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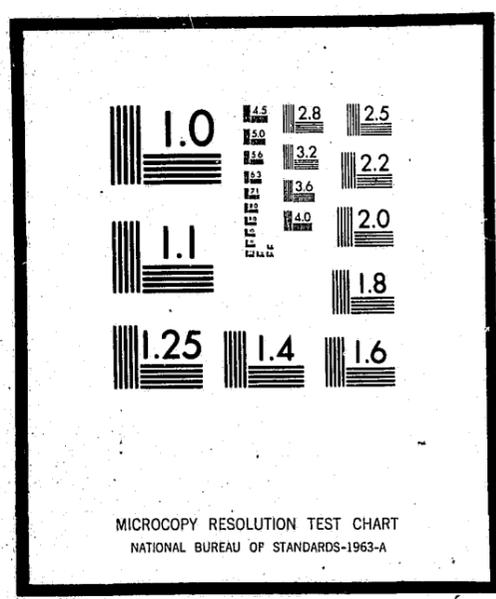
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a manual for the use of the MALADAPTIVE BEHAVIOR RECORD in corrections

EXPERIMENTAL
MANPOWER
LABORATORY FOR
CORRECTIONS

REHABILITATION RESEARCH FOUNDATION

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A MANUAL FOR THE USE

OF THE

MALADAPTIVE BEHAVIOR RECORD

IN CORRECTIONS

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PREFACE

The behavioral approach to the study of crime and corrections has become widespread. In the final analysis, the focal points in the study of any deviancy are the specific behavior patterns of the individual and the environmental setting in which the behavior occurs.

One of the most pressing problems in crime and corrections is the identification of environmental and behavioral events antedating and predicting the commission of criminal acts. Through such diagnostic analysis, specific factors are pinpointed that set the stage for effective treatment, ultimately resulting in a reduction in both crime and recidivism.

Some years ago Pascal and Jenkins (1961) developed a comprehensive set of guidelines for the study of human behavior at any point in development. They also provided a behavioral interview methodology for data collection. From this broad approach emerged the Environmental Deprivation Scale (EDS), a checklist of stimulus events both preceding and triggering behavior and following and supporting it. This measure has shown high validity for a number of deviant behaviors. Most recently, it has yielded 85-90% accuracy in the prediction of recidivism in several samples of prison releasees.

The Maladaptive Behavior Record (MBR) was developed in the same context to specify daily activities predictive of criminal acts. It focuses on everyday actions rather than complex concepts, dealing with occupational and interpersonal activities along with potential problem areas such as alcohol and drug use. The MBR consists of 16 items that are scored, but it constitutes a checklist rather than a test. The data are collected in a behavioral interview that concentrates on obtaining descriptions of actual behaviors from the client rather than opinions or expressions of feeling.

The MBR is used along with the EDS and a measure of time allocation--the Weekly Activity Record (WAR). Prison releasees exhibiting adjustment on all three measures have 98 chances in 100 of minimal law encounters and are excellent bets for not recidivating. Conversely, 98 clients in 100 with high scores on all three measures return to prison. The high predictive accuracy of all three instruments for law encounters and violations has been repeatedly demonstrated.

The MBR, along with the EDS, will be useful to parole and probation supervisors in organizing basic information so that the client's individual strengths and weaknesses can be identified and treated. These measures also identify clients requiring minimal or maximum input. The MBR and the other measures are particularly effective in longitudinal

follow-up evaluation of community and institutional treatment programs. For example, the EDS and MBR are currently being employed to assess the long-range postrelease effectiveness of work release.

The MBR and EDS have also been adapted to the study of juvenile delinquency. Initial findings indicate a high level of predictive accuracy and clear-cut identification of problem areas for intervention.

This manual is a product of many individuals. Special credit is due Dr. John M. McKee, Director of the Rehabilitation Research Foundation, who enthusiastically and creatively supported the development and application of the MBR and the other measures.

The manual could not have been prepared without major input from M. C. Barton, who developed the original MBR, M. D. DeVine, and J. M. Muller. C. M. Petko and B. Pennington provided valuable input to the preparation of the manual.

We are particularly grateful to the 300 released men who, by participating in some 1,000 interviews, made the manual possible.

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INTRODUCTION

Criminal behavior is, essentially, defined by the processes of the criminal justice system: arrest, trial, conviction, and sentencing. The behaviors that precede law violations are less precisely defined, however. Those singled out at various times as precursors of crime, when more closely examined, are often ill-defined themselves--e.g., "shows disrespect for authority" or "does not subscribe to the work ethic." The Maladaptive Behavior Record (MBR) brings the requisite objectivity and consistency to this situation, systematically identifying and measuring the maladaptive behaviors that lead to criminal acts. Designed as a checklist, the MBR focuses on behavioral excesses and/or deficits in several critical areas of societal adjustment. Information is collected in a behavioral interview, and a numerical value is derived that reflects the individual's adjustment. The MBR thus provides a basis for prediction of criminal behavior and, more importantly, for intervention.

Development of the MBR

The Rehabilitation Research Foundation (RRF) became aware of the critical need for valid and reliable assessment instruments like the MBR while conducting a postrelease follow-up of adult male felons (Jenkins, Barton, deValera, DeVine, Witherspoon, Muller, & McKee, 1973; Jenkins, Witherspoon, DeVine, deValera, Muller, Barton, & McKee, 1974). The purpose of the study was to determine what happened to ex-offenders after release and to measure the effects of various types of institutional treatment (e.g., vocational training) on postrelease success, including further law violations and recidivism. The Environmental Deprivation Scale (EDS), an objective assessment instrument developed by Pascal and Jenkins in 1961, was being used to examine the ex-offender's postrelease environment. A complementary instrument was needed to measure responses made to these environmental stimuli, particularly those behaviors that significantly affected postrelease adjustment. RRF researchers developed the MBR to fill this need.

The initial step in developing the instrument was selecting the areas to be covered. Data previously collected in interviews with released offenders pointed to several classes of behavior that appeared to be associated with recidivism. This information, combined with the observations of RRF researchers and the basis provided by the EDS, structured the preliminary 19-item version of the MBR. Subsequent use of this preliminary version with released offenders showed that the MBR predicted criminal behavior and recidivism

with considerable accuracy. To increase the predictive capacity, the items were analyzed, refined, and reduced to 16. These items are:

1. Income
2. Working Conditions
3. Interaction with Co-workers
4. Interaction with Employer
5. Work Attendance
6. Alcohol Use
7. Drug Use
8. Gambling
9. Fighting
10. Verbal Abusiveness
11. Maladaptive Associates
12. Money Management
13. Physical Condition
14. Psychological Adjustment
15. Legal Processes
16. Other Maladaptive Responses

The categories of behavior covered by the instrument--employment, addiction, interpersonal relationships, economics, physical and psychological adjustment, legal problems (other than arrests), and other behavioral problems--remained unchanged, however. Of these, the areas of addiction, interpersonal relationships, and employment emerged as most predictive of postrelease law encounters.

The MBR--along with the EDS and other measures--has been validated against the Law Encounter Severity Scale (LESS), a scale developed by the RRF to define the criterion of criminal behavior and its severity (Witherspoon, deValera, & Jenkins, 1973). The LESS consists of 38 points that range from no law encounters to felony conviction with a sentence of 20 years or more (including a life sentence or the death penalty). Five major LESS groups were formed from the 38 points by combining law encounters of comparable severity into clusters. Data analysis showed that law encounter severity covaried with incidence of maladaptive behavior and that the MBR is highly predictive of the LESS criterion.

Approximately 300 offenders were interviewed with the MBR during its development and refinement, contributing valuable information about postrelease behavior patterns and the effects of institutional treatment programs on postrelease adjustment. The MBR has also been used in the evaluation of the Alabama Work Release Program, in a comparison of the postrelease adjustment of prison parolees and releasees, and, in modified form, in a study examining the behavior of juvenile delinquents. It has recently been employed to pinpoint problem areas in parole. Some data are also available on the MBR with noncriminal samples, e.g., college students and business personnel.

USING THE MBR

The MBR focuses on the client's day-to-day activities, establishing his behavior patterns in response to environmental conditions. These patterns reflect his adjustment to society, since the major areas of concern--represented by the 16 MBR items--are those that correlate with and predict law violation and recidivism. This section discusses behavioral interviewing, the responsibilities of the interviewer using the MBR, the scoring of the items, and the interpretation of the score.

Behavioral Interviewing

The information used to score the MBR is obtained in a face-to-face interview with the client. It is the interviewer's primary responsibility to see that this information is objective, complete, and accurate. His skill as an interviewer is therefore critical. Specifically, he must be well versed in the techniques of behavioral interviewing, as detailed in the *Behavioral Interview Guide* (Witherspoon, deValera, Jenkins, & Sanford, 1973).

