowe, C. L, Boustani, M., Greenbaum, P., Wang, W., Hawes, S., Linares, C., & Liddle, H. A. (2015). [A randomized controlled trial of multidimensional family therapy in juvenile drug court.](#) *Journal of Family Psychology, 29*, 232-241. doi: 10.1037/fam0000053

## RCT 9: Alternative to Residential Study

Liddle, H. A., Dakof, G. A., Rowe, C. L., Henderson, C., Greenbaum, P., Wang, W., Alberga, L. (2018). [Multidimensional Family Therapy as a community-based alternative to residential treatment for adolescents with substance use and co-occurring mental health disorders.](#) *Journal of Substance Abuse Treatment, 90*, 47-56. doi: 10.1016/j.jsat.2018.04.011

## RCT 10: Internet Gaming Disorder Study

Nielson, P., Christensen, M., Henderson, C., Liddle, H. A., Croquette-Krokar, M., Favez, N., & Riger, H. (Submitted for Publication). Multidimensional family therapy reduces problematic gaming in adolescents: A randomized controlled trial.

# QUASI-EXPERIMENTAL AND COHORT STUDIES

## Study 1: Day Treatment Implementation Study

Liddle, H. A., Rowe, C. L., Gonzalez, A., Henderson, C. E., Dakof, G. A., & Greenbaum, P.E. (2006). [Changing provider practices, program environment and improving outcomes by transporting Multidimensional Family Therapy to an adolescent drug treatment setting](#). *The American Journal of Addictions*, 15, 102-112. doi: 10.1080/10550490601003698

## Study 2: MDFT in Residential Treatment

Hoogeveen, C. E., Vogelvang, B., Rigter, H. (2017). [Feasibility of inpatient and outpatient Multidimensional Family Therapy for improving behavioral outcomes in adolescents referred to residential youth care](#). *Residential Treatment for Children & Youth*, 34, 61-82. doi: 10.1080/0886571X.2016.1268945

# INTEGRATIVE DATA ANALYSES/META-ANALYSES

## Study 1: Gender and Ethnicity Study

Greenbaum, P. E., Wang, W., Henderson, C. E., Hin, C. E., Kan, L., Hall, K.,...Liddle, H. A. (2015). [Gender and ethnicity as moderators of integrative data analysis of Multidimensional Family Therapy randomized clinical trials](#). *Journal of Family Psychology*, 29(6), 919-930. doi:10.1037/

## Study 2: Multiple Behavior Problems Study

Van der Pol, T. M., Hoeve, M., Noom, M. J., Stams, G. J. M., Doreleijers, T. A. H., van Domburgh, L., Vermeiren, R. R. J. M. (2017). [Research review: The effectiveness of multidimensional family therapy in treating adolescents with multiple behavior problems – a meta-analysis](#). *Journal of Child Psychology and Psychiatry*, 58(5), 532-545. doi: 10.1111/jcpp.12685