

RESEARCH BRIEF

Applying Research to Practice: Quantifying Treatment Outcomes for Youth with Sexual Behavior Problems using Trauma Symptom Checklist for Children (TSCC) Pre-and-Post Results

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Purpose

Outcomes for youth with problematic/illegal sexual behavior (YP/ISB) have relied heavily on tracking recidivism rates or recurrence of the P/ISB post-treatment. Low rates of recurring P/ISB post-treatment are well documented for youth in both residential and community-based settings. YP/ISB present with challenges similar to other populations of youth with behavior problems, related outcomes are often overlooked.

Method

While not all youth served by COCP meet diagnostic criteria for a PTSD diagnosis, most youth endorse potentially traumatic experiences. All youth served by COCP complete the Trauma Symptom Checklist for Children (TSCC; John Briere, 1996). The TSCC consists of 54 items to measure severity of traumatic stress and related symptoms for youth ages 8-18 resulting in 6 scales, 4 subscales and 2 validity scales. Participants included 68 youth served in the COCP from 21 Alabama counties with TSCC scores pre-and-post-treatment. A paired samples *t*-test was used to determine if symptoms changed from pre to post treatment at *p* .05.

Results

- Scores on anxiety, depression, anger, post-traumatic stress, dissociation and sexual concerns scales significantly lower post-treatment.
- Scores on overt dissociation, sexual preoccupation and sexual distress subscales significantly lower post treatment.

Discussion

- Results indicate initial support for decreased symptoms during the course of P/ISB treatment. The degree of symptom reduction long-term will require more extensive study.
- Future studies should include larger sample sizes, control groups and follow-up after exit from treatment to increase generalizability and knowledge of long-term gains.

Results
df = 67; **p* < .01, ***p* < .001; 1) General trauma symptom scales; 2) Subscales

TSCC-Scale	Pretest <i>M</i> (<i>SD</i>)	Posttest <i>M</i> (<i>SD</i>)	<i>t</i>	<i>p</i> -value	Effect size (<i>d</i>)
Anxiety ¹⁾	51.07 (11.71)	46.85 (9.41)	3.29	.001**	.40
Depression ¹⁾	51.51 (12.16)	46.72 (10.28)	3.22	.001**	.39
Anger ¹⁾	45.04 (8.27)	42.15 (6.72)	2.89	.003*	.35
Posttraumatic stress (PTS) ¹⁾	49.99 (10.56)	45.65 (8.93)	3.31	.001**	.40
Dissociation ¹⁾	50.62 (10.49)	47.31 (9.26)	2.55	.007*	.31
Overt dissociation ²⁾	52.06 (10.90)	48.22 (9.19)	2.83	.003*	.34
Fantasy ²⁾	47.79 (9.08)	46.66 (7.94)	.95	.17	
Sexual concerns ¹⁾	49.62 (13.11)	45.15 (10.20)	3.23	.001**	.39
Sexual preoccupation ²⁾	47.47 (11.14)	44.21 (8.09)	3.09	.001*	.38
Sexual distress ²⁾	56.73 (20.45)	49.94 (14.32)	2.90	.003*	.36

Experiences reported most frequently

COCP youth have an average of 4 types of potentially traumatic experiences reported at intake.