The purpose of the behavioral interview is to collect information that will delineate the daily behavior patterns of a client and the surroundings in which these behavior patterns occur. To do this, the interviewer focuses on one type of verbal content in the client's statements--his verbal descriptions of what he *does*. Rather than observing the client's actions, the interviewer asks him to describe these actions in terms of *who did what, when,* and *where*. The questions are planned to help the client expand his description.

The interviewer does not, however, ask the client the reason for his behavior, because behavioral interviewing is concerned with description of actions rather than the expression of opinions, attitudes, and rationalizations. If the client does answer a question by giving an opinion, the interviewer should then use this opinion as a basis for obtaining a behavioral description. For example, if the client says, "I love to play tennis," the interviewer should ask when he last played tennis, with whom, how long he played, when he played before that, etc. The interviewer must always direct his questions toward obtaining behavioral reports--reports in which the client tells *what he did*.

Actually, the focus on behavioral description works to the interviewer's benefit. While attitudes and opinions are open to question and must be interpreted (Did he *really* mean that?), behavior is observable and the description of it is objective. The interviewer questions the client and records the information he receives. If the interviewer has a clear

understanding of what behavior is and asks the appropriate questions, he will have little difficulty obtaining behavioral descriptions. Skillful questioning can even eliminate, to a large degree, the possibility that the client will deliberately falsify the information he is giving. The *Behavioral Interview Guide* discusses such interview techniques as making transitions from one behavioral area to another, clarifying contradictory responses, and probing to obtain complete behavioral descriptions. The prospective interviewer will need practice as well as training to develop effective interviewing skills.

The Role of the Interviewer

In addition to mastering the behavioral interviewing techniques, the interviewer has three major functions in conducting the interview. First, he must *establish and maintain rapport* with the client. It should be noted at the outset that it is difficult to establish rapport with the client in the presence of his family, friends, or employer. It is likewise difficult to maintain rapport if the interview is frequently interrupted by telephone calls or loud noises (traffic, industrial noise, etc.). The interviewer should therefore select a location that will be relatively private and free from distractions.

In developing rapport, the interviewer should explain the purpose of the interview, the confidentiality of the information, and the neutrality of his own position in regard to the client's activities. The interviewer must remain keenly sensitive to any restlessness or anxiety on the part of the client as the interview proceeds and respond in such a way as to encourage continued cooperation. The relationship the interviewer establishes with his client is a major determinant of the kind of information obtained and may also affect the client's willingness to participate in future interviews.

The interviewer must also *structure the interview* to obtain all needed information in the time allotted (usually about 30 to 40 minutes). The MBR provides an outline for the interview in terms of the behavioral areas to be covered. Working within this structure, the interviewer must remain flexible and be prepared to redirect the interview if warranted by the client's reactions. For example, a client will often be reluctant to discuss sensitive areas like drug use early in the interview. As the interview proceeds and the client becomes more relaxed, the interviewer can approach these sensitive areas again, usually with greater success. The interviewer's questions also structure the interview by cuing behavioral descriptions rather than expressions of opinion or attitudes. He should reinforce behavioral description while maintaining a neutral position in regard to the actual behavior being described.

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Third, the interviewer must *watch for signs of anxiety*. If the client is fidgeting, perspiring heavily, or avoiding eye contact, the interview has probably touched on a sensitive area. His voice may change and he may respond more hesitantly. The rapport is threatened, and the client may become evasive or refuse to participate if the interviewer does not change the direction of his questioning or break the tension in some other way.

The three functions—establishing and maintaining rapport, structuring the interview, and watching for anxiety—are obviously related and performed simultaneously. They are of particular significance in behavioral interviewing, however, since the client's participation is voluntary and the interviewer must depend solely on his skill to obtain accurate information. As this information provides the basis for scoring behavioral assessment instruments like the MBR, it is most important that the interviewer be quite familiar with all aspects of behavioral interviewing.

Scoring the Items

In scoring the MBR, the frequency, intensity, and appropriateness of the behavior are the primary dimensions considered. There are, of course, environmental circumstances that prompt, strengthen, and maintain behavior, but specifying these is the concern of the EDS, not the MBR. With the latter, the interviewer must focus his questions on the client's responses to environmental circumstances, identifying maladaptive responses or the *lack of* adaptive responses. "Doing nothing" can be as inappropriate to problem solving as doing something irresponsible or illegal.

The study design will determine the time period to be used in scoring. In the RRF's research, for example, a series of postrelease interviews was given. The first, usually given at three-months postrelease, covered the entire time from release to the day of the interview. The second interview then covered the time that had elapsed since the first interview, usually nine to twelve months later. For other studies, the two-week period prior to the interview may be sufficient. Similarly, the demographic data sought--age, sex, occupation, education, etc.--will be decided by the study design and purpose. The main purpose of the MBR is to obtain a stable picture of maladaptive behavior patterns.

The actual scoring of the MBR items is forced choice. If the client reports maladaptive behavior in a particular area, the interviewer records a "1" for the corresponding item. If adaptive behavior is described, a "0" is entered for the item. The interviewer also records the basis for the score for each item, listing the particular behavior(s). For some items,

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the interviewer should also describe the situation that prompted the maladaptive behavior, providing the rationale for scoring the response as maladaptive. Space is provided on the scoring form for this information.

The interviewer should begin his questioning with the demographic material. These are questions the client expects, and providing the information is not difficult or threatening. This portion of the interview also begins the process of shaping the client to provide factual, non-opinionated information in response to the interviewer's questions, a process that should continue throughout the interview. The criteria for scoring the MBR items are given in the following paragraphs, item by item.

Item 1. Income

The rating of this item begins with an assessment of the client's *legal* income--is it sufficient to meet his basic needs? There is no minimum wage cutoff. The score for this item is based on individual circumstances. The interviewer should ask about the client's job, his hourly wage, and the number of hours he works each week. Is his take-home pay sufficient to pay the rent, purchase food and clothing, and make payments on any installment purchases he may have made? Sometimes the client's pay schedule or commission arrangement may be a problem--perhaps he gets paid on the 15th, three days after his car note is due.

The question here is not entirely one of income or pay schedule, however. If the client has a problem in this area, is he actively seeking a way to resolve it? Is he looking for another job? Has he asked for a raise? Has he spoken to his employer about his pay schedule? Or can he adjust his installment payments to fit his pay schedule? (Do not confuse this item with overall money management, covered by Item 12.) If the client is enrolled in some type of educational program, does he have sufficient income to meet his basic needs?

If no problem with income exists, or if the client is actively seeking a solution to problems in this area, a score of "0" is given. A client who is temporarily unemployed can also be rated "0" if he has been making job applications and going for interviews while trying to budget whatever money he has. If his income comes from illegal sources or he is not trying to appropriately resolve income-related problems, his behavior is scored "1". If he is regularly unemployed, a "1" is given on this item.

___0___ 1. INCOME. Rate "1" if client's employment income, pay schedule, or commission arrangement fails to meet his basic needs and he is not responding to this problem appropriately by actively seeking other employment or a solution through his employer.

Specify: _Client is paid $125 every Friday. Is able to pay bills and save $5/week in_ _Christmas Club account._

Item 2. Working Conditions

This item is scored on the basis of the client's description of his reactions to his working conditions, including the temperature of the work area, scheduling, safety provisions, and breaks. What does he do on the job? Does he report dissatisfaction with the working conditions? Does he complain that his health is affected or that the scheduling disrupts his home life? If he is in school, the interviewer should ask about his class schedule. How many days is he in class each week? How many hours each day? Does he report that his class schedule creates difficulties for him?

The interviewer must be careful to have the client detail the actual conditions rather than simply complaining. The client's opinions are not used to score this item. Rather, it is the client's behavior--his descriptions of problems and of any action he is taking to overcome these problems--that determine the score. If his working conditions are inconvenient, uncomfortable, or dangerous, has he applied for another shift or another job? Has he begun wearing other clothes so the temperature of the work area is more comfortable? If class schedules are a problem, has he rearranged them so he has time for lunch or can catch the last bus home?

If the working conditions create no difficulties, a "0" is recorded for this item. Or, if his reports indicate that he is making a diligent effort to cope with work-condition problems, the score is "0". If his working conditions create problems for him and he has not taken action to resolve these problems, his behavior is rated "1". A "1" is given for this item if he is unemployed.

