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Evaluation of the Good Way Model

**A Treatment Approach for Young People
with Harmful Sexual Behaviour**

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ABSTRACT

Adolescents with harmful sexual behaviour (HSB) have been identified as perpetrating a significant amount of child sexual abuse, and while treatment programmes have become more available, evaluation studies of these have lagged far behind. The primary aim of the research reported in this thesis was to evaluate the effectiveness of the Good Way model (GWM) intervention developed by Ayland and West (2006) for adolescent boys undergoing treatment for HSB. The GWM is advanced as a strengths-based cognitive behavioural approach which meets recommended key programme priorities for the treatment of youth with HSB. This study examined the effectiveness of the GWM within two community-based treatment programmes in New Zealand: WellStop, which is based in Wellington; and STOP, which is based in Christchurch. The participants were 12 male youths aged between 11 and 17 years and their families. Five participants were intellectually disabled. The study was carried out over a three-year period and by the end of the study, nine participants had completed treatment, two remained in treatment, and one had dropped out due to the impact of unstable placements. The average treatment length was 7.5 months. Treatment effectiveness was examined within a multiple-baseline design framework. In this study the magnitude of experimental change was largely established via visual analysis, the percentage of data points exceeding the median (PEM), and Cohen's *d*. The results imply a functional relationship between GWM treatment and the reduction of HSB and an increase in positively occurring behaviours related to strengths and resiliency. Positive results were obtained from measures focusing on outcome and therapeutic alliance. There was also evidence for change in individual participants across measures of internalising-type problems. Overall, the findings indicate that the introduction of the GWM intervention targeted the problem behaviour appropriately and that it was well received by participants.

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TABLE OF CONTENTS

ABSTRACT.....	iii
ACKNOWLEDGEMENTS.....	v
TABLE OF CONTENTS.....	vii
LIST OF FIGURES.....	ix
LIST OF TABLES.....	x
Chapter 1 Introduction.....	1
1.1 Statement of the Problem.....	1
1.2 Community-based Treatment in New Zealand.....	2
1.3 Background to the Study.....	3
1.4 Structure of the Thesis.....	3
Chapter 2 Child Sexual Abuse.....	5
2.1 Defining Harmful Sexual Behaviour.....	5
2.2 Prevalence.....	6
2.3 Underreporting.....	6
2.4 CSA Impacts.....	7
2.5 Summary.....	8
Chapter 3 Adolescents with Harmful Sexual Behaviour.....	9
3.1 Prevalence.....	9
3.2 Offence Characteristics.....	12
3.3 Individual Characteristics.....	13
3.4 Contextual Factors.....	15
3.5 Coexisting Problem Behaviours.....	16
3.6 Risk and Protective Factors.....	19
3.7 Typologies.....	20
3.8 Summary.....	21
Chapter 4 Causes of Harmful Sexual Behaviour by Adolescents.....	23
4.1 Pathway Theories of HSB.....	23
4.2 Theoretical Underpinnings of the GWM	25
4.3 Rehabilitation Theories.....	25
4.4 Integrated Theory of Sexual Offending.....	26
4.5 The Role of the Cognitive Perspective.....	29
4.6 The Role of Social Learning.....	29
4.7 The Role of Family Systems.....	31
4.8 The Role of Developmental Factors.....	31
4.9 Summary.....	33
Chapter 5 Treatment.....	34
5.1 Measuring Treatment Effectiveness.....	34
5.2 Early Treatment Approaches.....	36
5.3 Cognitive Behavioural Approaches.....	37
5.4 Systemically based Approaches.....	39
5.5 Neuropsychological Approaches.....	40
5.6 Integrated Approaches.....	40
5.7 Adaptations to Treatment Programmes for ID Youth.....	42
5.8 New Zealand Treatment Outcomes.....	45

