Rehabilitering av kvinner i fengsel

Notat fra Kunnskapssenteret Systematisk litteratursøk med sortering Juni 2014

kunnskapssenteret

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Nasjonalt kunnskapssenter for helsetjenesten Oslo, juni 2014

Hovedfunn

Nasjonalt kunnskapssenter for helsetjenesten fikk i oppdrag av Kriminalomsorgsdirektoratet å utføre et systematisk litteratursøk med påfølgende sortering av mulig relevante publikasjoner. Oppdraget var å identifisere studier som har undersøkt effekt av og erfaringer med rehabiliteringstiltak gitt til kvinner i fengsel/under soning.

Metode

Vi utarbeidet en søkestrategi for et systematisk litteratursøk. Det ble søkt i medisinske/sosialfaglige databaser etter empiriske studier med alle typer forskningsdesign. Søket ble utført i november 2013. To forskere gikk uavhengig av hverandre gjennom identifiserte publikasjoner/referanser og vurderte relevans i henhold til inklusjonskriteriene. Vi sorterte deretter referansene etter tiltak og tema, og etter studiedesign.

Resultater

- Vi identifiserte totalt 6444 referanser. Av disse vurderte vi 204 som mulig relevante.
- Basert på informasjon i tittel og sammendrag, identifiserte vi 7 systematiske oversikter, 20 randomiserte kontrollerte studier og 14 studier med kvalitative forskningsdesign.
- Mer enn halvparten av de inkluderte studiene evaluerte behandling av og terapi ved psykiske problemer/lidelser og rusavhengighet hos de innsatte. Mange av disse studiene omhandlet behandlingsformer som kognitiv atferdsterapi, og Therapeutic Communities som rusbehandlingstiltak. Flere av studiene undersøkte alternative terapiformer for å redusere stress og psykiske plager. I underkant av 40 studier evaluerte ulike kurs/opplæring, og like mange studier evaluerte tiltak rettet mot mor/barn og foreldrekompetanse.

I dette notatet har vi listet opp mulig relevante referanser, men vi har verken lest dem i fulltekst, vurdert den metodiske kvaliteten eller sammenstilt funn og konklusjoner.

Tittel:

Rehabilitering av kvinner i fengsel

Publikasjonstype:

Systematisk litteratursøk med sortering

Systematisk litteratursøk med sortering er resultatet av å

- søke etter relevant litteratur ifølge en søkestrategi og
- eventuelt sortere denne litteraturen i grupper presentert med referanser og vanligvis sammendrag

Svarer ikke på alt:

- Ingen kritisk vurdering av studienes kvalitet
- Ingen analyse eller sammenfatning av studiene
- Ingen anbefalinger

Hvem står bak denne publikasjonen?

Kunnskapssenteret har gjennomført oppdraget etter forespørsel fra Kriminalomsorgsdirektoratet

Når ble litteratursøket utført?

Søk etter studier ble avsluttet 25.10.2013

Key messages

The Social Research Unit at the Norwegian Knowledge Centre for the Health Services was commissioned by the Directorate of Norwegian Correctional Service to develop and conduct a systematic search. The purpose of the search was to identify studies on the effect of and experiences with rehabilitation interventions for incarcerated women.

Methods

We conducted a systematic search for empirical studies, employing any kind of study design, in medical and social science databases. The search was conducted in Nowember 2013. The authors independently assessed the identified references for inclusion/exclusion and discussed their assessments in pairs. We then sorted the references according to themes, interventions and some according to study design.

Results

- We identified 6444 unique references in total. Among these we considered 204 to be relevant according to the incusion criteria.
- Based on information presented in the titles and abstracts of the references, we identified 7 systematic reviews, 20 randomized, controlled trials and 14 qualitative studies which explored experiences with such programs.
- More than half of the included studies evaluated treatment of and therapy for mental problems/disorders and drug addiction. Many of these studies dealt with therapies such as cognitive behavioral therapy, and Therapeutic Communities as drug treatment. In addition, there were several studies on alternative therapies to reduce stress and psychological distress. Just under 40 studies evaluated training/education-that – and just as many studies evaluated interventions aimed at mother/child - focusing on parenting skills and parent/child relationship.

We have sorted and listed all possibly relevant references, but we have neither read the papers in fulltext, critically appraised their methodological quality, nor synthesised their conclusions.

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Forord

Kriminalomsorgsdirektoratet har bestilt et systematisk litteratursøk med sortering for å identifisere studier som undersøker effekt av og erfaringer med rehabiliteringstiltak for kvinner under soning.

Prosjektgruppen har bestått av:

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Avdelingsdirektør merstrøm Prosjektleder

Seksjonsleder

Innledning

Bakgrunn

Forskning viser at kvinner i fengsel er vanskeligere stilt enn menn både sosialt, økonomisk og helsemessig (1). Traumer fra vold og overgrep, alvorlig psykiske lidelser og komorbide lidelser, rusmisbruk og lite sosialt nettverk, samt lite erfaring fra arbeidslivet gjør livssituasjonen til kvinner i fengsel spesielt vanskelig (2). Utfordringene i forbindelse med løslatelse og tilbakeføring er tilsvarende store.

I Stortingsmelding nr. 37 (2007 – 2008) *Straff som virker – mindre kriminalitet – tryggere samfunn*, vektlegges innsatte kvinners spesielle sårbarhet. Fordi man ser at denne gruppen domfelte har spesielle behov under soning og spesielle utfordringer knyttet til rehabilitering og mestring av livet etter endt soning, er det nødvendig å fremskaffe mer kunnskap om hvilke tiltak som er utviklet for/tilpasset kvinner og hvilken effekt disse tiltakene har.

Kriminalomsorgsdirektoratet ønsker et systematisk litteratursøk med sortering for å få oversikt over studier som måler effekt av og erfaringer med tiltak gitt kvinner i fengsel.

Styrker og svakheter ved litteratursøk med sortering

Ved litteratursøk med sortering gjennomfører vi systematiske litteratursøk for en gitt problemstilling. I dette notatet har vi gjennomgått søkeresultatet før overleveringen og sortert ut ikke-relevante artikler. Dette har vi gjort basert på tittel og eventuelt sammendrag. Artiklene ble ikke innhentet i fulltekst. Det gjør at vi kan ha inkludert titler som ville vist seg ikke å være relevante ved gjennomlesning av fulltekst. Vi benytter kun databaser for identifisering av litteratur og kan derfor ha gått glipp av potensielt relevante studier. Andre måter å identifisere studier på, som søk i referanselister, kontakt med eksperter på fagfeltet og upublisert litteratur, er ikke utført i dette oppdraget. Vi gjennomfører ingen kvalitetsvurdering av artiklene.

Ved en full forskningsoppsummering ville vi ha innhentet artiklene i fulltekst for endelig vurdering opp mot inklusjonskritene. Inkluderte studier ville så blitt kvalitetsvurdert i henhold til våre sjekklister og resultater sammenstilt og diskutert.

Problemstilling

 $\rm \mathring{A}$ identifisere studier som har undersøkt effekt av og erfaringer med tiltak gitt kvinner i fengsel/under soning med tanke på rehabilitering.

Metode

Litteratursøk

Vi søkte systematisk etter litteratur i følgende databaser:

- Bibsys
- Campbell Library
- Cochrane Library (alle databaser)
- Criminal Justice Abstracts
- DARE
- ERIC
- ISI Science/Social Science Citation Index
- PsycINFO
- Medline
- National Criminal Justice Reference Service
- Google Scholar
- Open Sigle System for Information on Grey Literature in Europe
- SSRN Social Science Research Network e-library
- Social Services Abstracts
- Social Care Online
- Sosiological Abstracts

Begrunnelse for valg av søkestrategi

Prosjektleder planla en søkestrategi i samarbeid med forskningsbibliotekaren som utførte søket. Den fullstendige søkestrategien er gjengitt i vedlegg til denne rapporten. Søk etter studier ble avsluttet november 2013.

Vi la bestillingen til grunn ved utarbeiding av litteratursøket og søkte etter artikler som oppfylte våre inklusjonskriterier for populasjon og intervensjon. Det ble ikke brukt filter for ulike studiedesign i søkene.

Inklusjonskriterier

Populasjon: Kvinner som er under straffegjennomføring, enten i fengsel

eller gjennom andre straffegjennomføringsformer

Tiltak: Alle rehabiliteringstiltak rettet mot kvinner under soning **Utfall:** Vi inkluderer alle utfall som rapporteres, men eksempler på

spesielt aktuelle utfall vil være tilbakefall, brukertilfredshet,

somatisk og psykisk helse, livskvalitet og lignende.

Studiedesign Primærstudier med alle typer studiedesign og systematiske

oversikter

Språk: Ingen begrensninger

Artikkelutvelging

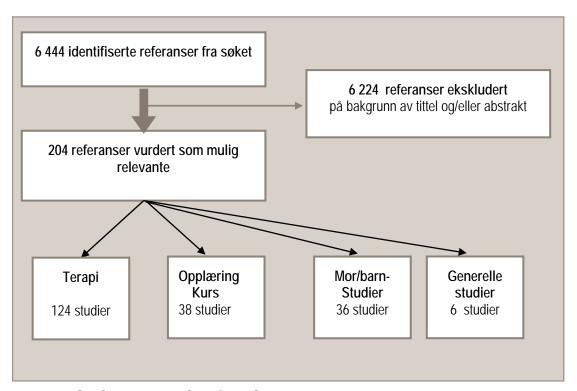
To forskere gikk gjennom alle titler og sammendrag for å vurdere relevans i henhold til inklusjonskriteriene. Vurderingene gjorde forskerne uavhengig av hverandre, og sammenligne deretter resultatene i etterkant. Der det var uenighet om vurderingene, ble inklusjon eller eksklusjon avgjort ved konsensus.

Utvelging av litteratur ble kun gjort basert på tittel og sammendrag. Vi bestilte ikke fulltekst av artiklene.

Resultat

Resultat av søk

Søket resulterte i 8190 referanser. Etter dublettkontroll satt vi igjen med 6444 referanser. Vi vurderte 204 av de identifiserte referansene til å være mulig relevante i henhold til inklusjonskriteriene.



Figur 1. Flytskjema over identifisert litteratur

Resultat av sorteringen

Basert på informasjon om studiedesign fra titler og sammendrag, identifiserte vi potensielt:

- 7 systematiske oversikter
- 20 randomiserte kontrollerte studier
- 14 studier med kvalitative design
- 165 studier med andre design

Vi presenterer først de av referansene som er systematiske oversikter, randomiserte, kontrollerte studier og kvalitative studier i dette notatet, uavhengig av tema/intervensjon.

Vi har deretter valgt å sortere referansene, uavhengig av design i tre store kategorier:

- 1: Psykisk helse behandling/terapi
- 2: Opplæring/skolering/kurs
- 3: Mor/barn-programmer

Bortsett fra siste kategori, har vi delt disse inn i undertemaer (for eksempel *behandling av psykiske plager/rus*, eller *helseopplæring* eller *arbeidslivstrening* osv).

Studiene har vi i siste trinn delt inn etter i hvilken grad tiltakene eller studiene er rettet mot kvinner spesielt. De studiene vi har klart å identifisere hvor de studerte tiltakene utvilsomt er tilpasset kvinner, er listet opp først (*Tiltak tilpasset kvinner*). Deretter følger studier hvor tiltakene ikke nødvendigvis er spesielt utformet eller tilpasset kvinner, men hvor det kun er kvinner som er undersøkt (*Studier med bare kvinner*). Til sist følger studier hvor både kvinner og menn er undersøkt, men hvor effekten på kvinner er rapportert særskilt (*Studier med både kvinner og menn*).

Årsaken til at vi har kategorisert studiene slik, skyldes at vi ikke kan vite om studiene av tiltak med kun kvinner i utvalget er studier av tilpassede tiltak for kvinner – fordi vi kun har lest tittel og sammendrag.

Sorteringen kan være noe upresis, fordi enkelte av temaene går over i hverandre – som psykiske helseplager og rus, for eksempel.

Studier av rene medisinske tiltak (For eksempel medisinsk behandling av psykiske lidelser, rus eller somatisk sykdom), der det ikke i tillegg er en spesifikk psykoterapeutisk eller miljøterapeutisk komponent, er ikke tatt med i denne rapporten.

Noen få studier lot seg ikke plassere innenfor kategoriene da de gikk på tvers av flere tiltak eller temaer. Disse er listet opp under «Generelle studier».

Tabell 1: Antall referanser sortert etter studiedesign

Studiedesign	Antall referanser:
	204

Systematiske oversikter	7
Randomiserte, kontrollerte studier	20
Kvalitative studier	14
Andre design	165
Totalt	204

Tabell 2: Antall referanser sortert etter tema/tiltak

Tema/tiltak	Antall referanser: 204
Psykisk helse - behandling/terapi	122
Behandling av psykiske problemer og lidelser/ internaliserende vansker	42
Tiltak tilpasset kvinner	11
Studier med bare kvinner	22
Studier med både kvinner og menn	9
Behandling av kvinner som utøver vold/har eksternaliserende vansker	10
Studier med bare kvinner	8
Studier med både kvinner og menn	2
Behandling av rus/avhengighetsproblematikk	50
Studier av tiltak tilpasset kvinner	10
Studier med bare kvinner	28
Studier med både kvinner og menn	12
Alternative terapiformer/ stressmestring/selvutvikling	22
Studier med bare kvinner	21
Studier med både kvinner og menn	1
Opplæring/skolering/kurs	38
Generelle tiltak/"Life skills"	30
Studier av tiltak tilpasset kvinner	9
Studier med bare kvinner	12
Studier med både kvinner og menn	9
Arbeidslivsrettede tiltak	8
Studier av tiltak tilpasset kvinner	1
Studier med bare kvinner	7
Mor/barn-programmer	36
Generelle studier	6

Totalt 204

Referanser sortert etter studiedesign

Systematiske oversikter

Finfgeld-Connett D, Johnson ED. Therapeutic substance abuse treatment for incarcerated women. Clinical Nursing Research 2011;20(4):462-81.

Abstract: The purpose of this qualitative systematic review was to explicate attributes of optimal therapeutic strategies for treating incarcerated women who have a history of substance abuse. An expansive search of electronic databases for qualitative research reports relating to substance abuse treatment for incarcerated women was conducted. Nine qualitative research reports comprised the sample for this review. Findings from these reports were extracted, placed into a data analysis matrix, coded, and categorized. Memos were written and strategies for treating incarcerated women with alcohol problems were identified. Therapeutic effects of treatment programs for incarcerated women with substance abuse problems appear to be enhanced when trust-based relationships are established, individualized and just care is provided, and treatment facilities are separate from the general prison environment.

NHS Centre for Reviews and Dissemination. Therapeutic community effectiveness: a systematic international review of therapeutic community treatment for people with personality disorders and mentally disordered offenders. 1999.

Background

This systematic literature review was commissioned to look at therapeutic communities in psychiatric and other settings, particularly for people with personality disorder. A therapeutic community is 'a consciously-designed social environment and programme within a residential or day unit in which the social and group process is harnessed with therapeutic intent. In the therapeutic community the community is the primary therapeutic instrument'.

Findings

This systematic international literature review has led us to conclude that therapeutic communities have not produced the amount or quality of research literature that we might have expected, given the length of time they have been in existence, and the quality of staff we know exists and has existed in therapeutic communities. This may be partly due to a lack of emphasis placed on research in the early days of therapeutic community development, and more recently to a lack of resources, in terms of finance, staff and adequate research methodologies, designs and instruments. However, it is clear that since the meta-analysis indicates that existing research is in favour of therapeutic communities, there should be more, and more good quality, and comparative, research on therapeutic communities, in order to confirm the case that therapeutic communities are effective, especially since they are expensive. In addition there is clinical evidence that therapeutic communities produce changes in people's mental health and functioning, but this needs to be further complemented by good quality qualitative and quantitative research studies.

Conducted by: CRD and the School of Sociology and Social Policy, University of Nottingham

Adams S, Leultefeld CG, Peden AR. Substance abuse treatment for women offenders: A research review. Journal of Addictions Nursing Vol 19(2), 2008, pp 61-75 2008;(2):2008, pp-75.

Abstract: Substance abuse is a major contributing factor to women being incarcerated in the United States, and substance abuse is a critical factor in recidivism. Although women offenders have different reasons for drug use, drug use patterns, life circumstances, and parental responsibilities than men, treatment approaches for women offenders have been largely developed from studies of treatment for incarcerated men and non-offending women in the general community. The purpose of this article is to summarize the recent literature on the treatment needs of women offenders with substance abuse problems and critically examine the six empirical studies that evaluate gender-specific programmatic interventions designed for women offenders. A systematic review of these six empirical studies assessed design, methods, measures, and outcomes. While these studies contribute to the knowledge base, five areas were identified to advance research and improve treatment outcomes for women offenders: 1) randomized controlled design, 2) larger sample size, 3) clear description of program elements and interventions, 4) consistent definition of outcomes and measurement of outcomes, and 5) statistical analyses to control for multiple program elements in determining contribution to treatment outcomes. Implications for practice, program development, and future research to improve treatment outcomes for women offenders are discussed. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract).

LART R. Interventions aimed at reducing re-offending in female offenders: a rapid evidence assessment (REA). Great Britain. Ministry of Justice; 2008.

Abstract: Interventions aimed at targeting antisocial attitudes and anger, self control, family processes (e.g. affection and supervision), general educational needs and antisocial associates was associated with reductions in women's offending. Evidence on in-prison drug treatment is mixed but residential treatment post-custody enhanced effects.

Dowden C, Andrews DA. What works for female offenders: A meta-analytic review. Crime & Delinquency 1999;45(4):438-52.

Although the question of what works for general offender populations has received considerable attention within the rehabilitation literature, very little research has examined female offenders. The present investigation examined the principles of effective correctional treatment for female offenders through a meta-analytic review. The results indicated that the clinically relevant and psychologically informed principles of human service, risk, need, and responsivity identified in past meta-analytic reviews were associated with enhanced reductions in reoffending.

Tripodi SJ, Bledsoe SE, Kim JS, Bender K. Effects of Correctional-Based Programs for Female Inmates: A Systematic Review. Research on Social Work Practice 2011;21(1):15-31.

Abstract: Objective: To examine the effectiveness of interventions for incarcerated women. Method: The researchers use a two-model system: the risk-reduction model for studies analyzing interventions to reduce recidivism rates, and the enhancement model for studies that target psychological and physical well-being. Results: Incarcerated women who participate in substance abuse interventions appear less likely to reoffend than those who do not participate. Enhancement model studies report mixed results. Overall, psychological-oriented interventions and substance abuse programs improve mental health symptoms and substance use among participants as compared to control or comparison groups. Results for HIV prevention programs are ambiguous, and parenting skill programs show no significant effect. Conclusion: Results highlight interventions that appear useful with female inmates. More rigorous research is needed to address many of these evidence-based interventions.

Lichtenstein B, Malow R. A critical review of HIV-related interventions for women prisoners in the United States. Journal of the Association of Nurses in AIDS Care 2010;21(5):380-94.

Abstract: This article reviews the literature on HIV-related interventions for U.S. women prisoners, with a focus on identifying strategies that enabled women to practice safer sex, reduce drug use, and to avoid recidivism. A comprehensive search indicated that only nine such interventions were evaluated in professional journals between 1994 and 2009. These interventions involved behavioral programs for women at risk for HIV and discharge planning for women releases who were either infected with or at risk for HIV. Four interventions for incarcerated women achieved successful outcomes regarding self-empowerment and safer sex skills; 3 prison-release interventions resulted in less recidivism if not reduced HIV risk. Each intervention was nominally women-centered, with prison-release programs lacking protocols that were designed specifically for women. Based on evidence that women-centered interventions were desirable for this population, such interventions should be given high priority in criminal justice policy and care provision during the HIV epidemic. (c) 2010 Association of Nurses in AIDS Care. Published by Elsevier Inc. All rights reserved.

Randomiserte, kontrollerte studier

Jasperson RA. An Animal-Assisted Therapy Intervention with Female Inmates. Anthrozoos 2013;26(1):135-45.

Abstract: For many years corrections facilities have used animals as rehabilitative or therapeutic tools. Using the Outcome Questionnaire 45.2 to measure change, this study employed an experimental design to measure the effects of an animal-assisted therapy group on symptom distress, interpersonal relationships, social role performance, and overall distress of incarcerated women living in the general prison population at the Utah State Prison. Data were gathered during pretest, posttest, and at 30-day follow-up. Participants were selected using randomized systematic sampling and randomly assigned to control or experimental groups. Both the experimental and control groups used the same curriculum. The experimental group had a dog present and the control group did not. Statistical analysis indicated significant improvement for all domains measured for participants in both groups. However, there was no difference in this improvement between groups, indicating that having a dog present during the group process did not influence the improvements. Recommendations for future research are discussed. Adapted from the source document

Messina N, Calhoun s, Warda U. Gender-Responsive Drug Court Treatment: A Randomized Controlled Trial. Criminal Justice and Behavior Volume: 39 Issue: 12 Dated: December 2012. Pages: 1539 to 1558

This pilot study compared outcomes for 94 women offenders in San Diego County, CA, who participated in 4 drug court programs. Women were randomized to gender-responsive (GR) programs using Helping Women Recover and Beyond Trauma or standard mixed-gender treatment. Data were collected at program entry, during treatment, and approximately 22 months after treatment entry. Bivariate and multivariate analyses were conducted. Results showed that GR participants had better intreatment performance, more positive perceptions related to their treatment experience, and trends indicating reductions in posttraumatic stress disorder (PTSD) symptomology. Both groups improved in their self-reported psychological well-being and reported reductions in drug use (p less than .06) and arrest (a diagnosis of PTSD was the primary predictor of reductions in rearrest, p less than .04). Findings show some beneficial effects of adding treatment components oriented toward women's needs. Significant questions remain, particularly around PTSD and whether it should be targeted to improve substance use outcomes for women. Abstract published by arrangement with Sage Journals.

Villagra LP, Gonzalez MA. Acceptance and Commitment Therapy for drug abuse in incarcerated women. Psicothema 2013;25(3):307-12.

Abstract: BACKGROUND: Acceptance and Commitment Therapy is the third wave therapy with the greatest empirical evidence in the treatment of drug abuse

METHOD: Thirty-one women with substance use disorder (SUD) were randomly assigned to two conditions, an intervention based on Acceptance and Commitment Therapy (ACT) and a control group on a waiting list. All participants were assessed three times (before treatment, at the end, and at a six-month follow-up) using urinalysis, the Mini International Neuropsychiatric Interview (MINI), the Addiction Severity Index (ASI-6), the Anxiety Sensitivity Index, and the Acceptance and Action Questionnaire (AAQ-II)

RESULTS: After 16 ACT intervention sessions, abstinence rates of 27.8% were observed, increasing to 43.8% after six months. The treatment also promoted improvements in other areas, such as reductions in the percentage of comorbid psychopathology and anxiety sensitivity, and the increase of psychological flexibility, which, in general, were not documented in the comparison group.

CONCLUSIONS: Clinical gains were achieved, and we consider ACT to be an effective and appropriate treatment to be applied in the prison context.

Law FM, Guo GJ. Hope and recovery from substance abuse for female drug offenders in Taiwan. International Journal of Offender Therapy and Comparative Criminology 2012;56(8):1258-82.

Abstract: This study was designed to fulfill a twofold purpose. First, based on the hope theory framework and previous research, a 16-session hope-based substance abuse treatment program to help female drug abusers achieve a better recovery was developed. Second, ANCOVA was used to test the effectiveness of this treatment model. The participants were 40 female drug offenders who were randomly assigned into experimental and control groups. The 20 experimental group participants received 16 sessions of hope-based substance abuse treatment whereas the 20 control group members were put on the waiting list for another term of treatment. The results indicated that the members of the two groups had significant differences in their posttest scores for recovery goal setting and pursuing, pathway controlling, adequate energy, knowledge of the changing process, ability to cope, adequate cognition, emotion regulation, and self-esteem.

Valentine PV, Smith TE. Evaluating Traumatic Incident Reduction Therapy With Female Inmates: A Randomized Controlled Clinical Trial. Research on Social Work Practice 2001;11(1):40-52.

Abstract: Objective: An experimental outcome study with trauma-related symptoms was conducted to examine the effectiveness of traumatic incident reduction (TIR). It is a brief, memory-based, therapeutic intervention and was used to treat symptoms of post-traumatic stress disorder (PTSD), depression, anxiety, and low expectancy of success (i.e., low self-efficacy). Method: A randomized pretest-posttest control group design with 123 female inmates in a federal prison was used to evaluate the efficacy of the interventive procedure. The Post-Traumatic Symptom Scale, the Beck Depression Inventory, the Clinical Anxiety Scale, and the Generalized Expectancy of Success Scale were administered at pretest, posttest, and 3-month follow-up time intervals. Results: A repeated-measures MANOVA showed significant differences between the treatment and comparison control conditions on all measures at posttest and follow-up time intervals except for the PTSD Intrusion subscale at the posttest interval. Conclusion: The marked improvement of the treatment condition by comparison to those in the control condition supports the contention that TIR is an effective intervention with female inmates. The significant results on all measures at the follow-up time interval provide persuasive evidence of the stability of the interventive effects. The significance of this therapy model for use by practitioners with social work populations is highlighted.

Guydish J, Chan M, Bostrom A, Jessup MA, Davis TB, Marsh C. A Randomized Trial of Probation Case Management for Drug-Involved Women Offenders. Crime and Delinguency 2011;57(2):167-98.

Abstract: This article reports findings from a clinical trial of a probation case management (PCM) intervention for drug-involved women offenders. Participants were randomly assigned to PCM (n = 92) or standard probation (n = 91) and followed for 12 months using measures of substance abuse, psy-

chiatric symptoms, social support, and service utilization. Arrest data were collected from administrative data sets. The sample included mostly African American and White women (age M = 34.7, education M = 11.6 years). Cocaine and heroin were the most frequently reported drugs of abuse, 86% reported history of incarceration, and 74% had children. Women assigned to both PCM and standard probation showed clinical improvement change over time on 7 of 10 measured outcomes. However, PCM group changes were no different than those observed for the standard probation group. Higher levels of case management, drug abuse treatment, and probationary supervision may be required to achieve improved outcomes in this population.

Sanders Baffour TD. The Impact of Family Group Conferencing on Competency Development and Recidivism: A Comparative Analysis of Ethnicity and Gender among Juvenile Offenders. Dissertation Abstracts International, A: The Humanities and Social Sciences. Journal announcement date – 2004.

Abstract: African American and Latino youth are disproportionately represented among arrestees and arrests among young women have shown dramatic increase over the past decade. Family Group Conferencing (FGC) is a mediation procedure involving offenders, their families, and victims of their crimes in which outcomes of material and emotional restitution are sought in an effort to repair the harm caused by the crimes. This study sought to look at the efficacy of FGC for young women and people of color. This explanatory study looked at the importance of ethnicity and gender in influencing the relationship between the independent variable, FGC and the dependent variables of recidivism and competency development. A secondary study was conducted on data collected from the Bethlehem, Pennsylvania, Police Department and the Community Service Foundation. Offenders, randomly sampled to participate in a control group or an experimental group, were sampled via mail, telephone, and in-person interviews. Data from court records were utilized to obtain recidivism rates over an 18month period. Multivariate analysis indicated a statistically significant difference between the re-arrest rates of Family Group Conferencing participants and nonparticipants. Although ethnicity yielded no significant difference, female offenders were more likely to avoid arrest than were their male counterparts. Although gender and race did not significantly impact levels of competency development, offenders thirteen and younger were more likely to seek to repair harm through material and emotional restitution to victims, and attend community service than offenders fourteen through eighteen. FGC has efficacy for juvenile offenders, as this intervention provides alternatives for vulnerable populations--females and people of color--to obtaining a criminal record.

Leve LD, Chamberlain P, Reid JB. Intervention outcomes for girls referred from juvenile justice: effects on delinquency. Journal of Consulting and Clinical Psychology 2005;73(6):1181-5.

Abstract: An increasing number of girls are entering the juvenile justice system. However, intervention programs for delinquent girls have not been examined empirically. The authors examined the 12-month outcomes of a randomized intervention trial for girls with chronic delinquency (N = 81). Girls were randomly assigned into an experimental condition (Multidimensional Treatment Foster Care; MTFC) or a control condition (group care; GC). Analyses of covariance indicated that MTFC youth had a significantly greater reduction in the number of days spent in locked settings and in caregiver-reported delinquency and had 42% fewer criminal referrals than GC youth (a trend) at the 12-month follow-up. Implications for reducing girls' chronic delinquency are discussed.

Messina N, Calhoun S, Warda U. Gender-Responsive Drug Court Treatment: A Randomized Controlled Trial. Criminal Justice and Behavior 2012;39(12):1539-58.

Abstract: This pilot study compared outcomes for 94 women offenders in San Diego County, California, who participated in four drug court programs. Women were randomized to gender-responsive (GR) programs using Helping Women Recover and Beyond Trauma or standard mixed-gender treatment. Data were collected at program entry, during treatment, and approximately 22 months after treatment entry. Bivariate and multivariate analyses were conducted. Results showed that GR participants had better in-treatment performance, more positive perceptions related to their treatment experience, and trends indicating reductions in posttraumatic stress disorder (PTSD) symptomology. Both groups improved in their self-reported psychological well-being and reported reductions in drug use (p < .06) and arrest (a diagnosis of PTSD was the primary predictor of reductions in rearrest, p < .04). Findings show some beneficial effects of adding treatment components oriented toward women's needs. Significant questions remain, particularly around PTSD and whether it should be targeted to improve substance use outcomes for women. [Reprinted by permission of Sage Publications Inc., copyright American Association for Correctional Psychology.]

Messina N, Grella CE, Cartier J, Torres S. A randomized experimental study of gender-responsive substance abuse treatment for women in prison. Journal of Substance Abuse Treatment 2010;38(2):97-107.

Abstract: This experimental pilot study compared postrelease outcomes for 115 women who participated in prison-based substance abuse treatment. Women were randomized to a gender-responsive treatment (GRT) program using manualized curricula (Helping Women Recover and Beyond Trauma) or a standard prison-based therapeutic community. Data were collected from the participants at prison program entry and 6 and 12 months after release. Bivariate and multivariate analyses were conducted. Results indicate that both groups improved in psychological well-being; however, GRT participants had greater reductions in drug use, were more likely to remain in residential aftercare longer (2.6 vs. 1.8 months, p < .05), and were less likely to have been reincarcerated within 12 months after parole (31% vs. 45%, respectively; a 67% reduction in odds for the experimental group, p < .05). Findings show the beneficial effects of treatment components oriented toward women's needs and support the integration of GRT in prison programs for women. Copyright 2010 Elsevier Inc. All rights reserved.

Sacks JY, McKendrick K, Hamilton Z. A randomized clinical trial of a therapeutic community treatment for female inmates: outcomes at 6 and 12 months after prison release. Journal of Addictive Diseases 2012;31(3):258-69.

Abstract: This random assignment study compared female offenders (n = 468) with substance use disorders in a prison therapeutic community program with those in a cognitive-behavioral intervention. The study demonstrates that all women benefitted from gender-sensitive prison treatment, but the therapeutic community was more effective in reducing drug use, criminal activity, and exposure to trauma and increasing mental health functioning and time until reincarceration during the year after prison. In addition, the ability to sustain and even improve behavior change after the women leave prison highlights the importance of providing accessible community-based continuity of mental health and substance abuse services during reentry.

Richards HJ, Casey JO, Lucente SW. Psychopathy and treatment response in incarcerated female substance abusers. Criminal Justice and Behavior Vol 30(2), Apr 2003, pp 251-276 2003;(2):Apr-276.

Abstract: The authors rated 404 incarcerated female participants (mean age 35.2 yrs) in a substance abuse treatment efficacy study using either the Hare Psychopathy Checklist-Revised (PCL-R) or the Psychopathy Checklist: Screening Version (PCL:SV). Participants were then randomly assigned among 3 treatment conditions. Psychopathy scores were significantly associated with poor treatment response with regard to program retention, removal for serious noncompliance, violent and disruptive rule violations, avoidance of urinalysis testing, treatment module attendance, and therapist ratings. Cox regression analyses indicated that psychopathy scores (particularly Factor 1 scores) better predicted new charges in the community than a combination of other variables. The authors concluded

that Hare psychopathy scores can be used validly for assessment for placement, risk assessment, and individual treatment planning for female offenders. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Zlotnick C, Johnson J, Najavits LM. Randomized controlled pilot study of cognitive-behavioral therapy in a sample of incarcerated women with substance use disorder and PTSD. Behavior Therapy 2009;40(4):325-36.

Abstract: This randomized controlled pilot study compared a cognitive-behavioral therapy (Seeking Safety; SS) plus treatment-as-usual (TAU) to TAU-alone in 49 incarcerated women with substance use disorder (SUD) and posttraumatic stress disorder (PTSD; full or subthreshold). Seeking Safety consisted of a voluntary group treatment during incarceration and individual treatment after prison release. TAU was required in the prison and comprised 180 to 240 hours of individual and group treatment over 6 to 8 weeks. Assessments occurred at intake, 12 weeks after intake, and 3 and 6 months after release from prison. There were no significant differences between conditions on all key domains (PTSD, SUD, psychopathology, and legal problems); but both conditions showed significant improvements from intake to later time points on all of these outcomes across time. Secondary analyses at follow-up found trends for SS participants improving on clinician-rated PTSD symptoms and TAU participants worsening on self-reported PTSD symptoms. Also, SS demonstrated continued improvement on psychopathology at 3 and 6 months, whereas TAU did not. However, alcohol use improved more for TAU during follow-up. Satisfaction with SS was high, and a greater number of SS sessions was associated with greater improvement on PTSD and drug use. Six months after release from prison, 53% of the women in both conditions reported a remission in PTSD. Study limitations include lack of assessment of SS outcomes at end of group treatment; lack of blind assessment; omission of the SS case management component; and possible contamination between the two conditions. The complex needs of this population are discussed.

Johnson JE, Zlotnick C. Pilot study of treatment for major depression among women prisoners with substance use disorder. Journal of Psychiatric Research 2012;46(9):1174-83.

Abstract: This study, the largest randomized controlled trial of treatment for major depressive disorder (MDD) in an incarcerated population to date, wave-randomized 38 incarcerated women (6 waves) with MDD who were attending prison substance use treatment to adjunctive group interpersonal psychotherapy (IPT) for MDD or to an attention-matched control condition. Intent-to-treat analyses found that IPT participants had significantly lower depressive symptoms at the end of 8 weeks of in-prison treatment than did control participants. Control participants improved later, after prison release. IPT's rapid effect on MDD within prison may reduce serious in-prison consequences of MDD.

Seabrook RL. The effects of the Georgia Cognitive Skills Experiment for pre-release female offenders

Abstract: This is the first study to address the overall effectiveness of the Reasoning and Rehabilitation (R&R), a cognitive skills program, with respect to women offenders. Previous cognitive-behavioral evaluations have largely included only male offender samples and the question of its effectiveness and appropriateness on the female offender population has been inadequately studied and deserved detailed examination. This dissertation study specifically separates the treatment effects based on gender and addresses gender as an important variable of interest. Two research questions were examined: (1)Is the cognitive program effective among female offenders? Do women assigned to the cognitive group achieve lower recidivism rates and better post test results than those assigned to the control group? and (2)Are program effects similar for men and women? Are treatment effects for female offender's and male offender's equivalent? Using the data collected from the Georgia Cognitive Skills Experiment, 192 male and female correctional offenders were randomly assigned to either an experimental group (receiving the R&R program) or control group (not receiving the R&R program). Bivariate and multivariate analyses were conducted to ascertain the treatment effects based on the variables treatment/control group and gender. The analyses also incorporated various outcome measures that denote change in criminal thinking and cognitive skills and recidivism as well as additional control variables in order to show that a relationship exists between these variables. Based on these analyses, the results indicated that the R&R program is ineffective for female offenders. Although the results from this study did not produce significant treatment effects among both male and female offender populations in the R&R program, studies such as these will help improve correctional programming especially for women offenders. While conclusive understanding of the causes of female offending is still a long way off, practice and research has come a long way in treating this group as distinct from their male counterparts. The results of this research will enhance our understanding of programmatic issues and implications as they relate to female offending in the criminal justice system, particularly the effectiveness of interventions such as the R&R program and many more treatment approaches to come. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Valentine PV, Smith TE. Evaluating Traumatic Incident Reduction Therapy With Female Inmates: A Randomized Controlled Clinical Trial. Research on Social Work Practice 2001;11(1):40-52.