___1___ 2. WORKING CONDITIONS. Rate "1" if client's working conditions, such as heating, cooling, schedule, breaks, and safety, are associated with significant anxiety, discomfort, or inconvenience and the client is not actively seeking a solution to this problem.

Specify: _Works night shift at plant; is outside in cold and feet get wet. Has not tried to_ _change job or shift, nor has he purchased adequate clothing._

Item 3. Interaction with Co-workers

To score this item, the interviewer must determine the nature of the client's interaction with his co-workers or, if he is attending school, with his classmates. He may ask the client how many people work with him or are in his class. Does he talk with them on breaks or eat lunch with them? Does he work well with them, or do they interfere with his work? Do they ever complain that his work habits make it more difficult for them to do their jobs? Students are often assigned to work on projects with other students. Does his partner prepare his share of the assignment? Has he received low grades because the other group members were late in turning in the group's report?

If the client is self-employed, the interviewer should ask about his behavioral interactions with employees or partners. If the client operates a one-man business, how does he get along with people who are peripherally involved in his business? These include the mailman, repairmen or maintenance men, and the other businessmen in the building or shopping area. Is he a member of a storeowner's association? If he reports little interaction, has his behavior hindered the other businessmen in dealing with common problems (e.g., getting the landlord to pave the building's parking lot)?

The problems of interest here may depend on the behavior of the client's co-workers or on *his own behavior* in their interactions. And, if problems exist, has the client attempted to resolve them? Has he spoken to his co-workers to work something out? Has he applied for another shift? Or has he talked with his instructor about being assigned to another group for the next project or report?

This item is rated "1" if the client reports continuing or significant problems with his co-workers or fellow students, regardless of whose behavior is responsible for these problems. A "1" is given if he is unemployed. If he reports no difficulties in his interactions or is trying to resolve the problems that exist, he is scored "0". If he has little interaction with others but no problems result from this situation, a "0" is given.

_____ 0 ___ 3. **INTERACTION WITH CO-WORKERS.** Rate "1" if client has significant or continuing problems in his interactions with co-workers, either by virtue of his behavior or by his failure to respond appropriately to problems generated by their behavior.

Specify: *Plays cards with four co-workers during the eating break. Visits two of them on weekends.*

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Item 4. Interaction with Employer

The scoring of this item is very similar to that for the previous item, and the transition to questioning in this area should be easy. The interviewer asks about the client's interaction with his employer or supervisor. Does the client see him each day? How often do they speak? When did his employer last comment on his job performance, and was the comment negative or positive? Does the supervisor ever make suggestions, and does the client follow them? Has the client ever made suggestions for improving or increasing production? What was his employer's response? If their interaction is limited or infrequent, does this cause the client to get behind in his work or to perform poorly?

If the client is a student, the interviewer should focus on his instructor. Does he give the client feedback about his progress? Is he willing to repeat explanations when asked to do so? Has the client ever needed extra help? Did he ask for and receive it?

If the client is self-employed, the information needed to score this item would concern those people who are crucial to the continuation of his business--stockholders, customers, and city authorities. Has he had any difficulties with "city hall" over his business license? Has he had any complaints from his customers about his inventory or service?

If the client reports no problems in his interactions with his employer, even if these interactions are infrequent, or if he has taken steps to alleviate any difficulties that exist, the item is scored "0". If he has significant, continuing problems in his interactions that he is not attempting to resolve, his behavior is rated "1". Again, as in the previous item, the interviewer is not concerned with whose behavior precipitated the problem, only in his response to it. If the client is unemployed, the item is scored "1".

_____ 0 ___ 4. **INTERACTION WITH EMPLOYER.** Rate "1" if client has significant or continuing problems in his interactions with his employer either by virtue of his behavior or by his failure to respond appropriately to problems generated by his employer's behavior.

Specify: *Never sees employer since he works night shift. Talks and jokes with supervisor. Borrowed supervisor's car to take wife to visit out-of-town relatives.*

Item 5. Work Attendance

Some cues to problems in this area may have been noted in questioning the client about his interaction with his employer. If the client is frequently late or absent, this is likely to have prompted criticism from his employer or supervisor. The interviewer should ask the client when he was last absent or late for work or class. What was the reason?

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Did he notify his employer or instructor if he was absent? A key to scoring this item is frequency—how often during the last month has he been late or absent without contacting anyone?

If the client is self-employed, the interviewer should ask about his arrangements for operating the business when he is sick or has to be out of town. Does he have an employee he can leave in charge? Does his wife fill in for him? If the client indicates that closing his business periodically (for health reasons, vacation, etc.) is resulting in alienating important customers, however, his action should be considered maladaptive behavior.

If the client reports having missed one or two days in the last month and did not attempt to notify his employer or instructor to explain, his behavior is scored "1". If, however, he was sick or had to attend court and had previously informed or called his supervisor, he is given a "0". Consistent tardiness should also be considered in the scoring. If the client reports that he is late because his alarm clock sometimes fails to go off or because his car is undependable, has he made any effort to remedy the situation? If not, the item is scored "1". A client who is unemployed also receives a "1".

_____0_____ 5. WORK ATTENDANCE. Rate "1" if client has been late or absent without following procedures acceptable to his employer.

> Specify: _Used two sick days in past month. Called in sick. Says he had the flu, but did not go to doctor._

Item 6. Alcohol Use

The interviewer should ask if the client drinks and, if so, when, where, with whom, and how often? The amount of alcohol the client consumes is important information, but it is not the criterion for scoring this item. Rather, the interviewer is trying to establish the pattern of the client's drinking and the behaviors associated with it, including arguments, financial difficulties, or health problems generated by the drinking. Does he ever miss work after a "night out"? Has he ever been ticketed for a traffic violation while drinking? Has anyone (wife, employer, doctor, etc.) ever told him he should drink less? What was his response? In addition to determining any interpersonal and employment problems associated with alcohol use, the interviewer should ask about financial aspects. How much did the client spend on alcohol last week? During the last month? Has this expense ever caused him to be late paying bills or to miss a payment on an installment purchase?

The client receives a rating of "1" if his use of alcohol adversely affects his health, employment, or interpersonal relationships, or if it creates financial difficulty for him or his family. If the client does not drink or if his drinking does not create problems, the item is scored "0".

_____1_____ 6. ALCOHOL USE. Rate "1" if client uses alcohol to the extent that it interferes with his interpersonal relationships or employment or results in financial difficulty for him or his family.

> Specify: _Drank two six-packs last Saturday; stayed half-drunk all weekend. Wife stays away from him when he drinks. Drank one night at work to keep warm._

Item 7. Drug Use

This item, like the previous one, is not scored on the basis of use itself but on the client's reports of problems related to his use of drugs. The information needed to score this item will probably be difficult to obtain, so the interviewer must be very tactful. He may be able to lead into drug use from his questioning about alcohol. If the client reports that he seldom drinks, the interviewer could then ask if he ever smokes a few "joints." Having determined that the client uses drugs, the interviewer should ask what kinds, where, how often, and the behavioral effects. The client may not want to identify those with whom he uses drugs, but the interviewer can ask in general terms—men he works with, some students in his class, one of his cousins, etc. Again, the client must assess the effect of the client's drug use on his employment, health, interpersonal relationships, and financial circumstances. Does he ever go to work or class high? Does this affect his performance? Has anyone accused him of using drugs, and what was his response? How much did he spend on drugs last week? It is important that the interviewer remain matter-of-fact in his questioning, neither condemning nor condoning the behavior being described.

If the client's reports reveal that his drug use interferes with his interpersonal relationships or employment, his behavior is rated "1". The item is also scored "1" if his drug use creates financial difficulties for him or his family. A client who is on parole and reports drug use is also scored "1", as this is a violation of his parole. If the client does not use drugs, or if no problems arise from his use of drugs, he receives a "0".

_____0_____ 7. DRUG USE. Rate "1" if client uses drugs to the extent that it interferes with his interpersonal relationships or employment or results in financial difficulty for him or his family.

Specify: *Client reports smoking two joints three months ago in his cellar. Says it didn't have the kick it used to have.*

Item 8. Gambling

To score this item, the interviewer must first ask if the client gambles. This includes all forms of betting, from card games to horse races to arm wrestling contests at the local bar. Does the client play cards? Or pool? Does he bet on these games? Does he bet on professional sports? How often? How much did he bet the last time? The time before that? Did he win? Does he play the numbers or the state lottery? Once the client has reported the extent of his gambling, the interviewer can determine if any problems result from it. Does his wife ever argue with him about his losing? Has he ever been late paying his bills because of gambling losses? Has he had to borrow money to repay gambling debts?

