



Paradigm Outcomes Study Results

An Outcomes Study was presented in March of 2021 and conducted by Kyle Van Duser, Ph.D. of the University of Hawaii and Pacific Analytics. The study employed the Depression Anxiety Stress Scale (DASS 21), Recovery Assessment Scale (RAS 41), and the Ohio Youth Problems Functioning (Ohio Y) scale to measure the impact of Paradigm Treatment’s residential treatment program on its young clients. Findings from the outcome study are very favorable for Paradigm’s residential program and found that among 195 clients participating in the study in the previous 12 months of 2020, there were significant decreases in anxiety, depression, and stress from intake through 1-year post treatment. The figures illustrated below are at an “.01 alpha level”, meaning that 99% confidence can be assigned to their accuracy. Details of each measure follow.



Figure 1 (left): Anxiety scores begin at “severe/extremely severe” at intake and fall to “moderate”, holding at that level through 1-year post treatment.

Figure 2 (right): Depression scores begin at “severe” at intake and fall to “mild”, with emerging “normal” by end of treatment and at 1-year post treatment.



Figure 3 (left): Stress scores begin at “moderate/severe” at intake and fall to “mild”, with emerging “normal” by end of treatment and at 1-year post treatment.

