



STEPS-B SPRING NEWSLETTER

THE HOME STRETCH!

hello!

The STEPS-B project is now coming to an end and we would like to say a huge **THANK YOU** to everyone who has been involved! All your help and cooperation has been invaluable to us. We have now finished recruitment, with the final 20-month follow-ups scheduled for Summer 2018. Keep your eyes peeled for another bulletin once all the findings have been officially published, but for now here is an overview of what we've done so far.



WHAT HAVE WE LEARNED SO FAR?

Families who received MST-PSB were invited to take part in an optional qualitative interview. This became a great way to better understand their experience of receiving the intervention. Here are some examples of the findings (more to come once everything is published)

- ◆ At the start of the research, both parents and young people had strong negative feelings about being stigmatised by their family, peers, and the community. Young people struggled with shame and embarrassment, and parents struggled with loss of trust and denial.
- ◆ Both young people and parents described the relationship with MST-PSB therapist as positive and supportive, which helped them to build better relationships with each other.

WHO TOOK PART IN THE STUDY?

98 families were referred;
of these

41 FAMILIES

met the inclusion criteria

21 received **MST-PSB**, and
19 received Management
as Usual (**MAU**)

Most (**52%**) were recruited
from the borough of
Southwark

CHARACTERISTICS OF THE YOUNG PEOPLE

90% male, 10% female

73% aged under 15 y.o.

27% aged 10-14 y.o.

72% had PSB with conduct
disorder

28% had problem sexual
behaviour (PSB) only

56% referred by social care

34% referred by YOS

4% referred by CAMHS

WHY NOT MORE FAMILIES?

Unfortunately, finding eligible families to take part in the study has been more challenging than we expected, and we fell short of our recruitment targets. Here are some reasons why this was:

- Not many families are eligible to begin with— problem sexual behaviour is a significant but not a very common problem in young people
- There aren't many easy, comprehensive pathways for finding qualifying families
- The research subject is very sensitive; taking part in research isn't always in the best interests of the family



Services for Teens Engaging
in Problem Sexual Behaviour
Research Trial

STEPS-B
Newsletter
April 2017

WHAT HAPPENS NEXT

- ⇒ We are still in the process of collecting the data and organising the 8, 14 and 20 months follow-up visits with families
- ⇒ We are aiming to analyse the data and publish the results once all the data is collected
- ⇒ We would like to carry out some more interviews with MST-PSB therapists to better understand their experience of delivering the treatment, so we may get in touch soon with the details.

GOODBYES

We were sad to say goodbye to Rachel Ellison who has been with us as a Coordinator for STEPS since the beginning of the trial, which was 2012! We will miss her knowledge, energy and sense of humour. We wish her all the best.



MEET THE CURRENT RESEARCH TEAM



As the project winds down our Research Assistant Karolina Kaminska continues to be in touch with the families and collecting follow-up data.

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Our new Trial Coordinator is Alisa Anokhina. Alisa has a PhD in Psychology from UCL, and has previously worked on coordinating another Multisystemic Therapy trial.

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