Abstract: Objective: An experimental outcome study with trauma-related symptoms was conducted to examine the effectiveness of traumatic incident reduction (TIR). It is a brief, memory-based, therapeutic intervention and was used to treat symptoms of post-traumatic stress disorder (PTSD), depression, anxiety, and low expectancy of success (i.e., low self-efficacy). Method: A randomized pretest-posttest control group design with 123 female inmates in a federal prison was used to evaluate the efficacy of the interventive procedure. The Post-Traumatic Symptom Scale, the Beck Depression Inventory, the Clinical Anxiety Scale, and the Generalized Expectancy of Success Scale were administered at pretest, posttest, and 3-month follow-up time intervals. Results: A repeated-measures MANOVA showed significant differences between the treatment and comparison control conditions on all measures at posttest and follow-up time intervals except for the PTSD Intrusion subscale at the posttest interval. Conclusion: The marked improvement of the treatment condition by comparison to those in the control condition supports the contention that TIR is an effective intervention with female inmates. The significant results on all measures at the follow-up time interval provide persuasive evidence of the stability of the interventive effects. The significance of this therapy model for use by practitioners with social work populations is highlighted.

Burdon WM, De Lore J, Dang J, Warda US, Prendergast ML. Psychosocial functioning among inmates in prison-based drug treatment: Results from Project BRITE. Journal of Experimental Criminology Vol 9(1), Mar 2013, pp 45-64 2013;(1):Mar-64.

Abstract: Objective: To assess the impact of a positive behavioral reinforcement intervention on psychosocial functioning of inmates over the course of treatment and on posttreatment self-reported measures of treatment participation, progress, and satisfaction. Method: Male (n = 187) and female (n = 143) inmates participating in 12-week prison-based intensive outpatient (IOP) drug treatment were randomly assigned to receive standard treatment (ST) or standard treatment plus positive behavioral reinforcement (BR) for engaging in targeted activities and behaviors. Participants were assessed for psychosocial functioning at baseline and at the conclusion of treatment (post-treatment). Self-reported measures of treatment participation, treatment progress, and treatment satisfaction were also captured at post-treatment. Results: The intervention affected female and male subjects differently and not always in a way that favored BR subjects, as compared to the ST subjects, most notably on measures of depression and criminal thinking. Conclusions: Possible explanations for the results include differences in the male and female custody environments combined with the procedures that study participants had to follow to earn and/or receive positive reinforcement at the two study sites, as well as baseline differences between the genders and a possible floor effect among females on measures of criminality. Limitations of the study included the inability to make study participants blind to the study conditions and the possible over-branding of the study, which may have influenced the results. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract).

Perkins R. The efficacy of mindfulness-based techniques in the reduction of stress in a sample of incarcerated women. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 59(9-B), Mar 1999, pp 5104 1999;(9-B):Mar.

Abstract: The purpose of this study was to evaluate the efficacy of a mindfulness-based stress reduction program in lowering the somatization and subsequent medical service utilization in a prison environment. Female inmates at a Federal Correctional Institution were randomly divided into a treatment group and a wait-list control group, with the treatment group attending an eight week mindfulnessbased stress management class. A third group of inmates who were attending other psychoeducational classes, run by the prison staff, were recruited to participate in the study as an attention control group. Three self-report measures were administered to all three groups of inmates, at pre-treatment and post-treatment intervals. The measures used were the Coping Resources Inventory for Stress (CRIS), the Symptom Checklist-90-Revised (SCL-90-R) and State-Trait Anger Inventory (STAXI). In addition, frequency measures on utilization of medical services were obtained for the two month period prior to treatment, the two month period during treatment, and for the two month period immediately following treatment. The results indicated that the inmates in the treatment group demonstrated a significant increase in their overall effectiveness in coping with stress (Coping Resources Effectiveness score) and a significant decrease in their global level of distress (Global Severity Index score), at the time of post-testing, when compared with the two control groups. Both the treatment and the attention control subjects demonstrated a significant decrease in their situational anger and angry responding (State Anger and Anger Expression scores) between pre and post-testing. However, none of the three groups demonstrated significant changes in their utilization of medical services over time. These results are interpreted as providing support for efficacy of the mindfulness-based stress management program for increasing coping effectiveness with stress, decreasing global level of distress and decreasing both situational anger and angry responding. The lack of significant findings in the behavioral data and possible reasons for these findings are explored. The benefits of providing mindfulness-based stress management programs for inmates in federal prisons are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Liau AK, Shively R, Horn M, Landau J, Barriga A, Gibbs JC. Effects of Psychoeducation for Offenders in a Community Correctional Facility. Journal of Community Psychology 2004;32(5):543-58.

Abstract: The present study provided a randomized outcome evaluation of the psychoeducational component of the EQUIP program. The psychoeducational curriculum was implemented in a community correctional facility for adult felony offenders. The psychoeducational curriculum is designed to remedy offenders' delays in moral judgment maturity, social cognitive distortions, and social skill deficiencies. The participants were 316 felony offenders, 71% male, aged 18 to 61 years. Relative to a control group, participants who received portions of the curriculum reported fewer serious institutional violations. Female, but not male participants, who received the curriculum were less likely to recidivate than those in the control group at six months. Reductions in mediating factors--cognitive distortion for males and social skills for females--were associated with fewer serious institutional violations. Levels of substance abuse, exposure to violence, and number of serious violations were found to predict recidivism at six months. (Contains 1 table and 2 footnotes.)

Sacks JY, Sacks S, McKendrick K, Banks S, Schoeneberger M, Hamilton Z, et al. Prison Therapeutic Community Treatment for Female Offenders: Profiles and Preliminary Findings for Mental Health and Other Variables (Crime, Substance Use and HIV Risk). Journal of Offender Rehabilitation 2008;46(3-4):233-61.

Abstract: This random assignment study compared women in a prison Therapeutic Community (TC) program with those in a cognitive-behavioral intervention. Over two thirds of study subjects received a lifetime diagnosis of severe mental disorder, nearly one-half received a diagnosis of PTSD, and virtually all reported exposure to trauma. Preliminary analysis (n = 314) found significantly better sixmonth post-prison outcomes for the TC group on measures of mental health, criminal behavior and HIV-risk behavior. These findings suggest the short-term effectiveness of prison TC treatment for female offenders with substance use disorders, and underscore the importance of adapting treatment to address mental health. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580.

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C, MCIVOR G, SHEEHAN R. The effectiveness of support and rehabilitation services for women of fenders. Australian Social Work Vol 65(1), Mar 2012, pp 6-20 2012;(1):Mar-20.

Abstract: There is a large body of research evidence suggesting that support, rehabilitation, and supervision programs can help offenders to reduce recidivism. However, the effectiveness of these services is dependent upon the extent to which the workers who deliver them comply with "what works" principles and practices. Because most of this research has been conducted with men, this study focused on the extent to which these principles and practices apply to women. In particular, the study examined services offered to a group of women in prison in Victoria, Australia, and following their release to the community; and the relationship between these women's views about the services, recidivism, and the characteristics of the services. Results were generally consistent with earlier research. The women favoured services that are delivered by workers who are reliable, holistic, collaborative, who understand the women's perspective, and that focus on strengths. They did not support services that challenged the women, focused on their offences, or on the things they did badly. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

Cotton SL. The Experiences in a Jail Diversion Program of Women Clients Who Have a Severe and Persistent Mental Illness and a History of Substance Abuse. Dissertation Abstracts International, A: The Humanities and Social Sciences. 2002. Available from UMI, Ann Arbor, MI. Order No. DA3048116.

Abstract: Objective. Explore the experiences of 20 women in a jail diversion and discharge program who have a severe and persistent mental illness and a history of substance abuse. The women's ages ranged from 25 to 57, with a median age of 41. The group was composed of one Caucasian, six Hispanics and 13 African Americans. The author explores the lives of the women and the structural and behavioral challenges facing the women as they attempt to reenter society. The goal of this research was to examine the meanings that the women attached to the diversion experience, their strategies and the consequences of those strategies. Methods. Twenty individual interviews and two focus groups were conducted to create a data source from which concepts were extracted, connected by statements of relationship and woven into a theoretical framework utilizing "Grounded Theory" methodology. Results. Development of the "Theoretical Model of a Coercive Continuum." The model depicts the strategies and consequences of mentally ill women who have been subject to the effects of a continuum of coercive and institutional forces. Conclusion. Throughout childhood, incarceration and "treatment" in mental health facilities, the women in the study continued to learn the lessons of powerlessness, helplessness and lack of autonomy. The result is that the women will leave the last stage of society's corrective action-mental health treatment still in a state of institutionalization.

Strauss SM, Falkin GP. The relationship between the quality of drug user treatment and program completion: understanding the perceptions of women in a prison-based program. Substance Use and Misuse 2000;35(12-14):2127-59.

Abstract: To determine why some women offenders complete prison-based drug user treatment and others leave early, clients' (N = 101) perceptions of various aspects of the quality of the treatment experience were compared. Analyses of both quantitative and qualitative data indicate that clients who completed the program had a more favorable perception of staff and felt empowered by the experience in treatment. Most of the clients who left early did so because of conflicts or disagreements with the program's rules. We discuss how a supportive approach to personal development may enhance client perceptions of program quality and increase retention rates.

Jorgenson JA. The influences of post-secondary education experiences on incarcerated women's community reentry. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Marienau, Catherine Edition date: 2008.

Abstract: Little is known about the role educational participation in prison plays in women's lives as they prepare for reentry into their communities. The purpose of this study was to explore women's perceptions of their post-secondary educational experiences during incarceration and the influence of that involvement in their lives post-release. The study was designed to examine how college learning experiences in prison affect positive reintegration for women upon release. The theoretical base for the study was informed by two main ideas that are constructive-developmental in nature: that the meaning of the women's lives during incarceration shape their futures following release; and, that how the women learn to participate in the process of knowing (Women's Ways of Knowing) influences their understanding of self and their ability to navigate in the larger world. A phenomenological approach guided collection of data through in-depth interviews with 11 reentry women. Thematic analysis of the interview data revealed 5 categories, 10 emergent themes, and 8 subthemes. The most prominent finding was that while the skills and knowledge attained through higher-education are critical for releasing women to become financially stable, the transformation they have made in their ways of knowing about self and others are the true guide to successful reentry. Two key recommendations are that postsecondary education be made available for incarcerated women and that communities support their reintegration through employment opportunities and respect as members of society. This study contributes to positive social change by offering support for funding and civic engagement to address the ongoing education and employment needs of incarcerated and reentry women so that they may become fully contributing members of society. Copies of dissertations may

be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Rossi L. Counselling in prison: Inside women's stories. Dissertation Abstracts International, A: The Humanities and Social Sciences. PhD Thesis publ. date: 2005; Pages: 310.

Abstract: Research regarding counselling for women in prison has largely focused on identifying and developing therapeutic programs aimed at reducing recidivism. Little has been studied about the women's experience of these counselling programs, particularly from their own perspectives. Seven women in prison were interviewed about their experiences of counselling while incarcerated. In an intensive qualitative analysis of the interview transcripts, 19 common themes were identified that were organised into the following 6 categories: (a) Identifying Pathways to Counselling, (b) Women's Perceptions of Counselling, (c) Influential Qualities of Counselling In Prison, (d) Describing Change, (e) Influence of Client Factors, and (f) Living Inside: Understanding The Prison Climate. As well, the participant's individual and shared stories are provided regarding the counselling experience. Results of this study revealed elements within the participants' experience that are consistent with the psychotherapy literature. Unique aspects of the prison environment were also found to influence the counselling experience for the women in prison. Discussion is provided in relation to exploring the gap between the psychotherapy and correctional literature. Recommendations for therapists working with women in prison are also described.

Minian N. Negotiating an identity in an Alternative to Incarceration program. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 65(8-B),2005, pp 4322 2005;(8-B):2005.

Abstract: The impact of being sentenced to an Alternative to Incarceration (ATI) program was the study of investigation for this dissertation. Starting from a Vygotskian, socio historical theory and narrative theory, the identities of ATI clients were conceptualized as social positions that developed through a historical process. The aim of the present study was to understand how youth transform their identities at an ATI program in New York City. This period of transition was not conceptualized through focusing on a single aspect of living, as many investigations are, but rather through examining the overall life structure, which requires the consideration of both the self and the world. Thus, the present study can be seen as an application of the Vygotsky/Scribner framework which posits that, in order to understand a psychological system such as identity, one has to also understand the general history of humanity, the history of individual societies, and the life history of the individual in society. Data collection included semi-structured life history interviews with fifteen participants (eight male and seven female participants). The interviews were coded using NUD*IST 6, using both an inductive and a deductive process. Themes and patterns across the interviews were identified and presented as the content analysis. Two case histories were created to contextualize how the themes gain importance in individual lives. Findings indicated that after participating in an ATI for three months, most participants developed a "hybrid" identity that incorporated both the experience and expectations of the ATI and prior positive and negative school, family and community influences. Gender identity played a key role in the processes by which participants' constructed an identity during their adolescent years. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Harvey CL. From a corrections-based therapeutic community to residential community reentry: A qualitative study of offenders' lived experiences. Dissertation Abstracts International, A: The Humanities and Social Sciences:2011.

Abstract: During the past several decades, there have been increasing efforts to identify "what works' in corrections so that recidivism can be reduced. However, studies exploring the metaphorical "black box' of reentry remain limited. This qualitative, grounded theory, research project sought to understand the lived experiences of offenders who are reentering their residential communities after graduating from a corrections-based therapeutic community. Twenty-five men and women were recruited from therapeutic communities in two prison-based and two community-based correctional facilities. The participants reentered residential communities in seven counties in Ohio. Semi-structured interviews were conducted and the constant comparative method was used to analyze emerging data. In the final stage of data analysis, themes were organized under the therapeutic community experience and the reentry experience. A negative case is also discussed. Findings indicate that the therapeutic community modality is viable and prepares offenders for reentry. TC emphasizes a transfer of learning so that offenders can apply newly acquired knowledge and skills successfully as they adapt to their residential communities. However, it is also important for residential communities to provide health and social services as well as social support to meet individuals' needs and facilitate their continuing development. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.co

Kerr C. Gender-responsive treatment: What women say a qualitative exploratory study of women's experience with an innovative treatment program

Abstract: This qualitative exploratory study uses a utilization-focused program evaluation to examine a sample of 18 women who successfully completed a gender-responsive treatment program for women offenders who had co-occurring psychiatric and addiction disorders. Semi-structured interviews were conducted to determine whether the gender-responsive programming contributed to subjects' treatment success, quality of life and continued positive functioning. Women attributed their success first to the all-female milieu that allowed them to learn to form healthy relationships with peers and staff. They reported that those relationship skills generalized to other people in their lives. Subjects also tied increases in self-esteem and self-awareness to the ability to develop more positive and satisfying relationships. Trauma treatment and provision of simultaneous addiction and mental health treatment were also seen as very important by these women. The efficacy, strengths and weaknesses of this gender-responsive program are discussed, and implications for clinical practice and further research are reviewed. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; email: disspub@umi.com

White GD. Gender-responsive programs in U.S. prisons: implications for change. Social Work in Public Health 2012;work(3):283-300.

Abstract: This research examines the need for programs that focus on mental health issues, parenting issues, and other unique needs of female offenders incarcerated throughout the United States. The Bureau of Justice Statistics showed that 84% of female offenders were living with their children prior to their arrest. This constitutes a crisis in our society today, which is manifest in overcrowded state and federal prisons, increased caseloads for the Department of Children and Family Services, the Foster Care System, and families of the offenders. The goal of this research is to determine what types of gender-responsive programs are effective in reducing recidivism. The methods used were qualitative data analysis, by comparing which programs are offered, either within the prison, or as a reentry postrelease program. A survey was used and interview data were analyzed by identifying and comparing common themes and patterns. The findings reveal the most effective gender-responsive programs are those that incorporate substance abuse treatment, education and job preparedness, parenting programs where contact with children is allowed and/or encouraged, and family reunification programs.

Calhoun S, Messina N, Cartier J, Torres S. Implementing gender-responsive treatment for women in prison: Client and staff perspectives. Federal Probation Vol 74(3), Dec 2010, pp 27-33 2010;(3):Dec-33.

Abstract: Over the past two decades, the overall number of female prisoners in the United States has grown substantially. While the number of women in prison remains lower than the number of men, women are entering prisons at a faster rate than men. From 1995 to 2005, the total number of female prisoners increased 57 percent compared with a 34 percent increase in male prisoners. The authors of this article are evaluating a women-focused treatment program implementing curricula based on relational theory to determine its relative effectiveness compared to a standard prison therapeutic community (TC) treatment program. The participants in the women-focused program at the time the study was conducted were 53 percent Caucasian, 20 percent African American, 18 percent Hispanic, and 9 percent "other ethnicity" Of these, 47 percent reported never being married, 36 percent were divorced or separated, 12 percent were married and 5 percent were widowed. The women ranged in age between 18 and 54 years, with a mean age of 36 years. The women-focused program was staffed by 16 full-time staff members. The staff group members ranged in age from 25 to 60 years, with a mean age of 43 years (SD= 11.2). Participants in the client focus group identified several issues that they felt were important to address in order facilitate their recovery. There was a general consensus that the top two issues that they needed and wanted to address while in treatment were their drug use and their familial relationships, why they were using drugs. The women who were mothers were very concerned about the effects of their drug use and lifestyle in general on their children. Despite the richness and utility of the data, generalizability from the focus group discussions may be limited due to the small sample size and the fact that the participants were not randomly selected. Thus, the findings from the focus group discussions represent the perceptions of the staff and clients who participated in the focus groups and may not represent those who did not. The information gathered from these focus groups highlights the need to increase the collaboration between the treatment and custody staff in order to ensure that the goals of the treatment program are not undermined by the conflicting goals of the correctional system. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Sowards KA, O'Boyle K, Weissman M. Inspiring Hope, Envisioning Alternatives: The Importance of Peer Role Models in a Mandated Treatment Program for Women. Journal of Social Work Practice in the Addictions 2006;6(4):55-70.

Abstract: This article presents evidence from a program evaluation effort conducted with clients in a mandated treatment setting for drug involved women charged with felony-level offenses. We present themes from qualitative interviews that stress the importance of identifying with a peer who is further along in recovery as a crucial mechanism for instilling hope & fostering program engagement. We also provide survey data that shows that a client's ability to imagine a life without using drugs, at intake, is a significant predictor of program success. Finally, the Stages of Change Readiness & Treatment Eagerness scale did not show any significant correlations with program success in this population. All women entered this program from very challenging situations, but we conclude that those who enter with the least hope & smallest (or absent) vision of any alternative future are especially vulnerable for a bad outcome. We urge researchers & practitioners to further explore the ways in which connections with peer role models facilitate engagement & successful outcomes; & to systematically evaluate the effect of interventions designed to foster such connections on program outcomes. Tables, References. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

Winn MT. Girl Time: Literacy, Justice, and the School-to-Prison Pipeline. Teaching for Social Justice. Teachers College Press. 1234 Amsterdam Avenue, New York, NY 10027.; 2011.

Abstract: This original account is based on the author's experiences with incarcerated girls participating in "Girl Time", a program created by a theatre company that conducts playwriting and performance workshops in youth detention centers. In addition to examining the lives of these and other formerly incarcerated girls, "Girl Time" shares the stories of educators who dare to teach children who have been "thrown away" by their schools and society. The girls, primarily African American teens, write their own plays, learn ensemble-building techniques, explore societal themes, and engage in self analysis as they prepare for a final performance. The book describes some of the girls and their experiences in the program, examines the implications of the school-to-prison pipeline, and offers ways for young girls to avoid incarceration. Readers will learn how the lived experiences of incarcerated girls can inform their teaching in public school classrooms and the teaching of literacy as a civil and human right. [Foreword by Shirley Brice Heath.]

Brennan PK. An Intermediate Sanction That Fosters the Mother-Child Bond: A Process Evaluation of Summit House. Women & Criminal Justice 2008;18(3):47-80.

Abstract: Summit House is a residential alternative-to-incarceration program in North Carolina that operates in a home-like setting for female offenders and their children; the Program is designated an intermediate sanction. The Program has been recognized by experts in the field as a national model. And, in 1996 and 1998 respectively, it received two national awards-The President's Service Award and The Improvement of Justice Award. Despite national recognition and honor, however, little is known about the process by which the Program assists women in their role as mothers. This paper provides a process evaluation of the Summit House Program. To assess the Program, I reviewed an array of documents (e.g., resident manuals, incident reports, individualized treatment plans) and conducted a total of 44 interviews with administrators, staff, and clients. These individual face-to-face interviews took place in a private setting and averaged an hour in duration. Based on this information, I explain how the Program assists residents in building competency in the relationships they have with their children. The Program's strengths and weaknesses are highlighted and recommendations are offered for improvement. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

Bates TJ. Drug court: Breaking the black magic spell of drug addiction for women: A qualitative study. Dissertation Abstracts International, A: The Humanities and Social Sciences. h.D. Edition date: 2008.

Abstract: The use of incarceration as society's punishment for crime has been embedded in America's social framework since the late 18th century. By the end of the 20th century incarceration rates reached an all-time high as a new criminal emerged, the substance-abusing offender. With the expansion of the illicit drug markets, incarceration rates reached an all-time high and women were incarcerated more than ever before in history. As a result the criminal justice system made a paradigm shift, from a punishment-based paradigm of incarceration to a restorative justice approach. Drug court, a specialty court, is one model of restorative justice. The purpose of this study was to examine drug court through the lens of social role theory and social role valorization (SRV) theory in order to understand its effectiveness as a rehabilitative effort for the substance-abusing female offender. This phenomenological study explores the lived experiences of 26 female substance-related felony offenders in Salt Lake County Felony Drug Court, Salt Lake City, Utah. Each of the women participated in an individual, 2-hour, in-depth, semi-structured, audiotaped interview; a follow-up interview; and a 2hour focus group. The interviews revealed loss, neglect, abandonment, and grief issues that began early in the women's lives. Consequently, they approached early adulthood relying on substances not only for their numbing properties but also for connections to significant others, setting up long patterns of dysfunction in their lives. Even though 15 (58%) of the women felt they had been coerced into drug court, 25 (96%) spoke of drug court as 'saving them.' Acceptance, caring, and genuine positive regard trumped everything else drug court was doing. The women spoke of camaraderie and of being valued. They spoke positively of the shared understanding and collaborative effort, guidance, and structure. Through the drug court process their societal roles became more positive and valued as they moved toward a traditional social role. As personal, family and financial changes were made, they became more gentle, friendly and cooperative. They were less defiant and more compliant with the rules and requirements of the drug court program. They told of drug court being a successful rehabilitative effort. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Referanser sortert etter type tiltak: psykisk helse – behandling/terapi

Psykiske problemer og lidelser/internaliserende vansker

Studier av tiltak tilpasset kvinner

Long CG, Fulton B, Dolley O, Hollin CR. Dealing with Feelings: the effectiveness of cognitive behavioural group treatment for women in secure settings. Behavioural and Cognitive Psychotherapy 2011;COGNITIVE(2):243-7.

Abstract: BACKGROUND: Women in secure psychiatric settings have gender specific treatment needs. The current study examined the feasibility of a Dealing with Feelings Skills Group training for dual diagnosis women admitted to a medium secure setting

METHOD: A pre-test--post-test design was used to evaluate a group programme adapted from dialectical behaviour therapy skills training

RESULTS: Most patients had a primary diagnosis of personality disorder. Treatment completers (n = 29) were compared with non-completers (n = 15). Clinically significant changes in treatment completers were apparent on coping response measures of positive reappraisal, problem solving and alternative rewards; on measures of anxiety and suicidality; on self-reported ability to engage in activities to reduce negative mood and to recognize mood changes. Self-harming and aggressive behaviours also reduced in the 3 months following group treatment

CONCLUSION: An adapted coping skills component of DBT benefit many dual diagnosis patients: issues related to treatment drop-out and failure to benefit are discussed.

Sultan FE, Long GT. Treatment of the Sexually/Physically Abused Female Inmate: Evaluation of an Intensive Short-Term Intervention Program. Journal of Offender Counseling, Services & Rehabilitation 1988;12(2):131-43.

Abstract: Evaluated treatment model for physically or sexually abused female inmates (N=15). Hypothesized that during 16-week program, inmates would share an increase of self-esteem, perceive control over their lives, trust in others and experience a reduction of alienation from others. Compared these attitudes prior and subsequent to every 4 weeks during 16-week program. Results support the hypothesis. (Author/BH)

Arnold EM, Kirk RS, Roberts AC, Griffith DP, Meadows K, Julian J. Treatment of incarcerated, sexually-abused adolescent females: an outcome study. Journal of Child Sexual Abuse 2003;12(1):123-39.

Abstract: This study examined the psychosocial functioning of 100 adolescent females (ages 12-17) sentenced to secure care in a southeastern state and the impact of gender-specific, cognitive-behavioral therapy (CBT) intervention on the psychosocial functioning of subjects who reported a history of

sexual abuse. The Multidimensional Adolescent Assessment Scale (MAAS) was used to assess psychosocial functioning. Pre-test scores on the MAAS revealed significantly higher scores on 12 of 16 dimensions of psychosocial functioning and higher rates of serious criminal behavior for youth who subsequently disclosed sexual abuse histories as compared to those without such histories. At posttest, statistically significant improvements in psychosocial functioning were observed on 14 of 16 MAAS subscales for those who received the CBT intervention. Thus, incarcerated female adolescents who reported a history of sexual abuse demonstrated more impairment in their functioning as compared to those without a reported history of sexual abuse and responded positively to genderspecific, CBT-based intervention.

DeCou KH. Measuring Empowerment for Incarcerated Women: Effects of a Phase-Oriented Intervention Model. Dissertation Abstracts International, A: The Humanities and Social Sciences:1980-1198A.

Abstract: Research on the needs of women in corrections has proliferated in the last decade. Efforts to develop and measure effective programs for women in corrections to respond to the needs identified by the research have only recently begun. For the limited program models that have been developed, outcomes research has often focused on recidivism as the primary measure. This research study was undertaken to explore the effectiveness of the design of one comprehensive program model in Hampden County Correctional Center and to utilize an individual outcomes measure of empowerment to evaluate gains. The study thus targets two levels of impact--individual outcomes specifically measuring empowerment, and effectiveness of the experimental intervention of women's V.O.I.C.E.S., a phase-oriented model of programming designed far women offenders. The result of the findings demonstrated that empowerment, resilience and choice can contribute significantly to measure change and that these constructs support the experimental intervention design.

Ward A, Roe-Sepowitz D. Intervention and Treatment: Assessing the Effectiveness of a Trauma-Oriented Approach to Treating Prostituted Women in a Prison and a Community Exiting Program. Journal of Aggression, Maltreatment & Trauma 2009;18(3):293-312.

Abstract: Women who have been prostitutes are social work clients in many clinical, correctional, and community settings. Unique programming that addresses the high levels of trauma symptoms reported by prostituted women has yet to be explored. The purpose of this study is to explore the effectiveness of a group trauma and abuse intervention for prostituted women from two settings, prison and a community exiting program. A quasi-experimental research design was used. Twenty-nine women participated in a 12-week psychoeducational trauma and abuse intervention program called Esuba. All participants reported decreases in trauma symptoms, but the prison group showed a greater number of significant changes in trauma symptomology than the community group. Implications for practice and future research implications are discussed. Adapted from the source document.

POMEROY EC, Green DL, KIAM R. Female Juvenile Offenders Incarcerated as Adults: A Psychoeducational Group Intervention. Journal of Social Work 2001;1(1):101-15.

Abstract: Summary: A pilot study was conducted which examined the development & implementation of a psychoeducational group intervention for young female offenders incarcerated in adult jail. The purpose of the group intervention was to reduce levels of depression, anxiety & trauma symptoms among the female juveniles. T-test analyses were utilized to examine differences between pre-tests & post-tests on the three outcome variables. Findings: Findings indicated that the group intervention may be effective in alleviating depression & trauma symptoms among young female offenders. No significant differences between pre-test & post-test were found for anxiety. Applications: Due to large caseloads & lack of mental health professionals in the jails & prisons in the United States, young offenders receive little or no mental health treatment when they are incarcerated in the adult jail system. The group intervention described in the current study holds promise for providing a cost-effective & efficient technique for delivering mental health services to this young population of offenders incarcerated in adult jail. If we are concerned about curbing the rising tide of violence among juveniles, we must develop innovative rehabilitation programs to meet the needs of this population of inmates in our jail & prison systems. 1 Table, 24 References. [Reprinted by permission of Sage Publications Ltd.]

NEE C, FARMAN S. Dialectical behaviour therapy as a treatment for borderline personality disorder in prisons: Three illustrative case studies. Journal of Forensic Psychiatry & Psychology Vol 18(2), Jun 2007, pp 160-180 2007;(2):Jun-180.

Abstract: Little is known about the effectiveness of treatments for severe personality disorder in prisons. Any treatment within the prison context will aim to reduce criminogenic risk in its participants, and ameliorate the overall symptomatology of the disorder. The over-representation of borderline personality disorder in female prisons has lead to pilots of dialectical behaviour therapy in three such establishments in the UK. This treatment was designed for borderline personality disordered women in the community in the USA, and this is the first time it has been piloted within a UK prison context. It was the treatment of choice as it had the strongest evidence base in lower security settings. Overall findings from the pilots have been very promising in terms of the viability of DBT as an offending behaviour programme and in terms of improving the manageability of prisoners on the wing. The case studies described here aim to illustrate in some detail the cognitive and behavioural change process in individuals over a year of treatment, and at six-month follow-up, and to highlight the particular challenges faced by participants and therapists when delivering treatment in prison. In describing the improvements in all three cases, which vary in terms of symptomatology and background, we aim to demonstrate the versatility of DBT in the prison setting and its capacity for reducing criminogenic risk. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

DeHart D. Cognitive Restructuring Through Dreams and Imagery: Descriptive Analysis of a Women's Prison-Based Program. Journal of Offender Rehabilitation 2010;49(1):23-38.

Abstract: This report describes process and outcome evaluation of an innovative program based in a women's maximum-security correctional facility. Methodology included review of program materials, unobtrusive observation of group process, participant evaluation forms, focus groups, and individual interviews with current and former program participants. Findings indicate that the program was a great source of emotional respite, release, and support for the women, with women describing increased insights into themselves, their traumas, and their crimes. Implications are discussed, including popular appeal of dream work and its potential clinical relevance to prisoners' inner conflicts. Adapted from the source document.

Kaplan MF. A Peer Support Group for Women in Prison for the Death of a Child. Journal of Offender Counseling, Services and Rehabilitation 1988;13(1):5-13.

Abstract: A peer support program for mothers imprisoned for murdering a child has helped the participants reduce their isolation, mourn their loss, identify their responsibility in the death, & change destructive patterns of feelings & behavior. Follow-up of the 7 (of 14) women who have been paroled indicates their positive adjustment to the community. 8 References.

Bray CE. Examining the impact of cognitive-behavioral curricula on the lives of juvenile female offenders: A two-site case study. Dissertation Abstracts International, A: The Humanities and Social Sciences. PhD Thesis publ. date: 2006.

Abstract: Over the past 40 years, criminal justice policy in the United States has moved from the pre-1970s rehabilitation period to the 1990s overtly politicized or 'get tough on crime' period. The 1980s produced a modest comeback in correctional rehabilitation in that research began to appear supporting the notion that treatment does work to reduce recidivism with offenders, in particular supporting the conceptual model that cognitive-behavioral interventions work best with moderate- to high-risk juvenile and adult offenders. As cognitive-behavioral interventions developed into off-the-shelf curricula, relational theorists challenged their use with female offenders, arguing that curricula designed with males in mind did not adequately address the needs of female offenders. The purpose of this study was to provide additional insight into the theoretical debate surrounding the impact of off- the-shelf cognitive-behavioral curricula with female offenders. To accomplish this purpose, a two-site case study of one cognitive-behavioral curriculum, Aggression Replacement Training (ART), was conducted with two groups of juvenile female offenders. Juvenile female offenders who successfully completed ART and the trainers who taught and coached the trainees were the key informants. Key findings of the study clustered around Schwab's four commonplaces of learning: (a) the trainees and

the relevancy of ART to their lives, (b) the trainers and their role in successfully implementing ART, (c) the curriculum and its impact on the trainees, and (d) the milieu, in this case the impact of the two correctional sites. It was found that ART was relevant to the lives of the female trainees and that female trainees did learn from the curriculum.

Sacks JY, McKendrick K, Hamilton Z. A randomized clinical trial of a therapeutic community treatment for female inmates: outcomes at 6 and 12 months after prison release. Journal of Addictive Diseases 2012;31(3):258-69.

Abstract: This random assignment study compared female offenders (n = 468) with substance use disorders in a prison therapeutic community program with those in a cognitive-behavioral intervention. The study demonstrates that all women benefitted from gender-sensitive prison treatment, but the therapeutic community was more effective in reducing drug use, criminal activity, and exposure to trauma and increasing mental health functioning and time until reincarceration during the year after prison. In addition, the ability to sustain and even improve behavior change after the women leave prison highlights the importance of providing accessible community-based continuity of mental health and substance abuse services during reentry.

Studier med bare kvinner i utvalget

Nee C, Farman S. Female prisoners with borderline personality disorder: some promising treatment developments. Criminal Behaviour and Mental Health 2005;BEHAV.(1):2-16.

Abstract: BACKGROUND: The over-representation of female prisoners with borderline personality disorder (BPD) is an area of concern for HM Prison Service. Pilot programmes of Dialectical Behaviour Therapy (DBT) were undertaken for the first time in three British prisons for women diagnosed with BPD. Standard year-long programmes were piloted in two closed training prisons. Three short-format programmes were undertaken in a local allocation prison

METHOD: Evaluation measures included psychometric tests, behavioural data, and interviews with participants and key personnel. Sixteen of the 30 women who embarked on the programmes completed them, though five dropouts were transferred or released, leaving a voluntary attrition rate of 33%. Fourteen completed all measures. A waiting-list control group of eight participants was also set up. Five completed all measures

RESULTS: The vast majority of completers showed overall improvements in psychometric data often reaching statistical significance, and with notable effect sizes, while there was no significant overall change in the control group (though improvements were seen). A down-turn in overall self-harm was also seen

CONCLUSION: Results are tentative at this stage because of the small sample size. However, despite the numerous challenges associated with implementation, outcomes showed real promise for delivering DBT in a prison setting, and its efficacy in reducing criminogenic risk and improving the manageability and quality of life for this highly problematic group. Lessons learned for future implementation in correctional settings are discussed.

Ariga M, Uehara T, Takeuchi K, Ishige Y, Nakano R, Mikuni M. Follow-up study of female delinquent adolescents in a detention centre: effectiveness of psychiatric intervention as a mental health service. International Journal of Social Psychiatry 2010;56(1):15-22.

Abstract: BACKGROUND:

RESULTS: of previous studies suggest that many female offenders have co-morbid psychiatric disorders, which require mental health services. However, few longitudinal studies examined subjects during incarceration or detention. This study compares depressive symptoms, abnormal eating behaviour and impulsivity before release from a detention centre and after incarceration, thereby indicating the effectiveness of psychiatric intervention in a Japanese detention centre METHOD: Of 64 young women, 36 were followed up. Self-report measures were used to assess depression, eating behaviour and impulsivity after incarceration and one month before release RESULT: s: Of the 36 participants, nine were diagnosed using the MINI-kids as needing mental health services. Those who received psychiatric intervention were diagnosed as having major depression and/or post-traumatic stress disorder. Significant main effects of intervention and effects of time were shown in the DSD. The EAT-26 score demonstrated the significance of the effects of time and interaction. In the BIS-11 scores, neither intervention nor time showed significant effects CONCLUSIONS: Results of this study showed that the time course and psychiatric intervention contributed to recovery of depression and therapeutic intervention. The time course might reduce eating problems. Psychiatric intervention might be necessary for female juvenile detainees, which presents an important issue for future studies.

