

The analytic framework depicts postulated pathways through which family-based interventions may reduce substance use among youth and improve other risk behavior and school-related outcomes. The diagram identifies families as the focus for the interventions. Families include parents, caregivers, and youth (children and adolescents ages 10-17 years). Participation in family-based interventions is postulated to influence three intermediate outcomes depicted in the diagram: improved parenting skills and practices, improved family relationships, and reduced intentions to use substances among youth. All three intermediate outcomes are postulated to reduce the initiation of substance use among youth, with downstream reductions in substance use and the number of youths who develop substance use disorders.

Reductions in substance use outcomes among youth are postulated to improve school-related outcomes. Improved family relationships and reductions in substance use outcomes are also postulated to improve mental health symptoms among youth and reduce the number of youths who engage in sexual risk behaviors. The combination of reductions in substance use, substance use disorders, sexual risk behaviors, and improvements in mental health symptoms and school-related outcomes are postulated to reduce outcomes related to morbidity and mortality. The use of family-based interventions for historically disadvantaged and lower income populations at high risk for substance use among youth is postulated to improve these outcome and health equity.

Potential additional benefits of family-based interventions include reductions in stress and anxiety among parents and caregivers and reductions in substance use among parents and caregivers. Family-based interventions are not postulated to cause harms to participating parents, caregivers, or youth.

Potential effect modifiers include characteristics of settings, parents and caregivers, youth, and differences in the interventions. Setting characteristics include intervention delivery to families at home, at school, or in community-based locations. Parent and caregiver factors include race, ethnicity, household income, and educational attainment. Youth characteristics include age and grade, gender, race, and ethnicity. Intervention characteristics include substance focus, content, intensity, and duration of the intervention.