The scoring of this item is based on behavioral problems directly related to gambling, not strictly on whether the client wins or loses. If the client does not gamble, he is scored "0". He also receives a "0" if he gambles but usually wins, or if his gambling losses do not create problems for him or his family. If, however, his gambling results in arguments, anxiety from pressure to repay debts, or other interpersonal and financial difficulties, the item is scored "1".

___0___ 8. GAMBLING. Rate "1" if client loses money excessively, i.e., to the extent that it interferes with his interpersonal relationships or results in financial difficulty for him or his family.

Specify: *Bets $1 on NCAA Game-of-the-Week every Saturday. Loses some and wins some. Averages losing $1 or $2 a month.*

Item 9. Fighting

This item is concerned with actual physical encounters. (Verbal exchanges are scored in the next item.) The interviewer may have already picked up some cues from his previous questions about the client's interaction with his co-workers and employer, his drinking patterns, and his gambling. Problems in any of these areas may have resulted in a fight. When was the last time the client was in a fight? With whom? Where? If he was shoved lightly but walked away, this would not be considered a fight. (This would probably be scored on Item 10.) If, however, he was punched, this would constitute a fight--even if he did not return the blow. The interviewer is not concerned with whether the client

slapped his wife first or if she threw the coffee on him first, only that a fight occurred. Likewise, it is not crucial to establish whether the client's behavior precipitated the incident or whether it was caused by his failure to respond appropriately to avoid a fight. How long did the fight last? Were knives, bottles, or other weapons involved? What broke the fight up? This item includes everything from trading a few punches to a real "knock-down, drag-out" in the parking lot.

If the client reports no fights, or only instances in which a shove or heated words were exchanged, he is rated "0" on this item. If he was involved in one or more physical fights in the past few months, regardless of whose fault it was, the item is scored "1".

___0___ 9. FIGHTING. Rate "1" if client engages in (physical) fighting precipitated either by his inappropriate behavior or by his failure to respond to the behavior of others in such a manner as to avoid fighting.

Specify: *Reports no physical fights since junior high school.*

Item 10. Verbal Abusiveness

The interviewer's questions on the previous item will probably have touched upon verbal abusiveness. Has the client been involved in any intense verbal arguments? When, where, and with whom? Personal interactions strained by gambling, drinking, drug use, or financial problems may flare into heated exchanges between the client and his parents, wife, or friends. Co-workers, bartenders, or the police may become involved. Again, it is not central to determine who initiated the argument, only that it happened. Attempts to "talk it out" do not change the fact that verbal abuse occurred.

If the client describes one or more incidents of verbal abuse in the last month, he is scored "1", regardless of whether the abuse was reciprocal, the client was merely the recipient, or if he initiated the abuse but got no response. If no such incidents have occurred, the item is rated "0".

___1___ 10. VERBAL ABUSIVENESS. Rate "1" if client's verbal behavior toward others is abusive, or if client is the recipient of verbal abuse, or if there is reciprocal verbal abuse between client and others such as intense arguments.

Specify: *Argues with wife on weekends. She scolds him for drinking.*

Item 11. Maladaptive Associates

The interviewer should begin by asking about the client's family, friends, and associates. With whom does he spend his free time? What do they do together and where? Does he see other ex-offenders? What do they do together? The interviewer must then determine whether any of the client's associates exhibit maladaptive behavior, including interpersonal, sexual, financial, addictive, or occupational problems. Does the client drink or gamble with them? Are his associates unemployed? Are they involved in prostitution or homosexual activities? Do they use drugs? Or does the client try to avoid these people?

The scoring of this item is based on the client's reports of his contacts and interaction with people who exhibit maladaptive behavior. If his involvement with such people goes any farther than merely exchanging greetings, a "1" is given for this item. He does not have to participate in their maladaptive behavior, although he may do so. The fact that he is in contact with them occasionally is enough to score him a "1". If he reports no interaction with such people, or has found a workable means of minimizing contact with them, he is rated "0".

<u>0</u>   11.   **MALADAPTIVE ASSOCIATES. Rate "1" if client spends time with persons who exhibit maladaptive behavior in such areas as crime, drugs, alcohol, sex, money management, and employment.**

Specify: *Spends some spare time with co-workers, two especially. They do not use*

drugs, are employed, drink 4-5 beers on Saturdays.

Item 12. Money Management

This item deals with the client's allocation of his income to meet his needs for food, housing, clothing, medical care, and transportation. The interviewer will probably need to ask a few questions to expand the information he already has about the client's income and debts. Has he missed any payments on installment purchases? Does he have a savings account? If he has problems with debts, has he spoken to his creditors or arranged a consolidation loan? The interviewer should also consider any information he has already obtained on gambling debts, money spent on alcohol or drugs, etc.

If the client reports sound financial management and planning, or if he has taken action to resolve problems with his debts, he is scored "0". He is given a "1" if he describes over-extended credit purchasing, failing to make payments on time, or spending for nonessentials (e.g., chrome hubcaps) instead of necessary items (medicine for his children, or a warm jacket to wear to work).

<u>0</u>   12.   **MONEY MANAGEMENT. Rate "1" if client has difficulty in managing his money, i.e., spending for nonessentials, over-extended installment purchasing to the extent that client is unable to purchase sufficient essentials, meet financial obligations, etc.**

Specify: *Owes total of $450 and is up on all payments. Is saving for Christmas.*

Item 13. Physical Condition

The interviewer should first determine if the client has any *physical* health problems. (Psychological problems are covered by the next item.) When was he last sick? Did he miss work or class? Did he see a doctor? Is he currently under a doctor's care? For what? Does he take medicine regularly? Does he have a special diet or exercise regimen to follow? Does he follow it? How often does he go for checkups? Has he ever missed a scheduled appointment? What does he do when he has the flu?

If the client has no physical health problems, the item is rated "0". When he has problems, his response to them is the basis for the score. If he responds appropriately, he receives a "0"; if inappropriately, a "1". If he is trying to alleviate the problem by seeking treatment and following his doctor's instructions, his behavior would be scored "0". When he has a problem, has not sought medical advice, has not followed the prescribed treatment, or has failed to rearrange his activities to accommodate his physical condition, he is scored "1" for this item.

<u>0</u>   13.   **PHYSICAL CONDITION. Rate "1" if client has physical problems to which his responses are maladaptive, such as failing to secure and follow treatment or by failure to arrange his activities in accordance with his physical condition.**

Specify: *Reports good health except occasional colds or flu. Takes necessary non-*

prescription medicine when ill.

Item 14. Psychological Adjustment

The key to scoring this item is evidence that the client is unable to cope with everyday situations. By this time in the interview, the interviewer will have some indication of whether the client has developed supportive interpersonal relationships and socially acceptable ways of dealing with problems. Signs of excessive or unrealistic withdrawal, dependency on others, self-criticism, or overcompensatory behavior will also have become apparent. The interviewer may, for example, ask if the client has trouble meeting people

and talking with them and, more importantly, if he has tried to overcome this problem. Has he joined a club or the company bowling team? Has he started conversations with his neighbors to initiate a social relationship? Has he spoken to a counselor, minister, or priest? Denial of obvious behavioral problems is also a sign of psychological maladjustment: the client is $3,000 in debt, unemployed and not looking for work, has been evicted from his apartment, and says he's not worried because something is bound to work out.

Other cues for scoring this item will come from observing the client's behavior during the interview. Does he avoid eye contact? Tremble or perspire excessively? Are his answers evasive? Or is he overly aggressive? Defensive?

If the client's reports indicate that he is having difficulty responding to everyday responsibilities and demands or maintaining supportive interpersonal relationships--and is not attempting to resolve these difficulties--his behavior is rated "1". If no problems with psychological adjustment are apparent, the interviewer scores the item "0".

___0___ 14. PSYCHOLOGICAL ADJUSTMENT

    a.   Rate "1" if client's verbal accounts of his behavior indicate unrealistic or excessive responses of withdrawal, avoidance, dependency on others, self-criticism, overcompensatory behavior, denial of behavioral problems, etc.

    b.   Rate "1" if client's verbal behavior indicates that fear, anxiety, or behavioral deficits significantly interfere with meeting people or with instituting and maintaining supportive interpersonal relationships.

    c.   Rate "1" if client's behavior during the interview indicates marked fear, anxiety, or inadequacy as characterized by lack of eye contact, difficulty in speaking, trembling, excessive perspiring, etc., or if the client's behavior is excessively aggressive.

    Specify: _Appears to be able to cope with environment._

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Item 15. Legal Processes

The interviewer should first ask about the client's interaction with legal authorities, including warnings or citations for traffic violations, reprimands for minor technical parole violations, searches, and legal proceedings resulting from his failure to abide by contractual agreements (e.g., falling behind on child support payments). When did this occur? What happened as a result? Did he pay the ticket, for instance? Or did he appear in court?

Is he involved in divorce or child custody litigation? The interviewer is trying to determine how effectively the client deals with legal problems. Incidents that have resulted in arrest or parole violation are *not* included in scoring this item, as they are covered by the Law Encounter Severity Scale (LESS).

If the client has had no interaction with legal authorities or is successfully coping with legal processes (such as reporting to his parole officer regularly, paying traffic tickets on time, or appearing in court in child custody litigation), he is scored "0". If, however, he reports being involved with legal authorities (being repeatedly searched or harrassed but not arrested, ignoring reprimands from his parole officer for minor technical violations, etc.), says he is avoiding a subpoena, or has failed to appear in court, a "1" is recorded for this item.

___0___ 15. LEGAL PROCESSES. Rate "1" if client's behavior has resulted in minor legal problems or processes not involving arrest, such as ignoring reprimands for minor technical parole violations, repeated involvement with legal authorities, legal proceedings against him by virtue of his failure to abide by contractual agreements, etc. Also, rate "1" if client is responding inappropriately to legal processes such as divorce or child custody litigation by avoiding subpoena, failing to appear in court, etc.

    Specify: _Reports no legal actions in process. No encounters with law enforcement agencies other than one traffic ticket (ran red light, fined $25, paid)._

Item 16. Other Behavioral Problems

This item is included in the MBR to allow the scoring of behavioral problems that occur with less frequency than those covered by the previous items. The behaviors of concern here are related to psychological adjustment (Item 14), but they involve responses in specific situations rather than the more general behavior patterns of anxiety, withdrawal, overcompensation, etc., covered in Item 14.

An example of a behavioral problem for which the client would be scored "1" is sexual deviance. Has the client reported homosexual involvement? Contact with animals? Incest? Relations with prepubertal females? Indecent exposure? The interviewer may have previously noted cues relating to sexual deviance, and can begin by asking about sexual partners and frequency of contact. Sexual activity is a particularly sensitive subject for many clients, but if the interviewer has maintained good rapport the client will often volunteer additional information about his sexual behavior.

Another area of behavioral deviance relates to residence. Where does the client live? In a house, apartment, or trailer? The interviewer should ask him to describe his residence, including size, physical condition, and the number of other occupants. If he is living in an overcrowded or condemned building or in a known criminal "hang-out," he is scored "1".

The interviewer may also observe behavioral problems in the client's dress and personal hygiene. If he is dirty and generally unkempt, he would be scored "1". Inappropriate styles of dressing, although rare, would also be considered maladaptive, as they are likely to arouse hostility in others--for example, wearing a T-shirt and jeans to an exclusive restaurant.

The rating for this item is not limited to these examples, however. The client may also report other types of maladaptive behavior that should be scored here.

_____0_____ 16. OTHER BEHAVIORAL PROBLEMS. Rate "1" if client has behavioral problems which are not covered in the preceding items. This item may include less frequently reported instances, such as sexual deviance (e.g., homosexuality, relations with prepubertal females, etc.) and a wide range of other behaviors such as maladaptive dress, hygiene, or residence maintenance, etc.

Specify: _No other behavioral problems were noted during the interview._

Interpreting the Score

After the interview has been completed, the interviewer scores the individual items from brief notes taken during the interview and entered on the MBR form (see Appendixes B and C). These notes serve as the basis for scoring each item. He then totals the item scores to obtain an overall score that represents the client's total maladaptive behavioral output. This total can, of course, range from 0 to 16.

Both the total score and the individual item scores can be used in planning intervention and determining treatment priorities. For instance, clients receiving a total score of 0 are functioning at an acceptable level of adjustment. Relatively low scores (e.g., 1 to 3) indicate some maladaptive behavior, but, overall, the low total score indicates that these clients are behaving in a socially acceptable manner.

Clients who score 4 to 7 are exhibiting more serious behavioral problems. RRF research findings show that scores in this range are predictive of minor law violations,

particularly misdemeanors. The total score thus indicates that the client needs intervention, and the individual item scores and the interviewer's comments will identify the problem areas more specifically.

Scores of 8 to 16 represent extremely maladaptive behavior. This range of scores correlates highly with major law violations (felonies) and recidivism. Because so many individual items were scored "1", the intervention will probably involve several areas--employment, interpersonal, etc.--and may well be long-term. The areas to be treated first and the nature of the treatment will be determined by the needs of the individual client and the resources of the agency involved.

Special Situations

The interviewer may occasionally encounter special situations not covered by the scoring instructions presented in this manual. In these situations he should remember that the MBR is used to assess the client's reported behavior--is it adaptive? Does it indicate adjustment to his environmental circumstances and acceptance of his responsibilities? The interviewer should then broaden the scoring procedures, consistent with these concerns.

An example of a special situation would be homosexuality. In many states, including Alabama, homosexuality is illegal: it is charged as "disorderly conduct (sexual perversion)." Therefore, the client who regularly associates with homosexuals is scored "1" on Item 11 (Maladaptive Associates), and if he is involved in homosexual activities, he is rated "1" on Item 16 (Other Behavioral Problems) as well. In states where homosexuality is not illegal, however, homosexual friends would not necessarily be considered maladaptive associates. If one were studying homosexuality as such, the behavioral details would be obtained and new measuring instruments developed.

This example was included to demonstrate the flexibility of the MBR as a behavioral assessment instrument. To illustrate the scoring of certain MBR items in less unusual situations, a sample interview follows.

A SAMPLE MBR INTERVIEW

The following example illustrates the use of behavioral interview techniques to collect information for scoring a number of MBR items. The interviewer has already obtained the necessary demographic information and has proceeded to the MBR items.

Interviewer: Did you work today?

Client: Yeah, hell, man, I work every day. Have to, man. I'm eat up with bills.

Interviewer: How much do you make an hour?

Client: Now? A dollar eighty.

Interviewer: When do you think you might get a raise?

Client: Don't know. But something's got to give. Hospital bills are tearing me up.

Interviewer: How much do you owe?

Client: Owe the hospital about $600, and the furniture store about $150, and....

Interviewer: Anything else?

Client: Uh.

Interviewer: How about your car?

Client: It's paid for, thank goodness.

Interviewer: How about the stereo?

Client: Oh, yeah! Owe about $50 on it.

Interviewer: Anything else? Gambling debts? Clothing? Bar bills? Loan company?

Client: Yep, I owe a loan company $220.

Interviewer: How about clothing? Owe on any charge accounts for clothing?

Client: No, nothing.

Interviewer: How about gambling?

Client: Well, I owe Tom $45 from a card game. We play mostly for fun, you know.

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Interviewer: How long have you owed this?

Client: Just for a week. We play every Friday night after payday. But that's one debt I've got to pay, or I'll be in big trouble and out of the game.

Interviewer: Are you behind on the hospital bill?

Client: Yeah, that and the loan company. That outfit stays on my back. They call me at work and at home several times each week. Now they're threatening to take it to court.

Interviewer: Have you tried to consolidate your debts?

Client: No, haven't thought of that.

Interviewer: Have you tried to find part-time work?

Client: Yeah, I've thought about that.

Interviewer: Have you looked anywhere?

Client: No, not yet. Actually, I've been thinking about changing jobs.

Interviewer: Have you got another job in mind?

Client: Yeah.

Interviewer: Have you talked to them?

Client: No.

Interviewer: Have you put in any applications?

Client: No, not yet.

The client was scored "1" on Item 1 (Income), Item 8 (Gambling), and Item 12 (Money Management). He reports that his income is insufficient to repay his debts and that he is behind on his payments. Other key behaviors include gambling on Friday nights, which results in additional debts, and his failure to try to minimize his debts by consolidating them or seeking part-time employment. Although he reports "thinking" about finding part-time work or changing jobs, he has not made any applications. The focus in scoring is on actual rather than intended behavior. The interviewer continues.

Interviewer: What does your wife do on Friday nights while you're playing cards?

Client: She watches TV, I suppose. That is, until I get home--then she hassles me. You know how women are if you're not home every night.

Interviewer: Is Friday night the only night she hassles you?

Client: Well, not really. We seem to be able to get into it three or four times a week. You know, yelling, stomping, stuff like that. Then she cries. When I change jobs everything will be all right.

Interviewer: When do you anticipate changing jobs?

Client: Oh, as soon as I have time. Too much of a hassle now.

Interviewer: Who does the hassling, the guys you work with, your boss, or the customers?

Client: Naw, I never see any customers. Just some of the guys. Me and Ron, he's my supervisor, we do all right. It's that Miller crew across the ramp that gives me trouble. I got with one of them last week.