Harvey CL. From a corrections-based therapeutic community to residential community reentry: A qualitative study of offenders' lived experiences. Dissertation Abstracts International, A: The Humanities and Social Sciences:2011

Abstract: During the past several decades, there have been increasing efforts to identify "what works' in corrections so that recidivism can be reduced. However, studies exploring the metaphorical "black box' of reentry remain limited. This qualitative, grounded theory, research project sought to understand the lived experiences of offenders who are reentering their residential communities after graduating from a corrections-based therapeutic community. Twenty-five men and women were recruited from therapeutic communities in two prison-based and two community-based correctional facilities. The participants reentered residential communities in seven counties in Ohio. Semi-structured interviews were conducted and the constant comparative method was used to analyze emerging data. In the final stage of data analysis, themes were organized under the therapeutic community experience and the reentry experience. A negative case is also discussed. Findings indicate that the therapeutic community modality is viable and prepares offenders for reentry. TC emphasizes a transfer of learning so that offenders can apply newly acquired knowledge and skills successfully as they adapt to their residential communities. However, it is also important for residential communities to provide health and social services as well as social support to meet individuals' needs and facilitate their continuing development. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.co

Valentine PV. Traumatic incident reduction: Brief treatment of trauma-related symptoms in incarcerated females. Dissertation Abstracts International Section A: Humanities and Social Sciences Vol 58(3-A), Sep 1997, pp 1098 1997;(3-A):Sep.

Abstract: An experimental outcome study of female inmates with trauma-related symptoms was conducted in a federal prison to examine the effectiveness of Traumatic Incident Reduction (TIR), a brief, memory-based, therapeutic intervention, on symptoms of posttraumatic stress disorder (PTSD), depression, anxiety, and low expectancy of success. An experimental control group design was used to evaluate the efficacy of TIR in a prison setting. The Posttraumatic Symptom Scale, The Beck Depression Inventory, the Clinical Anxiety Scale, and the Generalized Expectancy of Success Scale were administered in pretest, posttest, and a three-month follow-up format. Results revealed an amelioration of PTSD, depression, and anxiety symptoms in the experimental condition only across the posttest and follow-up periods. Concomitantly, the experimental condition showed significant increases in

generalized expectancy of success, while the control condition did not. (PsycINFO Database Record (c) 2012

Valentine PV. Traumatic Incident Reduction I: Traumatized Women Inmates: Particulars of Practice and Research. Journal of Offender Rehabilitation 2000;31(3-4):1-15.

Abstract: Traumatic Incident Reduction (TIR) is a one-session intervention that proved effective in reducing symptoms of depression, anxiety, & posttraumatic stress disorder (PTSD) in an experimental outcome study of a randomly assigned sample of 123 women inmates. TIR also proved effective in increasing levels of self-efficacy (expectancy of success) in these women. This article discusses in detail both the treatment protocol offered the women inmates & the research design & results of the experimental outcome study. The article also makes suggestions for practice & research related to traumatized women inmates. 1 Appendix, 31 References. Adapted from the source document.

Seabrook RL. The effects of the Georgia Cognitive Skills Experiment for pre-release female offenders. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Veysey, Bonita Edition date: 2007.

Abstract: This is the first study to address the overall effectiveness of the Reasoning and Rehabilitation (R&R), a cognitive skills program, with respect to women offenders. Previous cognitive-behavioral evaluations have largely included only male offender samples and the question of its effectiveness and appropriateness on the female offender population has been inadequately studied and deserved detailed examination. This dissertation study specifically separates the treatment effects based on gender and addresses gender as an important variable of interest. Two research guestions were examined: (1)Is the cognitive program effective among female offenders? Do women assigned to the cognitive group achieve lower recidivism rates and better post test results than those assigned to the control group? and (2)Are program effects similar for men and women? Are treatment effects for female offender's and male offender's equivalent? Using the data collected from the Georgia Cognitive Skills Experiment, 192 male and female correctional offenders were randomly assigned to either an experimental group (receiving the R&R program) or control group (not receiving the R&R program). Bivariate and multivariate analyses were conducted to ascertain the treatment effects based on the variables treatment/control group and gender. The analyses also incorporated various outcome measures that denote change in criminal thinking and cognitive skills and recidivism as well as additional control variables in order to show that a relationship exists between these variables. Based on these analyses, the results indicated that the R&R program is ineffective for female offenders. Although the results from this study did not produce significant treatment effects among both male and female offender populations in the R&R program, studies such as these will help improve correctional programming especially for women offenders. While conclusive understanding of the causes of female offending is still a long way off, practice and research has come a long way in treating this group as distinct from their male counterparts. The results of this research will enhance our understanding of programmatic issues and implications as they relate to female offending in the criminal justice system, particularly the effectiveness of interventions such as the R&R program and many more treatment approaches to come. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Lambert LR, Madden PG. The adult female offender: The road from institution to community life. Canadian Journal of Criminology & Corrections Vol 18(4), Oct 1976, pp 319-331 1976;(4):Oct-331.

Abstract: Reports a longitudinal study of 338 women admitted during 1970-1971 to the Vanier Center for Women in Ontario, a provincial correctional institution, with sentences of 30 days or longer. The chief purpose was to study the effectiveness of a therapeutic milieu program in producing lasting behavior and attitude change. The 2 main measures taken were (a) recidivism and (b) a "quality of life" index obtained from interviews after return to community life. The "therapeutic milieu" is defined as open communication and honest efforts at problem solving, and was deemed realistic for many residents. Results show that recidivism during the first release year was related to the duration of the stay at the institution: the shorter the stay, the quicker the return. Recidivism rose sharply for the longer-

term group during their 2nd release year. Women with prior criminal records showed a 46% recidivism rate as compared to 14% for first offenders. But when the prior offenders had a stable employment pattern, recidivism was only 15%. The "quality of life" measure showed that the released women were leading marginal existences; the two-thirds who did not return seemed just as miserable as the others. (French summary) (35 ref) (PsycINFO Database Record (c) 2012 APA, all rights reserved).

POMEROY EC, KIAM R, Abel EM. The Effectiveness of a Psychoeducational Group for HIV-Infected/Affected Incarcerated Women. Research on Social Work Practice 1999;9(2):171-87.

Abstract: Objective: The effectiveness of a psychoeducational group intervention for HIV/AIDS-infected and affected women was examined at a large southeastern county jail facility. Method: A quasiexperimental pretest-posttest design was used to examine depression, anxiety, and trauma symptoms of women inmates. Results: A multivariate analysis of covariance yielded significant differences between the experimental and comparison groups. Subsequent analysis of covariance for each dependent variable indicated significant differences between groups as well. Effect sizes ranged from moderate to strong. Conclusions: The psychoeducational group intervention appeared to be effective in alleviating depression, anxiety, and trauma symptoms among women inmates infected and affected by HIV/A

Black DW, Blum N, Eichinger L, McCormick B, Allen J, Sieleni B. STEPPS: Systems Training for Emotional Predictability and Problem Solving in women offenders with borderline personality disorder in prison--a pilot study. Cns Spectrums 2008;13(10):881-6.

Abstract: INTRODUCTION: An uncontrolled pilot study of Systems Training for Emotional Predictability and Problem Solving (STEPPS) was conducted with incarcerated women offenders. STEPPS is a promising new cognitive-behavioral group treatment for persons with borderline personality disorder (BPD)

METHODS: Twelve women offenders with Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition BPD were enrolled in the 20-week program at an lowa prison. Efficacy assessments included the Borderline Evaluation of Severity over Time, the Positive and Negative Affectivity Scale, and the Beck Depression Inventory. Data were collected at baseline, and weeks 4, 8, 12, 16, and 20. A prison therapist was trained to deliver the STEPPS program

RESULTS: The 12 volunteers had a mean age of 34.8+/-8.5 years. Two women discontinued early because they were released from prison; the others attended all sessions. The analysis showed significant improvements in BPD-related symptoms, negative affectivity, and depression. The Borderline Evaluation of Severity over Time total score was highly significant at week 20 (P=.009), indicating overall improvement in BPD-related symptoms. Effect sizes for the efficacy measures were moderate to large. The prison therapist showed excellent adherence to the model

CONCLUSION: This study demonstrated the successful implementation of the STEPPS program in a women's prison. Participants achieved "real-world" benefits, including a reduction in the negative thoughts and behaviors associated with BPD, negative affectivity, and depression. Implications of the findings are discussed.

Lynch SM, Heath NM, Mathews KC, Cepeda GJ. Seeking safety: an intervention for trauma-exposed incarcerated women? Journal of Trauma and Dissociation 2012;13(1):88-101.

Abstract: Recent guidelines for incarcerated women's programming have called for interventions that address offenders' traumatic experiences, posttraumatic stress disorder (PTSD), and substance use in an integrated manner. Seeking Safety (SS) is an empirically supported cognitive behavioral manualized treatment for individuals with PTSD and substance use disorders. This study examined the effectiveness of SS with 59 incarcerated women who completed the intervention and 55 who were wait-listed. Participants in SS demonstrated greater symptom improvement in PTSD and depression as well as improved interpersonal functioning and coping as compared to waitlisted offenders. These findings provide preliminary support for the use of this intervention with incarcerated women.

POMEROY EC, KIAM R, Abel E. Meeting the Mental Health Needs of Incarcerated Women. Health and Social Work 1998;23(1):71-5.

Abstract: Describes & assesses a pilot study of a psychoeducational group conducted with women incarcerated at a large jail facility in Orange County, FL, for the purpose of reducing stress, anxiety, depression, & trauma. An experimental treatment group of 13 volunteers attended 90-minute group sessions 3 times a week for 5 weeks, & completed pre- & postintervention scale measures; another 9 women served as the no-treatment control group. The intervention, based on a combination of reality therapy, Richard Lazarus's model of behavior modification, cognitive theory, & empowerment theory, was designed to address issues of low self-esteem, victimization, depression, posttraumatic stress, high anxiety, & basic life skills. Results indicated that the intervention was strongly effective in reducing depression & anxiety, & moderately effective in reducing stress & trauma. Possible reasons for the overall effectiveness of the intervention, its limitations, & research & practice implications are discussed. 19 References. J. Lindroth

Palomino ML, Rios GH, Samudio Diaz J. Life projects and rehabilitation of prisoners. Revista Latino-americana de Psicologia Vol 23(1), 1991, pp 71-85 1991;(1):1991, pp-85.

Abstract: Studied the efficacy of a prison rehabilitation program for female prisoners. Human Ss: Six female Colombian adults (aged 18-35 yrs) (prison inmates). The rehabilitation program consisted of individual and group psychotherapy and workshops on self-consciousness, interpersonal relationships, occupations, and expected problems. An instrument concerning personal history, internal and external factors associated with imprisonment, and expectations of life after release was designed for the study. The instrument was applied at the beginning, in the middle, and at the end of the rehabilitation program. The results are presented in the form of case histories. (English abstract) (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Sacks JY, Sacks S, McKendrick K, Banks S, Schoeneberger M, Hamilton Z, et al. Prison Therapeutic Community Treatment for Female Offenders: Profiles and Preliminary Findings for Mental Health and Other Variables (Crime, Substance Use and HIV Risk). Journal of Offender Rehabilitation 2008;46(3-4):233-61.

Abstract: This random assignment study compared women in a prison Therapeutic Community (TC) program with those in a cognitive-behavioral intervention. Over two thirds of study subjects received a lifetime diagnosis of severe mental disorder, nearly one-half received a diagnosis of PTSD, and virtually all reported exposure to trauma. Preliminary analysis (n = 314) found significantly better six-month post-prison outcomes for the TC group on measures of mental health, criminal behavior and HIV-risk behavior. These findings suggest the short-term effectiveness of prison TC treatment for female offenders with substance use disorders, and underscore the importance of adapting treatment to address mental health. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580.

Paquin JD, Kivlighan DMJ, Drogosz LM. Person-group fit, group climate, and outcomes in a sample of incarcerated women participating in trauma recovery groups. Group Dynamics: Theory, Research, and Practice Vol 17(2), Jun 2013, pp 95-109 2013;(2):Jun-109.

Abstract: The present study sought to apply the concept of person-group (P-G) fit from the domain of organizational psychology to the domain of group psychotherapy. A time-series design was used to examine the relationship between an individual group member's fit with her group, operationalized as congruence and convergence, on perceptions of group climate and her session attendance and change in posttraumatic stress disorder (PTSD) symptoms. Fifty-one of 73 incarcerated women, participating in six manualized (trauma recovery and empowerment model [TREM]) therapy groups provided data for analyses. Group members completed measures of group climate at each session and pre- and posttest ratings on the PTSD Symptom Scale-Self Report (PSS-SR). Fit with the group was operationalized as the absolute difference between a group member's score on engagement, avoidance, and conflict, and the average scores on these dimensions for the other group members. Hierarchical linear modeling was used to examine session-level (N = 1,606) fit across time. Results indicated that fit with the group for avoidance decreased (diverged), and conflict increased (converged) across sessions. Increasing fit with the group on perceptions of group conflict was associated with attending more group sessions (commitment), and increasing fit with the group on perceptions of group avoidance was associated with PTSD symptom change (goal accomplishment). Study results highlight that group processes (like fit) should be studied over time and in relation to relevant clinical outcomes. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract).

Bradley RG, Follingstad DR. Group therapy for incarcerated women who experienced interpersonal violence: a pilot study. Journal of Traumatic Stress 2003;16(4):337-40.

Abstract: This study evaluated effectiveness of group therapy for incarcerated women with histories of childhood sexual and/or physical abuse. The intervention was based on a two-stage model of trauma treatment and included Dialectical Behavior Therapy skills and writing assignments. We randomly assigned 24 participants to group treatment (13 completed) and 25 to a no-contact comparison condition (18 completed). We evaluated treatment effects, using the Beck Depression Inventory, Inventory of Interpersonal Problems, and Trauma Symptom Inventory. The data demonstrate significant reductions in PTSD, mood, and interpersonal symptoms in the treatment group.

Paquin JD, Kivlighan DM, Drogosz LM. If you get better, will I? An actor-partner analysis of the mutual influence of group therapy outcomes. Journal of Counseling Psychology 2013;60(2):171-9.

Abstract: The effectiveness of group psychotherapy has been empirically studied and supported over several decades; however, there remains much to understand regarding the specific factors contributing to effective group psychotherapy. The current study uses Kashy and Kenny's (2000) actor-partner interdependence model (APIM) to examine the relationship between an individual group member's outcome and the outcomes of the other group members. This is the first study to examine the effects of the outcomes of other therapy group members on those of individual members. Specifically, we examined the relationship between an individual group member's presymptom score, the aggregated presymptom scores of the other group members, and the aggregated pre- to postsymptom change of the other group members on an individual group member's pre- to postsymptom change. We analyzed the change in pre-post posttraumatic stress disorder (PTSD) symptoms of 105 women in 16 trauma-informed groups in a women's correctional facility. As hypothesized, an individual's presymptom measure (actor effect) and the aggregated presymptom measures of the other group members (partner effect) were positively related to the individual's change in PTSD symptoms. Contrary to our hypothesis, the aggregated pre-post change in PTSD symptom measures of the other group members (partner effect) was negatively associated with the pre-post change in PTSD symptom measures of an individual group member. Social comparison theory is discussed as an explanation for why a group member would report lowered amounts of change when in a group with others who are reporting a higher amount of change. Implications for research and practice are discussed.

Cole KL, Sarlund-Heinrich P, Brown L. Developing and assessing effectiveness of a time-limited therapy group for incarcerated women survivors of childhood sexual abuse. Journal of Trauma and Dissociation 2007;8(2):97-121.

Abstract: A thorough search of the literature has revealed little empirical research on the effects of trauma therapy with incarcerated women with histories of CSA. Psychotherapy, when available in a correctional setting, seems more related to resolving immediate crises that interfere with smooth management of the corrections environment rather than dealing with underlying problems such as CSA. The purpose of this preliminary investigation therefore was to implement and evaluate the efficacy of a time-limited, trauma-focused group intervention with a group of recently-incarcerated women volunteers who had experienced CSA. Five women completed the group plus pre- and post-test measures; a wait-list control group completed measures at the same intervals. Results were mixed in regard to the effectiveness of treatment: decreases were found in the mean Trauma Content (TC/R) scores of the Rorschach Inkblot Method (RIM), but scores on the TSI and the SCL-90-R did not vary greatly. However, women in the control group showed consistent declines in scores during the wait-list period, suggesting the intervention may have helped newly incarcerated women adjust with less symptomatology.

Valentine PV, Smith TE. Evaluating Traumatic Incident Reduction Therapy With Female Inmates: A Randomized Controlled Clinical Trial. Research on Social Work Practice 2001;11(1):40-52.

Abstract: Objective: An experimental outcome study with trauma-related symptoms was conducted to examine the effectiveness of traumatic incident reduction (TIR). It is a brief, memory-based, therapeutic intervention and was used to treat symptoms of post-traumatic stress disorder (PTSD), depression, anxiety, and low expectancy of success (i.e., low self-efficacy). Method: A randomized pretest-post-test control group design with 123 female inmates in a federal prison was used to evaluate the efficacy of the interventive procedure. The Post-Traumatic Symptom Scale, the Beck Depression Inventory, the Clinical Anxiety Scale, and the Generalized Expectancy of Success Scale were administered at pretest, posttest, and 3-month follow-up time intervals. Results: A repeated-measures MANOVA showed significant differences between the treatment and comparison control conditions on all measures at posttest and follow-up time intervals except for the PTSD Intrusion subscale at the post-test interval. Conclusion: The marked improvement of the treatment condition by comparison to those in the control condition supports the contention that TIR is an effective intervention with female inmates. The significant results on all measures at the follow-up time interval provide persuasive evidence of the stability of the interventive effects. The significance of this therapy model for use by practitioners with social work populations is highlighted.

POMEROY EC, Rountree MA, Parrish DE. Best practices with HIV infected/affected incarcerated women. Springer, David W [Ed]; Roberts, Albert R [Ed] (2007) Handbook of forensic mental health with victims and offenders: Assessment, treatment, and research (pp 467-490) xvi, 623 pp New York, NY, US: Springer Publishing Co; US 2007;(2007):treatment, and-490.

Abstract: (from the chapter) In this chapter, the problems of HIV/AIDS among incarcerated women are highlighted. The proportion of women in prisons and jails in comparison to males has substantially increased over the past decade. Women are more frequently being arrested for drug offenses, prostitution, and other nonviolent crimes. Many of these women are at a heightened risk for contracting HIV/AIDS. There are a disproportionate number of African American and Latina women affected by this illness, and these women also are more highly represented in the corrections system. An example of empirically supported intervention designed by one of the authors is presented in detail. This psychoeducational group intervention was found to be effective in reducing depression, anxiety, and trauma and in increasing knowledge about HIV/AIDS among women inmates. The intervention is a 5-week, 10-session group design that was delivered in a jail setting. This model can be utilized by social workers working in the jail or prison system due to the efficiency and cost effectiveness of the design. While practitioners in the corrections system are often operating from a crisis case model, this intervention allows practitioners to provide mental health and psychosocial support to groups of inmates infected and affected by HIV/AIDS who might not otherwise receive care. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Long C, Dolley O, Hollin C. Engagement in psychosocial treatment: Its relationship to outcome and care pathway progress for women in medium-secure settings. Criminal Behaviour and Mental Health Vol 22(5), Dec 2012, pp 336-349 2012;(5):Dec-349.

Abstract: Background: Engaging patients in treatment in secure settings is a major challenge. Engagement is associated with a shorter length of stay, whereas treatment non-completion is associated with an increased risk of recidivism. Aims: The aims of this study were to assess differences between high and low treatment attendees in a women's medium secure unit and to compare progress over the course of their stay. Methods: Sixty consecutive admissions to a women's medium secure unit were classified into high and low treatment attendee groups. The two groups were compared in terms of risk behaviours and psychometric measures of symptomatology, impulsivity and personality. Results: High treatment attendees had a shortened length of stay, showed less disturbed behaviour and made more progress in terms of a reduction in symptoms overall and traumatic stress symptoms specifically. Low treatment attendees were more likely to have a diagnosis of schizophrenia/schizotypal illness than personality disorder, less likely to be impulsive and more likely to have scores indicative of severe disorder on the personality subscales of the Millon Clinical Multiaxial Inventory-III. Conclusion: Attendance at groups in this medium security unit had clear advantages for patients and potential cost savings for services and the community, but we found a subgroup of women who found it difficult to attend. Given the small sample size, we advocate replication, but our findings suggest the following: Implications for practice (a) development of motivational interventions to help patients make a therapeutic alliance (b) more accurate assessment of treatment readiness, to avoid mistimed interventions that are counterproductive (c) more effective deployment of milieu therapeutic approaches to stabilise behaviour at an early stage of hospitalisation (d) abandonment of a 'one size fits all' approach to groups for mixed patient populations. More 'customised' approaches would allow more appropriate 'pacing' of treatment and adaptations of interventions according to need during the treatment course. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract)

Riaz R, Agha S. Efficacy of cognitive behavior therapy with deliberate self-harm in incarcerated women. Pakistan Journal of Psychological Research Vol 27(1), Sum 2012, pp 21-35 2012;(1):Sum-35.

Abstract: A one group intervention-based study was conducted in women jail, Karachi, Pakistan. The aim was to determine whether cognitive behavior therapy, administered in prison setting, was effective in reducing the frequency of deliberate self-harm in female prisoners. 40 female inmates were interviewed; nine inmates with a history of deliberate self-harm were screened out for 12 sessions of cognitive behavior therapy. Deliberate Self-harm Inventory (Gratz, 2001) and Brief COPE (Carver, 1997) were administered to explore deliberate self-harm behaviors and coping strategies of women prisoners. The number of deliberate self-harm episodes before and after therapy was the main outcome measure. An approximate 29% incarcerated women reported deliberate self-harm. Relief from anger and tension, and feelings of hopelessness, and helplessness were the main motives. Cutting and burning were the most common types of deliberate self-harm behaviors reported. The frequency of self-harm episodes was minimal during and after therapy. Findings and implications have been discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Wolff N, Frueh BC, Shi J, Schumann BE. Effectiveness of cognitive-behavioral trauma treatment for incarcerated women with mental illnesses and substance abuse disorders. Journal of Anxiety Disorders 2012;26(7):703-10.

Abstract: An open trial design was used to examine the implementation and effectiveness of a cognitive-behavioral intervention (Seeking Safety) for comorbid post-traumatic stress disorder (PTSD) and substance use disorder (SUD) for incarcerated women with Axis I mental disorders who self-referred for specialty trauma treatment. The study sample was female inmates aged 18 and old who were primarily minority, had experienced childhood-based trauma, committed violent crimes, had a serious mental illness, and resided in maximum, medium, and minimum compounds of a women's prison. A total of 74 women completed the group intervention, with the average attending 23 of the 28 sessions (82%). Implementation feasibility was demonstrated by the ability to recruit, screen, assign, and retain participation. Effectiveness was supported by changes pre-post intervention on the PTSD Checklist (ES=0.56) and Global Severity Index (ES=0.47). Of the 19 completers with PCL scores of 50 or higher pre-intervention, 16 (84%) had scores below 50, the "cut score" consistent with or supportive of a PTSD diagnosis. Three-quarters or more of participants reported that Seeking Safety was helpful in each of the following areas: overall, for traumatic stress symptoms, for substance use, to focus on safety, and to learn safe coping skills. Future directions include the need for larger scale randomized controlled trials in medium or maximum security prisons and fidelity evaluations of non-research dissemination efforts. Published by Elsevier Ltd.

Studier med både kvinner og menn i utvalget

NHS Centre for Reviews and Dissemination. Therapeutic community effectiveness: a systematic international review of therapeutic community treatment for people with personality disorders and mentally disordered offenders. 1999. Tilgjengelig fra: http://www.york.ac.uk/inst/crd/CRD_Reports/crdre-port17.pdf

Background

This systematic literature review was commissioned to look at therapeutic communities in psychiatric and other settings, particularly for people with personality disorder. A therapeutic community is 'a consciously-designed social environment and programme within a residential or day unit in which the social and group process is harnessed with therapeutic intent. In the therapeutic community the community is the primary therapeutic instrument'.

Findings

This systematic international literature review has led us to conclude that therapeutic communities have not produced the amount or quality of research literature that we might have expected, given the length of time they have been in existence, and the quality of staff we know exists and has existed in therapeutic communities. This may be partly due to a lack of emphasis placed on research in the early days of therapeutic community development, and more recently to a lack of resources, in terms of finance, staff and adequate research methodologies, designs and instruments. However, it is clear that since the meta-analysis indicates that existing research is in favour of therapeutic communities, there should be more, and more good quality, and comparative, research on therapeutic communities, in order to confirm the case that therapeutic communities are effective, especially since they are expensive. In addition there is clinical evidence that therapeutic communities produce changes in people's mental health and functioning, but this needs to be further complemented by good quality qualitative and quantitative research studies.

Conducted by: CRD and the School of Sociology and Social Policy, University of Nottingham

Golden LS, Gatchel RJ, Cahill MA. Evaluating the effectiveness of the National Institute of Corrections' "Thinking for a Change" program among probationers. Journal of Offender Rehabilitation Vol 43(2), 2006, pp 55-73 2006;(2):2006, pp-73.

Abstract: This study evaluated the effectiveness of a National Institute of Corrections' cognitive-be-havioral program for adult offenders, entitled Thinking for a Change. One hundred male and 42 female probationers were studied. Probationers assigned to the Thinking for a Change program were matched with a comparison group not assigned to the program and contrasted on interpersonal problem-solving skills pre- and post-program completion, and on recidivism at three months to one year post-program. Results indicate a trend towards lower recidivism, with 33% fewer subjects who completed the program committing new offenses, compared to those who did not attend the program, over a period of up to 12 months. Technical violations of probation were significantly higher for program dropouts than for completers or comparisons. Program completers improved significantly on interpersonal problem-solving skills after Thinking for a Change, while the dropout and comparison groups had no such gains. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

LEMIEUX CM, Barthelemy JJ, Schroeder JA, Thomas JM. Therapeutic communities for youths in secure care: Participant characteristics and predictors of treatment and postrelease supervision. Journal of Social Service Research Vol 38(4), Jul 2012, pp 451-467 2012;(4):Jul-467.

Abstract: The current cross-sectional, descriptive study utilized services data to examine the characteristics, treatment, and postrelease outcomes of 226 male (64.6%) and female (35.4%) youths in therapeutic communities (TCs) housed within three secure-care facilities in one Southern state. The results of hierarchical multiple regression analyses showed that approximately 21% of the variance in amount of TC services received was predicted by demographic, psychosocial, and institutional variables. Girls received less TC treatment than boys, and participants with disciplinary tickets received more treatment than those without tickets. The binary logistic regression model distinguished between youths who were and were not placed under supervision upon release, with relevant predictors explaining about 40% of the variance. Implications for practice and research with youths in institution-based TCs are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

Schlarb AM. A comparison of the effects of a cognitive behavioral program between male and female parolees. Dissertation Abstracts International, B: Sciences and Engineering. Ph.D. Advisor: Geyer, Matthew Edition date: 2009

Abstract: This quasi-experimental quantitative study sought to evaluate differences between men and women as to the reduction in recidivism risk after completion of a cognitive-behavioral program, Moral Reconation Therapy (MRT). Because female offenders are entering the criminal justice system at unprecedented rates, there is growing concern about the lack of theories, research, and evidencebased programming focused on women. Social learning theory and gendered pathways theory provided the theoretical foundation for this study, which investigated archival data of male and female parolees who attended 1 of 8 community-based reentry centers in the state of Illinois. Participants received a pre and post Level of Service Inventory-Revised (LSI-R) assessment, an actuarial tool that measures risk of recidivism, and data were analyzed using a paired samples t-test and an ANCOVA. Analyses found the overall reduction in risk of recidivism for the total population was statistically significant and the variance in risk scores between men and women was not statistically significant. Statistically significant exploratory analyses of the LSI-R subcomponents emotional/personal and financial provide clues for the implementation of gender specific programming to target specific needs of the female offender. Findings contribute to the literature by being the first community-based study that focused explicitly on the analysis and evaluation of gender specific results for MRT. Effective programming for women helps the community economically and reduces further victimization and its resulting harm. Social change implications include a deeper understanding of effective programming for women within the criminal justice system and are significant given the ramifications for the criminal justice system, the female offender, her family, and her community. Copies of dissertations may

be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; email: disspub@umi.com

Pimlott Kubiak S. The Effects of PTSD on Treatment Adherence, Drug Relapse, and Criminal Recidivism in a Sample of Incarcerated Men and Women. Research on Social Work Practice 2004;14(6):424-33.

Abstract: Objective/Method: Given the relationship between post-traumatic stress disorder (PTSD) & substance use disorders (SUD), & the prevalence of SUD among offenders, the inattention to trauma before, during, & after incarceration is troubling. This exploratory study compared those with & without co-occurring PTSD among men (n = 139) & women (n = 60) involved in prison-based substance abuse treatment. Results: More than one half the sample met criteria for lifetime PTSD with women experiencing a greater number of events & men experiencing more recent events. Women with PTSD were significantly more likely to relapse than women without. Men with PTSD were more likely to enter community aftercare treatment & recidivate than those without. Conclusion: The findings suggest that trauma-related disorders, among those with SUD, affect postincarceration outcomes. Therefore, from a practice & policy perspective, interventions addressing this co-occurring disorder should be available to men & women within the criminal justice system. 3 Tables, 51 References. [Reprinted by permission of Sage Publications Inc., copyright 2004.]

Hoff RA, Baranosky MV, Buchanan J, Zonana H, Rosenheck RA. The effects of a jail diversion program on incarceration: a retrospective cohort study. Journal of the American Academy of Psychiatry and the Law 1999;27(3):377-86.

Abstract: The objective of this retrospective cohort study was to determine whether a jail diversion program significantly reduced the number of days of incarceration over the year following arrest in a sample of seriously mentally ill (SMI) people who had been arrested for a minor crime. Methods: A group of 314 SMI detainees were diverted out of jail and into mental health treatment. They were compared with a sample of 124 people who would have been eligible for diversion but were not diverted. For each group, the authors compared the total days incarcerated in the year after index arrest. Analyses indicated that jail diversion significantly reduced incarceration time during the next year (40.51 versus 172.84 days, p = .0001). However, the effect of diversion differed depending upon the level of criminal charge: diversion significantly reduced jail time only among those who were arrested for more serious offenses. Those arrested for Class D felony and Class A misdemeanor charges and diverted into mental health treatment spent significantly less time in jail in the next year than those not diverted (260 and 110 fewer days, respectively; p = .0001 for both). Those arrested for Class B or C misdemeanors had similar days incarcerated regardless of diversion. These results remained after adjusting for age, race, gender, and diagnosis. This study presents the first evidence that jail diversion may produce positive longitudinal criminal justice outcomes for SMI people. It also suggests that diversion may not reduce incarceration in all sub-groups of SMI people who are arrested for minor crimes

McGlynn AH, Hahn P, Hagan MP. The effect of a cognitive treatment program for male and female juvenile offenders. International Journal of Offender Therapy and Comparative Criminology 2013;57(9):1107-19.

This study assessed the effectiveness of a cognitive intervention treatment program for juvenile of-fenders, which is called the Juvenile Cognitive Intervention Program. The program was provided to incarcerated delinquents at three juvenile correctional facilities in Wisconsin. The results indicated that using the How I Think (HIT) Questionnaire as a measure of change, significant improvement in reducing cognitive distortions were found across age groups and gender, and included individuals who were unable to successfully complete the program the first time and then completed it successfully. The HIT is a measure of cognitive distortions that are associated with delinquent thinking patterns and behavior. Cognitive change is a major focus of treatment programs in juvenile corrections as there has been substantive research demonstrating a link to reduced delinquent and later criminal behavior.

Messina N, Wish E, Nemes S. Predictors of treatment outcomes in men and women admitted to a therapeutic community. The American Journal of Drug and Alcohol Abuse 2000;26(2):207-27.

Abstract: This study compared factors that predict treatment outcomes in men and women randomly assigned to two therapeutic communities differing primarily in length of inpatient and outpatient treatment. Based on the prior research literature comparing treatment outcomes of men and women, we formulated the following research question: Do factors that predict drug use at follow-up, postdischarge arrest, and employment at follow-up differ for men and women? Self-reports and objective measures of criminal activity and substance abuse were collected at pre- and posttreatment interviews. Separate regression analyses were conducted for men and women for each of the three outcome variables. The results showed that the predictors of outcome for men and women were similar. Clients who completed the 12-month treatment programs had better outcomes regardless of gender. Men and women who completed treatment were characterized at follow-up by substantial reductions in drug use and arrests and by increased employment. Results further suggested that the longer residential treatment program had a particularly beneficial impact on women. Number of prior arrests was also associated with postdischarge outcomes for women. Women with more arrests at admission were more likely to have a postdischarge arrest and less likely to be employed at follow-up. This finding provides invaluable information about which women may be at greater risk for relapse and in need of additional services. We conclude that completion of treatment is the key predictor of treatment outcomes for both men and women.

Banerjee A, Sengupta P, Ray TK. Persons with major psychiatric illness in prisons--a three years study. Journal of the Indian Medical Association 2009;107(1):14-6.

Abstract: A research project entitled 'operation oasis' was implemented in West Bengal prisons by SEVAC, supported by the National Human Rights Commission of India for identification of the persons suffering from major psychiatric illnesses (ie, schizophrenia, psychosis not otherwise specified, mood disorder not otherwise specified) in prisons, making arrangements for their psychiatric treatment and rehabilitation and assessing the changes in them after intervention. Dum Dum Central Jail, Presidency Jail (female section), and Berhampore Central Jail were selected as the project fields. The prison inmates were screened through clinical examination and mental state examination. Among them who were found suffering from mental illness were brought under psychiatric and psychological treatment, rehabilitation and restoration. Their sociodemographical data were also collected on the basis of a structured information schedule developed by the SEVAC team. The patients were followed-up for three consecutive years (2001 to 2004). The global assessment of functioning scores of the patients recorded at the time of initiation and completion of project were compared. During the project implementation period, 3871 prison inmates (male 3527 + female 344) were screened and 10% (n = 401) were identified as suffering from major psychiatric illnesses, of which 64% (n = 258) were housed in the prisons for minor offences/stray cases and 90% (n = 363) were undertrials. The findings concluded with a global assessment of functioning score improvement with a statistical significance of p < 0.01 level (Z = 5.06) for the patients. This study shows that a qualitative change took place in the life situations of the mentally ill people who were brought under the purview of psychiatric treatment and rehabilitation.

Spiropoulos GV, Spruance L, Van Voorhis P, Schmitt MM. Pathfinders and Problem Solving: Comparative Effects of Two Cognitive-Behavioral Programs among Men and Women Offenders in Community and Prison. Journal of Offender Rehabilitation 2005;42(2):69-94.

Abstract: The effects of Problem Solving (Taymans & Parese, 1998) are compared across small diversion & prison samples for men & women. A second program, Pathfinders (Hansen, 1993), was compared to the Problem Solving program among incarcerated women offenders to determine whether its focus upon empowerment & relationships enhanced the effects of the more generic program. Problem Solving participants in three of the four settings achieved significantly fewer correctional misconducts than comparisons. These reductions were found for both men & women. No effects were detected on measures pertaining to conflict & work. Pathfinders did not augment the effects of Problem Solving for incarcerated women offenders, but it did significantly reduce their depression (CESD) scores over time. Problem Solving significantly reduced depression scores for all but the incarcerated women's group. Tables, References. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580.

Behandling av kvinner som utøver vold/har eksternaliserende vansker

Studier med bare kvinner i utvalget

Maison SR, Larson NR. Psychosexual treatment program for women sex offenders in a prison setting. Nordisk Sexologi Vol 13(3), Oct 1995, pp 149-162 1995;(3):Oct-162.

Abstract: Treated 14 female sex offenders (SOFs) convicted of child sexual abuse in a 3-yr demonstration project in a state prison. Treatment included developing an effective group psychotherapy model, a sex education program, implosive sexually explicit sensitization programs for staff and inmates, a community aftercare program, and family and couple therapy. Ecological in orientation, the treatment program was designed to modify victim-perpetrator dynamics among inmates and between inmates and staff. Data collected were (1) pre- and postintervention psychological evaluations of the inmates and (2) outside evaluation of the treatment program. Data led to development of hypotheses such as (1) female SOFs differ from male SOFs in some characteristics, (2) female SOFs are developmentally delayed, and (3) traditional methods for working with SOFs appear to be inappropriate with females. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

SCRIVEN P, CONNOR P. Focus on violence: an offending behaviour course for violent offenders. Prison Service Journal, No 136, July 2001, pp 6-8 2001;

Abstract: In the autumn of 1999, a pilot Focus on Violence course was carried out at Foston Hall women's prison, as part of the Offending Behaviour Programme. Six prisoners, all convicted of serious violent offences took part. This article sets out where the programme came from and considers some of the results and the issues which emerged from the pilot.