5.9	Summary.....	49
Chapter 6 The Good Way Model.....		51
6.1	The Development of the Good Way Model.....	51
6.2	Intervention Premise.....	52
6.3	Language, Concepts and Support Material.....	53
6.4	Intervention Framework and Process.....	55
Chapter 7 The Current Study.....		60
7.1	Aims.....	60
7.2	Research Questions.....	60
7.3	Rationale for the Current Research.....	60
7.4	Evaluating Interventions in Real-world Settings.....	62
7.5	Evaluating the Effectiveness of Treatment for Youth.....	63
7.6	Manualised Treatment.....	64
7.7	Summary.....	65
Chapter 8 Methods.....		67
8.1	Participants Characteristics.....	67
8.2	Measures.....	69
8.3	Procedure.....	77
8.4	Ethical Considerations.....	84
8.5	Research Design.....	86
8.6	Data Analysis Strategy.....	88
8.7	Summary.....	91
Chapter 9 Results.....		92
9.1	Sexual Behaviours.....	92
9.2	Change to Concurrent Behaviours.....	99
9.3	Trauma Symptomology.....	109
9.4	Strengths and Resiliency.....	112
9.5	Outcome and Therapeutic Relationship.....	115
9.6	Summary of Results.....	119
Chapter 10 Discussion.....		120
10.1	Summary of Major Findings.....	120
10.2	Research Questions.....	121
10.3	Interpretation of Findings.....	124
10.4	Implications of Findings.....	127
10.5	Strengths and Limitations.....	130
10.6	Future Research.....	133
10.7	Conclusion.....	135
REFERENCES.....		136
APPENDICES.....		175
Appendix 1 Integrity Checklist.....		176
Appendix 2 Child Sexual Behaviour Inventory Results.....		177
Appendix 3 ACSBI – Self Report Results.....		178
Appendix 4 ACSBI – Caregiver Results.....		179
Appendix 5 Parent/Caregiver CBCL Results.....		180
Appendix 6 YSR Child Behaviour Measure Results.....		181
Appendix 7 Resiliency Scales for Children and Adolescents Results.....		182
Appendix 8 4-D Results.....		183

LIST OF FIGURES

Figure 4.1	The integrated theory of sexual offending	28
Figure 6.1	Possible areas which are the focus of therapeutic conversations.....	54
Figure 6.2	Example of a visual template.....	55
Figure 6.3	Treatment components of the GWM	56
Figure 6.4	The enriched version of the basic Good Way model.....	58
Figure 8.1	Study participants.....	67
Figure 9.1	Results of the ERASOR total score (static and dynamic factors) on modified Brinley plots across four conditions.....	93
Figure 9.2	Results of the ERASOR dynamic factors on modified Brinley plots across four conditions	93
Figure 9.3	Modified Brinley plots showing group data for the CSBI initial assessment score (x-axis) and phases of the intervention (y-axis).. ..	96
Figure 9.4	Modified Brinley plots showing group data for the ACSBI – Self-Report across initial assessment scores (x-axis) and phases of the intervention (y-axis)	97
Figure 9.5	Modified Brinley plots showing group data for the ACSBI – Parent Report across initial assessment scores (x-axis) and phases of the intervention (y-axis).....	98
Figure 9.6	Modified Brinley plots showing group data for the CBCL across initial assessment scores (x-axis) and phases of the intervention (y-axis).....	99
Figure 9.7	Modified Brinley plots showing group data for the YSR across initial assessment scores (x-axis) and phases of the intervention (y-axis). 102	
Figure 9.8	Changes in positive and negative behaviours across baseline (B) and treatment (T) phases for each participant.....	104
Figure 9.9	Modified Brinley plots showing group data for the RSCA initial assessment scores (x-axis) and phases of the intervention (y-axis)...	112
Figure 9.10	Individual participant results for ORS and SRS (P1, P2, P4, P5 and P7).....	117
Figure 9.11	Individual participant results for ORS and SRS (P8, P10 and P11).....	118
Figure 9.12	Individual participant results for ORS and SRS (P3, P6 and P9).....	118

LIST OF TABLES

Table 8.1	Participant characteristics, history and circumstances at assessment.	68
Table 8.2	Participant assessment and treatment information.....	81
Table 8.3	Frequency of measures throughout baseline, treatment and follow-up phases.....	84
Table 9.1	ERASOR results across data collection points.....	94
Table 9.2	Changes in level of reported positive behaviours (average for each participant) across baseline and treatment phases.....	107
Table 9.3	Changes in levels of reported negative behaviours (average for each participant) across baseline and treatment phases.....	107
Table 9.4	PEM scores for each participant.....	108
Table 9.5	TSCC scores across data collection points.....	103
Table 9.6	CASPARS results across data collection points.....	113
Table 9.7	Changes in level of reported ORS (average for each participant) during the treatment phases.....	116
Table 9.8	Changes in level of reported SRS (average for each participant) during the treatment phases	116