

Rational Emotive Therapy With Children and Adolescents: A Meta-Analysis

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Evidence has shown that almost 70% of youth receiving mental health services do so only at school, making the education system the *de facto* system of service delivery for children and youth with mental health concerns (Farmer, Burns, Phillips, Angold, & Costello, 2003). As the number of students needing mental health and academic support services and the range of academic and mental health problems increase, the demand for evidence-based interventions (EBI) in the schools has increased as well (Stoiber & Kratochwill, 2000). Over the last decade, a convergent and cumulative evidence base of empirical findings for childhood and adolescent interventions, especially psychotherapies, has suggested the effects are positive, of a reasonable magnitude, and comparable to effects found in adult outcome literature (Department of Health and Human Services, 2000; Weisz, Huey, & Weersing, 1998). Four broad-based meta-analyses with diverse child and adolescent populations covering a range of problems have shown the effects of psychotherapy to be positive, with mean effect sizes ranging from .54 (Weisz, Weiss, Han, Granger, & Morton, 1995) to .88 (Kazdin & Bass, 1990). More focused meta-analyses (i.e.,

This article systematically reviews the available research on rational emotive behavioral therapy (REBT) with children and adolescents. Meta-analytic procedures were applied to 19 studies that met inclusion criteria. The overall mean weighted effect of REBT was positive and significant. Weighted z , effect sizes were also computed for five outcome categories: anxiety, disruptive behaviors, irrationality, self-concept, and grade point average. In terms of magnitude, the largest positive mean effect of REBT was on disruptive behaviors. Analyses also revealed the following noteworthy findings: (a) there was no statistical difference between studies identified low or high in internal validity; (b) REBT appeared equally effective for children and adolescents presenting with and without identified problems; (c) non-mental health professionals produced REBT effects of greater magnitude than their mental health counterparts; (d) the longer the duration of REBT sessions, the greater the impact, and (e) children benefited more from REBT than adolescents. The findings are discussed in terms of several important limitations along with suggestions for future research.

specific subsets of treatment studies) have shown positive treatment effects as well. For example, Durlak, Fuhrman, and Lampman (1991) found an overall effect size of .92 for cognitive behavior therapy (CBT) for maladaptive children and adolescents in the formal operational level of cognitive functioning. In the context of child and adolescent psychotherapy, rational emotive behavior therapy (REBT; see Note) has emerged as a popular form of therapy with many applications for mental and nonmental health professionals.

REBT comes from a family of therapies subsumed under the CBT umbrella.

These therapies cover a variety of techniques in which children and adolescents are taught to use cognitive mediational strategies as a means of guiding their behavior, with the ultimate goal of positive behavioral and mental adjustment (Durlak et al., 1991). The basic premise underlying REBT is that emotional disturbances emerge from faulty thinking about events rather than the events themselves. According to REBT, at the core of faulty thinking are rigid and absolute beliefs (e.g., "musts," "oughts") and their derivatives (e.g., "awfulizing"). The faulty thinking is thought to be irrational be-

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