Interviewer: What happened?

Client: Ah, nothing really. Shorty made a wisecrack out in the parking lot last Thursday. I got two good ones in his face before they stopped us. He'll think twice next time. Now I think Miller wants some of it.

Interviewer: Do they interfere in your work? Keep you from getting your job done?

Client: Naw, they don't bother me. They've made some smart remarks, but I ignore all that. Ron told me to lay out on Friday to let things cool down, and he talked to them to try to straighten them out.

Interviewer: Has it been quieter this week?

Client: Yeah, a little quieter, not bad.

This information provided enough data concerning specific behavioral interactions to score a "1" on the following items: Item 3 (Interaction with Co-workers), Item 9 (Fighting), and Item 10 (Verbal Abusiveness).

Interviewer: Let's see. You play poker on Friday nights. Do you work with any of those guys? If so, how many?

Client: Naw, none of them work at the warehouse. Matter of fact, Johnny and Roger don't work anywhere.

Interviewer: How long have they been unemployed?

Client: Oh, I don't know. A long time, I suppose. Hell, they seem to be doing all right, the way they booze it up.

Interviewer: What do they drink?

Client: Wine most of the time. Get so drunk they can't play cards. Then they want to pick fights, especially when they're losing. I don't take them on, though.

Interviewer: What do you drink?

Client: I don't drink much, especially in the first part of the game. Sip a little beer later in the game. Got an ulcer.

Interviewer: How many beers did you drink Friday night?

Client: Oh, I guess I overdid it Friday night. That's the reason I lost the $45. My ulcer let me know about it all day Saturday, too. And so did my wife.

Interviewer: Have you been to the doctor for your ulcer?

Client: Yeah, I have to go sometimes.

Interviewer: Has he given you anything?

Client: Oh, yeah. He's got me on pills, on a diet. All that stuff.

Interviewer: Do you follow your diet?

Client: No, man, I have to eat. A man could starve to death on that damn diet.

Interviewer: Does the diet allow you to drink?

Client: No, but hell, I have to drink, too.

Interviewer: Does the ulcer bother you much?

Client: Sometimes, about three weeks ago it was bad. Spent three days in the hospital.

Interviewer: Did you miss work? Was it during the week?

Client: Yeah.

Interviewer: Did you call in sick?

Client: No, my wife told them when they called the house.

Interviewer: Have you missed any more days at work this past month?

Client: Oh, a couple. I felt bad.

Interviewer: What was wrong?

Client: I had a few drinks the night before, and my stomach was tearing me up. I was just too tired to work.

Interviewer: How many days did you miss?

Client: Monday and Tuesday, I think.

Interviewer: What did your supervisor say about that?

Client: He didn't like it that I didn't call in, because he tries to cover for me. We talked about it--I'm going to call in from now on. I don't want to make it hard on him.

The interviewer has obtained enough information to score the client "1" on Item 5 (Work Attendance), Item 6 (Alcohol Use), Item 11 (Maladaptive Associates), and Item 13 (Physical Condition). The client has missed at least five days on the job in the last month because of his health and has not called in to report his illness. Although he has sought medical treatment, he is not following his diet. His drinking aggravates his health problem and has resulted in gambling debts. His friends are unemployed and drink and gamble with him. And his drinking and gambling do not appear to help his marital situation, either. The client was scored "0" on Item 4 (Interaction with Employer). He reports a good working relationship with his supervisor, who tries to "cover up" for him and smooth over difficulties with the client's co-workers. The interviewer next investigates the client's interaction with legal authorities.

Interviewer: Let's see--you're still on parole, aren't you?

Client: Yeah, got another two years.

Interviewer: Be glad when it's over, huh?

Client: Hell, yes! But it's no hassle, really. I never see my parole officer except when I go in and fill out my sheet at the first of each month. He hasn't been there the last few times. I just gave it to the secretary.

Interviewer: Do you ever see him on the streets?

Client: Naw.

Interviewer: How about the city detectives or county sheriff?

Client:	Naw, but I did see old man Johnson a while back.
Interviewer:	Who's he?
Client:	He's the oldest deputy in the whole United States. The old codger gave me a speeding ticket.
Interviewer:	What did that cost you?
Client:	Nothing yet.
Interviewer:	When are you supposed to pay it?
Client:	First of last month. I'm not going down there to pay it unless they come after me. Sometimes they lose them or forget them. If they want it, they'll come looking for me.
Interviewer:	You think that would hurt your parole situation?
Client:	Naw. Hope not.

This information indicates that the client's response to basic legal processes may result in his return to prison for a parole violation. The significant piece of information is that he has not paid the speeding ticket. The interviewer scored him "1" on Item 15 (Legal Processes).

Interviewer:	Do you have any big problems?
Client:	Naw, I'm doing pretty good for the time being. If we get in a tight spot, my wife's father will help us out. He's been real good about that. Hate to ask him but sometimes I have to.
Interviewer:	Do you see any financial problems in the immediate future?
Client:	Naw, when I get this other job I'll draw $300 or $400 a week. That will get things in shape in no time.

The client's answers reflect denial of his problems, dependency, and an unrealistic outlook. He has previously said he was in debt and that the loan company was threatening to take him to court. He has not paid a speeding ticket, which could create some difficulties because he is on parole. Yet he says he is doing well and indicates he plans to get a much better paying job—a job for which he has not yet applied, it will be recalled. Further, he reports depending on his father-in-law for financial help in the past and expresses little reluctance to rely upon him in the future. He does not exhibit any behaviors that could

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be considered coping with his problems. He was scored "1" on Item 14 (Psychological Adjustment).

The interview could have gone differently, however. Given that the client was in debt and behind on his payments, gambling and accumulating new debts, and not actively seeking another job, let us return to the interview and see how the scoring of the other items would change if the behaviors reported were different. The interviewer was asking:

Interviewer:	What does your wife do on Friday nights while you're playing cards?
Client:	She watches TV, I suppose. That is, until I get home--then she sulks. You know how women are if you aren't home every night.
Interviewer:	What does she do?
Client:	Oh, she won't talk much at first, but we make up in bed. She knows I need a night out, but she still wishes I would stay home. Especially when I lose. But Friday is the only night I go out, so she can't complain.
Interviewer:	When was the last time you two had an open argument?
Client:	Oh, probably six months back--maybe longer than that.
Interviewer:	When was the last time you had an argument at work?
Client:	Never have had a real argument at work. We all get along fine. There's a lot of kidding around and joking most of the time. Our supervisor is a real card--always has a joke to tell.
Interviewer:	Ever have any problems with him?
Client:	My supervisor? No, never. He even asked me to go bowling with him next Saturday.
Interviewer:	What do you do during lunch?
Client:	I eat with two or three guys and play dominoes. You know, I never had played dominoes before I came to work at the warehouse, but it's kind of fun. Relaxing, know what I mean? We play every lunch hour, tell jokes and such.
Interviewer:	Is there much arguing and fighting at work in general?
Client:	No, this isn't like some places. Oh, some guys have a little trouble. Especially Pete, but he's gone now. Quit last week.
Interviewer:	You and Pete didn't get along?

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Client: Oh, no--Pete and me did ok. Pete and Bob were the ones who couldn't get along. They were always scrapping, making wisecracks, sometimes trading punches.

Interviewer: Did you ever get involved?

Client: In their fights? Hell, no! Arguing is for kids. I don't hassle with anybody. Oh, maybe three or four years ago I got into it fairly often, but I outgrew that.

Interviewer: When was the last time you were in a fight?

Client: Oh, I definitely remember that. It was New Year's Eve--no, New Year's Day, 1970. We got into it just after midnight, so that would make it New Year's Day.

Interviewer: Why do you remember it so clearly?

Client: Because it cost me $40! Assault and battery case in city court. Yeah, I remember that $40. And that was the last fight I got into, believe me!

If the interviewer had gone this way, the client would have been scored "0" on Item 3 (Interaction with Co-Workers), Item 4 (Interaction with Employer), Item 9 (Fighting), and Item 10 (Verbal Abusiveness). He reports joking with his co-workers and playing dominoes with them at lunch. He has no problems with his supervisor--in fact, the man has asked him to go bowling the next week. The client does not become involved in arguments, even those between co-workers, and his wife "won't talk much" rather than arguing with him about being out Friday nights. He also reports that they make up later. He has not been in a fight in several years. The interview continues.

Interviewer: Let's see. You play poker on Friday nights. Do you work with any of the guys? If so, how many?

Client: Naw, none of them work at the warehouse.

Interviewer: Where do they work?

