



# Moderators and Mediators of Youth Treatment Outcomes

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The study of moderation and mediation of youth treatment outcomes has been recognized as enormously beneficial in recent years. However, these benefits have never been fully documented or understood by researchers, clinicians, and students in training. After nearly 50 years of youth treatment outcome research, identifying moderators and mediators is the natural next step—shifting focus to mechanisms responsible for improved outcomes, identifying youth who will benefit from certain treatments or who are in need of alternative treatments, and recognizing the challenges associated with the study of moderators and mediators and their routine use in clinical practice.

*Moderators and Mediators of Youth Treatment Outcomes* examines conceptual and methodological challenges related to the study of moderation and mediation and illustrates potential treatment moderators and mediators for specific disorders. The volume also considers empirical evidence for treatment moderators and mediators of specific disorders and illustrates how theoretical and empirical knowledge regarding moderators and mediators can be harnessed and disseminated to clinical practice. This book will be invaluable to researchers conducting treatment outcome studies (both efficacy and effectiveness), clinicians interested in evidence-based work and in understanding for whom and why certain treatments work, and students of clinical child and adolescent psychology and psychiatry.

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