CARNEY MM, BUTTELL FP. Exploring the Relevance of Attachment Theory as a Dependent Variable in the Treatment of Women Mandated into Treatment for Domestic Violence Offenses. Journal of Offender Rehabilitation 2005;41(4):33-61.

Abstract: Objective: The purpose of the study was to: (a) investigate the pre-treatment levels of interpersonal dependency & violence among women entering a 16-week, court-mandated, batterer intervention program (BIP) & determine if there were any associations between interpersonal dependency & violence; (b) investigate differences in demographic variables & psychological variables between treatment completers & drop-outs; & (c) evaluate the treatment effect of a standard BIP in altering levels of interpersonal dependency among treatment completers. Method: The study employed a secondary analysis of 75 women, 39 treatment completers & 36 drop-outs. Results: Analysis indicated that women who assault their intimate partners & are court-ordered into treatment are excessively dependent on their partners prior to beginning treatment, that level of interpersonal dependency is directly related to a multidimensional conceptualization of domestic violence (i.e., psychological aggression, physical assault, sexual coercion & injury), that interpersonal dependency is an important variable in predicting treatment completion & that the BIP increased the level of interpersonal dependency among treatment completers. Conclusion: Implications of the findings for professionals providing intervention services to women in court-mandated batterer intervention programs were explored & discussed. Tables, References. Adapted from the source document. COPIES ARE AVAILA-BLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

Eamon KC, Munchua MM, Reddon JR. Effectiveness of an Anger Management Program for Women Inmates. Journal of Offender Rehabilitation 2001;34(1):45-60.

Abstract: The effectiveness of an anger management program in a mixed security (minimum & medium security) institution was evaluated using a sample of 33 female inmates (19 treatment & 14 control). A significant within-participant effect revealed statistically significant decreases in anger & aggression variables as measured by the Novaco Anger Scale & the Aggression Questionnaire, respectively. As well, significant reductions in the number of institutional charges at posttest were obtained for the treatment group but not the control group. Inmate surveys also indicated moderate levels of program impact & satisfaction. Although the present findings support the effectiveness of the current program, the magnitude of the results is conservative in comparison to those currently reported in the literature. Implications & recommendations for future anger treatment research are discussed. 1 Appendix, 20 References. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

CARNEY MM, BUTTELL FP. An Evaluation of a Court-Mandated Batterer Intervention Program: Investigating Differential Program Effect for African American and White Women. Research on Social Work Practice 2006;16(6):571-81.

Abstract: Objective: The purpose of this study is to (a) evaluate a 16-week batterer intervention program by investigating changes in psychological variables related to abuse between pretreatment and posttreatment assessments in a sample of women involuntarily placed in treatment and (b) to investigate the differential effectiveness of this same batterer intervention program for African American and White batterers. Method: The study employed a secondary analysis of 59 treatment completers. Results: The findings of this study suggest that the court-ordered batterers constituting this sample demonstrate significant changes, in the desired direction, on psychological variables related to domestic violence, as a result of participation in a court-mandated treatment program, and there was no significant difference in terms of magnitude of change on these same psychological variables between African American and White batterers, indicating that the treatment program was reaching both groups equally well. Conclusion: Implications of the findings for social workers were explored and discussed.

Carney MM, BUTTELL FP. A Multidimensional Evaluation of a Treatment Program for Female Batterers: A Pilot Study. Research on Social Work Practice 2004;14(4):249-58.

Abstract: The purpose of the study was to conduct a preliminary evaluation of a batterer intervention program by investigating changes in psychological variables related to abuse (i.e., truthfulness, violence, lethality, control, & stress coping abilities) between pretreatment & posttreatment assessments in a sample of women involuntarily placed in treatment. This study evaluated arrest records for a period of 12 months following treatment completion to determine the association between changes on these psychological variables & recidivism. The study employed a secondary analysis of 26 treatment completers involuntarily referred into treatment for domestic violence offenses. Analysis indicated that treatment completers were less passive/aggressive & less likely to use physical force on their partners at the conclusion of the treatment program. Implications of the findings for social workers providing treatment services to female domestic violence offenders are explored & discussed. 2 Tables, 43 References. [Reprinted by permission of Sage Publications Inc., copyright 2004.]

Barnett S, Corder F, Jehu D. Group Treatment for Women Sex Offenders against Children. Groupwork 1990;3(2):191-203.

Abstract: A group treatment program for six women imprisoned for sexual offenses against children is explored. Participants reported improvements in understanding factors contributing to their offending, acceptance of responsibility, negative emotional reactions to abusive behaviors, understanding the adverse effects of child sexual abuse, & development of assertive rather than aggressive or passive ways of coping with difficult situations. Self-reported scale data measuring distorted beliefs used by offenders to justify their abuse demonstrated statistically significant improvement after treatment. Limitations of the use of self-reports to evaluate program outcomes & the need for follow-up evaluations are discussed. 3 Tables, 7 References. Adapted from the source document.

Wahl CT. Evaluation of a Dialectical Behavior Therapy skills group for female inmates who voluntarily seek treatment: A pilot study. Dissertation Abstracts International, B: Sciences and Engineering. Ph.D. Edition date: 2011.

Abstract: This dissertation examines the effectiveness of a partial skills group component of Dialectical Behavior Therapy (DBT) in female prison inmates. DBT is an evidence-based comprehensive treatment which addresses emotional reactivity, impulsivity and distress tolerance. The psychology staff at the Kentucky Correctional Institution for Women (KCIW) had noted that many of the behaviors leading to disruptive and dangerous situations within their female inmate population are related to inmates reacting to extreme emotionality. In response KCIW staff had implemented DBT on a limited basis. Although the treatment was in place, its effectiveness in promoting safety and security at KCIW had yet to be evaluated. This study used a non-randomized pre-test, post-test control group design to evaluate the effectiveness of this psychoeducational group therapy treatment as offered to volunteering female inmates at KCIW. The evaluation was implemented in order to determine whether the participants developed the adaptive coping skills purported to be taught by the treatment, evidenced a decrease in pathological symptomology, and a decrease in problematic behavior. Data were gathered through inmate self reports and record reviews of disciplinary infractions. A MANCOVA showed a significant overall effect for the treatment. Post hoc analysis showed a significant increase in the level of mindfulness and decrease in anger expression, a measure of distress tolerance, for the treatment participants but not the controls. Analysis of clinically significant change showed that 42% of participants showed significant improvement on the measure of mindfulness, 26% showed significant improvement on the measure of anger expression, and 17% showed significant improvement on the measure of borderline symptomology. There was also a significant increase in the frequency of reported adaptive skills usage between weeks one and two of the treatment. Lastly, there was a decrease in institutional infractions from the month prior to treatment to the month following treatment for the treatment participants, but not the controls. This study shows that delivery of a partial component of DBT may be a useful alternative for correctional institutions for females when the resource-intensive comprehensive DBT program is not feasible. Copies of dissertations may be obtained by addressing your request to ProQuest, 789

Studier med både kvinner og menn i utvalget

Shelton D, Wakai S. A process evaluation of START NOW Skills Training for inmates with impulsive and aggressive behaviors. Journal of the American Psychiatric Nurses Association 2011;17(2):148-57.

Abstract: AIM: To conduct a formative evaluation of a treatment program designed for inmates with impulsive and aggressive behavior disorders in high-security facilities in Connecticut correctional facilities.

METHOD: Pencil-and-paper surveys and in-person inmate interviews were used to answer four evaluation questions. Descriptive statistics and content analyses were used to assess context, input, process, and products.

FINDINGS: A convenience sample of 26 adult male (18) and female (8) inmates participated in the study. Inmates were satisfied with the program (4-point scale, M = 3.38, SD = 0.75). Inmate hospital stays were reduced by 13.6%, and psychotropic medication use increased slightly (0.40%). Improved outcomes were noted for those inmates who attended more sessions.

CONCLUSIONS: The findings of the formative evaluation were useful for moving the START NOW Skills Training treatment to the implementation phase. Recommendations for implementation modifications included development of an implementation team, reinforcement of training, and attention applied to uniform collection of outcome data to demonstrate its evidence base.

Shelton D, Sampl S, Kesten KL, Zhang W, Trestman RL. Treatment of impulsive aggression in correctional settings. Behavioral Sciences and the Law 2009;27(5):787-800.

Abstract: PURPOSE: This article reports the implementation of Dialectical Behavioral Therapy-Corrections Modified (DBT-CM) for difficult to manage, impulsive and/or aggressive correctional populations.

METHODS: Participants were English-speaking women (n = 18) and men (n = 45) of diverse cultural backgrounds between the ages of 16 and 59 years old retained in state-run prisons in Connecticut. Following consent, and a psychological assessment battery, twice-weekly DBT-CM groups were held over 16 weeks followed by random assignment to DBT coaching or case management condition, with sessions taking place individually for eight weeks. Data analysis. A mixed effects regression model was used to test the hypotheses: participants will show decreased aggression, impulsivity, and psychopathology, as well as improved coping, after completing the DBT-CM groups; and will show greater reduction in targeted behaviors than those receiving case management at the six month and 12 month follow-up assessment periods.

RESULTS: Significant reduction in targeted behavior was found from baseline to following the 16 week DBT-CM skills treatment groups. Both case management and DBT coaching were significant at 12 month follow-up. A significant difference was found for adult men and women.

CONCLUSIONS: The study supports the value of DBT-CM for management of aggressive behaviors in prison settings. (c) 2009 John Wiley & Sons, Ltd.

Behandling av rus/avhengighetsproblematikk

Studier av tiltak tilpasset kvinner

Calhoun S, Messina N, Cartier J, Torres S. Implementing gender-responsive treatment for women in prison: Client and staff perspectives. Federal Probation Vol 74(3), Dec 2010, pp 27-33 2010;(3):Dec-33

Abstract: Over the past two decades, the overall number of female prisoners in the United States has grown substantially. While the number of women in prison remains lower than the number of men. women are entering prisons at a faster rate than men. From 1995 to 2005, the total number of female prisoners increased 57 percent compared with a 34 percent increase in male prisoners. The authors of this article are evaluating a women-focused treatment program implementing curricula based on relational theory to determine its relative effectiveness compared to a standard prison therapeutic community (TC) treatment program. The participants in the women-focused program at the time the study was conducted were 53 percent Caucasian, 20 percent African American, 18 percent Hispanic. and 9 percent "other ethnicity" Of these, 47 percent reported never being married, 36 percent were divorced or separated, 12 percent were married and 5 percent were widowed. The women ranged in age between 18 and 54 years, with a mean age of 36 years. The women-focused program was staffed by 16 full-time staff members. The staff group members ranged in age from 25 to 60 years, with a mean age of 43 years (SD= 11.2). Participants in the client focus group identified several issues that they felt were important to address in order facilitate their recovery. There was a general consensus that the top two issues that they needed and wanted to address while in treatment were their drug use and their familial relationships, why they were using drugs. The women who were mothers were very concerned about the effects of their drug use and lifestyle in general on their children. Despite the richness and utility of the data, generalizability from the focus group discussions may be limited due to the small sample size and the fact that the participants were not randomly selected. Thus, the findings from the focus group discussions represent the perceptions of the staff and clients who participated in the focus groups and may not represent those who did not. The information gathered from these focus groups highlights the need to increase the collaboration between the treatment and custody staff in order to ensure that the goals of the treatment program are not undermined by the conflicting goals of the correctional system. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Adams S, Leultefeld CG, Peden AR. Substance abuse treatment for women offenders: A research review. Journal of Addictions Nursing Vol 19(2), 2008, pp 61-75 2008;(2):2008, pp-75.

Abstract: Substance abuse is a major contributing factor to women being incarcerated in the United States, and substance abuse is a critical factor in recidivism. Although women offenders have different reasons for drug use, drug use patterns, life circumstances, and parental responsibilities than men, treatment approaches for women offenders have been largely developed from studies of treatment for incarcerated men and non-offending women in the general community. The purpose of this article is to summarize the recent literature on the treatment needs of women offenders with substance abuse problems and critically examine the six empirical studies that evaluate gender-specific programmatic interventions designed for women offenders. A systematic review of these six empirical studies assessed design, methods, measures, and outcomes. While these studies contribute to the knowledge base, five areas were identified to advance research and improve treatment outcomes for women offenders: 1) randomized controlled design, 2) larger sample size, 3) clear description of program elements and interventions, 4) consistent definition of outcomes and measurement of outcomes, and 5) statistical analyses to control for multiple program elements in determining contribution to treatment outcomes. Implications for practice, program development, and future research to improve treatment outcomes for women offenders are discussed. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract).

Sacks JY, McKendrick K, Hamilton Z, Cleland CM, Pearson FS, Banks S. Treatment outcomes for female offenders: relationship to number of Axis I diagnoses. Behavioral Sciences and the Law 2008;26(4):413-34.

Abstract: This article describes a study that examined the relationship between multiple Axis I mental health diagnoses and treatment outcomes for female offenders in prison substance abuse treatment programs. Preliminary findings of the effectiveness of therapeutic community (TC) treatment, modified for female offenders, relative to a control cognitive behavioral treatment condition, are presented. The hypothesis--that participants who fit into multiple diagnostic categories have more dysfunctional symptoms and behaviors at baseline--was confirmed; however, a hypothesized relationship between the number of Axis I diagnoses and 6 month treatment outcomes across five domains (mental health, trauma exposure, substance use, HIV needle risk behaviors, and HIV sexual risk) was not supported. Across all Axis I mental health groups, TC treatment was significantly more effective than the control condition overall, as well as on measures of mental health symptoms and HIV sexual risk. These findings suggest that this TC treatment program, as modified, is an effective model for women with varied diagnoses and diagnostic complexities.

Hall EA, Prendergast ML, Wellisch J, Patten M, Cao Y. Treating Drug-Abusing Women Prisoners: An Outcomes Evaluation of the Forever Free Program. The Prison Journal 2004;84(1):81-105.

Abstract: Forever Free is an in-prison, residential, substance abuse treatment program employing a cognitive-behavioral curriculum designed for women. To assess this treatment model, 215 study volunteers in prison were recruited (119 treatment, 96 comparison); a 1-year follow-up was completed with 180 women (101 treatment, 79 comparison). Recidivism, drug use, & employment were examined. Bivariate analyses showed that treated women had significantly fewer arrests, less drug use, & greater employment. Cox regression analysis of time to reincarceration revealed that those with more lifetime arrests had a significantly increased risk of reincarceration; treatment group members & older subjects showed a trend toward decreased risk. Logistic regression analysis showed that treatment group membership & greater age predicted a lowered likelihood of drug use; heroin as the primary drug predicted a greater likelihood of use; & increased days in postrelease treatment & higher levels of education predicted employment. 5 Tables, 3 Figures, 1 Appendix, 44 References. [Reprinted by permission of Sage Publications Inc., copyright 2004.]

Messina N, Calhoun S, Warda U. Gender-Responsive Drug Court Treatment: A Randomized Controlled Trial. Criminal Justice and Behavior 2012;39(12):1539-58.

Abstract: This pilot study compared outcomes for 94 women offenders in San Diego County, California, who participated in four drug court programs. Women were randomized to gender-responsive (GR) programs using Helping Women Recover and Beyond Trauma or standard mixed-gender treatment. Data were collected at program entry, during treatment, and approximately 22 months after treatment entry. Bivariate and multivariate analyses were conducted. Results showed that GR participants had better in-treatment performance, more positive perceptions related to their treatment experience, and trends indicating reductions in posttraumatic stress disorder (PTSD) symptomology. Both groups improved in their self-reported psychological well-being and reported reductions in drug use (p < .06) and arrest (a diagnosis of PTSD was the primary predictor of reductions in rearrest, p < .04). Findings show some beneficial effects of adding treatment components oriented toward women's needs. Significant questions remain, particularly around PTSD and whether it should be targeted to improve substance use outcomes for women. [Reprinted by permission of Sage Publications Inc., copyright American Association for Correctional Psychology.]

Kerr C. Gender-responsive treatment: What women say a qualitative exploratory study of women's experience with an innovative treatment program. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Lindy, Joanne G. Edition date: 2009

Abstract: This qualitative exploratory study uses a utilization-focused program evaluation to examine a sample of 18 women who successfully completed a gender-responsive treatment program for women offenders who had co-occurring psychiatric and addiction disorders. Semi-structured interviews were conducted to determine whether the gender-responsive programming contributed to subjects' treatment success, quality of life and continued positive functioning. Women attributed their success first to the all-female milieu that allowed them to learn to form healthy relationships with peers and staff. They reported that those relationship skills generalized to other people in their lives. Subjects also tied increases in self-esteem and self-awareness to the ability to develop more positive and satisfying relationships. Trauma treatment and provision of simultaneous addiction and mental health treatment were also seen as very important by these women. The efficacy, strengths and weaknesses of this gender-responsive program are discussed, and implications for clinical practice and further research are reviewed. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; email: disspub@umi.com

Messina N, Grella CE, Cartier J, Torres S. A randomized experimental study of gender-responsive substance abuse treatment for women in prison. Journal of Substance Abuse Treatment 2010;38(2):97-107.

Abstract: This experimental pilot study compared postrelease outcomes for 115 women who participated in prison-based substance abuse treatment. Women were randomized to a gender-responsive treatment (GRT) program using manualized curricula (Helping Women Recover and Beyond Trauma) or a standard prison-based therapeutic community. Data were collected from the participants at prison program entry and 6 and 12 months after release. Bivariate and multivariate analyses were conducted. Results indicate that both groups improved in psychological well-being; however, GRT participants had greater reductions in drug use, were more likely to remain in residential aftercare longer (2.6 vs. 1.8 months, p < .05), and were less likely to have been reincarcerated within 12 months after parole (31% vs. 45%, respectively; a 67% reduction in odds for the experimental group, p < .05). Findings show the beneficial effects of treatment components oriented toward women's needs and support the integration of GRT in prison programs for women. Copyright 2010 Elsevier Inc. All rights reserved.

Twaddle IKB, Setpaul R, Guerrero VEL, Manibusan AI, Riddle JA. Countering Correctional Discourse: Development of a Feminist Support Group for Women Prisoners in Guam. Women & Therapy 2006;29(3-4):215-37.

Abstract: This article discusses the development of a feminist support group for women prisoners enrolled in a six-month substance abuse treatment program in an adult correctional facility in Guam. After the completion of five Group cycles, a follow-up study was conducted in the community using qualitative, feminist, and participatory methods. Results indicate that the Group was successful in helping women prisoners to address trauma, addiction, and the stresses associated with incarceration. Nevertheless, participants reported having significant difficulty transitioning into the community upon release and 23% were sent back to prison for parole violations. Recommendations are outlined for gender-responsive programming, both within women's prisons and in the community, to support women offenders after release. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580.

Roberts-Lewis AC, Welch-Brewer CL, Jackson MS, Kirk R, Pharr MO. Assessing Change in Psychosocial Functioning of Incarcerated Girls with a Substance Use Disorder: Gender Sensitive Substance Abuse Intervention. Journal of Offender Rehabilitation 2010;49(7):479-94.

Abstract: The objective of this preliminary study was to determine the effectiveness of a female gender-specific substance abuse treatment intervention (Holistic Enrichment for At-Risk Teens, or HEART) in improving problems related to personal and social functioning. A quasi-experimental, 2-group pretest and posttest repeated measures design was used to evaluate the effectiveness of a treatment intervention with 101 incarcerated girls who met DSM-IV criteria for substance dependence. A repeated measures MANCOVA revealed that the HEART program appeared to be more effective in reducing problems related to social functioning than the standard treatment substance abuse intervention. At posttest, significant differences were found between the treatment and comparison groups on three of the four measures of social functioning: problems with family, problems with friends, and problems with school. No significant differences were found between the 2 groups on 3 posttest measures of personal functioning. A critical need exists for gender-sensitive substance abuse interventions in female juvenile correctional facilities. Implications for policy, practice, and research are discussed. (Contains 2 tables.)

Johnson JE, Zlotnick C. A pilot study of group interpersonal psychotherapy for depression in substance-abusing female prisoners. Journal of Substance Abuse Treatment 2008;34(4):371-7.

Abstract: Despite the high rates of depression among substance-abusing female prisoners, no study has tested the efficacy of treatment for this underserved population with complex treatment needs to date. This feasibility study tested group interpersonal psychotherapy for depression adapted for women in prison substance use treatment programs. Twenty-six female prisoners with current diagnoses of major depression and/or dysthymic disorder plus at least one substance use disorder participated in this uncontrolled pilot study. Six consecutive groups met 24 times over 8 weeks. Of the 25 study participants who began the treatment groups, 18 (72%) no longer met the criteria for any depressive disorder by the end of treatment. Depressive symptoms and perceived social support improved significantly by the end of treatment. These pilot results suggest that addressing depressive symptoms via interpersonal concerns is feasible for women in a prison substance use treatment program despite multiple Axes I and II comorbidities.

Studier med bare kvinner i utvalget

Sowards KA, O'Boyle K, Weissman M. Inspiring Hope, Envisioning Alternatives: The Importance of Peer Role Models in a Mandated Treatment Program for Women. Journal of Social Work Practice in the Addictions 2006;6(4):55-70.

Abstract: This article presents evidence from a program evaluation effort conducted with clients in a mandated treatment setting for drug involved women charged with felony-level offenses. We present themes from qualitative interviews that stress the importance of identifying with a peer who is further along in recovery as a crucial mechanism for instilling hope & fostering program engagement. We also provide survey data that shows that a client's ability to imagine a life without using drugs, at intake, is a significant predictor of program success. Finally, the Stages of Change Readiness & Treatment Eagerness scale did not show any significant correlations with program success in this population. All women entered this program from very challenging situations, but we conclude that those who enter with the least hope & smallest (or absent) vision of any alternative future are especially vulnerable for a bad outcome. We urge researchers & practitioners to further explore the ways in which connections with peer role models facilitate engagement & successful outcomes; & to systematically evaluate the effect of interventions designed to foster such connections on program outcomes. Tables, References. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

Finfgeld-Connett D, Johnson ED. Therapeutic substance abuse treatment for incarcerated women. Clinical Nursing Research 2011;20(4):462-81.

Abstract: The purpose of this qualitative systematic review was to explicate attributes of optimal therapeutic strategies for treating incarcerated women who have a history of substance abuse. An expansive search of electronic databases for qualitative research reports relating to substance abuse treatment for incarcerated women was conducted. Nine qualitative research reports comprised the sample for this review. Findings from these reports were extracted, placed into a data analysis matrix, coded, and categorized. Memos were written and strategies for treating incarcerated women with alcohol problems were identified. Therapeutic effects of treatment programs for incarcerated women with substance abuse problems appear to be enhanced when trust-based relationships are established, individualized and just care is provided, and treatment facilities are separate from the general prison environment.

Colley E, Blackwell-Young J. Therapeutic community residency and emotional management of female drug users. Therapeutic Communities Vol 33(1), 2012, pp 27-38 2012;(1):2012, pp-38.

Abstract: Purpose: The current study focused on five female offenders who completed the only female-specific therapeutic community (TC) for drug addiction in the UK prison system. The aim of the study was to investigate the effect that such residency had on individuals' emotional management skills compared to when they were active drug users. Design/methodology/approach: The study was based on a qualitative design, and interpretative phenomenological analysis (IPA) was used to produce idiographic results. Findings: Results suggested that before TC residency all participants displayed problematic emotional management skills. However, during TC residency individuals witnessed elements of emotional healing and increased emotion connection. Additionally improvements were noted in emotional consideration, emotional communication, outward emotional displays and self-worth. Originality/value: Further developments in TC treatment are suggested concerning treatment length and further development of individuals' independent emotional management strategies. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract).

Roberts-Lewis AC, Parker S, Welch C, Wall A, Wiggins P. Evaluating the Cognitive and Behavioral Outcomes of Incarcerated Adolescent Females Receiving Substance Abuse Treatment: A Pilot Study. Journal of Child & Adolescent Substance Abuse 2009;18(2):157-71.

Abstract: The purpose of this pilot study was to evaluate the effectiveness of a cognitive-behavioral approach in changing the behavioral and cognitive skills of incarcerated girls participating in a substance abuse treatment program. A repeated measures design was used. The findings of this study revealed that the behaviors (i.e., self-monitoring, self-control, etc.) and cognitive skills (i.e., cognitive concentration, consequential thinking, etc.) of participants improved significantly. Research and practice implications are discussed. Adapted from the source document.

Law FM, Guo GJ. Hope and recovery from substance abuse for female drug offenders in Taiwan. International Journal of Offender Therapy and Comparative Criminology 2012;56(8):1258-82.

Abstract: This study was designed to fulfill a twofold purpose. First, based on the hope theory framework and previous research, a 16-session hope-based substance abuse treatment program to help female drug abusers achieve a better recovery was developed. Second, ANCOVA was used to test the effectiveness of this treatment model. The participants were 40 female drug offenders who were randomly assigned into experimental and control groups. The 20 experimental group participants received 16 sessions of hope-based substance abuse treatment whereas the 20 control group members were put on the waiting list for another term of treatment. The results indicated that the members of the two groups had significant differences in their posttest scores for recovery goal setting and pursuing, pathway controlling, adequate energy, knowledge of the changing process, ability to cope, adequate cognition, emotion regulation, and self-esteem.

Cotton SL. The Experiences in a Jail Diversion Program of Women Clients Who Have a Severe and Persistent Mental Illness and a History of Substance Abuse. Dissertation Abstracts International, A: The Humanities and Social Sciences. Journal announcement date – 2002.

Abstract: Objective. Explore the experiences of 20 women in a jail diversion and discharge program who have a severe and persistent mental illness and a history of substance abuse. The women's ages ranged from 25 to 57, with a median age of 41. The group was composed of one Caucasian, six Hispanics and 13 African Americans. The author explores the lives of the women and the structural and behavioral challenges facing the women as they attempt to reenter society. The goal of this research was to examine the meanings that the women attached to the diversion experience, their strategies and the consequences of those strategies. Methods. Twenty individual interviews and two focus groups were conducted to create a data source from which concepts were extracted, connected by statements of relationship and woven into a theoretical framework utilizing "Grounded Theory" methodology. Results. Development of the "Theoretical Model of a Coercive Continuum." The model depicts the strategies and consequences of mentally ill women who have been subject to the effects of a continuum of coercive and institutional forces. Conclusion. Throughout childhood, incarceration and "treatment" in mental health facilities, the women in the study continued to learn the lessons of powerlessness, helplessness and lack of autonomy. The result is that the women will leave the last stage of society's corrective action-mental health treatment still in a state of institutionalization.

Strauss SM, Falkin GP. The relationship between the quality of drug user treatment and program completion: understanding the perceptions of women in a prison-based program. Substance Use and Misuse 2000;35(12-14):2127-59.

Abstract: To determine why some women offenders complete prison-based drug user treatment and others leave early, clients' (N = 101) perceptions of various aspects of the quality of the treatment experience were compared. Analyses of both quantitative and qualitative data indicate that clients who completed the program had a more favorable perception of staff and felt empowered by the experience in treatment. Most of the clients who left early did so because of conflicts or disagreements with the program's rules. We discuss how a supportive approach to personal development may enhance client perceptions of program quality and increase retention rates.

Miske PJ. The impact of comprehensive drug abuse treatment on antisocial personality characteristics in federal prison inmates: A controlled analysis. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 59(8-B), Feb 1999, pp 4475 1999; (8-B): Feb.

Abstract: Limited research exists on the treatment of substance abuse in correctional settings (Leukefeld, Matthews, & Clayton, 1992), generally, and particularly in relation to female offenders (Teplin, Abram, & McLelland, 1996). Extant research on the concurrent treatment or substance abuse and Antisocial Personality Disorder (ASPD) among offenders is equivocal from an interpretive standpoint due to a wide range of methodological flaws, including: extraordinary attrition rates, lacking control groups, insufficient diagnostic assessment of ASPD, and failure to control for known covariates. This study evaluated the effectiveness of a Federal Bureau of Prisons' substance abuse treatment program in ameliorating antisocial personality characteristics in a sample (N = 55) of female offenders, as indexed by the Millon Clinical Multiaxial Inventory--III (MCMI-III: Millon, 1994) and un overtly behavioral measure. A 10-month, pretest-posttest, experimental (n = 27) versus control (n = 28) group design was employed, and methodological controls were instituted for age, IQ, education, and race/ethnicity. Results indicated that participation in long-term residential substance abuse treatment was not effective in reducing ASPD-related symptomatology. Reductions in levels of depression and anxiety among experimental participants were observed, but were statistically insignificant when stringent controls for Type-I error were employed. Cautious interpretation or these findings is indicated due to the study's quasi-experimental design and the absence of substantive validation data on the MCMI-III (Retzlaff, 1996). (PsycINFO Database Record (c) 2012 APA, all rights reserved).

FISCHER M, Geiger B. What "works†in drug court: a bottom-up female participants' perspective. Journal of Human Behavior in the Social Environment, 21(7), October 2011, pp 752-765 2011:

Abstract: Drug court offers an alternative to incarceration, offering monitored wraparound, long-term treatment and supervision and a continuum of alcohol, drug and other related treatment. Formal evaluations of drug court consistently show that these programmes have been successful in their efforts to rehabilitate drug offenders. This article stresses the importance of qualitative studies from the perspective of drug court participants to find out why and how drug court works. It draws upon an earlier study that involved focused interviews, participant observation, and analysis of video-taped interactions to capture the subjective experience of 11 female clients in a California drug court. To foster empowerment and promote strategies and services to reinforce treatment goals, sanctions must be perceived as reasonable by participants and must be responsive to their needs. The article addresses the motivation of involuntary clients, a core issue social workers face within the criminal justice system. It discusses the characteristics of the drug court which increased these women's sense of self-efficacy perception and confidence in their ability to lead a drug-free life. Despite their history of disadvantage, these women found support in the drug court framework that facilitated their search for the various dimension of agency, empowerment, and resilient self-efficacy.

McDonald D. Empowering female inmates: An exploratory study of a prison therapeutic community and its impact on the coping skills of substance abusing women. Therapeutic Communities.Vol.30(1), Spr 2009, pp.71-88.

Abstract: Over the past twenty years, the number of female inmates incarcerated for drug offenses has dramatically increased. This surge has led to a large portion of the female prison population coming into the corrections system with substance abuse problems. Currently, drug relapse is the number one reason for female recidivism. Robert Johnson (2002) has suggested that if inmates learn mature coping skills, while in prison, they will be better prepared for the world outside and will be less likely to return to the criminal justice system. Johnson's concept of mature coping includes three elements: one must be able to accept the problem at hand, work through the problem without resorting to violence except in cases of self-defense, and learn to live in a community environment where one can assist others and empathize with their problems (Johnson, 2002). The therapeutic community is a program that has been adopted in many prison systems that appears to implement Johnson's concept of mature coping. This research specifically examines a therapeutic community for women within a Pennsylvania prison to better understand if the women are indeed learning positive coping skills that will replace their prior negative coping skill of substance abuse. A combination of quantitative and qualitative methods was used to examine the differences between women in the therapeutic community and women who were on the waiting list for treatment. Data from this study suggests that women involved in the therapeutic community were able to improve their problem solving and seeking social support skills, while many still struggled with avoidance techniques. This study concludes by suggesting several policy implications. First, participants need to spend longer periods of time in treatment to learn and practice their positive coping skills. Second, more therapeutic communities need to be implemented within the prison to address the large number of women who are on the waiting list. A final suggestion involves adopting residential programs for these women, upon their release from prison, to provide them with support systems within their own communities.

Farrell A. Women, Crime and Drugs: Testing the Effect of Therapeutic Communities. Women and Criminal Justice 2000;11(1):21-48.

Abstract: To understand how the unique position of addicted female offenders may affect their participation in conventional drug treatment programs, the influence of social organization & systems of support on the female inmate's ability to successfully reintegrate, stay clean, & remain free of crime upon release from prison is examined. Using data from a prison-based therapeutic community called CREST, serving male & female offenders in DE, this study compares the ability of 41 female treatment program participants (test group) & 38 female work release participants (control group) to form networks of support & stability once released from prison. Additionally, the influence of systems of support on rates of recidivism or returning to drug use is explored. By using a two-pronged study of

social support building & recidivism for female offenders, the overall effectiveness of therapeutic communities for a unique & important population can be examined. 8 Tables, 2 Figures, 67 References. Adapted from the source document.

Miller PM. The impact of prison-based substance abuse treatment on rates of recidivism among female offenders. Dissertation Abstracts International, B: Sciences and Engineering. Ph.D. Advisor: Adams, Sharlene Edition date: 2010.

Abstract: The past few decades has seen an increase in prison populations nationwide and the increase in incarcerated female offenders far surpassed the increase among male offenders. A review of the literature suggests that the criminalization of drugs has contributed to the increased prison population. Prisons nationwide have implemented substance abuse treatment programs in prison settings. The present study examined the impact of prison-based substance abuse treatment on recidivism rates among female offenders. A prison-based therapeutic community and a prison-based outpatient program at the Maryland Correctional Institution for Women were evaluated for their effectiveness on reducing recidivism rates for female offenders. A comparison group of substance abusing female offenders who did not receive prison-based substance abuse treatment prior to release back into the community was included in the analysis. Logistic regression analysis was employed to examine treatment and severity of addiction as predictors of recidivism. Results of the analysis failed to reject the null hypothesis and neither treatment nor severity of addiction emerged as significant predictors of recidivism. The author discusses possible design flaws that may have contributed to the lack of significant results with recommendations for future evaluations. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; email: disspub@umi.com

Mosher C, Phillips D. The Dynamics of a Prison-Based Therapeutic Community for Women Offenders: Retention, Completion, and Outcomes. The Prison Journal Vol 86(1), Mar 2006, pp 6-31 2006;(1):Mar-31.

Abstract: Research has demonstrated that there is a strong relationship between substance abuse and various forms of criminal activity and that drug treatment is effective in reducing crime among substance abusers. Yet, there is a large discrepancy between the number of individuals in the criminal justice system who need treatment and the number of treatment slots available. Indications are that women offenders are even more underserviced with respect to drug treatment than are male offenders. Qualitative data are used here to examine the day-today operations of a prison-based therapeutic community for women offenders, with a particular focus on external constraints on the community. Quantitative data are used to examine completion rates and outcomes for women in the program, yielding a clear inference that the program was effective in reducing recidivism among its participants. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

Prendergast ML, Wellisch J, Wong MM. Residential Treatment for Women Parolees following Prison-Based Drug Treatment: Treatment Experiences, Needs and Services, Outcomes. Prison Journal 1996;76(3):253-74.

Abstract: Discusses the efficacy of the community residential phase of a prison-based treatment program for drug-using women in CA, drawing on data obtained during interviews with program graduates who did & did not enter community-based residential treatment & women who applied but were unable to enter the program (total N = 64). Findings indicate that (1) women's needs for relapse prevention training & drug treatment were not met; (2) women often did not complete treatment; & (3) women who participated in community residential treatment had lower self-reported drug use rates & higher levels of successful parole discharge than women in the other two groups. It is argued that multiple needs beyond drug treatment must be addressed to increase treatment entry & improve retention. 7 Tables, 15 References. Adapted from the source document.

Zlotnick C, Johnson J, Najavits LM. Randomized controlled pilot study of cognitive-behavioral therapy in a sample of incarcerated women with substance use disorder and PTSD. Behavior Therapy 2009;40(4):325-36.

Abstract: This randomized controlled pilot study compared a cognitive-behavioral therapy (Seeking Safety; SS) plus treatment-as-usual (TAU) to TAU-alone in 49 incarcerated women with substance use disorder (SUD) and posttraumatic stress disorder (PTSD; full or subthreshold). Seeking Safety consisted of a voluntary group treatment during incarceration and individual treatment after prison release. TAU was required in the prison and comprised 180 to 240 hours of individual and group treatment over 6 to 8 weeks. Assessments occurred at intake, 12 weeks after intake, and 3 and 6 months after release from prison. There were no significant differences between conditions on all key domains (PTSD, SUD, psychopathology, and legal problems); but both conditions showed significant improvements from intake to later time points on all of these outcomes across time. Secondary analyses at follow-up found trends for SS participants improving on clinician-rated PTSD symptoms and TAU participants worsening on self-reported PTSD symptoms. Also, SS demonstrated continued improvement on psychopathology at 3 and 6 months, whereas TAU did not. However, alcohol use improved more for TAU during follow-up. Satisfaction with SS was high, and a greater number of SS sessions was associated with greater improvement on PTSD and drug use. Six months after release from prison, 53% of the women in both conditions reported a remission in PTSD. Study limitations include lack of assessment of SS outcomes at end of group treatment; lack of blind assessment; omission of the SS case management component; and possible contamination between the two conditions. The complex needs of this population are discussed.

