Evidence Summary for CBITS

As of September 2021

A summary as of 2011 written for lay audiences can be found here:

[Helping Children Cope with Violence and Trauma: A School-Based Program That Works | RAND](#)

The National Child Traumatic Stress Network summarizes evidence as of 2012 here:

[cbits_fact_sheet.pdf (nctsn.org)](#)

Published papers that examine the impact of CBITS:

1) The first study was a quasi-experimental study conducted in collaboration with Los Angeles Unified School District that focused on recent immigrants and was implemented by bi-lingual, bi-cultural school-based social workers in 4 languages. The Spanish-language results are reported here:


2) A second study, also conducted in collaboration with Los Angeles Unified School District, was a randomized controlled trial in the general school population. The first study describes symptom and behavioral outcomes, and the second study reports on academic outcomes:


3) One year after Hurricane Katrina, we conducted a field trial in New Orleans that randomized students to CBITS or TF-CBT. Results are reported here:


4) Three studies demonstrate the impact of CBITS delivered for American Indian youth:
