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## Cognitive behavior therapy reduces crime and violence over 10 years: Experimental evidence\*

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August 31, 2022

### Abstract

Several small, short-term, or non-experimental studies show that cognitive behavioral-informed trainings reduce antisocial behaviors for 1–2 years. But there is no large-scale, long-term research on persistence. We follow 999 high-risk men in Liberia 10 years after randomization into 8 weeks of low-cost therapy, \$200 cash, both, or a control group. A decade later, men receiving therapy or therapy with cash were about half as likely as the control group to engage in various antisocial behaviors, including robbery, drug-selling, and street fights—far exceeding expert predictions. Impacts are concentrated in the highest-risk men, and most robust from therapy with cash.

**JEL codes:** K42, O15, O17, D83

**Keywords:** Cognitive behavioral therapy, cash transfers, crime, violence, mental health, Africa, field experiments

\*The Network for Empowerment and Progressive Initiatives (NEPI) and Global Connections implemented the program, and NEPI provided ongoing support. Innovations for Poverty Action coordinated all research activities. For research assistance in this field experiment, we thank U. Decker, D. Doku, Victor Gbureck, Sebastian Hernandez, Walter Higgins, Andrew Holmberg, Brian Antonio Mpagi, Laura McCargo, Anna Mubareza, Albert Nwagwu, and Steven Tso. We thank Sam Butler for comments. This round of the study was funded by the National Science Foundation (SES-0909980) and the Wellbeing Psychology Fund. The contents of this study are the responsibility of the authors and do not necessarily reflect the views of their employers, funding agencies, or governments. The authors have no relevant or material financial interests that relate to the research described in this paper.

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August 02, 2022