Richards HJ, Casey JO, Lucente SW. Psychopathy and treatment response in incarcerated female substance abusers. Criminal Justice and Behavior Vol 30(2), Apr 2003, pp 251-276 2003;(2):Apr-276.

Abstract: The authors rated 404 incarcerated female participants (mean age 35.2 yrs) in a substance abuse treatment efficacy study using either the Hare Psychopathy Checklist-Revised (PCL-R) or the Psychopathy Checklist: Screening Version (PCL:SV). Participants were then randomly assigned among 3 treatment conditions. Psychopathy scores were significantly associated with poor treatment response with regard to program retention, removal for serious noncompliance, violent and disruptive rule violations, avoidance of urinalysis testing, treatment module attendance, and therapist ratings. Cox regression analyses indicated that psychopathy scores (particularly Factor 1 scores) better predicted new charges in the community than a combination of other variables. The authors concluded that Hare psychopathy scores can be used validly for assessment for placement, risk assessment, and individual treatment planning for female offenders. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Messina N, Burdon W, Prendergast M. Prison-based treatment for drug-dependent women offenders: treatment versus no treatment. Journal of Psychoactive Drugs 2006;Suppl:3-43.

Abstract: This outcome study compared six- and 12-month return-to-custody data for 171 treatment participants and 145 nontreated general population inmates at the Central California Women's Facility (implementing a traditional TC program). Findings showed that there were no differences between the TC treatment group and the no treatment comparison group with regard to six- and 12-month return-to-custody rates (six-month: 16% vs. 16% and 12-month: 36% vs. 27%). The only significant difference in six-month return-to-custody rates was found between treatment-only participants (21%) and the treatment plus aftercare participants (6%). Treatment participants who participated in community-based aftercare were significantly less likely to be returned to custody compared with those who did not participate in aftercare. Multivariate analysis was also used to control for the large difference in psychological impairment between the two groups and other background factors related to reincarceration, while assessing the effect of treatment group status on return-to-custody. Findings indicated that treatment/no-treatment status was not significantly related to a six- or 12-month return-to-custody. However, success on parole was associated with participation in community-based aftercare. The lack of a prison-based treatment effect could be an indication that drug-dependent women offenders need gender-responsive treatment that is designed specifically for their complex needs.

Johnson JE, Zlotnick C. Pilot study of treatment for major depression among women prisoners with substance use disorder. Journal of Psychiatric Research 2012;46(9):1174-83.

Abstract: This study, the largest randomized controlled trial of treatment for major depressive disorder (MDD) in an incarcerated population to date, wave-randomized 38 incarcerated women (6 waves) with MDD who were attending prison substance use treatment to adjunctive group interpersonal psychotherapy (IPT) for MDD or to an attention-matched control condition. Intent-to-treat analyses found that IPT participants had significantly lower depressive symptoms at the end of 8 weeks of in-prison treatment than did control participants. Control participants improved later, after prison release. IPT's rapid effect on MDD within prison may reduce serious in-prison consequences of MDD.

Staton-Tindall M, Duvall J, McNees E, Walker R, Leukefeld C. Outcomes Following Prison And Jail-Based Treatment Among Women Residing In Metro And Non-Metro Communities Following Release. Journal of Drug Issues 2011;41(2):197-216.

Abstract: This study uses data from the Criminal Justice Kentucky Treatment Outcome Study (CJKTOS) to describe treatment outcomes following prison and jail-based treatment among women residing in metro and non-metro areas following release. The study takes an exploratory look at potential differences in sustained abstinence, community treatment utilization, and recidivism by geographic location (metro/ non-metro) and treatment program (fall or prison). Baseline data was collected from women as they entered two prison and two jail-based treatment programs, and follow-up data was collected 12 months post-release in the community. Bivariate group differences were noted with a higher percentage of metro women who participated in prison-based treatment relapsing to cocaine use during the follow-up period compared to non-metro women. In multivariate models, females who participated in jail-based treatment and prison-based treatment fared similarly on study outcomes. There was, however a main effect of residence status in that women living in non-metro areas during the follow-up period were less likely to utilize community-based aftercare treatment and less likely to be re-incarcerated during the follow-up period than women living in metro areas. Findings are discussed with regard to future research and practice implications for women offenders transitioning to geographically different communities following release. Adapted from the source document.

Clement M. New Treatment for Drug-Abusing Women Offenders in Virginia. Journal of Offender Rehabilitation 1997;25(1-2):61-81.

Abstract: Compares a new treatment approach with traditional social work on 40 drug-abusing women offenders at a therapeutic community in VA, drawing on pre- & posttest questionnaire data & using a nonequivalent control group & time-series quasi-experimental designs. Self-esteem, life satisfaction, use of alcohol, passive dependency, dysfunctional attitude, & spousal abuse were tested for, & monthly client progress reports documented change on 10 dimensions (eg, anxiety, denial, & in touch with feelings), while belief system changes were monitored. Findings indicated significant change for anxiety, peace/contentment, & self-esteem. 3 Tables, 18 References. Adapted from the source document

Rowan-Szal GA, Joe GW, Simpson DD, Greener JM, Vance J. During-Treatment Outcomes among Female Methamphetamine-Using Offenders in Prison-Based Treatments. Journal of Offender Rehabilitation 2009;48(5):388-401.

Abstract: An increasingly important treatment group is the expanding population of methamphetamine-using female offenders. This study focused on women methamphetamine-using offenders (n = 359) who were treated either in a modified therapeutic community (TC) program ("Clean Lifestyle is Freedom Forever" [CLIFF]-TC: n = 234) designed for non-violent offenders with significant impairment from methamphetamine use, or the standard outpatient (OTP) treatment (OTP: n = 125). All participants were assessed on motivation, psychological and social functioning, and treatment engagement before and during treatment. A multilevel repeated measures analysis examined changes between intake and end of Phase 2 treatment. Both CLIFF-TC and the traditional OTP treatments were shown to improve psychosocial functioning, with significant changes on measures of self esteem, depression, anxiety, decision making, hostility, risk taking, and criminal thinking errors. Effect

size comparisons indicated treatment gains were larger in the CLIFF-TC than in the OTP group. Both groups rated treatment engagement measures of participation, satisfaction, and counselor rapport to be very high. These results have positive implications for managing and improving treatment of methamphetamine-using women offenders because psychological improvements during treatment have been linked to better post release outcomes. (Contains 1 table.)

Dowden C, Blanchette K. An evaluation of the effectiveness of substance abuse programming for female offenders. International Journal of Offender Therapy and Comparative Criminology 2002;46(2):220-30.

Abstract: Although a recent meta-analysis reported that substance abuse treatment was associated with moderate reductions in recidivism for female offenders, very few of the tests of treatment (k = 4) focused on adults. The purpose of this study was to contribute to this relatively sparse area of scientific inquiry by exploring the effectiveness of substance abuse programming in reducing recidivism for a sample of 98 federally sentenced female offenders in Canada. Results revealed a significant reduction in general recidivism for treated substance abusers. Moreover, the data indicated that violent reoffending was also reduced for the treated group, although the difference did not reach statistical significance.

Waid C. An assessment of substance abuse treatment programs in Florida's correctional institutions for women. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Blomberg, Thomas G. Edition date: 2010.

Abstract: With the "get-tough" stance of the past three decades shaping the landscape of U.S. penal policy, the rate of female incarceration has increased at a rate higher than that for males since the early 1980s (Pollock, 2002). At the turn of the 21st century, 60% of women admitted to prison, compared to 41% of male offenders, were incarcerated for drug-related offenses (Chesney-Lind, 2002; Pollock, 2002). Given this, an understanding of what causes females to relapse and/or recidivate is critical in the development and implementation of appropriate correctional substance abuse treatment. Interest in the efficacy of correctional substance abuse treatment programming has resurfaced after a period of years in which the doctrine of "nothing works" in offender rehabilitation was accepted. The purpose of the present study was to evaluate the efficacy of substance abuse treatment programs operative for female inmates in the state of Florida released between 1995-2001. Consistent with previous research, the analyses produced mixed findings. Specifically, while institutionally-based programming did not reduce recidivism, community based programming was effective three years post-release from programming. Further evaluation (both process and outcome studies) and investment in treatment resources that can address the specific needs of females and provide a continuum of care are provided as recommendations for future research and practice. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Bates TJ. Drug court: Breaking the black magic spell of drug addiction for women: A qualitative study. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Edition date: 2008.

Abstract: The use of incarceration as society's punishment for crime has been embedded in America's social framework since the late 18th century. By the end of the 20th century incarceration rates reached an all-time high as a new criminal emerged, the substance-abusing offender. With the expansion of the illicit drug markets, incarceration rates reached an all-time high and women were incarcerated more than ever before in history. As a result the criminal justice system made a paradigm shift, from a punishment-based paradigm of incarceration to a restorative justice approach. Drug court, a specialty court, is one model of restorative justice. The purpose of this study was to examine drug court through the lens of social role theory and social role valorization (SRV) theory in order to understand its effectiveness as a rehabilitative effort for the substance-abusing female offender. This phenomenological study explores the lived experiences of 26 female substance-related felony offenders in Salt Lake County Felony Drug Court, Salt Lake City, Utah. Each of the women participated in an individual, 2-hour, in-depth, semi-structured, audiotaped interview; a follow-up interview; and a 2-hour focus group. The interviews revealed loss, neglect, abandonment, and grief issues that began

early in the women's lives. Consequently, they approached early adulthood relying on substances not only for their numbing properties but also for connections to significant others, setting up long patterns of dysfunction in their lives. Even though 15 (58%) of the women felt they had been coerced into drug court, 25 (96%) spoke of drug court as 'saving them.' Acceptance, caring, and genuine positive regard trumped everything else drug court was doing. The women spoke of camaraderie and of being valued. They spoke positively of the shared understanding and collaborative effort, guidance, and structure. Through the drug court process their societal roles became more positive and valued as they moved toward a traditional social role. As personal, family and financial changes were made, they became more gentle, friendly and cooperative. They were less defiant and more compliant with the rules and requirements of the drug court program. They told of drug court being a successful rehabilitative effort. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Page RC. Marathon groups: counseling the imprisoned drug abuser. International Journal of the Addictions 1980;15(5):765-70.

Abstract: This article describes how marathon group therapy can contribute to the rehabilitation of imprisoned drug abusers. Nine 16-hour marathon groups were facilitated with female drug abusers at a woman's prison. One purpose of these groups was to facilitate the discussion of the personal problems of the group members. A second purpose was to enable the participants to receive feedback about how they related to each other in the group. The manner in which these groups were facilitated is described. Member evaluations of these groups are included. Other settings in which these groups can be used with drug abusers are suggested.

Stein MD, Caviness CM, Anderson BJ, Hebert M, Clarke JG. A brief alcohol intervention for hazard-ously drinking incarcerated women. Addiction 2010;105(3):466-75.

Abstract: OBJECTIVE: To test the hypothesis that among hazardously drinking incarcerated women who are returning to the community, a brief alcohol intervention will result in less alcohol use at follow-up relative to standard of care

METHODS: Eligible participants endorsed hazardous alcohol consumption-four or more drinks at a time on at least 3 separate days in the previous 3 months or a score of 8 or above on the Alcohol Use Disorders Identification Test. Participants were randomized to either an assessment-only condition or to two brief motivationally focused sessions, the first delivered during incarceration, the second 1 month later after community re-entry. Participants recalled drinking behaviors at 3 and 6 months after the baseline interview using a 90-day time-line follow-back method.

RESULTS: The 245 female participants averaged 34 years of age, and were 71% Caucasian. The mean percentage of alcohol use days in the 3 months prior to incarceration was 51.7% and heavy alcohol use days was 43.9%. Intervention effects on abstinent days were statistically significant at 3 months (odds ratio = 1.96, 95% confidence interval 1.17, 3.30); the percentage of days abstinent was 68% for those randomized to intervention and 57% for controls. At 6 months the effect of the intervention was attenuated and no longer statistically significant.

CONCLUSIONS: Among incarcerated women who reported hazardous drinking, a two-session brief alcohol intervention increased abstinent days at 3 months, but this effect decayed by 6 months. Study participants continued to drink heavily after return to the community. More intensive intervention pre-release and after re-entry may benefit hazardously drinking incarcerated women.

Guydish J, Chan M, Bostrom A, Jessup MA, Davis TB, Marsh C. A Randomized Trial of Probation Case Management for Drug-Involved Women Offenders. Crime and Delinguency 2011;57(2):167-98.

Abstract: This article reports findings from a clinical trial of a probation case management (PCM) intervention for drug-involved women offenders. Participants were randomly assigned to PCM (n = 92) or standard probation (n = 91) and followed for 12 months using measures of substance abuse, psychiatric symptoms, social support, and service utilization. Arrest data were collected from administrative data sets. The sample included mostly African American and White women (age M = 34.7, education M = 11.6 years). Cocaine and heroin were the most frequently reported drugs of abuse, 86% reported history of incarceration, and 74% had children. Women assigned to both PCM and standard probation showed clinical improvement change over time on 7 of 10 measured outcomes. However, PCM group changes were no different than those observed for the standard probation group. Higher levels of case management, drug abuse treatment, and probationary supervision may be required to achieve improved outcomes in this population.

Villagra LP, Gonzalez MA. Acceptance and Commitment Therapy for drug abuse in incarcerated women. Psicothema 2013;25(3):307-12.

Abstract: BACKGROUND: Acceptance and Commitment Therapy is the third wave therapy with the greatest empirical evidence in the treatment of drug abuse

METHOD: Thirty-one women with substance use disorder (SUD) were randomly assigned to two conditions, an intervention based on Acceptance and Commitment Therapy (ACT) and a control group on a waiting list. All participants were assessed three times (before treatment, at the end, and at a six-month follow-up) using urinalysis, the Mini International Neuropsychiatric Interview (MINI), the Addiction Severity Index (ASI-6), the Anxiety Sensitivity Index, and the Acceptance and Action Questionnaire (AAQ-II)

RESULTS: After 16 ACT intervention sessions, abstinence rates of 27.8% were observed, increasing to 43.8% after six months. The treatment also promoted improvements in other areas, such as reductions in the percentage of comorbid psychopathology and anxiety sensitivity, and the increase of psychological flexibility, which, in general, were not documented in the comparison group.

CONCLUSIONS: Clinical gains were achieved, and we consider ACT to be an effective and appropriate treatment to be applied in the prison context.

Studier med både kvinner og menn i utvalget

Stein LA, Lebeau R, Colby SM, Barnett NP, Golembeske C, Monti PM. Motivational interviewing for incarcerated adolescents: effects of depressive symptoms on reducing alcohol and marijuana use after release. Journal of Studies on Alcohol and Drugs 2011;72(3):497-506.

Abstract: OBJECTIVE: Motivational interviewing to reduce alcohol and marijuana use among incarcerated adolescents was evaluated.

METHOD: Adolescents (N = 162, 84% male; M = 17.10 years old) were randomly assigned to receive motivational interviewing or relaxation training, with follow-up assessment 3 months after release.

RESULTS: Compared with those who received relaxation training, adolescents who received motivational interviewing had lower rates of alcohol and marijuana use at follow-up, with some evidence for moderating effects of depression. At low levels of depression, adolescents who received motivational interviewing had lower rates of use. Adolescents who received relaxation training and who had high levels of depressive symptoms early in incarceration showed less use at follow-up than those low in depressive symptoms who received relaxation training.

CONCLUSIONS: This brief motivational interviewing intervention during incarceration reduces alcohol and marijuana use after release. In addition, depressive symptoms early in incarceration should

be considered in treating these adolescents, but more work is needed to extend follow-up period and account for the impact of depression on outcomes.

Pelissier BM, Camp SD, Gaes GG, Saylor WG, Rhodes W. Gender differences in outcomes from prison-based residential treatment. Journal of Substance Abuse Treatment 2003;24(2):149-60.

Abstract: This study examines gender similarities and differences in background characteristics, the effectiveness of treatment, and the predictors of post-release outcomes among incarcerated drugusing offenders. The sample of 1,842 male and 473 female treatment and comparison subjects came from a multi-site evaluation of prison-based substance abuse treatment programs. Three-year follow-up data for recidivism and post-release drug use were analyzed using survival analysis methods. Despite the greater number of life problems among women than men, women had lower three-year recidivism rates and rates of post-release drug use than did men. For both men and women, treated subjects had longer survival times than those who were not treated. There were both similarities and differences with respect to gender and the other predictors of the two post-release outcomes. Differences in background characteristics and in factors related to post-release outcomes for men and women suggest the plausibility of gender-specific paths in the recovery process.

Gordon JA, Barnes CM, VanBenschoten SW. The Dual Treatment Track Program: A Descriptive Assessment of a New "In-House" Jail Diversion Program. Federal Probation Vol 70(3), Dec 2006, pp 9-18 2006;(3):Dec-18.

Abstract: The purpose of this article is to describe the creation of a jail diversion program for offenders diagnosed with a co-occurring disorder and detail the characteristics, progress, and outcomes of the clients who entered a program in which all services are delivered "in-house" rather than through a traditional brokerage system. Jail diversion programs for mentally ill offenders provide an alternative to arrest, prosecution or conviction. The target population for the program consists of offenders who remain in jail and have a dual diagnosis of substance use and mental health issues. Additional requirements are that the offender be at least 18 years old; have a non-violent criminal history and nonviolent current charge; and possess a willingness to receive such services. The program is available to both men and women. A number of points are revealed by this sample of clients: clients have a significant trauma history, clients show signs of mental health improvement, clients report a reduction in substance use, the program appears to maintain a level of safety in the community as reflected by the less serious charges after entering into the program, and the program shows strong improvements among clients who are successfully released compared with those who are terminated. The explosion of jail diversion programs reflects the ease of diverting mental health clients from the criminal justice system; however, the essential question now turns to the appropriateness of services provided. Future research will be challenged to answer this question. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Burdon WM, De Lore J, Dang J, Warda US, Prendergast ML. Psychosocial functioning among inmates in prison-based drug treatment: Results from Project BRITE. Journal of Experimental Criminology Vol 9(1), Mar 2013, pp 45-64 2013;(1):Mar-64.

Abstract: Objective: To assess the impact of a positive behavioral reinforcement intervention on psychosocial functioning of inmates over the course of treatment and on posttreatment self-reported measures of treatment participation, progress, and satisfaction. Method: Male (n = 187) and female (n = 143) inmates participating in 12-week prison-based intensive outpatient (IOP) drug treatment were randomly assigned to receive standard treatment (ST) or standard treatment plus positive behavioral reinforcement (BR) for engaging in targeted activities and behaviors. Participants were assessed for psychosocial functioning at baseline and at the conclusion of treatment (post-treatment). Self-reported measures of treatment participation, treatment progress, and treatment satisfaction were also captured at post-treatment. Results: The intervention affected female and male subjects differently and not always in a way that favored BR subjects, as compared to the ST subjects, most notably on measures of depression and criminal thinking. Conclusions: Possible explanations for the results include differences in the male and female custody environments combined with the procedures that study participants had to follow to earn and/or receive positive reinforcement at the two study sites, as well as baseline differences between the genders and a possible floor effect among females on measures of criminality. Limitations of the study included the inability to make study participants blind to the study conditions and the possible over-branding of the study, which may have influenced the results. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract).

Pelissier B, Rhodes W, Saylor W, Gaes G, Camp SD, Vanyur SD, et al. Triad drug treatment evaluation project. Federal Probation Vol 65(3), Dec 2001, pp 3-7 2001;(3):Dec-7.

Abstract: Evaluated the US Bureau of Prisons' residential drug abuse treatment programs for inmates with moderate to severe alcohol and drug abuse problems. The program involved 3 stages: residential treatment for 9-12 mo, institutional transition, and community transition. Ss were 2,315 male and female inmates from 20 institutions. Criminal recidivism, post-release drug use and post-release employment were primary outcomes in the 3-yr follow-up evaluation. The results show that male inmates who completed residential drug abuse treatment were 16% less likely to be rearrested or have their supervision revoked than inmates who did not receive such treatment; the comparable figure for female inmates was 18%. This reduction in recidivism was coupled with a 15% reduction in drug use for male treated inmates and 18% reduction for female treated inmates. Women who completed treatment also found improved employment. Although the results for recidivism and drug use were not statistically significant for women, their overall failure rate was lower, and it is suggested that different causal factors for female drug abuse might lead to modified drug treatment programs for women. It is concluded that these drug abuse treatment programs had significant positive effects on 3-yr post-release outcomes. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Kilty KM, Johnson B, Rudy D. Successes and Failures in Prison Drug Programs: Quantitative and Qualitative Assessments. Society for the Study of Social Problems 1994;

Abstract: Drawing from ongoing evaluations of prison substance abuse programs in KY & OH, examined are program successes & failures. Program participants include women from single institutions in each state & males from various institutions. Quantitative data include self-reports from parolees over a range of social, attitudinal, & behavioral indicators; qualitative data are drawn from openended interviews. Failures are operationalized as inmates who have returned to drug use inside the institution or who have been released & have returned to prison because of a drug or drug-related offense. Program successes are subjectively defined by counseling staff, parole officers, & the researchers, focusing on successful occupational, familial, & social adjustment. In combining quantitative & qualitative methodologies, a more clear picture of those techniques, factors, & strategies that predict recidivism & success is presented.

Robbins CA, Martin SS, Surratt HL. Substance Abuse Treatment, Anticipated Maternal Roles, and Reentry Success of Drug-Involved Women Prisoners. Crime and Delinguency 2009;55(3):388-411.

Abstract: This article reports analyses of recidivism and relapse experiences of substance-abusing women inmates as they reenter the community. Outcomes are compared for women who completed a work-release therapeutic community program, women who entered but did not complete the program, and those who did not receive work-release therapeutic community treatment. Additionally, this article compares women who anticipated living with their children following release to those who did not have children with whom they expected to live. Women who completed the treatment program were more likely to remain arrest-free during the first 18 months following prison, and they used drugs less frequently. Women who expected to live with their minor children were significantly more likely to enter the treatment program, but maternal role expectations had no direct effect on reentry outcomes once treatment experience and background factors were controlled.

Pelissier B, Motivans M, Rounds-Bryant JL. Substance Abuse Treatment Outcomes: A Multi-Site Study of Male and Female Prison Programs. Journal of Offender Rehabilitation 2005;41(2):57-80.

Abstract: The present study examined whether there were program differences with respect to post-release outcomes in 20 federal in-prison substance abuse programs which used a cognitive-behavioral treatment approach. Recidivism and post-release drug use were examined for a sample of 1,343 individuals--1,065 men and 278 women. Discrete time proportional hazards regression models showed that, after controlling for individual characteristics, no differences were detected among the 16 programs for men. In contrast, one of the four female programs had significantly higher drug use rates and one had significantly lower recidivism rates. Our results suggest that implementation of a treatment approach which has been shown to be effective--cognitive-behavioral treatment--can result in comparable outcomes across programs, despite differences in program implementation. However, specific types of variation in program implementation may affect outcomes. (Contains 3 tables and 5 notes.)

Peyrot M, Yen S, Baldassano CA. Short-term substance abuse prevention in jail: a cognitive behavioral approach. Journal of Drug Education 1994;24(1):33-47.

Abstract: This article describes a cognitive-behavioral program for substance abusers which was first implemented in the Baltimore City Jail in 1987. Similar but separate programs are provided for male and female inmates, consisting of twelve to sixteen contact hours over three to four weeks. In addition to conventional drug and alcohol information (physiologic and psychological effects, treatment options), the program emphasizes cognitive and behavioral skills which can prevent substance abuse, including training in consequential thinking, and stress and anger management. Over a two-year period, 607 males and 131 females were served, of whom 429 (59%) completed the entire program. Both males and females showed statistically significant improvement from pretest to posttest in all knowledge areas. Inmates gave high ratings to the program and group leaders reported substantial change in client attitudes toward drug and alcohol use. Knowledge scores at the end of the program were highest for those who scored higher at pretest, rated their group leader higher, and were rated by their group leader as more active participants. Client participation was the strongest predictor of program outcome.

Johnson KW, Young L, Shamblen S, Suresh G, Browne T, Chookhare KW. Evaluation of the therapeutic community treatment model in Thailand: policy implications for compulsory and prison-based treatment. Substance Use and Misuse 2012;47(8-9):889-909.

Abstract: This study, conducted in 2005 to 2007, presents results that are based on a proscriptive cohort design. The sample consisted of 769 residents in 22 drug user treatment programs who stayed in treatment for at least 30 days to one year; 510 former residents (66%) from 21 programs (95%) were interviewed again at a 6-month post-treatment follow-up assessment. A majority of the participants were male, lived with family or relatives, had completed only primary school, and had a full-time or a part-time job prior to entering treatment. The participating therapeutic community (TC) programs were a mixture of volunteer, compulsory-probation, and prison-based programs. In-person interview data and urine testing showed that the self-reported drug use prevalence rates are reliable. The results show large positive treatment effects on 30-day and 6-month illegal drug use and small to medium effects on the severity of alcohol use and related problems. A multilevel regression analysis suggests that residents' reduced stigma, adaptation of the TC model, and frequency of alcohol and drug use-related consequences partially predict treatment success. Study limitations and policy implications are discussed.

Eisenberg M, Fabelo T. Evaluation of the Texas Correctional Substance Abuse Treatment Initiative: The Impact of Policy Research. Crime and Delinguency 1996;42(2):296-308.

Abstract: Evaluates a correctional therapeutic community substance abuse program in TX, drawing on interview data from 672 male & female participants 1 year after release. Results indicate that recidivism was significantly reduced for offenders completing treatment. However, a large number of offenders did not complete treatment, & those persons had recidivism rates comparable to those not participating. Rapid expansion of these programs caused problems associated with client selection, program consistency, & retention in treatment. The operational structure was not in place to effectively expand these programs from 5,000 beds to the originally planned 14,000 beds. Based on these findings, the TX Legislature decided against expansion. 4 Figures, 15 References. Adapted from the source document.

Wexler HK, Falkin GP, Lipton DS. Outcome evaluation of a prison therapeutic community for substance abuse treatment. Criminal Justice and Behavior Vol 17(1), Mar 1990, pp 71-92 1990;(1):Mar-92.

Abstract: Evaluated the effectiveness of prison based therapeutic communities' (TCs) treatment and assessed the time-in program variable. Treatment findings for the Stay'n Out TC, which has operated in the New York State correctional system for over 12 yrs are reported. Participants of the Stay'n Out program are compared with a no-treatment control group and with participants in counseling and milieu therapy prison-based drug-abuse treatment programs. Results provide convincing evidence that prison-based TC treatment can produce significant reductions in recidivism rates for males and females and this positive effect increased as time in program increased but tapered off after 12 mo. Findings suggest a dosage model in which greater exposure to treatment produces a positive effect up to the point of satiation. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Alternative terapiformer/stressmestring/selvutvikling

Studier med bare kvinner i utvalget

Walsh PG, Mertin PG. The Training of Pets as Therapy Dogs in a Women's Prison: A Pilot Study. Anthrozoos 1994;7(2):124-8.

Abstract: Examines the Pets as Therapy (PAT) program in which inmates in a women's prison in Australia trained companion dogs for the elderly & individuals with disabilities. Focus here is on the effect PAT had on the trainers. Depression scale & self-esteem inventory data collected 1988/89 (N = 8) showed significant group changes in both these areas. 2 Tables, 18 References. Adapted from the source document.

Perkins R. The efficacy of mindfulness-based techniques in the reduction of stress in a sample of incarcerated women. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 59(9-B), Mar 1999, pp 5104 1999;(9-B):Mar.

Abstract: The purpose of this study was to evaluate the efficacy of a mindfulness-based stress reduction program in lowering the somatization and subsequent medical service utilization in a prison environment. Female inmates at a Federal Correctional Institution were randomly divided into a treatment group and a wait-list control group, with the treatment group attending an eight week mindfulnessbased stress management class. A third group of inmates who were attending other psychoeducational classes, run by the prison staff, were recruited to participate in the study as an attention control group. Three self-report measures were administered to all three groups of inmates, at pre-treatment and post-treatment intervals. The measures used were the Coping Resources Inventory for Stress (CRIS), the Symptom Checklist-90-Revised (SCL-90-R) and State-Trait Anger Inventory (STAXI). In addition, frequency measures on utilization of medical services were obtained for the two month period prior to treatment, the two month period during treatment, and for the two month period immediately following treatment. The results indicated that the inmates in the treatment group demonstrated a significant increase in their overall effectiveness in coping with stress (Coping Resources Effectiveness score) and a significant decrease in their global level of distress (Global Severity Index score), at the time of post-testing, when compared with the two control groups. Both the treatment and the attention control subjects demonstrated a significant decrease in their situational anger and angry responding (State Anger and Anger Expression scores) between pre and post-testing. However, none of the three groups demonstrated significant changes in their utilization of medical services over time. These results are interpreted as providing support for efficacy of the mindfulness-based stress management program for increasing coping effectiveness with stress, decreasing global level of distress and decreasing both situational anger and angry responding. The lack of significant findings in the behavioral data and possible reasons for these findings are explored. The benefits of providing mindfulness-based stress management programs for inmates in federal prisons are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Bellamy ND. Psychophysiology of stress and effects of a relaxation intervention in two motivational types of violent crime offenders. Dissertation Abstracts International Section A: Humanities and Social Sciences Vol 62(12-A), Jun 2002, pp 4078 2002;(12-A):Jun.

Abstract: The effectiveness of an abbreviated progressive muscle relaxation intervention (APRT) (treatment participants, n = 65) in reducing psychophysiological activity in repeated exposure to auditory emotional stressor stimuli was evaluated among adult men and women criminal offenders (nonviolent, n = 49; appetitive violent, n = 11; and aversive violent, n = 44). No-treatment participants (n = 39) completed an attention-focused muscle control task that was accompanied by music. Aversive violent crime offenders experienced a significantly higher stress level before and during incarceration. No significant difference was reported among offenders on the Ways of Coping Questionnaire. Differences among violent crime offenders on offense behavior and psychopathy characteristics are also reported. Results indicated a significant increased heart rate level reactivity to stressor stimuli for appetitive violent crime offenders prior to participation in treatment conditions. Appetitive violent crime offenders in the APRT treatment condition reported a significant decrease in negative mood states as measured by the Profile of Mood States. Treatment participants demonstrated a significant reduction in wrist pulse rates (radial heart rate). Implications for future research and practice are discussed with respect to utilization of APRT in the development of a stress management program with violent crime offenders residing in county correctional facilities. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Gotaas N. Rocka stabilitet: evaluering av prosjektet Musikk i fengsel og frihet: et tilbud til kvinner i Oslo. Oslo: Norsk institutt for by- og regionforskning; 2006

Sammendrag: Prosjektet "Musikk i fengsel og frihet" (MIFF) ble startet opp i 1991 etter initiativ av musikkterapeut Venja Ruud Nilsen i samarbeid med Bredtveit fengsel, - forvarings- og sikringsanstalt. I 1996 ble prosjektet tilknyttet Norsk Musikkråd (nå Musikkens studieforbund). I løpet av disse årene har tilbudet i Oslo blitt utvidet og prosjektet tatt mål av seg til å bli landsomfattende. Pr. 2005 hadde prosjektet et tilbud ved i alt 10 soningssteder, i til sammen 9 fylker. Rapporten tar først og fremst for seg tilbudet knyttet til Bredtveit, med noe sammenlikning av tilbudet ved Oslo fengsel og Bergen fengsel.

Evalueringen baserer seg på kvalitative data innsamlet "dryppvis" fra høsten 2003 til sommeren 2005. Materialet består av intervju (12 intervjupersoner, hvorav 9 deltakere), observasjon, noe deltakende

observasjon og dokumentanalyser. Evalueringen har form av en prosessanalyse med stor vekt på å få frem meningsaspektet ved prosjektet; hva tilbudet betyr for deltakerne og hvordan det virker inn på deres muligheter for å håndtere tilværelsen, både under og etter soning. Hovedmålsettingen for prosjektet er å gjøre den innsatte bedre rustet til å mestre fritiden etter løslatelse og dermed være med på å forhindre tilbakefall til rus og kriminalitet. De viktigste virkemidlene består i musikkgrupper for nybegynnere og viderekommende, både inne i fengselet og utenfor. I tillegg har prosjektet på trinn 1 et tilbud om individualundervisning i musikk og data og på trinn 2 et tilbud i form av en egen rusgruppe.

NUGENT B, LOUCKS N. The Arts and Prisoners: Experiences of Creative Rehabilitation. Howard Journal of Criminal Justice 2011;50(4):356-70.

Abstract: The following article presents findings from an ongoing evaluation of arts programmes from Artlink Central taking place in Cornton Vale, which is Scotland's main prison for women. Through a discussion of the findings, and a look to international research on this area, the arts can clearly generate significant rehabilitative benefits for offenders. However, such work has both real and perceived limitations. Ultimately the arts, like other rehabilitative efforts, can be regarded as an 'add on' and, therefore, do not receive the credit or place they deserve in policy and consequently in practice. Adapted from the source document.

Sumter MT, Monk-Turner E, Turner C. The benefits of meditation practice in the correctional setting. Journal of Correctional Health Care 1981;correct.(1):47-57.

Abstract: This research examined the impact of a structured meditation program intervention on female detainees, comparing an experimental group and a control group for medical symptoms, emotions, and behaviors before and after the intervention. A 2 1/2-hour meditation session was held once a week for 7 weeks. Study participants completed a medical symptoms checklist before the program began and after it ended. At the posttest period, the experimental group experienced fewer sleeping difficulties, less desire to throw things or hit people, and less nail or cuticle biting; were more hopeful about their future; and felt less guilt. Meditation was beneficial for this population and may be a cost-effective tool for inmates and administrators. Meditation effects, especially among inmates, merit further research attention.

Colosetti SD. Effect of relaxation training alone and relaxation training paired with EMDR on incarcerated, battered women. Dissertation Abstracts International Section A: Humanities and Social Sciences Vol 58(6-A), Dec 1997, pp 2392 1997;(6-A):Dec.

Abstract: Every 15 seconds a woman is beaten in the U.S. (Clothesline Project). Many of these women meet the criteria for a diagnosis of PTSD. Some of them end up in prison. This study used a sample of five battered women, incarcerated in a Southern state prison, to test the efficacy of EMDR following relaxation training. A-B-C designs were used to compare baseline assessment (Phase A), relaxation training utilizing Miller and Halpern's (1980) audiotaped instructions (Phase B), and EMDR (Phase C). A script of the worst memory of abuse was dictated by each woman during assessment and read by the researcher at the beginning of each session. The Beck Anxiety Inventory and Impact of Events Scale, measuring avoidant behaviors and intrusive thoughts, were given weekly, following the script. Client logs and measures of SUDS and VOC were taken during the EMDR phase only. A one-month follow-up was used. ANOVAs with repeated measures comparing 2 groups, E1 (n = 2) that received 3 weeks of relaxation training prior to EMDR and E2 (n = 3) that received 6 weeks of relaxation training prior to EMDR, were not statistically significant. Avoidant Behaviors scores approached significance for the main effect of treatment (F = .06) and for the group by phase interaction (F = .08). Due to intrasubject variability, blocking was used to identify trends. A distinct improvement was noted in Subject 2--Anxiety dropped from 36.5 to 8.0, Intrusive Thoughts 27.5 to 11.0, and Avoidant Behaviors 27.0 to 24.0. Individually graphed data and calculated mean scores by phase permit further investigation. Implications for future research include appropriate screening for dissociation and development of coping skills prior to EMDR, decreasing avoidance by having the woman read her script aloud prior to completing outcome measures, monitoring medication during treatment, continuing treatment as needed, using additional outcome measures, and employing a multi-baseline design across subjects, matching women on several demographic variables. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Jasperson RA. Therapeutic interventions and animal assisted therapy with incarcerated females. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 72(6-B),2011, pp 3344 2011;(6-B):2011.