Client: Well, let's see. Johnny works down at some meat plant. He's a butcher--you know, they make pretty good. Johnny does all right. Roger and Bill work on that new building going up on Court Street. And old Tom, well, he's laid off now. But he still draws two checks, one from the union and the other from the state, I think. Even so, he doesn't like to lose--hell, Tom hated to lose even when he was working.

Interviewer: Does that cause any arguments when you play?

Client: No, not really. Sometimes Tom and Roger don't hit it off too well, but we keep them separated. We all enjoy those games, and we don't let anything mess them up.

Interviewer: Have any of these guys been in court lately?

Client: No, don't reckon.

Interviewer: Have they ever had any problem with the law--as far as you know?

Client: I don't know. None of them have ever built any time, if that's what you mean.

Interviewer: Do any of them have any pressing problems at home? Or use drugs? Any situation that they're having trouble with?

Client: Well, everyone has problems. That's what life is all about. But no, I'm not aware of any situations that are serious. Tom has a run-in with his wife sometimes, but he says it's been like that for 15 years. And I think a lot of it is exaggerated, a put-on.

Interviewer: Do you drink when you play poker?

Client: Oh, yeah. Beer, mostly. Tom is a wine-head.

Interviewer: Do you mean he has a drinking problem?

Client: Oh no, I meant that he prefers to drink wine. He loves good wine, but he doesn't drink that much.

Interviewer: How much did you drink last Friday night?

Client: Two Buds, I think.

Interviewer: How about the others?

Client: Well, the five of us drank three six-packs. Tom had to settle for beer last Friday.

Interviewer: Could you tell you had drunk the beer?

Client: (Laughs) No, we drank so slow and ate so much I don't think any of us drank enough to feel it.

Interviewer: Do you go out with the guys any other nights?

Client: No, not in the last few years. Sometimes I take my wife out to the movies or shopping.

Interviewer: Do you see anybody besides the guys you play poker with?

Client: Naw. Although I'm going to take my supervisor up on his bowling invitation. I see the guys every Friday night, and once or twice a month Johnny comes over to the house on Saturday afternoon to watch football with me and drink a few beers.

Interviewer: How many beers do you drink on weekends?

Client: Maybe two or three. Six-pack lasts me about a week, and I don't fool with hard stuff anymore. Used to like a shot of whiskey every now and then, but now I stick to beer. Seems like I drink less and less every year. Age, I suppose. Need to cut down on the beer and lose this belly.

Interviewer: Oh, are you on a diet?

Client: Diet? What for? My belly isn't all that big! No, no diet. I eat anything I want.

Interviewer: How about your health? When was the last time you were sick?

Client: Hell, man, I'm in good health. Had a touch of the flu a while back, but a couple of aspirin knocked it out.

Interviewer: Did you miss work?

Client: Naw, haven't missed a day in six months. Hell, I haven't even been late for the last two or three months.

Interviewer: Do you have any physical handicaps at all?

Client: None.

Interviewer: Well, earlier you mentioned owing the hospital $600. What was that for?

Client: Oh, that. My old lady had a bad kidney problem back in the summer and ran up that bill. But she's all right now, thank goodness. She was damn sick for a while.

The client supplied enough information to be scored "0" on Item 5 (Work Attendance), Item 6 (Alcohol Use), Item 11 (Maladaptive Associates), and Item 13 (Physical Condition). His health is good. He has not missed a day at work in six months or been late in two or three months. His drinking appears moderate and does not seem to cause any problems. His friends do not drink much or argue during the card games, and all of them receive a steady income, either from employment or unemployment benefits while laid off.

IMPLICATIONS AND APPLICATIONS

The MBR assesses the client's maladaptive behavioral output, yielding a total score that is highly predictive of law encounters and violations. To get a broader picture of the client's behavioral functioning, however, RRF researchers use the Environmental Deprivation Scale (EDS) in conjunction with the MBR. Essentially, the client's EDS score is an index of the input he is receiving from his environment, while his MBR score reflects his response to this environment. The information needed to score the MBR and EDS is usually collected in the same interview. This interview is not inordinately lengthy, requiring only 50 to 60 minutes to complete, because in describing his environment the client will usually report his reactions to it as well.

Typically, MBR and EDS scores covary—if one is low, the other will also be low. The same is true for high scores. If both scores are low, the client is functioning adaptively. If, however, the client scores low on the MBR but high on the EDS, he would be functioning much like a vegetable. Despite his high deprivation level, he would be exhibiting only minimal maladaptive behavior—and probably not much of any kind of behavior. Both of these clients will probably have little or no involvement with law enforcement agencies, but the societal status of the two will be radically different. A client with a high MBR score and a high EDS score, on the other hand, is very likely to commit law violations and to recidivate. A high MBR score in conjunction with a low EDS score would be quite unusual.

Generality of the MBR

The MBR covers several important areas of everyday human action. Maladaptive behavior in a number of these areas will very likely lead to the occurrence of major deviancy. For some people, this deviancy may take the form of criminal acts; for others, problems may arise in the area of mental health. Whatever the form of the particular deviancy, the MBR is well suited to the diagnostic detection of specific problem behaviors.

The discriminative power of the MBR can be illustrated by the use of the instrument in correctional research. Samples of 15 to 20 college students and business personnel, all of whom were functioning in society with no major problems, were interviewed to obtain scores for comparison with the prison samples. The students and businessmen scored near 1 on the MBR, with a range of 0 to 5. In comparison, criminal recidivists averaged

8.5 (range from 2 to 14), and prison releasees with no further law encounters scored 3 (range from 0 to 11). The MBR has also been employed, along with the EDS, in a post-prison follow-up evaluation of the Alabama Work Release Program. Work release participants scored 1.8 on the MBR as compared with 4.3 for similar nonparticipants. The corresponding EDS scores are 6.1 and near 9. The MBR and EDS have also been employed in longitudinal follow-up studies to evaluate the postrelease effects of institutional treatment programs, such as vocational training, basic education, and a token economy.

In this context, it also should be noted that the EDS has been found highly discriminating in such areas as alcoholism, psychosomatic problems (ulcer), and schizophrenia. The MBR should also discriminate in these and other areas, serving as a basic diagnostic and evaluative tool.

Using the MBR with Juveniles

A specific application of the MBR is its adaptation for use in studies of juvenile behavior and delinquency. The major change is the substitution of "school" for "job" in the scoring criteria for several items. The individual items of the juvenile version of the MBR are as follows:

1.	Response to School Conditions	9.	Verbal Abusiveness
2.	Interaction with School Peers	10.	Maladaptive Associates
3.	Interaction with Teachers	11.	Interaction with Immediate Family
4.	School Attendance and Participation		
5.	Systematic Spare-Time Activities	12.	Alcohol Abuse
6.	Response to Income	13.	Drug Abuse
7.	Money Management	14.	Psychological Adjustment
8.	Fighting	15.	Response to Legal Processes
		16.	Other Response Problems

Most of these items parallel those on the adult form of the MBR, with the exception of Items 5 and 11. Item 5 deals with organized spare-time activities, such as clubs (outside of school), hobbies, and part-time jobs. Active, adaptive, and voluntary participation is the basis for scoring this item "0". If the juvenile's only systematic spare-time activity is performing chores around the house, as required by his parents, the item would be scored "1".

Item 11 is scored "1" if there are recurrent or continuing problems between the juvenile and his parents or siblings (usually those living under the same roof), regardless of the source of the problem. For example, if the parents verbally punish the juvenile regularly for academic performance, this item would be scored "1".

The effectiveness of the MBR in predicting juvenile law encounters and violations has been demonstrated by initial data collected by the RRF. Twenty-nine juveniles with no law encounters averaged 2.2 on the MBR, while 34 ajudicated juveniles averaged a score of 8.1. Additionally, as the severity of the law encounters increased, the average MBR score showed a large and progressive increase. The MBR data obtained with juveniles are quite comparable to those presented in Appendix A that were obtained with adults.

The EDS has also been adapted for use with juveniles. The adapted version is predictive of juvenile law encounters, and as the severity of these encounters increases, the average EDS score correspondingly increases. The MBR and EDS for juveniles are used together to assess both the degree of maladaptive behavior and the environmental circumstances associated with it.

Behavioral Assessment and Intervention

Behavioral assessment instruments are particularly useful in intervention programs. For example, the interventionist can use the MBR and EDS scores together to identify clients who need assistance, to specify the problem behaviors, and to determine what environmental factors are cuing in and reinforcing these behaviors. Once he has this basic information, the interventionist can then plan his treatment approach. He will also be able to evaluate the effectiveness of the treatment by comparing later scores with the pre-intervention MBR and EDS totals and patterns.

