



Handbook of Multicultural Mental Health: Chapter 22. Improving Treatment Engagement and Psychotherapy Outcomes for Culturally Diverse Youth and Families

Stanley J. Huey, Eduardo O. Jones

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This chapter reviews research on psychotherapy effects and treatment engagement for ethnically diverse youth and families. Evidence supports several methods for increasing treatment engagement for ethnic minority youth and families, including written and verbal prompts, and targeting barriers to treatment attendance (by phone or in person). Over 30 efficacious interventions were identified for treating ethnic minority youth and families, and the effect size magnitude was in the small to medium range. However, most of the evidence was found for Latino and African American youth, with limited to no evidence supporting psychosocial treatments for Asian, Native American, or other non-White youth. Research evaluating ethnic differences in treatment effects was equivocal, with most studies suggesting that White and non-White youth benefit equally. There was evidence supporting the efficacy of culturally tailored interventions over control groups, but it is unclear whether cultural tailoring enhances outcomes above and beyond generic treatment effects. The chapter concludes with recommendations for improving psychosocial intervention research with diverse youth and families.

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