Abstract: The prison population in the United States is growing at an alarming rate. Incarcerated women manifest distinctly greater psychological distress than do their male counterparts. In addition, these women demonstrate higher rates of mood disorder, substance use disorders, and personality disorders. Ranging from individual and group therapy to vocational training, corrections facilities use various forms of therapeutic interventions in an attempt to provide inmates with the resources necessary to develop healthy coping skills and function successfully in society. For many years corrections facilities have used animals as rehabilitative or therapeutic tools. However, there have been few studies looking at the efficacy of programs using animals with incarcerated populations. This dissertation presents how I examined the impact of an animal assisted therapy group with female inmates at the Utah State Prison. I present three separate articles that I submitted for publication in peer-reviewed journals. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Harner H, Hanlon AL, Garfinkel M. Effect of Iyengar yoga on mental health of incarcerated women: a feasibility study. Nursing Research 2010;59(6):389-99.

Abstract: BACKGROUND: Incarcerated women share a disproportionate burden of mental illness. Although psychotropic medications are available to women in prison, adjunctive treatment modalities, such as Iyengar yoga, may increase psychological well-being.

such as Iyengar yoga, may increase psychological well-being. OBJECTIVES: The purposes of this study were (a) to address the feasibility of providing a genderresponsive exercise intervention within a correctional institution and (b) to observe the effect of a group-format lyengar yoga program that met two sessions a week for 12 weeks on levels of depression symptoms, anxiety symptoms, and perceived stress among incarcerated women METHODS: A repeated measures design, in which each participant served as her own control, was used. Participants completed three self-administered instruments: the Beck Depression Inventory, the Beck Anxiety Inventory, and the Perceived Stress Scale before treatment (baseline) and during treatment (Weeks 4, 8, and 12). Linear mixed effects models were used to examine statistically significant changes in mental health measures over time, taking advantage of all available data RESULTS: Although 21 women initially participated in the intervention, 6 women completed the 12week intervention. A significant linear decrease was demonstrated in symptoms of depression over time, with mean values changing from 24.90 at baseline to 5.67 at Week 12. There was a marginally significant decrease in anxiety over time (12.00 at baseline to 7.33 at Week 12) and a nonlinear change in stress over time, with decreases from baseline to Week 4 and subsequent increases to Week 12

DISCUSSION: Women who participated in this program experienced fewer symptoms of depression and anxiety over time. Findings from this study may be used to improve future interventions focusing on the health outcomes of incarcerated women.

Vannoy SD. Evaluating the impact of a meditation curriculum on anger, hostility, and egoism with incarcerated adults. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 66(8-B),2006, pp 4504 2006;(8-B):2006.

Abstract: An evaluation of a meditation based curriculum developed to reduce anger, hostility, and egoism was be performed using incarcerated adults as participants. In a previous study, S. D. Vannoy and W. T. Hoyt (2004), pilot tested a new intervention delivered to incarcerated adult males. In addition to predicting reductions in participant anger, they proposed a mediation role for egoism, predicting that reductions in anger would, in part, be related to reductions in egoism. Results of that study supported the hypotheses, although the analyses were hampered by several limitations, including low sample size, (n = 31). In the current study, the goal was three fold: (a) to replicate the previous findings of S. D. Vannoy and W. T. Hoyt (2004), while improving the experimental conditions; (b) expand the focus of the evaluation to investigate the impact of the intervention on the anti-social construct of hostility and the pro-social construct of social-connectedness; and (c) evaluate the impact of the intervention on female participants. Results of this study indicate the intervention was effective at reducing anger in female participants, (d = -.83, p < .05). Changes on all other dependent variables failed to reach statistical significance. Unlike treatment-as-usual for anger, meditation is an activity that many people in the general public incorporate into their daily lives, seeking psychological benefits. A specific hypothesis in this study was that meditation participants would voluntarily continue to participate in meditation opportunities, while participants in treatment as usual would not opt to voluntarily meet to discuss/practice the course material. Male participants in MBESH participated in aftercare at a high rate (89%), and female participants in MBESH participated at a moderate rate (45%). The participation rate in after-care for both male and female treatment-as-usual participants was 0%. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Nickell EB, Witherspoon AD, Long CK. Decreasing speech anxiety of female prisoners. Psychological Reports 1989;65(3:Pt:2):t-7.

Abstract: This study compared self-reported speech anxiety experienced by female prisoners before and after attending a special program within a state vocational facility. With high scores on the Personal Report of Confidence as a Speaker, 13 women volunteers were treated in a program incorporating various techniques including systematic desensitization, cognitive restructuring, skills training, and shaping. These components were presented in six 2-hr. sessions. Pre- and posttreatment comparisons showed a significant decrease in speech anxiety. Discussion focuses on basic characteristics relevant to this sample (short attention span and low reading levels) and limitations of an institutional nature such as excessive noise, lack of privacy, and restrictions on possession of study materials.

Dunphy K. A creative arts performance program for incarcerated women. The Arts in Psychotherapy Vol 26(1), 1999, pp 35-43 1999;(1):1999, pp-43.

Abstract: Examined the multi-arts performance program Keeping the Faith at the Washington Corrections Center for Women (WCCW) to explore the meaning of involvement in the program for staff and inmates. The study was guided by the interpretive inquiry methodology of S. Stinson and K. Anijar (1993), including interviews with staff and participants, creative writing from participants and participant observations. Participants were aged 15 yrs to the late 40s. An outline of the program includes descriptions of the dance, music, and visual art components. Staff and participants' perceptions are generally detailed as seeing the program as offering a number of unique experiences. The arts program appears to have significant positive outcomes for individual participants, particularly in the areas of self-esteem, personal achievement and social skills, with some benefits for the WCCW prison population and the wider community. The challenges associated with working in a prison environment are reviewed. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Erickson BJ. Art therapy treatment with incarcerated women. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Young, Mark E. Edition date: 2008.

Abstract: This study examined the effectiveness of art therapy in decreasing symptoms of trauma and psychological distress in women who were incarcerated in county jails in the Southeastern United States. In order to protect the integrity of the study, control subjects were in different dormitories from the treatment subjects. While the dormitories were randomly assigned to treatment or control, the subjects were not. The dependent measures were paper and pencil tests, the Outcome Questionnaire (OQ-45.2) and the Trauma Symptom Inventory (TSI) given at pretest and posttest. A demographic questionnaire was completed in the first session to better characterize the participants. In addition, a post study evaluation with open ended questions was completed at the end of the study that allowed participants to share their feelings about the treatment experience. Additional qualitative information was obtained through observation data collected by the investigator who served as the provider of treatment. Art therapy group participants attended six sessions of art therapy over a three week period which was administered using six standard art projects. Like treatment subjects, control participants had access to the treatment available in the jail to all inmates, and were offered art therapy treatment after final data were obtained. Though the statistical data gathered in this study did not provide empirical evidence that the group art therapy treatment was effective in reducing symptomatology, the qualitative responses indicated that the treatment was rated very positively by the participants. No statistically significant changes were found in overall scores, however, some significance was found on some individual treatment scales. Scores measuring psychological distress and trauma symptoms generally decreased over time for all study participants, however, treatment participant scores improved at a greater rate. The study was limited due to small sample size (N=26). Nearly half of the original participants were lost to attrition associated with administrative actions in the county jail system. The measurement instruments used were not specifically adapted to incarcerated individuals and may not have provided adequate measurement for this population. Responses from the participants were overwhelmingly positive. Inmates responses to the post study evaluation indicated that they had enjoyed the experience and would recommend the group to others. More than 75% stated that they felt that the treatment had helped them deal with difficult experiences in their

past. The most frequent suggestion for the future was that the groups needed to be continued, and should be longer and more frequent. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

LAZZARI MM, AMUNDSON KA, JACKSON RL. "We Are More than Jailbirds": An Arts Program for Incarcerated Young Women. Affilia 2005;20(2):169-85.

Abstract: This article presents the findings of a qualitative study of the effects of an innovative arts project on incarcerated female juvenile offenders. In this project, a professional artist engages & guides the detainees in the creation of individual & collaborative artistic works. The works of art are produced for museum display to enhance the development of the young women's self-identity & to draw public attention to the incarceration of young women in the juvenile justice system. The findings of this study are corroborated & supported by relational-cultural & self-efficacy theoretical perspectives. 37 References. [Reprinted by permission of Sage Publications Inc., copyright 2005.]

Collica K. Surviving Incarceration: Two Prison-Based Peer Programs Build Communities of Support for Female Offenders. Deviant Behavior 2010;31(4):314-47.

Abstract: Both men and women adopt various roles in the inmate subculture to survive the pains of imprisonment. It is assumed that one reason females feel the pains of imprisonment more harshly than males is because of the difficulty in being separated from their family and children. To ameliorate the pains of separation, female inmates re-create their lost family in prison. Recent works have found that the nature of America's female prison 'pseudo family' may be evolving, and correspondingly, diminishing in importance. Since one's associates in prison can affect institutional adjustment, being associated with a supportive social network can prevent periods of maladjustment. This exploratory study, based on the narratives of 49 female offenders, examined the effects of two HIV prisonbased peer programs on inmate peers in New York State and its unique ability to help these female offenders cope with the pains of incarceration. The author found that such programs provided leadership, support, and guidance for female offenders, and not only created a prosocial environment, but fashioned an entire community. This community continued outside of the prison walls, provided women with emotional support, and subsequently resulted in increased levels of institutional and post-release success. The use of prison-based peer programs creates a positive, conventionally oriented alternative to the traditional female pseudo family and poses significant implications for rehabilitation and reentry initiatives. Adapted from the source document.

Jasperson RA. An Animal-Assisted Therapy Intervention with Female Inmates. Anthrozoos 2013;26(1):135-45.

Abstract: For many years corrections facilities have used animals as rehabilitative or therapeutic tools. Using the Outcome Questionnaire 45.2 to measure change, this study employed an experimental design to measure the effects of an animal-assisted therapy group on symptom distress, interpersonal relationships, social role performance, and overall distress of incarcerated women living in the general prison population at the Utah State Prison. Data were gathered during pretest, posttest, and at 30-day follow-up. Participants were selected using randomized systematic sampling and randomly assigned to control or experimental groups. Both the experimental and control groups used the same curriculum. The experimental group had a dog present and the control group did not. Statistical analysis indicated significant improvement for all domains measured for participants in both groups. However, there was no difference in this improvement between groups, indicating that having a dog present during the group process did not influence the improvements. Recommendations for future research are discussed. Adapted from the source document.

DIGARD L, von SPONECK AG, LIEBLING A. All together now: the therapeutic potential of a prison-based music programme. Prison Service Journal, No 170, March 2007, pp 3-14 2007.

Abstract: The authors describe one aspect of a research project on prolific self-harm among women prisoners in HMP Peterborough. As part of the work carried out, an intervention aimed at improving

the well-being of prisoners at risk of self-harm was proposed, then evaluated. This part of the research study was funded by the 'Good Vibrations', part of the Firebird Trust, which aims to inspire and empower people through creative involvement in music making. The article provides an overview of the course and details of the evaluation.

Briege N, Loucks N. The Arts and Prisoners: Experiences of Creative Rehabilitation. The Howard Journal of Criminal Justice, Vol. 50, Issue 4, pp. 356-370, 2001. Abstract:

The following article presents findings from an ongoing evaluation of arts programmes from Artlink Central taking place in Cornton Vale, which is Scotland's main prison for women. Through a discussion of the findings, and a look to international research on this area, the arts can clearly generate significant rehabilitative benefits for offenders. However, such work has both real and perceived limitations. Ultimately the arts, like other rehabilitative efforts, can be regarded as an 'add on' and, therefore, do not receive the credit or place they deserve in policy and consequently in practice.

Lacey CH. art education in women's prisons: lessons from the inside. Paper presented at the Annual Meeting of the American Educational Research Association (Chicago, IL, Apr 9, 2007).

Abstract: This paper presents the qualitative findings based on the analysis of open-ended responses from surveys completed by 59 incarcerated women who participated in an arts-based education program. ArtSpring focuses on promoting self-growth and effective life skills through art-making for underserved and institutionalized women and girls. Findings confirm the literature supporting the impact of arts programs on those who are incarcerated. The women in this study reported growing as individuals and as part of the community in which they are incarcerated. Participants wrote of sharing a bond of mutual understanding, growing trust, and personal growth. (Contains 1 table and 1 footnote.)

Ferszt GG, Hayes PM, DeFedele S, Horn L. Art Therapy with Incarcerated Women Who Have Experienced the Death of a Loved One. Art Therapy Journal of the American Art Therapy Assoc 2004;21(4):191-9.

Abstract: Although the number of women entering prison has continued to soar over the last 2 decades, little attention has been paid to them in health care research. Research with incarcerated women who are grieving has received even less attention. This pilot study was based on the results of previous studies as well as the authors? combined clinical experience in the prison setting and with art therapy. Individual 1-hour art therapy sessions were offered to 8 incarcerated bereaved women for a period of 8 weeks. A variety of materials were used with a specific purpose. The women were interviewed before and after the art therapy was implemented. Seven of the women described positive outcomes following the art therapy intervention and recommended that the program be continued and increased in length.

Ferszt GG, Salgado D, DeFedele S, Leveillee M. Houses of healing: A group intervention for grieving women in prison. The Prison Journal Vol 89(1), Mar 2009, pp 46-64 2009;(1):Mar-64.

Abstract: This study examines the impact of female inmate participation in a facilitator-led group on psychosocial (anxiety, depression, self-esteem) and spiritual well-being. A convenience sample of 36 women (21 intervention, 15 comparison) was recruited from a women's prison in the Northeast. Participants in the groups described positive outcomes in the interviews and in the quantitative measurements of anxiety, depression, and self-esteem. Trends in the data, however, indicated an additional differential effect related to program involvement for depression and anxiety scores. The spirituality scores were high at all times for both groups, with slight increases over the period of the study. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

Studier med både kvinner og menn i utvalget

Gussak D. The effects of art therapy on male and female inmates: Advancing the research base. The Arts in Psychotherapy Vol 36(1), Feb 2009, pp 5-12 2009;(1):Feb-12.

Abstract: Since the summer of 2003, several studies have been conducted to quantify the benefits of art therapy with prison inmates. These studies demonstrated a marked improvement in mood, behavior, and problem solving [Gussak, D. (2007). The effectiveness of art therapy in reducing depression in prison populations. International Journal of Offender Therapy and Comparative Criminology, 5(4), 444-460; Gussak, D. (2006). The effects of art therapy with prison inmates: A follow-up study. Arts in Psychotherapy, 33, 188-198; Gussak, D. (2004). A pilot research study on the efficacy of art therapy with prison inmates. The Arts in Psychotherapy, 31(4), 245-259]. The results of this study encouraged an ongoing quantitative study to ascertain improvement in depression, locus of control, and behavior in both a men and women's prison population. The Formal Elements Art Therapy Scale (FEATS), the Beck Depression Inventory-Short Form (BDI-II), and the Adult Nowicki-Strickland Locus of Control Scale (ANS) were administered as pre- and posttest assessments. A control group pretest/post-test design was implemented for this study. Although the results from the FEATS did not yield supportive data, the results of the BDI-II and ANS supported the assumption that art therapy was effective in reducing depression and improving locus of control in the adult male and female inmates. Despite the results of the FEATS, it was concluded that art therapy was effective. This article concludes with a brief discussion of how the research has been instrumental in developing a statewide Florida Arts in Corrections program. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

Referanser sortert etter type tiltak: Opplæring/skolering/veiledning

Generelle tiltak/"Life Skills"

Studier av tiltak tilpasset kvinner

Strayer DR. The use of moral dilemma discussion and support groups to modify sexual risk-taking attitudes and behavioral intentions of incarcerated females. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 56(9-B), Mar 1996, pp 5228 1996; (9-B):Mar.

Abstract: The purpose of this study was to implement a program to modify sexual risk-taking attitudes and behavioral intentions of incarcerated females who had a history of child abuse and sexual risktaking behavior, using support and cognitive interventions in a group setting. The cognitive component involved the use of moral dilemmas and discussion concerning sexual behavior, HIV, and substance abuse. The purpose of the therapeutic support component was to relate abuse history to current behaviors, feelings, and self-destructive life styles. The study was conducted at the North Carolina Correction Facility for Women located in Raleigh. The research design was a two group (experimental and control) design. Thirty-eight women were randomly assigned to experimental and control conditions. They were pre- and post-tested with scales to measure moral reasoning, sexual-risk taking attitudes and behavioral intentions, and self-esteem. Experimental subjects participated in ten 90minute sessions that included moral dilemma discussions and support over a five-week period. Process measures were used to assess participation and perceived social support. The control subjects did not participate in any group discussions during the five-week treatment period but were offered the experimental treatment on a delayed basis. It was hypothesized that the experimental subjects would increase their levels of moral reasoning, have increased feelings of self-esteem, and would report less risky attitudes and behavioral intentions in comparison with the control subjects. It was also hypothesized that there would not be social desirability response set. Results did not support the hypotheses with the exception of the social desirability response set. There were no significant differences between the experimental and control groups in moral reasoning, sexual risk-taking attitudes, sexual risk-taking behavioral intentions, or self-esteem. The process measures suggested that the group members experienc (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Roberts J. Women-Centred: The West Mercia Community-Based Programme for Women Offenders. I: WOMEN AND PUNISHMENT. Willan; 2002. s. 110-24.

Abstract: Describes an innovative groupwork program designed to meet the unique needs of incarcerated women in the UK, implemented in England by the Hereford & Worcester (now West Mercia) Probation Services in 1993. The model of female offending on which it is based is outlined, highlighting three key areas: demands, resources, & functioning. Specific program elements designed to improve women's problem-solving skills in these areas are identified, along with unique aspects of program delivery, eg, services provided in an all-women environment. Evaluation data from the program's first 8 years indicate that it enjoys a 70% completion rate, with much lower reconviction rates than expected for completers (based on an analysis of 575 offenders). As women who perform com-

munity service are shown to have the lowest rates of reoffending, new partnerships between the program & community organizations have been developed; a case study is offered. 3 Figures. K. Hyatt Stewart

Schram PJ, Morash M. Evaluation of a Life Skills Program for Women Inmates in Michigan. Journal of Offender Rehabilitation 2002;34(4):47-70.

Abstract: The Michigan Dept of Corrections implemented an innovative Life Skills Program that focused on addressing the special needs of female inmates. The primary purpose was to enhance basic life skills such as employability, coping with stress, & parenting. Female inmates participated in the Life Skills Program prior to their release & continued during the months immediately following their release from prison. Using a quasi-experimental design, the pre- & posttests of program participants were compared with a similar comparison group. Analyses included comparing test scores on specific program areas such as emotional empathy, self-esteem, coping resources, problem solving, parenting stress, employability, & well-being. Follow-up data on parole violations or new convictions were also compared. Overall, the Life Skills Program does address some of the special needs of female inmates. The authors' recommendations include necessary enhancements in program implementation & evaluation research on programs for female inmates. 7 Tables, 2 Appendixes, 26 References. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

Goepferich NE. Alternative prison-based educational programs for women: A phenomenological inquiry of Girl Scouts Beyond Bars in a central Midwestern state. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Delisi, Matthew Edition date: 2012.

Abstract: Correctional programs that respond to female offenders with young to school-aged children are growing in number. Girl Scouts Beyond Bars is one of these programs. Research and evaluation of female-specific programs in corrections is limited. This study examined the experiences and individual perceptions of female offenders while participating in a Girl Scouts Beyond Bars Program (GSBB). This qualitative study attempted to provide meaningful responses to the following questions: (a) how do female offenders characterize their experiences as they participate in the prison-based visitation program, and (b) in what way do their experiences influence them in the part of mother and role model after confinement? The research found that women predominantly characterized their experiences in the GSBB program as positive, and recommendations towards improvement for future programs were addressed. The study further illuminates the need for female specific programs, alternative sanctions for females who commit nonviolent offenses, and public policy amendments that address issues of female offenders who are the primary custodians of their children upon incarceration. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Kelly PJ, Owen SV, Peralez-Dieckmann E, Martinez E. Health interventions with girls in the juvenile justice system. Womens Health Issues 2007;17(4):227-36.

Abstract: PURPOSE: Girls today make up 25% of youth in the juvenile justice system (JJS). To address the interrelated sexual and dating violence risk behaviors of this population, we compared the relative impact of a 6-hour, peer-led group intervention, Girl Talk-2, whose goal was to decrease sexual and dating violence risk behaviors, with the impact of a comparison group in which the same information was presented in a standard lecture and video format.

METHODS: A cyclic cohort study with alternating intervention and comparison programs were implemented with 539 girls at 6 sites of a county JJS. Data were collected on relevant knowledge, attitudes and practices pre-intervention, immediately postintervention, and 6 months postintervention.

RESULTS: Although all participants had high rates of risky behaviors, knowledge and attitudes about sexual protective behaviors were worse as girls' level of involvement in the JJS increased. At 6 month follow-up, the Girl Talk-2 intervention group had significantly higher use of condoms and communication skills to defuse potentially violent situations than girls in the comparison group. Both groups had improvement in knowledge and attitudes over time, and the intervention group reported higher use of newly acquired communication skills.

CONCLUSIONS: The Girl Talk-2 intervention showed significant changes in 2 out of 3 key protective behaviors for participants when compared with a comparison group. Effective behavioral interventions are essential to assist girls in the JJS safeguard their future health.

Lichtenstein B, Malow R. A critical review of HIV-related interventions for women prisoners in the United States. Journal of the Association of Nurses in AIDS Care 2010;21(5):380-94.

Abstract: This article reviews the literature on HIV-related interventions for U.S. women prisoners, with a focus on identifying strategies that enabled women to practice safer sex, reduce drug use, and to avoid recidivism. A comprehensive search indicated that only nine such interventions were evaluated in professional journals between 1994 and 2009. These interventions involved behavioral programs for women at risk for HIV and discharge planning for women releases who were either infected with or at risk for HIV. Four interventions for incarcerated women achieved successful outcomes regarding self-empowerment and safer sex skills; 3 prison-release interventions resulted in less recidivism if not reduced HIV risk. Each intervention was nominally women-centered, with prison-release programs lacking protocols that were designed specifically for women. Based on evidence that women-centered interventions were desirable for this population, such interventions should be given high priority in criminal justice policy and care provision during the HIV epidemic. (c) 2010 Association of Nurses in AIDS Care. Published by Elsevier Inc. All rights reserved.

Vigilante KC, Flynn MM, Affleck PC, Stunkle JC, Merriman NA, Flanigan TP, et al. Reduction in recidivism of incarcerated women through primary care, peer counseling, and discharge planning. Journal of Women's Health 1999;8(3):409-15.

Abstract: Prior to release from the Rhode Island state prison, women at the highest risk for reincarceration and HIV infection are assigned to the Women's HIV/Prison Prevention Program (WHPPP), a discharge program designed to reduce the likelihood of reincarceration and HIV infection. Candidates for the WHPPP must meet at least one of three criteria: intravenous drug use or crack use, commercial sex work, or a history of prison recidivism with poor educational history and poor employment prospects. While incarcerated, the program participant develops a relationship with a physician and a social worker and establishes an individualized discharge plan. After release, the same physician and social worker continue to work with the client and assist an outreach worker in implementing the discharge plan. Data were collected from questionnaires administered to 78 women enrolled in the WHPPP between 1992 and 1995. The population in this program was primarily composed of ethnic minorities (55%), 25-35 years of age (55%), unmarried (90%), had children (72%), and displayed a variety of HIV risk behaviors. The WHPPP recidivism rates were compared with those of a mostly white (65%), similarly aged (51% were between 25 and 35 years of age) historical control group of all women incarcerated in Rhode Island in 1992. The intervention group demonstrated lower recidivism rates than the historical control group at 3 months (5% versus 18.5%, p = 0.0036) and at 12 months (33% versus 45%, p = 0.06). Assuming that recidivism is a marker for high-risk behavior, participation in the WHPPP was associated with a reduction in recidivism and in the risk of HIV disease in this very high risk group of women.

McArthur LG. Women's Issues and Sexual Empowerment (WISE): The Evaluation of an HIV Prevention Program for Women in Prison. Dissertation Abstracts International, B: Sciences and Engineerin. Ph.D. Advisor: Lynch, Shannon Edition date: 2010.

Abstract: Human immunodeficiency virus (HIV) infection among women has increased dramatically in recent years (CDC, 2006). Furthermore, incarcerated women are more vulnerable to potential HIV infection than women in the general population, given their higher frequency of risk factors, such as injection drug use (IDU), sex work, and other substance abuse (Bloom, Owen, & Covington, 2003). However, at this time, there is no published empirical research examining the effectiveness of an HIV prevention program that increases knowledge about HIV/AIDS, transmission, and prevention, increases self-efficacy, and improves condom communication skills with incarcerated women. The current study examined the effectiveness of an HIV prevention and female empowerment program, Women's Issues and Sexual Empowerment (WISE, Hedt, 2003), designed specifically for women and adapted from an empirically supported treatment geared for African-American women. The participants included 110 incarcerated women assigned to treatment or waitlist comparison groups. It was expected that women who participated in the group would increase their HIV knowledge, sexual selfefficacy, anticipated condom usage, and sexual communication skills, as compared to a waitlist comparison group. Additionally, given that many incarcerated women have histories of traumatic experiences and posttraumatic stress disorder (PTSD) is related to poorer outcomes in general, it was predicted that women with higher levels of PTSD would show poorer outcomes. The findings supported these primary hypotheses and suggested that WISE is a viable option for improving HIV knowledge, sexual communication skills, and sexual self-efficacy. The importance of PTSD symptom severity varied by outcome measure. Copies of your dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Studier med bare kvinner i utvalget

Robertson AA, St LJ, Morse DT, Baird-Thomas C, Liew H, Gresham K. The Healthy Teen Girls project: comparison of health education and STD risk reduction intervention for incarcerated adolescent females. Health Education and Behavior 2011;38(3):241-50.

Abstract: Adolescent girls incarcerated in a state reformatory (N = 246) were recruited and assigned to an 18-session health education program or a time-equivalent HIV prevention program. Cohorts were assigned to conditions using a randomized block design separated by a washout period to reduce contamination. Post intervention, girls in the HIV risk reduction program demonstrated the acquisition of risk-reduction behavioral skills and improved condom application skill. At a follow-up assessment approximately 9 months after release from the correctional facility, girls in both conditions reported fewer unprotected sexual intercourse occasions and less sex while under the influence of alcohol or other drugs.

McGuire J, Broomfield D, Robinson C, Rowson B. Short-term Effects of Probation Programs: An Evaluative Study. International Journal of Offender Therapy and Comparative Criminology 1995;39(1):23-42.

Abstract: Five specialised programs within one probation agency were evaluated in terms of their short-term effects upon offender clients. The programs were (1) a psychoeducational training course for drink-driving offenders; (2) a structured activity program for offenders with convictions for autocrime; (3) a probation Day Centre; (4) a cognitive training package; and (5) a groupwork program for women offenders. Evaluative material included (a) descriptive information on the aims and contents of programs; (b) criminological data on clients; (c) monitoring data on attendance and dropout rates; and (d) pre- and posttest performance on a range of knowledge, attitudinal, and skills-based measures. Clients on each program were compared with control samples in custody or on Community Service Orders in a quasi-experimental design. Results are interpreted in the light of meta-analytic reviews of offender treatment-outcome research.

Rossi L. Counselling in prison: Inside women's stories. Dissertation Abstracts International, A: The Humanities and Social Sciences. PhD Thesis publ. date: 2005.

Abstract: Research regarding counselling for women in prison has largely focused on identifying and developing therapeutic programs aimed at reducing recidivism. Little has been studied about the women's experience of these counselling programs, particularly from their own perspectives. Seven women in prison were interviewed about their experiences of counselling while incarcerated. In an intensive qualitative analysis of the interview transcripts, 19 common themes were identified that were organised into the following 6 categories: (a) Identifying Pathways to Counselling, (b) Women's Perceptions of Counselling, (c) Influential Qualities of Counselling In Prison, (d) Describing Change, (e) Influence of Client Factors, and (f) Living Inside: Understanding The Prison Climate. As well, the participant's individual and shared stories are provided regarding the counselling experience. Results of this study revealed elements within the participants' experience that are consistent with the psychotherapy literature. Unique aspects of the prison environment were also found to influence the counselling experience for the women in prison. Discussion is provided in relation to exploring the gap between the psychotherapy and correctional literature. Recommendations for therapists working with women in prison are also described.

Jorgenson JA. The influences of post-secondary education experiences on incarcerated women's community reentry. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Marienau, Catherine Edition date: 2008.

Abstract: Little is known about the role educational participation in prison plays in women's lives as they prepare for reentry into their communities. The purpose of this study was to explore women's perceptions of their post-secondary educational experiences during incarceration and the influence of that involvement in their lives post-release. The study was designed to examine how college learning experiences in prison affect positive reintegration for women upon release. The theoretical base for the study was informed by two main ideas that are constructive-developmental in nature: that the meaning of the women's lives during incarceration shape their futures following release; and, that how the women learn to participate in the process of knowing (Women's Ways of Knowing) influences their understanding of self and their ability to navigate in the larger world. A phenomenological approach guided collection of data through in-depth interviews with 11 reentry women. Thematic analysis of the interview data revealed 5 categories, 10 emergent themes, and 8 subthemes. The most prominent finding was that while the skills and knowledge attained through higher-education are critical for releasing women to become financially stable, the transformation they have made in their ways of knowing about self and others are the true guide to successful reentry. Two key recommendations are that postsecondary education be made available for incarcerated women and that communities support their reintegration through employment opportunities and respect as members of society. This study contributes to positive social change by offering support for funding and civic engagement to address the ongoing education and employment needs of incarcerated and reentry women so that they may become fully contributing members of society. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Rootes LE. The effect of achievement motivation training on women prisoners. Criminal Justice and Behavior Vol 1(2), Jun 1974, pp 131-138 1974;(2):Jun-138.

Abstract: Studied the effectiveness of a program that emphasized teaching the participants behaviors characteristic of persons with high achievement motivation. A control group received the same 24-hr series of films, discussions, and games but without emphasizing the achievement element. Ss were 42 residents of a women's reformatory. The Edwards Personal Preference Schedule (EPPS), the Work Performance Report (WPR), and the Mehrabian Achievement Scale for Women (MASW) were used as pre- and posttest evaluation measures. No significant differences in pre- to posttest scores on any of the 3 measures were found in either of the 2 groups, although there was a significant difference between posttest EPPS Achievement Scale scores of the 2 groups. The hypothesis that EPPS and MASW scores would be significantly correlated was not supported. Performance of experimental Ss increased after training as assessed by WPR posttest scores. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Bowman JT, Cook SD, Whitehead G. Pre-release training of female public offenders. Psychological Reports Vol 35(3), Dec 1974, pp 1193-1194 1974;(3):Dec-1194.

Abstract: Assessed the effect of prerelease training on the personalities of 16 incarcerated females and 8 controls. Ss' pre- and posttraining scores on the 16 Personality Factor Questionnaire show significant differences between groups on 7 factors. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Baguena MJ, Belena MA. Interpersonal skills training program applied to incarcerated delinquent women: Effects of the training program on qualitative response criteria. Analisis y Modificacion de Conducta Vol 25(100), 1999, pp 303-320 1999;(100):1999, pp-1999,320.

Abstract: Studied the short-term efficacy of a cognitive problem-solving interpersonal skills training program in 22 female adult prison inmates (training program) and 22 female adult prison inmates (controls: no training program) in Spain. Social skills were evaluated using the Interpersonal Skills Battery adapted to a delinquent population (M. J. Baguena and M. A. Belena, 1999). Factor structure

and internal consistency were determined. The results show that the 33 session training program results in short-term improvement in causal thinking, alternative thinking, consequential thinking, and goal-planning skills. Implications for developing social skills training programs for prison inmates are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Ketterling ME. Rehabilitating women in jail. Journal of Rehabilitation Vol 36(3), May 1970, pp 36-38, 56 1970;(3):May-38, 56.

Abstract: Discusses a 4-mo program of intense education and counseling given females in a county jail. The effect of the program based on its impact on recidivism, county aid status, and employment was essentially statistically insignificant although it is reported that the experimental group (those receiving the training and counseling) did not reflect the 16% in increased arrest rate for women in Milwaukee County for 1963 compared to 1962. It is suggested that alcoholic inmates should be removed from the jail setting and placed in a rehabilitative treatment center. The use of a psychiatric social worker with the remaining inmates is also urged. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Belena MA, Baguena MJ. Interpersonal skills: Effects of a training program in incarcerated women. Analisis y Modificacion de Conducta Vol 18(61), 1992, pp 751-772 1992;(61):1992, pp-1992,772.

Abstract: Studied the effectiveness of an interpersonal social skills training program during incarceration. Human Ss: 22 female Spanish adolescents and adults (aged 17-36 yrs) (chronic delinquency) (imprisoned) (control group). 22 female Spanish adults (aged 19-42 yrs) (chronic delinquency) (imprisoned) (experimental group). In the pretest Ss were administered the Raven Progressive Matrices and the Social Skills Battery by V. Pelechano (1991). Experimental Ss were subdivided into 3 small groups, each of which received 33 social-skills training sessions over 2 mo. After training Ss were administered the test battery again. (English abstract) (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Couf PM. Increasing emotional intelligence among incarcerated women. Dissertation Abstracts International, B: Sciences and Engineering. Psy.D. Advisor: Knauss, Linda K. Edition date: 2009.

Abstract: The current study explored the idea that emotional intelligence is a construct that can be enhanced among female inmates. Nine incarcerated women completed two measures of emotional intelligence: the WELS 13 and the BarOn EQ-i:S. After completing a 12-week psychoeducational curriculum focusing on the components of emotional intelligence as defined by the WELS model, two participants completed post-testing. Results suggested that emotional intelligence can be enhanced in this population; however, this appeared to occur in a developmental and individualized process. Possible reasons for attrition were discussed. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; email: disspub@umi.com

Lehma C. Description and evaluation of a health education program for women offenders. ABNF Journal 2001;12(6):124-9.

Abstract: One percent of the population of the United States consists of women offenders, who are at-risk for numerous preventable diseases. Since health promotion is not a high priority when women are incarcerated, the author used group education as one way of increasing participants' knowledge and self-efficacy. Results indicated that a group health education program is an excellent way to change participants' knowledge and self-efficacy in a women's prison population.

Baguena MJ, Belena MA. A note about the recidivism and efficacy of a training program in interpersonal skill in female delinquents. Analisis y Modificacion de Conducta Vol 19(64), 1993, pp 215-231 1993;(64):1993, pp-1993,231.

Abstract: Studied the effect of recidivism on the efficacy of a program that trained 44 Ss (aged 25-32 yrs) to use cognitive skills in interpersonal problem solution. The Ss were made up of drug users imprisoned for drug trafficking, robbery, and crimes against people. A 33-session training program was

conducted inside the prison. Sessions in the form of dialogs on problematic daily-living situations inside and outsite the prison were held 3-5 times/wk. Modeling, social reinforcement, role play, and brainstorming were the main strategies used. (English abstract) (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Lechich ML. Health Education in a Women's Prision. Health Education (Washington D C) 1984;15(6):34-6.

Abstract: An interdisciplinary health education group program that was introduced into a women's prision offered a series of workshops on various health related topics. Discussion and conclusions from evaluation of the program are presented. (DF)

Studier med både kvinner og menn i utvalget

Lewis JP, Boyle R. evaluation of 1975-76 vocational and basic education programs in the eight pennsylvania state correctional institutions. 1976.

Abstract: In an effort to better achieve the educational program objectives of developing specific salable skills, and developing skills leading to the General Education Development completion, 321 male and 23 female offenders enrolled in adult basic education, general education development, and vocational courses in Pennsylvania's eight State institutions were evaluated concerning their attitudes towards the quality of instruction and educational services offered. (The eight institutions are Camp Hill, Dallas, Graterford, Greensburg, Huntingdon, Muncy, Pittsburgh, and Rockview.) After analyzing data collected from two forms (Educational Evaluation Form and the Training Survey) completed by the subjects, it was generally concluded that the lack of resource materials and some supportive services (i.e. limited library materials and counseling services) is a problem. However, offenders have positive values and attitudes toward the education programs in terms of entering, opportunity, benefits, and self-reliance. The document presents 18 specific conclusions and discusses four institutional recommendations. Twenty-four tables supplement the discussion of the study, and brief descriptions of each institution's educational program are also provided. (WL)

Liau AK, Shively R, Horn M, Landau J, Barriga A, Gibbs JC. Effects of Psychoeducation for Offenders in a Community Correctional Facility. Journal of Community Psychology 2004;32(5):543-58.

Abstract: The present study provided a randomized outcome evaluation of the psychoeducational component of the EQUIP program. The psychoeducational curriculum was implemented in a community correctional facility for adult felony offenders. The psychoeducational curriculum is designed to remedy offenders' delays in moral judgment maturity, social cognitive distortions, and social skill deficiencies. The participants were 316 felony offenders, 71% male, aged 18 to 61 years. Relative to a control group, participants who received portions of the curriculum reported fewer serious institutional violations. Female, but not male participants, who received the curriculum were less likely to recidivate than those in the control group at six months. Reductions in mediating factors--cognitive distortion for males and social skills for females--were associated with fewer serious institutional violations. Levels of substance abuse, exposure to violence, and number of serious violations were found to predict recidivism at six months. (Contains 1 table and 2 footnotes.)

Brewster DR, Sharp SF. Educational programs and recidivism in Oklahoma: Another look. The Prison Journal Vol 82(3), Sep 2002, pp 314-334 2002;(3):Sep-334.

Abstract: Examined the relationship between education and recidivism in Oklahoma. It is hypothe-sized that completion of general equivalency degree (GED) programs and vocational-technical programs will be linked to longer postrelease time without reincarceration; and that vocational-technical programs will have different effects for male and female offenders. Data were gathered from Oklahoma Department of Corrections on 11,813 offenders released from prison between 1991-94. Results show that completion of a GED program was strongly associated with longer survival times outside of prison, particularly for women. However, for both men and women, completion of vocational-

technical training while incarcerated was linked to shorter survival times. It is concluded that these results indicate the need to evaluate the types of training offered in prisons. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Claypoole SD, Moody EEJr, Peace SD. Moral dilemma discussions: An effective group intervention for juvenile offenders. Journal for Specialists in Group Work Vol 25(4), Dec 2000, pp 394-411 2000;(4):Dec-411.

Abstract: Measured the effectiveness of moral dilemma discussion groups with 48 male and female incarcerated juvenile offenders. Specifically, the study examined whether participation in 10 biweekly group sessions improved behavior and moral reasoning, and whether the groups affected male and female offenders differently. Repeated measures multivariate analysis of variance (MANOVA) was used to test for significant differences from pre- to posttests on the Defining Issues Test, number of successful days completed, and number of infractions incurred at the correctional facility. Results indicated that discussion groups helped improve the behavior of both the male and female treatment groups, although group participation alone does not appear to increase moral reasoning. Female offenders were found to use significantly higher levels of principled moral reasoning than were male offenders. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Burt LN. Bibliotherapy: Effect of Group Reading and Discussion on Attitudes of Adult Inmates in Two Correctional Institutions. Final Report. 1972.

Abstract: Fifty-nine inmates, men and women, from two correctional institutions were randomly assigned to eight groups to test the effect of book discussion on attitudes. The four experimental groups read and discussed weekly a series of six titles during the 12-week program. The four control groups met three times to participate in a reading interest survey. Each leader team, composed of two librarians, led one experimental and one control group. Pretest and posttest scores on Socialization Scale of the "Personal Values Abstract" and on a "Semantic Differential" test of attitudes related to persons and behaviors were subjected to analysis of covariance and the F test. Covariance analyses revealed that the experimental groups were less accepting of Dope Addiction and Stealing, the two behavioral concepts, than were the control groups, while no significant difference was found on attitudes toward concepts relating to persons. Analysis of interactions showed that those in the experimental groups who had served more time, had more time to serve, or were Black were affected more positively by bibliotherapy than their fellows. Conclusions: For those inmates who wish to participate and can read and comprehend, the group discussion form of bibliotherapy may supplement the correctional program: (1) by improving attitudes related to behavior for all groups, (2) by additionally improving attitudes related to persons for certain groups, and (3) when conducted by librarians working with small inmate groups. (Author)

Withrow BL. An evaluation of classroom-based cognitive intervention in a correlational setting. Dissertation Abstracts International Section A: Humanities and Social Sciences Vol 61(8-A), Feb 2001, pp 3364 2001;(8-A):Feb.

Abstract: Purpose. The purpose of this research is to evaluate the effectiveness of classroom-based cognitive intervention in a correctional setting on the behavior and pro-criminal attitudes among incarcerated offenders. The specific program evaluated is the Turning Points cognitive intervention program administered by the Windham School District in 36 correctional facilities throughout the state of Texas. This research is distinctive of previous research on cognitive intervention programs for three reasons. First, the research utilizes a rigorous (Solomon four-group) experimental model. Second, the cognitive intervention program's effectiveness is not defined by post-release offender behavior (i.e. recidivism). Third, both an improvement of inmate behavior and a reduction of pro-criminal attitudes define intervention effectiveness. Methods. One-tailed t-tests are used to evaluate the effect of a cognitive intervention program on the behavior of incarcerated offenders immediately after and at three-month intervals over a one-year period after treatment. A classic experimental design with a series of t-tests are used to evaluate the effect of a cognitive intervention program on pro-criminal attitudes with respect to the inmate's age, race, gender, and offense type. A Solomon four-group experimental design using a two-way ANOVA evaluates the effect of a cognitive intervention program on pro-criminal attitudes, controlling for pre-testing effects. Findings. (1) Inmates that completed a cognitive intervention program received fewer disciplinary charges than an equivalent control group during the first 30 days following treatment. (2) Inmates that completed a cognitive intervention program received a number of disciplinary charges equivalent to a control group during the second through fourth months after treatment. (3) Inmates that completed a cognitive intervention program received fewer disciplinary charges than an equivalent control group during the fourth through twelfth months after treatment. (4) Cognitive intervention reduced the level of pro-criminal attitudes for two samples of inmates that completed the program during 1998 and 1999. (5) Cognitive intervention reduced the level of pro-criminal attitudes for; older but not younger, African American but not White and Hispanic, male but not female, and violent but not non-violent offenders. (6) Pre-testing did not produce an independent effect on pro-criminal attitudes. (7) Pre-testing and treatment did not combine to produce an independent (i.e. interactive) effect on pro-criminal attitudes. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Doctor RM, Polakow RL. A behavior modification program for adult probationers. Proceedings of the Annual Convention of the American Psychological Association 1973, pp 947-948 1973;947-8.

Abstract: Reports a pilot study with 15 female and 11 male "most difficult" probationers. A 3 stage contingency management program was applied in which successively more difficult behaviors were achieved and maintained on reinforcement while deviant and drug related behaviors were gradually diminished through counterconditioning. Results are compared with traditional probation or probation-relevant criteria (e.g., new arrests, violations of probation, attendance, and months of employment). Significant effects (p < .001) were achieved on all criteria over traditional probationary contact. It is concluded that the behavior modification approach is a viable alternative to traditional probation methods. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Sanders Baffour TD. The Impact of Family Group Conferencing on Competency Development and Recidivism: A Comparative Analysis of Ethnicity and Gender among Juvenile Offenders. Dissertation Abstracts International, A: The Humanities and Social Sciences. 2004. Available from UMI, Ann Arbor, MI. Order No. DA3114644.

Abstract: African American and Latino youth are disproportionately represented among arrestees and arrests among young women have shown dramatic increase over the past decade. Family Group Conferencing (FGC) is a mediation procedure involving offenders, their families, and victims of their crimes in which outcomes of material and emotional restitution are sought in an effort to repair the harm caused by the crimes. This study sought to look at the efficacy of FGC for young women and people of color. This explanatory study looked at the importance of ethnicity and gender in influencing the relationship between the independent variable, FGC and the dependent variables of recidivism and competency development. A secondary study was conducted on data collected from the Bethlehem, Pennsylvania, Police Department and the Community Service Foundation. Offenders, randomly sampled to participate in a control group or an experimental group, were sampled via mail, telephone, and in-person interviews. Data from court records were utilized to obtain recidivism rates over an 18month period. Multivariate analysis indicated a statistically significant difference between the re-arrest rates of Family Group Conferencing participants and nonparticipants. Although ethnicity yielded no significant difference, female offenders were more likely to avoid arrest than were their male counterparts. Although gender and race did not significantly impact levels of competency development, offenders thirteen and younger were more likely to seek to repair harm through material and emotional restitution to victims, and attend community service than offenders fourteen through eighteen. FGC has efficacy for juvenile offenders, as this intervention provides alternatives for vulnerable populations--females and people of color--to obtaining a criminal record.

Leve LD, Chamberlain P, Reid JB. Intervention outcomes for girls referred from juvenile justice: effects on delinquency. Journal of Consulting and Clinical Psychology 2005;73(6):1181-5.

Abstract: An increasing number of girls are entering the juvenile justice system. However, intervention programs for delinquent girls have not been examined empirically. The authors examined the 12-month outcomes of a randomized intervention trial for girls with chronic delinquency (N = 81). Girls were randomly assigned into an experimental condition (Multidimensional Treatment Foster Care; MTFC) or a control condition (group care; GC). Analyses of covariance indicated that MTFC youth had a significantly greater reduction in the number of days spent in locked settings and in caregiver-reported delinquency and had 42% fewer criminal referrals than GC youth (a trend) at the 12-month follow-up. Implications for reducing girls' chronic delinquency are discussed.

Arbeidslivsrettede tiltak

Studier av tiltak tilpasset kvinner

GRAY B. Helping women into jobs. Prison Service Journal, No 132, November 2000, pp 54-56 2000;

Abstract: Reports on the Integra Work Out North project at HMP Askham Grange. A European Social Fund pilot project run as a partnership between West Yorkshire Probation Service, the Prison Service and Interact Trust designed to help women prisoners improve their employment prospects.

Studier med bare kvinner i utvalget

Rowley G. Program Evaluation within a Correctional Institution: Threats to the Validity of Evaluative Conclusions. Paper presented at the Annual Meeting of the American Educational Research Association (67th, San Francisco, CA, April 16-20, 1986).

Abstract: A year-long case study of the effects of an educational and vocational rehabilitation program in a youth training center was discussed in terms of fourteen issues which might threaten the validity of an evaluation or research project. This correctional institution housed women aged 14 to 21 who were long-term wards of the state, held on remand, or sentenced. The evaluator, who taught a class within the institution, conducted a formative evaluation using observation, interviews, casual conversations, and written records. The evaluation was concerned with both internal validity (program effectiveness for these women and this institution) and external validity (generalizability regarding the funding of similar programs). Threats to the validity of conclusions made about a program were described: (1) historical events previous to the program which affected results; (2) participants' maturation; (3) effects of repeated testing; (4) changes in tests or evaluator's attitudes; (5) statistical regression; (6) attrition; (7) small sample size; (8) bias in selection of sample; (9) obtrusiveness of the inquiry; (10) participant anxiety; (11) diffusion of different treatments; (12) construct validity of causes and effects; (13) communication in problems; and (14) reliance on hearsay evidence rather than direct observation. (GDC)

Winn MT. Girl Time: Literacy, Justice, and the School-to-Prison Pipeline. Teaching for Social Justice. Teachers College Press. 1234 Amsterdam Avenue, New York, NY 10027.; 2011.

Abstract: This original account is based on the author's experiences with incarcerated girls participating in "Girl Time", a program created by a theatre company that conducts playwriting and performance workshops in youth detention centers. In addition to examining the lives of these and other formerly incarcerated girls, "Girl Time" shares the stories of educators who dare to teach children who have been "thrown away" by their schools and society. The girls, primarily African American teens, write their own plays, learn ensemble-building techniques, explore societal themes, and engage in self analysis as they prepare for a final performance. The book describes some of the girls and their experiences in the program, examines the implications of the school-to-prison pipeline, and offers ways for young girls to avoid incarceration. Readers will learn how the lived experiences of incarcerated girls can inform their teaching in public school classrooms and the teaching of literacy as a civil and human right. [Foreword by Shirley Brice Heath.]

Swimpson A. The impact of postsecondary education on recidivism of female prisoners. Dissertation Abstracts International, A: The Humanities and Social Sciences. Sociological Abstracts Date revised - 2009-05-04.

Abstract: There is evidence to suggest that female inmates released from the United States penal system lack the necessary skills and training needed to become successfully acclimated back into society (Davis, 2002). Training incarcerated women to adapt to the changing needs of society will impact their lives tremendously by enabling them to gain employment, receive promotions, and compete with their counterparts for jobs. Legislators and higher education administrators need to rethink the development of higher educational training in the United States penal system and find ways to help women inmates come out of prison and become productive citizens in society. Additionally, realizing that higher education can considerably reduce the number of female inmates reentering the penal system, correctional planners should make higher education more available to this segment of society (Taylor, 1992). The purpose of this study was to examine the effects of or the opportunities for higher education in women's prisons and how crime and the return rate to prison can be reduced as a result of this form of rehabilitation. This study investigated the academic support given to female inmates and the impact of these efforts for successful reentry into society. This study found that only 25.3% of the individuals who received education while incarcerated returned to prison. Conversely, 72.6% of the individuals who did not receive education returned to prison. This suggests that educa-

tion had a positive effect on these participants. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

Roundtree GA, Faily A. The impact of educational programs on acts of aggression and rule violations in a female prison population. Corrective & Social Psychiatry & Journal of Behavior Technology, Methods & Therapy Vol 26(3), 1980, pp 144-145 1980;(3):1980, pp-1980,145.

Abstract: Examined the records of 216 women inmates of a correctional institution. It was hypothe-sized that the frequency of aggressive acts and of rule violations would be significantly affected by (a) the academic and vocational classes offered to the women, (b) the women's educational level, and (c) their IQs. Results support these hypotheses. Women attending classes committed the fewest acts of aggression. Women with 10-22 yrs of education committed more acts of aggression than those with 0-6 and 7-9 yrs, and also more than those with 13-26 yrs. Women with the lowest IQ range (39-75) committed more rule violations than those in the higher IQ groups (76-200, 101-208, and 109-223). The types of educational and vocational training offered to women prison inmates are criticized, and recommendations for better programs are offered. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Calabrese DN, Hawkins RP. Job-related social skills training with female prisoners. Behavior Modification Vol 12(1), Jan 1988, pp 3-33 1988;(1):Jan-33.

Abstract: Evaluated whether a degree of rehabilitation is possible with prisoners and whether development of job-related social behaviors can be part of such rehabilitation. Five female prisoners were tested, and behaviors important in gaining and retaining employment were addressed. On-the-job and classroom behaviors were modified by a combination of office-based training and in vivo prompting, self-evaluation, and feedback: discourtesies, attention-seeking, inappropriate flirting, and inappropriate socializing. Each was modified in the appropriate prison work environment, achieving levels rated as comparable to peers. Effects proved durable over several weeks, with some indication of generalization and of the functional validity of performance. It is suggested that effective rehabilitation of prisoners may be possible if volunteer prisoners are selected, intervention is individualized, and effects are continuously monitored. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Richmond KM. Factories with fences: The effect of prison industries on female inmates. Dissertation Abstracts International, A: The Humanities and Social Sciences. Ph.D. Advisor: Laub, John H. Edition date: 2009.

Abstract: Over the past thirty years, the number of women incarcerated has risen significantly and increased attention has been paid to the needs of female offenders. One area that has been frequently overlooked in this discussion is the issue of employment and skills training. While female offenders, similar to men, often lack the education and work experience to be competitive in the labor market, little attention is paid to whether the correctional work programs currently in place are effective for this

population. Prison industries programs are a unique type of work program in that inmates are not simply offered vocational training, but also gain direct work experience in a specific industry. Initially developed to reduce inmate idleness and offset correctional costs, this program is also thought to have rehabilitative purposes by increasing inmates' likelihood of employment upon release and thus reducing recidivism. However, existing evaluations of prison industries programs are limited and often plagued with serious methodological concerns. This study examines whether employment in the federal prison industries program, UNICOR, reduces institutional misconduct and recidivism among female inmates. The study also seeks to establish whether there is an additional benefit based on length of employment. Data from a large sample of female inmates released from the federal prison system between January 1993 and December 2003 are used to create a matched sample of UNICOR participants and non-participants. Selection bias is addressed through the use of propensity score matching. Survival analysis is utilized to examine whether UNICOR employment affects institutional behavior and recidivism outcomes over a follow-up period of up to 13 years. This study finds that the benefits received through this work assignment are limited to the prison environment. UNICOR participants are slightly less likely to engage in institutional misconduct, however no significant differences emerge in terms of rearrest or recommitment to federal prison. There is also only a slight effect based on length of employment. Implications for correctional programming and areas of future research, including whether prison industries can affect post-release employment outcomes and whether there may be a differential effect based on the type of industry employed, are discussed. Copies of dissertations may be obtained by addressing your request to ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; email: disspub@umi.com

YOUNG DS, Mattucci RF. Enhancing the Vocational Skills of Incarcerated Women through a Plumbing Maintenance Program. Journal of Correctional Education 2006;57(2):126-40.

Abstract: Vocational education programs show promise for reducing recidivism, measured most typically through re-arrest and re-incarceration data, among adult offenders. Yet, such programs for women in U.S. correctional facilities have more often provided training in gender-stereotyped and lower-paid professions when compared to vocational programs in men's facilities. As the number of incarcerated women continues to climb, programs that help women develop marketable skills that will enable them to support their children upon release and overcome the economic marginalization that is so closely tied to offending is important for both the women and society. This paper describes a 16-hour, pre-plumbing program, designed to prepare individuals for basic plumbing maintenance in settings such as hotels and hospitals, taught by a plumber, to seven groups of women (N = 60) from four different county correctional facilities in New York State. The program incorporates hands-on work and evaluation, and emphasizes collaboration, a positive attitude, and confidence building, qualities necessary in the work force and to women's self-esteem. Across all groups, the mean gain on an 100 point post-test assessing understanding and mastery of course concepts was 32 points (SD = 18), a statistically significant difference. Lessons learned and suggestions for future research and program and policy reform are also described in the paper.

Referanser sortert etter type tiltak: Mor, barn, familie: tiltak for mødre under soning¹

McGee ZT, Gilbert AN. Treatment programs for incarcerated women and mother-child communication levels. Criminal Justice Studies: A Critical Journal of Crime, Law and Society 2010;23(4):337-45.

Abstract: This study surveyed 200 incarcerated mothers to determine if treatment received in prison is related to communication with children. Emphasis is also placed on the relationship between socio-demographic characteristics and treatment. Analyses showed that women who received treatment were more likely to be white. Younger women and women with only one child had the most contact with their children. Further analyses suggest that women who had participated in physical and mental illness treatment programs had more contact with their children. This study suggests the need for more treatment options for incarcerated women, and the need to formulate treatment to best fit the different sociodemographic characteristics of incarcerated women. This study further indicates the need to pursue research to determine specific reasons for differences in contact with children and treatment levels among incarcerated women with different sociodemographic characteristics. Adapted from the source document.

 $^{^{1}}$ Alle studiene forstås som tilpasset foreldre/morsrollen. Vi har derfor ikke sett en inndeling etter kjønn som relevant i denne sammenhengen.

Barkauskas VH, Low LK, Pimlott S. Health outcomes of incarcerated pregnant women and their infants in a community-based program. Journal of Midwifery and Women's Health 2002;47(5):371-9.

Abstract: An experimental, community-based, residential program, focused on health promotion, was established in 1990 for incarcerated pregnant women with short-term sentences and histories of drug abuse in a large, midwestern metropolitan area in the United States. Infants resided with mothers after birth. Prenatal care, delivery, postpartum, and family-planning services were initiated and provided by a nurse-midwifery service. Community-based health care, job training, and drug rehabilitation were provided for women during pregnancy through the fourth postpartum month. Program participants' prenatal, delivery, postpartum, and neonatal health outcomes are presented and compared with those of incarcerated women in the same state prison system who experienced usual correctional facility care and support. Program participants represented a group of obstetrically high-risk women. Health outcomes for both groups of incarcerated women and their infants were similar and more optimal than would have been expected given their preexisting health conditions and risk factors.

Spring JB. The effect of parent education on knowledge of parenting skills and attitude change of incarcerated mothers. (Index of Parental Attitudes). Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 60(6-B), Jan 1999, pp 3022 1999;(6-B):Jan.

Abstract: This study was designed to investigate whether participation in a parenting education program was effective in the acquisition of parenting skills knowledge and in the alteration of attitudes toward children with incarcerated mothers. The sample consisted of 60 women, all of whom were incarcerated in one of two female prisons and were mothers. Thirty participants comprised the experimental group and were enrolled in a parent education program (the independent variable). The remaining 30 participants comprised the no-treatment control group. The dependent variable of knowledge of parenting skills was measured using the Project REACH Parent Education Instrument, which was developed for this study. The dependent variable of attitude toward children was assessed using the Index of Parental Attitudes (IPA). The participants completed both instruments at the pretest administration and again at the post-test administration 12 weeks later. The independent variable, the parent education program, was comprised of parent education classes that met once a week for a two hour long group session for a period of 12 weeks. Results of the two analyses of covariance demonstrated a lack of significance in relation to the null hypotheses and suggested that the independent variable of the parent education program did not significantly effect the acquisition of parenting skills knowledge or the attitudes toward children of experimental group in comparison to the control group. While there were no significant results in relation to the null hypotheses, the ANCOVA analyses demonstrated significant findings for the covariates, the pre-test scores on the two instruments used in the study. These findings suggest that the pre-test administrations of the Project REACH Parent Education Instrument and the IPA were significant predictors of how the participants would score on the post-test administrations of these instruments. Discussion of these results, implications, and recommendations for future research are presented. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Harm NJ, Thompson PJ, Chambers H. The Effectiveness of Parent Education for Substance Abusing Women Offenders. Alcoholism Treatment Quarterly 1998;16(3):63-77.

Abstract: Reports an evaluation of a parent education program in an AR state prison for women in which 63% of the 104 participants reported high use of drug &/or alcohol. Postintervention questionnaire & scale data revealed no differences between alcohol- & drug-abusing women & the other participants in terms of the efficacy of the program. However, the presence of a history of personal victimization, reported by a high % of substance abusers, did influence scores. 7 Tables, 26 References. Adapted from the source document.

Wilson K, Gonzalez P, Romero T, Henry K, Cerbana C. The Effectiveness of Parent Education for Incarcerated Parents: An Evaluation of Parenting from Prison. Journal of Correctional Education 2010;61(2):114-32.

Abstract: This study evaluates the efficacy of the Parenting from Prison curriculum which was implemented across Colorado correctional institutions. Parenting from Prison is a skills-based program that aims to strengthen family relationships and promote positive behaviors by increasing parental knowledge about risks, resiliency and developmental assets. A pretest-posttest design was utilized to assess short-term changes in communication with children, parental knowledge and parental attitudes among incarcerated parents (N = 150). Improvements in parenting knowledge and parenting attitudes among female and male incarcerated parents were found. Results warrant further investigation into the benefits of parent education programs for incarcerated parents, including a randomized control study of the effects of Parenting from Prison. (Contains 2 tables and 2 figures.).

Newman C, Fowler C, Cashin A. The development of a parenting program for incarcerated mothers in Australia: a review of prison-based parenting programs. Contemporary Nurse 2011;39(1):2-11.

Abstract: The increasing population of children with an incarcerated parent is a significant public health issue. A literature search highlighted that children of incarcerated parents experience psychological stressors that may potentially impact on health and behavioural outcomes. Parenting programs for prisoners may be of benefit as early parenting experiences during childhood have a significant impact on a child's future experiences as an adolescent and adult. A review of identified evaluation-based studies of parenting programs for prisoners (N = 11), although varied in program delivery approaches and evaluation methods, suggest that such programs have the potential to improve the parenting skills, knowledge and confidence of incarcerated parents. Finally, this paper provides an outline of the development of an Australian based parenting program for incarcerated mothers and their young children.

Luther K, Gregson J. Restricted Motherhood: Parenting In a Prison Nursery. International Journal of Sociology of the Family 2011;37(1):85-103.

Abstract: Prisons both facilitate and control women's ability to parent their children, and the existing literature only begins to document the challenges such control poses for women's parenting. In a small number of states, incarcerated women are able to reside with and actively parent their young children through nursery programs. This research explores how women involved in such programs experience and manage the tensions that arise from being both mothers and inmates. Through participant observation and in-depth interviews, we found women in prison nursery programs experience significant challenges when they simultaneously enact their statuses as mothers and inmates. In particular, we discovered that women's incarceration restricted their decision-making power as mothers and limited their ability to create a sense of home and family within the institution. Adapted from the source document.

Bruns DA. Promoting mother-child relationships for incarcerated women and their children. Infants & Young Children Vol 19(4), Oct-Dec 2006, pp 308-322 2006;(4):Oct-Dec.

Abstract: According to recent data, approximately 70% of incarcerated women have at least one child younger than 18. In addition, nearly one quarter to one third of incarcerated mothers have children younger than 5. While in prison, female offenders desire to bond and sustain a relationship with their children. They also hope to resume their maternal responsibilities after release. Parenting education and opportunities for extended visits offer a means to this end. This literature review examines programs focusing on improved mother-child relationships through these means. Descriptive and empirical data are included. General findings and common themes are offered across studies. In addition, implications for practice, research, and policy are provided with an emphasis on their relevance to early intervention professionals, programs, and agencies. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

KUBIAK SP, Young A, Siefert K, Stewart A. Pregnant, Substance-Abusing, and Incarcerated: Exploratory Study of a Comprehensive Approach to Treatment. Families in Society 2004;85(2):177-86.

Abstract: Interventions addressing the multiple needs of incarcerated women are rare. In this study, several measures were used to assess functional changes among pregnant, substance-dependent, incarcerated women transferred to a community-based residential treatment program that allowed their infants to reside with them. Women engaged in comprehensive therapeutic & skill-building activities for 6 to 9 months. The program's goal was to assist women in childbirth & in the continuing relationship with their child while improving psychological & social functioning. Examination of changes was limited to those who completed treatment & all measures (N = 27). Although significant improvements were noted, nearly 50% were discharged with symptoms indicative of a depressive disorder. Assessment of long-term outcomes comparing this group with pregnant women who remained in prison is under way. 4 Tables, 57 References. Adapted from the source document.

Snyder-Joy ZK, Carlo TA. Parenting through Prison Walls: Incarcerated Mothers and Children's Visitation Programs. I: CRIME CONTROL AND WOMEN. Sage; 1998. s. 130-50.

Abstract: Following a demographic profile of US female prisoners, the impact of maternal incarceration on children & mothers is discussed, highlighting incarcerated mothers' perspectives on parenting, drawing on the literature & interview data from 27 female prisoners participating in a mother-children visitation program at a midwestern correctional facility. Examined are how such programs & parenting classes affect incarcerated mother-child communication, maternal assessments of parent-child relations, & mothers' parenting concerns. Findings reveal substantial differences in reported interactions for mothers & children involved in visitation programs vs those who were not in terms of letter writing & telephone communication. Better provision of mother-child contact & implications of such programs for postrelease social adjustment for mothers are discussed. 4 Tables, 26 References. J. Lindroth.

Tuerk EH. Parenting from the inside: Assessing a curriculum for incarcerated mothers. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 68(11-B),2008, pp 7680 2008;(11-B):2008.

Abstract: The study assessed a nine-session, cognitive-behavioral parenting curriculum for incarcerated mothers (N = 44). Using a randomized-controlled design and pre-/post-comparisons, the study examined the effectiveness of the curriculum on indices of inmate adjustment and frequency of contact with the participants' children. It was hypothesized that experimental group participants would demonstrate improved adjustment at post-test compared to (a) adjustment at pre-test, and (b) waitlist-control participants who had not yet received the intervention. In addition, the study assessed which treatment components may have contributed to outcomes. Secondary objectives of the study were to describe the behavioral adjustment of inmates' children as reported by the children's caregivers (n = 13) and to compare perceptions of inmates and caregivers regarding parenting alignment and frequency of contact (n = 26). Results from the study found significant differences between preand post-test on depression (n = 23) as measured by the Beck Depression Inventory - II (BDI-II; Beck, Steer & Brown, 1996), with participants showing, on average, five-point decreases in BDI-II scores. Participants also showed improved competence and decreased visitation stress as measured by the Parenting Stress Index for Incarcerated Women (PSI-IW; Houck & Loper, 2002). In addition, the experimental group demonstrated significantly decreased stress related to visitation with their children, compared to the control group. Evaluation of treatment components indicated that course attendance significantly predicted decreased depression, controlling for pre-test scores on the BDI-II. Caregiver reports of children's adjustment on the Behavior Assessment System for Children - Second Edition (BASC-2; Reynolds & Kamphaus, 2004) indicated significant differences between the behavioral functioning of boys and girls, with girls "At-Risk" for externalizing behaviors and overall behavioral maladjustment. Comparisons between inmate and caregiver reports of parenting alignment and contact indicated that inmates perceived significantly greater alignment and more frequent communication than did caregivers. Nevertheless, both inmates and caregivers reported average alignment and weekly to bi-weekly contact. Overall, results from the study suggest that cognitive-behavioral parenting groups can significantly improve inmates' mental health and self-perceptions of parenting skill. Future study should investigate secondary effects of course participation on children and caregivers' wellbeing.

Thompson PJ, Harm NJ. Parenting from prison: helping children and mothers. Issues in Comprehensive Pediatric Nursing 2000;23(2):61-81.

Abstract: Incarceration of a mother disrupts the mother-child relationship and the child's emotional development. The researchers evaluated a 15-week parenting program in a women's prison that was designed to enhance mother-child interactions during imprisonment. Pre- and postmeasures for the 104 women were Hudson's (1982) Index of Self-Esteem, Bavolek's (1984) Adult-Adolescent Parenting Inventory, and semistructured questionnaires. Self-esteem and attitudes about expectations of children, corporal punishment, and family roles improved significantly. Empathy and mother-child interactions through visits and letters improved. Participants identified the most helpful components of the program. Those who had been physically, sexually, and emotionally abused and those who had used drugs and alcohol had positive results. Findings support the value of parent education for self-development of incarcerated mothers and for the welfare of their children.

Snyder ZK, Carlo TA, Coats Mullins MM. Parenting from Prison: An Examination of a Children's Visitation Program at a Women's Correctional Facility. Marriage and Family Review 2001;32(3-4):33-61.

Abstract: The impact of parental incarceration on minor children has been well documented. Children with at least one parent in prison are at greater risk to suffer from anxiety, depression, sleeplessness, anger, & attention deficiencies. In comparison to the research on children, less emphasis has been placed on how mothers are affected when they are incarcerated away from their children. The current research focus is how children's visitation programs & parenting classes can improve the relationships between incarcerated women & their children. Female prisoners participating in a specialized children's visitation program were interviewed to gain their perceptions of their relationships with their children & how the program had affected this bond. A comparison group of women not in the program were also questioned about their relationships with their children. The authors suggest that incarcerated mothers respond positively to institutional efforts to keep them in touch with their children. 4 Tables, 62 References. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580.

Sandifer JL. Parenting behind Bars: An Evaluation of the Parenting Program at the Kentucky Correctional Institution for Women. Dissertation Abstracts International, A: The Humanities and Social Sciences. Sociological Abstracts. Date revised - 2007-04-01

Abstract: Within the general trend of increased incarceration is the increased incarceration of women, the majority of whom are mothers. Review of the social and economic characteristics of inmate mothers established that typically they have limited social capital (e.g., educational and employment skills) and are single parents when they enter prison. Life course theory suggests that these women may resume pathways that lead to further criminal activity upon release and that their children may follow in their footsteps. Prison parenting programs offer mothers an opportunity to become better parents and to increase the social capital they may transfer to their children. Increased parenting knowledge and skill may improve mothers' communication and therefore relationships with their children. Improved relationships with children may be an incentive to behave while incarcerated and to pursue more positive pathways upon release from prison. This study evaluated the efficacy of the parenting program at the Kentucky Correctional Institution for Women (KWIC) in changing incarcerated mothers' parenting knowledge and skills. The KCIW parenting program consists of both a parent education course and parent-child interaction opportunities. Eight parenting course sessions were conducted within the one year research time frame. The researcher identified the goals of the parenting program from KCIW literature and formulated hypotheses based on those goals. A pretest-post test nonequivalent comparison group quasi-experimental design was selected to assess short-term change in parenting knowledge after a 12-week course sequence. Paired samples t-tests of time one and time two scores (N = 64) on scales from the Parent Child Relationship Inventory (Gerard 1994) and the Adult Adolescent Parenting Inventory (Bavolek and Keene 1999) suggested change likely resulting from the program. After 12 weeks no significant change occurred in a comparison group (N = 26) of inmate mothers who had never participated in the program. Semi structured interviews with 50 inmates provided qualitative data that supported and clarified findings.

Gonzalez P, Romero T, Cerbana CB. Parent Education Program for Incarcerated Mothers in Colorado. Journal of Correctional Education 2007;58(4):357-73.

Abstract: One of the primary goals of correctional education is to reduce recidivism by reintegrating inmates into society and family in a productive and positive manner and, in the case of parent education, become good and effective parents to their children. Research suggests that prison parent education programs provide inmates with measurable knowledge and affirmative parenting skills which can result in positive behavior changes, including a decrease in the recidivism rate. This current study examined the short term impact of the Partners in Parenting (PIP) curriculum, a skilled-based program focusing on strengthening family relationships and promoting positive behaviors. Participants were comprised of 219 mothers who agreed to take part in parent education classes while incarcerated in several women's correctional facilities throughout the state of Colorado. Results revealed that mothers who took part in the parenting education curriculum demonstrated a marked increase in their sense of parenting proficiency, done by improving parenting skills and increasing their overall parenting knowledge. These results therefore, strongly suggest parenting education programs in correctional facilities are indeed beneficial to parents and thereby to the child, in turn leading to improved parent-child relationships and the ultimate goal of reduced recidivism. (Contains 3 figures and 2 tables.)

Rodrigues H, Leite A, Faria C, Monteiro I, Rodrigues PM. Music for Mothers and Babies Living in a Prison: A Report on a Special Production of "BebeBaba". International Journal of Community Music 2010;3(1):77-90.

Abstract: "BebeBaba" is a project that combines education and artistic performance in a process that is centred on music, babies and their parents. We discovered that previous productions resulted in a very strong bonding among parents and babies, families and the community. In 2008 we implemented a special production in a prison in Oporto where mothers live with their own children until the age of four. Here we describe the ideas, goals and strategies of the project, we look at its artistic aspects and we report the impact it had on the participants, based on interviews conducted after the project was concluded. The report of this practical work is integrated in a reflection about the general issue of music in prison, and we explain why we believe "BebeBaba" can be a case study helping to establish guidelines for future work, particularly in the case of imprisoned mothers and babies.

BARRADON T. New Beginnings-an experience-based programme addressing the attachment relationship between mothers and their babies in prisons. Journal of Child Psychotherapy, 34(2), August 2008, pp 240-258 2008;

Abstract: Data about the quality of attachment between infants and parents in high-risk populations suggests that early intervention may be advantageous for positive developmental outcomes for the child. Mothers in prison represent a high-risk parenting population in terms of both attachment histories and economic and social risk factors. New Beginnings was constructed as a short term, experience-based programme for mothers and infants in the Mother and Baby Units of two UK women's prisons. It is based on the early intervention model developed at the Anna Freud Centre. The programme was piloted in 2004-5, with 27 participating dyads. This paper presents an overview of the pilot stage. The aim is to introduce the thinking that went into the programme and to present initial observations concerning the effect of the programme. The authors describe the development of a framework for the programme and its preliminary evaluation using pre- and post-interview protocols concerning the mothers' thoughts and feelings about their babies. The authors used the Parent Development Interview, for both a qualitative analysis of the major themes in connection to child rearing and quantitative measures of reflective capacity in relation to the child on the part of mother-participants.

Trost BC. Mothering from Prison: Using Narratives in a Mother-Child Support Program. Journal of Family and Consumer Sciences 2009;101(3):32-8.

Abstract: Incarcerated and formerly incarcerated women who participated in the Storybook Project of lowa told passionate stories of how their understanding of mothering had changed. They spoke of how the Storybook Project strengthened their mothering practices and relationships with their children and families. This study was an opportunity for reflection and evolution of a new understanding of themselves through telling their narratives of mothering. The study has implications for family and consumer sciences (FCS) professionals to be involved at a variety of levels in their work, including public policy advocacy and program administration. (Contains 1 table.)

Berkowitz G, Brindis C, Clayson Z, Peterson S. Options for recovery: promoting success among women mandated to treatment. Journal of Psychoactive Drugs 1996;28(1):31-8.

Abstract: In recent years imprisonment has been used increasingly for a wide range of nonviolent and petty offenses committed by women. Among incarcerated women, particularly those who are pregnant or parenting, substance use and its deleterious consequences are often exacerbated by imprisonment. Women who have been identified as chemically dependent are also at high risk for losing custody of their children. In California, the Options for Recovery (OFR) treatment program provided an alternative to incarceration or relinquishment of custody of children for chemically dependent pregnant and parenting women. This three-year pilot project offered alcohol and other drug abuse treatment and case management to these women, and included special training and recruitment of foster parents for their children. Findings from a three-year, multimethod evaluation study showed that women who were mandated to OFR treatment programs were more likely to successfully complete treatment than women who had enrolled in OFR voluntarily. An economic analysis of the costs associated with women in OFR compared with the combined costs of incarceration and alcohol and other drug abuse treatment produced a ratio in favor of OFR. Additionally, some innovative service alternatives for women mandated to treatment were developed during the project. The impact of such changes have implications for improving women's and family health.

Browne DH. Incarcerated mothers and parenting. Journal of Family Violence Vol 4(2), Jun 1989, pp 211-221 1989;(2):Jun-221.

Abstract: Describes a 24-wk primary prevention program for incarcerated women (most of whom were mothers) aimed at enhancing parental childrearing capabilities and knowledge. Evaluations of 15 Black and 5 White women (aged 19-44 yrs) revealed few positive changes as a result of participation. Results indicated an increase in self-esteem on pre- and posttest measures. However, regression appeared to characterize differences in corporal punishment and inappropriate expectation. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Gat I. Incarcerated mothers: Effects of the Mother/Offspring Life Development Program (MOLD) on recidivism, prosocial moral development, empathy, hope, and parent-child attachment. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 61(7-B), Jan 2001, pp 3878 2001;(7-B):Jan.

Abstract: The primary purpose of this two-part quasi-experiment was to examine select rehabilitative benefits of the mother/Offspring Life Development Program (MOLD). MOLD focuses on maintaining the mother-child relationship during the mother's prison sentence at the York Women's Correctional Facility in York, Nebraska. MOLD offers parenting education classes and visitation programs for incarcerated-mothers and their children and a nursery for pregnant inmates. In Part I of the study, archival records were used to investigate the rate of recidivism of MOLD participants between 1990 and 1995. These participants were compared to incarcerated women at the same correctional facility between 1990 and 1995 who did not participate in MOLD. The test for significant differences between proportions revealed no significant differences between the two groups with regard to recidivism rate. Although the trend was in the predicted direction, the power to find significant differences was only 28%. Part II measured pre- to posttest changes in parent/child attachment, prosocial moral development (PROM), empathy (IRI), and hope. For parent-child attachment, the control and Nursery groups

scored higher than the MOLD participants. Similarly for the PROM and IRI Perspective-Taking subscale, the control participants scored higher than the MOLD participants. Despite group membership, for all participants, the IRI Empathic Concern subscale scores increased, and the IRI Personal Distress subscale scores decreased. Several possible explanations are discussed. For instance, with regard to confounding variables, it is possible that the effects of MOLD extends to the entire population of women at the York Correctional Facility through a social-cognitive process, such as vicarious learning. or because MOLD participants are self-selected, they may be in greater need for assistance with their parenting skills, thus accounting for lower scores on the dependent variables. In addition, several of the women in the control group had participated in MOLD several years prior to this study. Thus, the skills they originally developed through MOLD, coupled with an extended period of incarceration time, may have given them an opportunity to grow in areas as measured in this study. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Carlson JR. Evaluating the Effectiveness of a Live-In Nursery within a Women's Prison. Journal of Offender Rehabilitation 1998;27(1-2):73-85.

Abstract: Examines a live-in nursery program for women inmates in NE. Measurement standards were determined & tested to establish a known baseline for future evaluations to help determine the effectiveness of the program. The cost impact on prisons & profiles of those inmates in such programs are presented. States considering methods to reduce misconduct reports & possible recidivism rates should consider implementation of live-in nurseries within correctional institutions. 2 Displays, 9 References. Adapted from the source document.

Klein SR, Bartholomew GS, Bahr SJ. Family Education for Adults in Correctional Settings: A Conceptual Framework. International Journal of Offender Therapy and Comparative Criminology 1999;43(3):291-307.

Abstract: Examines programs for strengthening ties between prison inmates & their families. To advance the development of a conceptual basis for family education in prisons, suggested is a classification based on three criteria: program purpose, program content, & level of interaction between professional & participant. An example of a family education program at an optimal level of involvement is presented, & evaluation data about the program are provided, based on interviews with 61 men & 30 women incarcerated in UT, both before & after the course. 3 Tables, 1 Figure, 28 References. Adapted from the source document.

Wiewel B, Mosley T. Family Foundations: A New Program for Pregnant and Parenting Women Offenders with Substance Abuse Histories. Journal of Offender Rehabilitation 2006;43(1):65-91.

Abstract: A new program in California partners the California Department of Corrections with a non-profit drug treatment agency on behalf of pregnant or parenting women who are drug offenders with substance abuse histories. The women are sentenced to the family foundations facility for one year and receive a range of special services to prepare for community re-entry. This paper provides a description of the population and elements of a treatment model designed to reduce recidivism by improving the success of community transition for the targeted families. A case study demonstrates the impact on one mother-child dyad where successful transition to the community and completion of a one-year parole was achieved. Given that the numbers of incarcerated women in California have increased fivefold in the last 20 years (Bureau of Justice Statistics, 1995), that close to 10% of those women were pregnant when they entered prison (California Department of Corrections, 1999), and that over two-thirds of them were convicted for non-violent drug or property crime (California Department of Corrections, 2001), it is incumbent on criminal justice and treatment systems to stop relying on policies and programs designed for male offenders. The family foundations model represents one of the newest approaches in the nation for dealing with parenting women offenders.

Lichtenwalter S, Garase ML, Barker DB. Evaluation of the House of Healing: An Alternative to Female Incarceration. Journal of Sociology and Social Welfare 2010;37(1):75-94.

Abstract: The House of Healing (HOH) is a court-mandated, community-based residential program for female offenders. Women reside with their children at the HOH, which serves as a base from which to receive health/mental health care and substance abuse treatment while working toward successful community reintegration. An evaluation based on the records of 94 female offenders residing at the HOH for various time periods between 1998 and 2006 revealed a significant relationship between residents' reunification with their children and successful completion of the HOH program. Furthermore, there was a significant relationship between successful program completion and female offenders' recidivism. Adapted from the source document.

Sandifer JL. Evaluating the Efficacy of a Parenting Program for Incarcerated Mothers. The Prison Journal 2008;88(3):423-45.

Abstract: Life course theory supports strengthening incarcerated mothers' parenting skills and parent-child relationships to help both inmate mothers and their children. Prison parenting programs address this need. This study evaluates the efficacy of the parenting program at a Southern correctional institution for women in changing inmate mothers' parenting knowledge and skills. A pretest-posttest non-equivalent comparison group quasi-experimental design was used to assess short-term change in knowledge after 12-week parent education courses. Paired sample t tests of parenting class participants' (n = 64) Time 1 and Time 2 scores on two parenting inventories suggest significant positive change likely resulting from the parent education program. No significant change was indicated in a comparison group (n = 26) of inmate mothers. [Reprinted by permission of Sage Publications Inc., copyright 2008.]

Cassidy J, Ziv Y, Stupica B, Sherman LJ, Butler H, Karfgin A, et al. Enhancing attachment security in the infants of women in a jail-diversion program. Attachment and Human Development 2010;12(4):333-53.

Abstract: Pregnant female offenders face multiple adversities that make successful parenting difficult. As a result, their children are at risk of developing insecure attachment and attachment disorganization, both of which are associated with an increased likelihood of poor developmental outcomes. We evaluated the outcomes of participants in Tamar's Children, a 15-month jail-diversion intervention for pregnant, nonviolent offenders with a history of substance abuse. All women received extensive wrap-around social services as well as the Circle of Security Perinatal Protocol (Cooper, Hoffman, & Powell, 2003). We present data on 20 women and their infants who completed the full dosage of treatment (a residential-living phase from pregnancy until infant age six months and community-living phase until 12 months). Results indicated that (1) program infants had rates of attachment security and attachment disorganization comparable to rates typically found in low-risk samples (and more favorable than those typically found in high-risk samples); (2) program mothers had levels of maternal sensitivity comparable to mothers in an existing community comparison group; and (3) improvement over time emerged for maternal depressive symptomatology, but not other aspects of maternal functioning. Given the lack of a randomized control group, results are discussed in terms of the exploratory, program-development nature of the study.

Moore AR, Clement MJ. Effects of Parenting Training for Incarcerated Mothers. Journal of Offender Rehabilitation 1998;27(1-2):57-72.

Abstract: Uses a nonequivalent control group design to evaluate the effects of a parenting training program (Mothers Inside Loving Kids [MILK]) at the Virginia Correctional Center for Women. Pre- & posttraining measures were administered to 20 incarcerated mothers in the treatment group & 20 in the control group. Bivariate analyses revealed no significant differences between scores relative to treatment vs control condition. However, direction of change scores fell in the desired direction on the "Nurturing Quiz" & on three subscales of the Adult-Adolescent Parenting Inventory: (1) lack of empathy for the child, (2) belief in corporal punishment, & (3) reversing family roles. Direction of change on the Nurturing Quiz was found to be statistically significant using the Wilcoxon nonparametric test. Hence, training appears to positively impact parenting techniques, but self-esteem appears to be more resistant. 3 Tables, 31 References. Adapted from the source document.

Strozier AL, Armstrong M, Skuza S, Cecil D, Mchale J. Coparenting in Kinship Families With Incarcerated Mothers: A Qualitative Study. Families in Society 2011;92(1):55-61.

Abstract: The number of incarcerated mothers has risen steadily in the past 20 years, with a majority of the mothers' children being cared for by relatives, usually the maternal grandmother (Smith, Krisman, Strozier, & Marley, 2004). This article examines the unique coparenting relationship of grandmothers and mothers through qualitative individual interviews with a sample of 24 incarcerated mothers with children between the ages of 2 and 6, and 24 grandmothers raising their children. The study revealed many different variants of healthy coparenting alliances, achieved against often huge odds. Much variation was also discovered in dyads where coparenting alliances were not as successful. Implications for practice include performing structural family assessments, enhancing jail education programs, and offering extended coparenting treatment after discharge. Adapted from the source document.

Klein SR, Bahr SJ. An Evaluation of a Family-Centered Cognitive Skills Program for Prison Inmates. International Journal of Offender Therapy and Comparative Criminology 1996;40(4):334-46.

Abstract: Evaluates a 10-week program at a state correctional institution in UT, drawing on pre- & postintervention interviews with 91 participating inmates (33% female). Results demonstrate the benefits of cognitive skill development as inmates reflect on rejoining their families. Inmates are instructed on identifying problems, recognizing resources for solving problems, & thinking of alternative ways to respond as they apply principles of practical reasoning to everyday problems families experience. The development, implementation, & evaluation of the program & the implications for professionals & students are discussed. 4 Tables, 15 References. Adapted from the source document.

Wulf-Ludden TL. An evaluation of the parenting program at the Nebraska Correctional Center for Women. Masters Abstracts International. M.A. Advisor: Brennan, Pauline K. Edition date: 2010.

Abstract: This thesis evaluates the parenting program at the Nebraska Correctional Center for Women (NCCW). I examined whether (1) program participation had any effect on inmate mothers' attitudes toward corporal punishment, (2) whether program participation increased the extent of contact between inmate mothers and their children, and (3) whether General Strain Theory (GST) was applicable to a population of incarcerated mothers, with simultaneous consideration given to the possible influence of participation in the parenting program at NCCW. I hypothesized that program participants would have more appropriate attitudes toward corporal punishment than other inmates. Further, I hypothesized that program participation would increase mothers' contact with their children, and that increased contact would reduce the strain mothers experienced. I then examined the relationship between strain, anger, depression and institutional misconduct. My findings did not support the first hypothesis that program participants would have more appropriate attitudes toward corporal punishment than non-participants. However, my findings did support the second hypothesis that program participants would have more contact with their children than non-participants. Finally, there was partial support for the applicability of GST to incarcerated mothers (i.e., as an explanation of institutional misconduct). Copies of dissertations may be obtained by addressing your request to

ProQuest, 789 E. Eisenhower Parkway, P.O. Box 1346, Ann Arbor, MI 48106-1346. Telephone 1-800-521-3042; e-mail: disspub@umi.com

KUBIAK SP, KASIBORSKI N, SCHMITTEL E. Assessing Long-Term Outcomes of an Intervention Designed for Pregnant Incarcerated Women. Research on Social Work Practice 2010;20(5):528-35.

Abstract: Objectives: Approximately 25% of women are pregnant or postpartum when they enter prison. This study assesses a system-level intervention that prevented the separation of mothers and infants at birth, allowing them to reside together in an alternative community setting. Method: Longitudinal analysis of several state-level administrative databases compares the intervention (n = 48) group to the "treatment as usual" group (n = 36), over a 10-year period. Results: Preliminary analyses reveal few between-group differences and illuminate the presence of informal caregivers that were outside the scope of our data. Conclusions: Although 70% of the children remain legally attached to their mothers, further study is required to account for data limitations and to determine whether time to negative events differed between groups. [Reprinted by permission of Sage Publications Inc., copyright holder.]

Hilliman CA. Assessing the impact of virtual visitation on familial communication and institutional adjustment for women in prison. Dissertation Abstracts International, A: The Humanities and Social Sciences. PhD Thesis publ. date: 2006.

Abstract: The present study investigated the impact of a two-year video conferencing visiting program on the self-esteem, behavior and contact between incarcerated women and their children. The study compared an intervention group of 335 women to a comparison group of 336 women. The women's infractions were compared and the number of contact visits they received at the end of the study period was also compared. The infractions were separated into minor and major infractions and were assessed for three periods; six months prior to the start of the program, the first six months of the program and the last six months of the program. Finally, the researcher analyzed qualitative data, including a video conferencing visit between an incarcerated woman, her mother and her son; a focus group; and letters and memoranda. The quantitative analysis found no evidence of a significant program effect. However, the qualitative analysis painted a more positive picture of the program. The women indicated improved self-esteem, improved relationships with children and caregivers, and spoke highly of the program. Additionally, serendipitous results revealed that the majority of the women in both the intervention and comparison groups did not engage in rule violating behavior. Nonetheless, a disproportionate number of infractions were committed by a small percentage of the women.

BARADON T, Fonagy P, Bland K, Lenard K, Sleed M. "New Beginnings"--An Experience-Based Programme Addressing the Attachment Relationship between Mothers and Their Babies in Prisons. Journal of Child Psychotherapy 2008;34(2):240-58.

Abstract: Data about the quality of attachment between infants and parents in high-risk populations suggests that early intervention may be advantageous for positive developmental outcomes for the child. Mothers in prison represent a high-risk parenting population in terms of both attachment histories and economic and social risk factors. New Beginnings was constructed as a short term, experience-based programme for mothers and infants in the Mother and Baby Units of two UK women's prisons. It is based on the early intervention model developed at the Anna Freud Centre. The programme was piloted in 2004-5, with 27 participating dyads. This paper presents an overview of the pilot stage. Our aim is to introduce the thinking that went into the programme and to present initial observations concerning the effect of the programme. We describe the development of a framework for the programme and its preliminary evaluation using pre- and post-interview protocols concerning the mothers' thoughts and feelings about their babies. We used the Parent Development Interview, for both a qualitative analysis of the major themes in connection to child rearing and quantitative measures of reflective capacity in relation to the child on the part of mother-participants. (Contains 1 table and 5 notes.)

Baker J, McHale J, Strozier A, Cecil D. Mother-grandmother coparenting relationships in families with incarcerated mothers: a pilot investigation. Family Process 2010;49(2):165-84.

Abstract: Using new methods designed to assess coparenting between incarcerated mothers of preschool-aged children and the maternal grandmothers caring for the children during their absence, we examined relationships between coparenting quality during the mother's jail stay and both concurrent child behavior problems and later coparenting interactions following mothers' release and community reentry. Forty mother-grandmother dyads participated in joint coparenting discussions during the incarceration, with a smaller subset completing a parallel activity at home 1 month postrelease. Both women also participated in individual coparenting interviews during the incarceration, and reported on child behavior problems. Mother-grandmother coparenting interactions exhibited an overall structure similar to that documented in nuclear families, with population-specific dynamics also evident. The observational system demonstrated good interrater and internal reliability, and showed associations with maternal (but not grandmother) reports and descriptions of the coparenting relationship via interview. Greater coparenting relationship quality during incarceration was associated with fewer concurrent child externalizing behavior problems, and predicted more positive coparenting interactions postrelease. Findings suggest that the coparenting assessments were useful for understanding mother-grandmother coparenting relationships in these families and that importantly, these relationships were tied to children's functioning. Avenues for future research and considerations for intervention efforts are discussed.

Brennan PK. An Intermediate Sanction That Fosters the Mother-Child Bond: A Process Evaluation of Summit House. Women & Criminal Justice 2008;18(3):47-80.

Abstract: Summit House is a residential alternative-to-incarceration program in North Carolina that operates in a home-like setting for female offenders and their children; the Program is designated an intermediate sanction. The Program has been recognized by experts in the field as a national model. And, in 1996 and 1998 respectively, it received two national awards-The President's Service Award and The Improvement of Justice Award. Despite national recognition and honor, however, little is known about the process by which the Program assists women in their role as mothers. This paper provides a process evaluation of the Summit House Program. To assess the Program, I reviewed an array of documents (e.g., resident manuals, incident reports, individualized treatment plans) and conducted a total of 44 interviews with administrators, staff, and clients. These individual face-to-face interviews took place in a private setting and averaged an hour in duration. Based on this information, I explain how the Program assists residents in building competency in the relationships they have with their children. The Program's strengths and weaknesses are highlighted and recommendations are offered for improvement. Adapted from the source document. COPIES ARE AVAILABLE FROM: HAWORTH DOCUMENT DELIVERY CENTER, The Haworth Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580

Referanser sortert etter type tiltak: Generelle studier

C, MCIVOR G, SHEEHAN R. The effectiveness of support and rehabilitation services for women of fenders. Australian Social Work Vol 65(1), Mar 2012, pp 6-20 2012;(1):Mar-20.

Abstract: There is a large body of research evidence suggesting that support, rehabilitation, and supervision programs can help offenders to reduce recidivism. However, the effectiveness of these services is dependent upon the extent to which the workers who deliver them comply with "what works" principles and practices. Because most of this research has been conducted with men, this study focused on the extent to which these principles and practices apply to women. In particular, the study examined services offered to a group of women in prison in Victoria, Australia, and following their release to the community; and the relationship between these women's views about the services, recidivism, and the characteristics of the services. Results were generally consistent with earlier research. The women favoured services that are delivered by workers who are reliable, holistic, collaborative, who understand the women's perspective, and that focus on strengths. They did not support services that challenged the women, focused on their offences, or on the things they did badly. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract).

Minian N. Negotiating an identity in an Alternative to Incarceration program. Dissertation Abstracts International: Section B: The Sciences and Engineering Vol 65(8-B),2005, pp 4322 2005;(8-B):2005.

Abstract: The impact of being sentenced to an Alternative to Incarceration (ATI) program was the study of investigation for this dissertation. Starting from a Vygotskian, socio historical theory and narrative theory, the identities of ATI clients were conceptualized as social positions that developed through a historical process. The aim of the present study was to understand how youth transform their identities at an ATI program in New York City. This period of transition was not conceptualized through focusing on a single aspect of living, as many investigations are, but rather through examining the overall life structure, which requires the consideration of both the self and the world. Thus, the present study can be seen as an application of the Vygotsky/Scribner framework which posits that, in order to understand a psychological system such as identity, one has to also understand the general history of humanity, the history of individual societies, and the life history of the individual in society. Data collection included semi-structured life history interviews with fifteen participants (eight male and seven female participants). The interviews were coded using NUD*IST 6, using both an inductive and a deductive process. Themes and patterns across the interviews were identified and presented as the content analysis. Two case histories were created to contextualize how the themes gain importance in individual lives. Findings indicated that after participating in an ATI for three months, most participants developed a "hybrid" identity that incorporated both the experience and expectations of the ATI and prior positive and negative school, family and community influences. Gender identity played a key role in the processes by which participants' constructed an identity during their adolescent years. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

White GD. Gender-responsive programs in U.S. prisons: implications for change. Social Work in Public Health 2012;work(3):283-300.

Abstract: This research examines the need for programs that focus on mental health issues, parenting issues, and other unique needs of female offenders incarcerated throughout the United States.

The Bureau of Justice Statistics showed that 84% of female offenders were living with their children prior to their arrest. This constitutes a crisis in our society today, which is manifest in overcrowded state and federal prisons, increased caseloads for the Department of Children and Family Services, the Foster Care System, and families of the offenders. The goal of this research is to determine what types of gender-responsive programs are effective in reducing recidivism. The methods used were qualitative data analysis, by comparing which programs are offered, either within the prison, or as a reentry postrelease program. A survey was used and interview data were analyzed by identifying and comparing common themes and patterns. The findings reveal the most effective gender-responsive programs are those that incorporate substance abuse treatment, education and job preparedness, parenting programs where contact with children is allowed and/or encouraged, and family reunification programs.

LART R. Interventions aimed at reducing re-offending in female offenders: a rapid evidence assessment (REA). Great Britain. Ministry of Justice; 2008.

Abstract: Interventions aimed at targeting antisocial attitudes and anger, self control, family processes (e.g. affection and supervision), general educational needs and antisocial associates was associated with reductions in women's offending. Evidence on in-prison drug treatment is mixed but residential treatment post-custody enhanced effects.

Dowden C, Andrews DA. What works for female offenders: A meta-analytic review. Crime & Delinquency 1999;45(4):438-52.

Although the question of what works for general offender populations has received considerable attention within the rehabilitation literature, very little research has examined female offenders. The present investigation examined the principles of effective correctional treatment for female offenders through a meta-analytic review. The results indicated that the clinically relevant and psychologically informed principles of human service, risk, need, and responsivity identified in past meta-analytic reviews were associated with enhanced reductions in reoffending.

Tripodi SJ, Bledsoe SE, Kim JS, Bender K. Effects of Correctional-Based Programs for Female Inmates: A Systematic Review. Research on Social Work Practice 2011;21(1):15-31.

Abstract: Objective: To examine the effectiveness of interventions for incarcerated women. Method: The researchers use a two-model system: the risk-reduction model for studies analyzing interventions to reduce recidivism rates, and the enhancement model for studies that target psychological and physical well-being. Results: Incarcerated women who participate in substance abuse interventions appear less likely to reoffend than those who do not participate. Enhancement model studies report mixed results. Overall, psychological-oriented interventions and substance abuse programs improve mental health symptoms and substance use among participants as compared to control or comparison groups. Results for HIV prevention programs are ambiguous, and parenting skill programs show no significant effect. Conclusion: Results highlight interventions that appear useful with female inmates. More rigorous research is needed to address many of these evidence-based interventions.

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Vedlegg

Søkestrategi

	Spørsmålet i PICO format				
Hva handler spørsmålet om?	Populasjon (pasient)	Interven- sjon (tiltak)	Comparison (sammen- ligning/ kontrolll)	Outcome(s) (utfall/ef- fekt)	Kjente rele- vante studier
Rehabilitering av kvinner i fengsel	Kvinner som er under straffegjen- nomføring, enten i feng- sel eller gjen- nom andre straffegjen- nomførings- former.	Alle tiltak ret- tet mot kvin- nelige inn- satte		Vi inkluderer alle utfall som rapporteres, men eksempler på spesielt aktuelle utfall vil være tilbakefall, brukertilfredshet, somatisk og psykisk helse, livskvalitet og lignende.	

Database: Ovid MEDLINE(R) 1946 to October Week 3 2013

Dato: 25.10.2013

Antall treff: 2016 (1759 uten dubletter)

#	Searches	Results

1	female/	6655500
2	Women/	13668
3	(female? or women or woman or girl?).tw.	1353289
4	or/1-3	6734222
5	Prisoners/	12517
6	Criminals/	903
7	Prisons/	7268
8	or/5-7	18406
9	Rehabilitation/	16491
10	(Project? or approach* or strategy or strategies or effort? or outreach* or activit* or model? or program* or intervention? or implement* or rehabilitat* or inreach).tw.	16491
11	10 or 11	5382618
12	(study or studies or impact or evaluation? or trial? or review or Overview or Meta- analysis or cohort or findings or RCT or CCT or analysis or longitudinal or follow-up or followup or empirical methods or Experiment* or repeated measures or (randomly adj1 allocated) or (allocated adj2 random) or ((singl* or doubl* or treb* or tripl*) adj (blind* or mask*)) or pre test or pretest or post test or posttest or effect? or compar* or control* or time series).tw.	11830710
13	4 and 8 and 11 and 12	2016

Database: Ovid MEDLINE(R) In-Process, Ovid MEDLINE(R) Daily Update

Dato: 25.10.2013 **Antall treff**: 133

#	Searches	Re-
1	female/	5170
2	Women/	3
3	(female? or women or woman or girl?).tw.	83581
4	or/1-3	87637
5	Prisoners/	5
6	Criminals/	3

7	Prisons/	1
8	(prison* or jail* or gaol* or penitentiar* or correctional* or imprison* or incarcerat* or detention or criminals or convict* or offend* or inmate*).tw.	2246
9	or/5-8	2246
10	Rehabilitation/	0
11	(Project? or approach* or strategy or strategies or effort? or outreach* or activit* or model? or program* or intervention? or implement* or rehabilitat* or inreach).tw.	436661
12	10 or 11	436661
13	(study or studies or impact or evaluation? or trial? or review or Overview or Meta-analysis or cohort or findings or RCT or CCT or analysis or longitudinal or follow-up or followup or empirical methods or Experiment* or repeated measures or (randomly adj1 allocated) or (allocated adj2 random) or ((singl* or doubl* or treb* or tripl*) adj (blind* or mask*)) or pre test or pretest or post test or posttest or effect? or compar* or control* or time series).tw.	897680
14	4 and 9 and 12 and 13	133

Database: PsycINFO 1806 to October Week 4 2013

Dato: 25.10.2013 **Antall treff**: 1569

#	Searches	Results
1	Human Females/	67056
2	(female? or women or woman or girl?).tw.	462075
3	1 or 2	463366
4	Prisons/	4913
5	Criminals/	10200
6	Prisoners/	8276
7	Incarceration/	3127
8	Criminal Conviction/	929
9	or/4-8	22919
10	Rehabilitation/	13648
11	(Project? or approach* or strategy or strategies or effort? or outreach* or activit* or model? or program* or intervention? or implement* or rehabilitat* or inreach).tw.	1434957

12	10 or 11	1435488
13	Criminal Rehabilitation/	1769
14	(9 and 12) or 13	11667
15	(study or studies or impact or evaluation? or trial? or review or Overview or Meta-analysis or cohort or findings or RCT or CCT or analysis or longitudinal or follow-up or followup or empirical methods or Experiment* or repeated measures or (randomly adj1 allocated) or (allocated adj2 random) or ((singl* or doubl* or treb* or tripl*) adj (blind* or mask*)) or pre test or pretest or post test or posttest or effect? or compar* or control* or time series).tw.	2567722
16	3 and 14 and 15	1569

Database: ISI Science/Social Science Citation Index

Dato: 25.10.2013 **Antall treff**: 1352

_		
# 4	<u>1,352</u>	#3 AND #2 AND #1
		Databases=SCI-EXPANDED, SSCI, A&HCI Timespan=All years
# 3		Topic=((study or studies or impact or evaluation\$ or trial\$ or review or Overview or
		Meta-analysis or cohort or findings or RCT or CCT or analysis or longitudinal or fol-
		low-up or followup or empirical methods or Experiment* or repeated measures or
		(randomly NEAR/0 allocated) or (allocated NEAR/1 random) or ((singl* or doubl* or
		treb* or tripl*) NEAR/0 (blind* or mask*)) or pre test or pretest or post test or posttest
		or effect\$ or compar* or control* or time series))
		Databases=SCI-EXPANDED, SSCI, A&HCI Timespan=All years
# 2	9,349,339	Topic=((Project\$ or approach* or strategy or strategies or effort\$ or outreach* or ac-
		tivit* or model\$ or program* or intervention\$ or implement* or rehabilitat* or inreach))
		Databases=SCI-EXPANDED, SSCI, A&HCI Timespan=All years
# 1	3,898	Topic=((prison* OR jail* OR gaol\$ OR penitentiar* OR correctional* OR imprison*
		OR incarcerat* OR detention OR criminal\$ OR convict* OR offend* OR inmate)
		NEAR/4 (female\$ OR woman OR women OR girl\$))
		Databases=SCI-EXPANDED, SSCI, A&HCI Timespan=All years

Database: ERIC Dato: 25.10.2013 Antall treff: 192

S9	S3 AND S4 AND S7 AND S8	192°
\$8	AB,TI(study OR studies OR impact OR evaluation OR evaluations OR trial OR trials OR review OR Overview OR Meta-analysis OR cohort OR findings OR RCT OR CCT OR analysis OR longitudinal OR "follow up" OR followup OR "empirical methods" OR Experiment* OR "repeated measures" OR (randomly N/O allocated) OR (allocated N/1 random) OR ((singl* or doubl* or treb* or tripl*) P/O (blind* or mask*)) OR "pre test" or pretest or "post test" or posttest OR effect OR effects OR compar* OR control* OR "time series")	900891*
S7	<u>S5 OR S6</u>	811726*
S6	AB,TI(Project or Projects or approach* or strategy or strategies or effort or efforts or outreach* or activit* or model or models or program* or intervention or interventions or implement* or rehabilitat* or inreach)	811333*
S 5	SU.EXACT("Rehabilitation")	2780°
S4	SU.EXACT("Correctional Institutions")	2620°
S3	<u>S1 OR S2</u>	97566*
S2	AB,TI(female or females or women or woman or girl or girls)	92344*
S1	SU.EXACT("Females")	39114*

Database: Social Services Abstracts og Sociological abstracts

Dato: 25.10.2013

Antall treff: 1167 (Faktisk antall treff)

S15	<u>\$10 AND \$13 AND \$14</u>	1386°
S14	AB,TI(study OR studies OR impact OR evaluation OR evaluations OR trial OR trials OR review OR Overview OR Meta-analysis OR cohort OR findings OR RCT OR CCT OR analysis OR longitudinal OR "follow up" OR followup OR "empirical methods" OR Experiment* OR "repeated measures" OR (randomly N/O allocated) OR (allocated N/1 random) OR ((singl* or doubl* or treb* or tripl*) P/O (blind* or mask*)) OR "pre test" or pretest or "post test" or posttest OR effect OR effects OR compar* OR control* OR "time series")	743937*
S13	<u>S11 OR S12</u>	459796*
S12	AB,TI(Project or Projecta or approach* or strategy or strategies or effort or efforts or outreach* or activit* or model or models or program* or intervention or interventions or implement* or rehabilitat* or inreach)	459431*

S11	SU.EXACT("Rehabilitation")	3044°
S10	<u>S8 OR S9</u>	3178°
S9	SU.EXACT("Female Offenders")	1798°
S8	<u>S3 AND S7</u>	2179°
S7	<u>S4 OR S5 OR S6</u>	10816*
S6	SU.EXACT("Prisons")	3636°
S5	SU.EXACT("Offenders")	5370*
S4	SU.EXACT("Prisoners")	3851°
S3	<u>S1 OR S2</u>	170267*
S2	AB,TI(female or females or women or woman or girl or girls)	168235*
S1	SU.EXACT("Females")	49444*

Database: Cochrane Issue 10 of 12, October 2013, Other Reviews (DARE) Issue 3 of 4, Jul 2013, Cochrane Central Register for Controlled Trials Issue 9 of 12, September 2013, Methods Studies Issue 3 of 4, Jul 2013, Technology Assessments Issue 3 of 4, Jul 2013, Economic Evaluations Issue 3 of 4, Jul 2013

Dato: 10.10.2013

Antall treff: 337 (Cochrane Reviews: 15, Other Reviews: 3, Trials: 311 Methods

Studies: 1, Technology Assessments: 0, Economic Evaluations: 7)

#	Searches	Results
#1	MeSH descriptor: [Female] explode all trees	814
#2	MeSH descriptor: [Women] this term only	199
#3	(female\$ or women or woman or girl\$):ti,ab,kw	356398
#4	#1 or #2 or #3	356398
#5	MeSH descriptor: [Prisoners] this term only	192
#6	MeSH descriptor: [Criminals] this term only	18

#7	MeSH descriptor: [Prisons] this term only	72
#8	(prison* or jail* or gaol\$ or penitentiar* or correctional* or imprison* or incarcerat* or detention or criminal\$ or convict* or offend* or inmate*):ti,ab,kw	1420
#9	#5 or #6 or #7 or #8	1420
#10	MeSH descriptor: [Rehabilitation] this term only	290
#11	(Project\$ or approach* or strategy or strategies or effort\$ or outreach* or activit* or model\$ or program* or intervention\$ or implement* or rehabilitat* or inreach):ti,ab,kw	204134
#12	#10 or #11	204134
#13	#4 and #9 and #12	337

Database: CRD
Dato: 15.10.2013
Antall treff: 112

Se- arch	Hits	
1	MeSH DESCRIPTOR Female EXPLODE ALL TREES	14152
2	MeSH DESCRIPTOR Women	34
3	(female or females or women or woman or girl or girls)	17846
4	#1 OR #2 OR #3	17846
5	MeSH DESCRIPTOR Prisoners	32
6	MeSH DESCRIPTOR Criminals	6
7	MeSH DESCRIPTOR Prisons	17
8	(prison* or jail* or gaol or gaols or penitentiar* or correctional* or imprison* or incarcerat* or detention or criminal or criminals or convict* or offend* or inmate*)	298
9	#5 OR #6 OR #7 OR #8	298

10	MeSH DESCRIPTOR Rehabilitation	117
11	(Project or projects or approach* or strategy or strategies or effort or efforts or outreach* or activit* or model or models or program* or intervention or interventions or implement* or rehabilitat* or inreach)	34599
12	#10 OR #11	34599
13	#4 AND #9 AND #12	112

Database: SSRN – Social Science Research Network e-library

Dato: 11.10.2013

Antall treff: 122 uten dubletter

Women prison - 108 treff Female prison - 47 treff

Database: National Criminal Justice Reference Service

Dato: 25.10.2013 **Antall treff:** 99

Thesaurus Term Search - Any

Female crime patterns

Female deviance

Female gangs

Female inmates

Female juvenile delinquents

Female murderers

Female offenders

Female sex offenders

Female status offenders

Violent females

Violent women

Database: Open Grey (tidligere OpenSIGLE)

Dato: 10.10.2013
Antall treff: 130 treff

(prison* OR jail* OR gaol* OR penitentiar* OR correctional* OR imprison* OR incarcerat* OR detention OR criminal* OR convict* OR offend* OR inmate) AND (female* OR woman OR women OR girl*)

Database: Social Care online

Dato: 10.10.2013
Antall treff: 618 treff

(prison* OR jail* OR gaol* OR penitentiar* OR correctional* OR imprison* OR incarcerat* OR detention OR criminal* OR convict* OR offend* OR inmate) AND (female* OR woman OR women OR girl*) AND (Project* or approach* or strategy or strategies or effort* or outreach* or activit* or model* or program* or intervention* or implement* or rehabilitat* or inreach)

Database: Bibsys Oria Dato: 10.10.2013 Antall treff: 611 treff

Kommentar: Avgrenset til 1950- og treff for BIBSYS

(fengsel* OR fengsler OR fengsling* OR insatt* OR kriminalomsorg* OR kriminell* OR straffedømt* OR straffdømt* OR straffange* OR forvaring* OR prison* OR jail* OR gaol* OR penitentiar* OR correctional* OR imprison* OR incarcerat* OR detention OR criminal* OR convict* OR offend* OR inmate) AND (jente* OR kvinne* OR dame* OR female* OR wom?n OR girl*)

Database: Google scholar

Dato: 11.10.2013

Antall treff: Kun levert de 100 første treffene

(prison OR prisons OR prisoner OR prisoners OR jail OR "Correctional Institution" OR "correctional facility" OR criminal OR criminals OR convicts) (woman OR women OR female OR females OR girl OR girls)

Database: Campbell Library

Dato: 10.10.2013
Antall treff: 1 treff

Kommentar: Innen gruppa Crime and Justice.

Utførte også samme søk i Cambell systematic Reviews: 4 treff men disse innen andre felt.

Girl* OR Woman OR Women OR Female*