In addition to the MBR and EDS, the RRF has developed another behavioral assessment instrument, the Weekly Activity Record (WAR), that is useful to the interventionist. In scoring the WAR, the interviewer records the number of hours the client spends each week on various activities. Individual items on the WAR can, then, be used to provide further information about the client's maladaptive behavior. The items dealing with time spent in antisocial behavior and with maladaptive associates are particularly predictive of criminal behavior.

The three instruments—the MBR, EDS, and WAR—all emerge from the behavioral approach. If an investigator were interested in specific environmental and behavioral events

not covered in detail by these measures, an additional instrument could be developed to cover the particular points involved. In the study of alcoholism, for instance, the varieties of alcoholic beverages consumed and the rate of drinking would be assessed, along with the conditions involved and the short- and long-range consequences. Such a measure would constitute the defining criterion of alcohol drinking behavior. Indeed, such an instrument has been developed and employed in studies of alcoholism (Pascal & Jenkins, 1961). This is another instance in which the application of the behavioral approach leads to the development of objective, valid, and predictive instruments–which in turn lead to the development of appropriate intervention programs.

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APPENDIX A

Validity and Reliability of the MBR

VALIDITY AND RELIABILITY OF THE MBR

The predictive and discriminative capacity of the MBR has been mentioned previously in this manual with regard to law encounters and violations. To examine the validity of the MBR in more detail, data from an RRF follow-up study of released offenders (Jenkins, Witherspoon, DeVine, deValera, Muller, Barton, & McKee, 1974) have been summarized to show the relationship between MBR total scores and severity of law encounters, which is assessed by the Law Encounter Severity Scale (LESS). The five major groups on the LESS continuum are defined as follows:

Group I: No law encounters.

Group II: Picked up and/or questioned or searched concerning misdemeanor(s) and/or felony(s). However, all charges were dropped.

Group III: Awaiting trial for misdemeanor(s) or was tried in court for misdemeanor(s) or felony(s) but was not convicted; picked up for parole violation but parole reinstated (or awaiting hearing); wanted for misdemeanor(s); killed in commission of a misdemeanor; or convicted of misdemeanor and sentenced or fined.

Group IV: Wanted for felony(s); absconded from parole; awaiting trial for felony(s); parole violated and returned to prison; killed during the commission of a felony(s); or convicted for felony(s) and placed on probation or sentenced to less than one year in prison.

Group V: Convicted for felony(s) and sentenced to prison for more than one year.

Table 1 presents the MBR scores for 165 prison releasees, obtained prior to any law encounters or violations. The top portion shows the percentages of subjects falling in each MBR distribution third, while the lower portion presents the descriptive statistics.

A large-scale, highly consistent relationship between law encounter status and MBR score is evident: the higher the MBR score is, the more severe the law encounter is. Overall, the MBR is highly predictive of the severity of law encounters, including recidivism.

TABLE 1

MBR Distribution Thirds in Percent and Descriptive Statistics by LESS Group for 165 Prison Releasees

MBR Scores	LESS Group					
	I $N = 40$	II $N = 47$	III $N = 30$	IV $N = 20$	V $N = 28$	Total (I-V) $N = 165$
MBR Distribution Thirds in Percent						
High (≥ 8)	8	30	42	60	70	35
Middle (3-7)	37	33	43	30	20	34
Low (≤ 2)	55	37	15	10	10	31
Total percent	100	100	100	100	100	100
Descriptive Statistics for Actual MBR Scores						
Mean	3.0	4.8	6.6	7.6	8.6	5.5
Median	2.8	4.7	7.5	8.7	9.0	5.5
Range	0-11	0-12	1-12	2-13	2-14	0-14

Figure 1 was prepared to further illustrate this relationship. It shows the percentage of subjects in each LESS group scoring above the grand average of all subjects (5.5). These subjects were thus exhibiting greater-than-average amounts of maladaptive behavior.
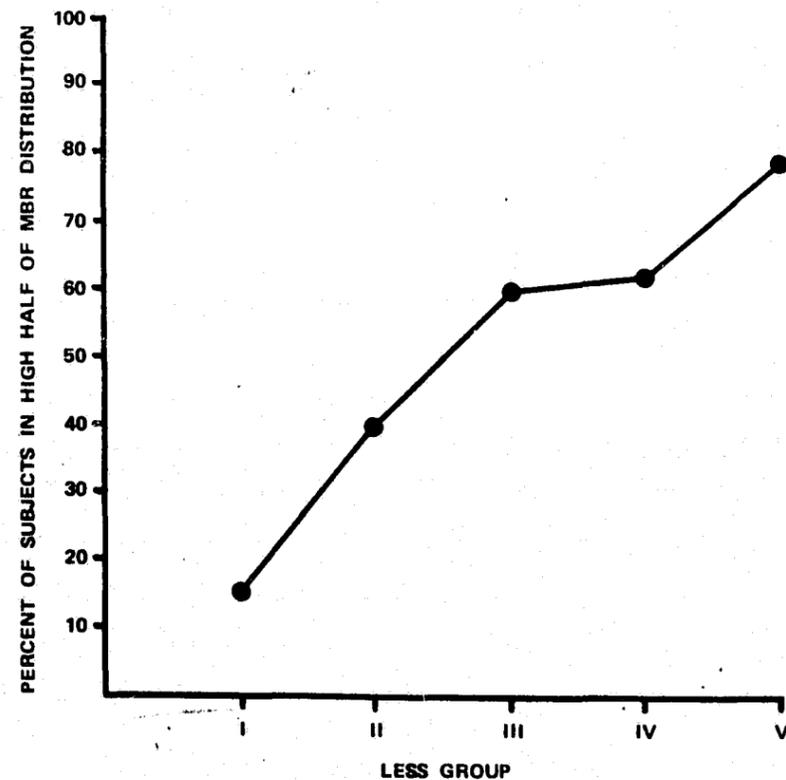

Figure 1. Percentage of 165 prison releasees scoring above the overall average MBR score (5.5) by LESS group (N=165).

The percentage of subjects with above average MBR scores clearly increases as the severity of law encounter increases. The effects are large as well as consistent. For example, only 15% of the subjects in LESS Group I scored above the MBR grand average, as compared with nearly 80% of Group V.

Table 2 summarizes all available data collected thus far with the MBR on a total of 280 prison releasees. The MBR distribution thirds are compared with a three-part law violation criterion used in earlier RRF studies. The *none* category corresponds to LESS Groups I and II; the *minor* category, to Group III; and the *major* category, to Groups IV and V.

TABLE 2

MBR Distribution Thirds in Percent and Descriptive Statistics by Law Violations for 280 Prison Releasees

MBR Scores	Law Violation Category			
	None $N = 103$	Minor $N = 74$	Major $N = 103$	Total (None-Major) $N = 280$
MBR Distribution Thirds in Percent				
High (≥ 8)	12	39	58	34
Middle (3-7)	37	36	30	35
Low (≤ 2)	51	25	12	31
Total percent	100	100	100	100
Descriptive Statistics for Actual MBR Scores				
Mean	3.7	5.9	7.8	5.2
Median	3.9	6.5	8.6	6.3
Range	0-12	1-12	1-15	0-15

As in Table 1, a high degree of covariation emerges between MBR scores and law violations. High MBR scores are associated with more severe law violations, and low MBR scores are associated with the less severe violations. Overall, the predictive accuracy of the MBR is 70%; for outermost scores and groups it is 87%.

It is noteworthy that all MBR items except Item 13 (Response to Physical Condition) show significant prediction of law encounters and violations. The most predictive items are in the areas of addiction, interpersonal relationships, and employment, in that order.

Another important aspect of the MBR is its reliability or consistency. Its reliability has been measured in several ways. In one study, 96 prison releasees were interviewed at 3 to 6 months and 12 to 15 months after release. In all, 90% of the subjects maintained the same relative position from the first to the second time checkpoint. The reliability coefficient obtained was .95. Similar test-retest outcomes were found with a sample of 36 releasees interviewed on a monthly basis for 15 to 18 months. In both studies, there was a tendency for MBR scores to increase at the low and high ends of the law encounter continuum, with relative constancy in the middle ranges.

Interviewer agreement or rater-rater reliability was also measured in two studies. In one, 25 Ss were interviewed by different interviewers over short time periods of about a month. The reliability coefficient was .84 across observers. In another study, 15 observers scored the MBR independently from a video-taped interview. Percent exact agreement was 86%; agreement within one point, 13%; and agreement within two points, the remaining 1%.

Overall, in terms of both test-retest and rater-rater reliability, the MBR far exceeds psychometric standards for consistency. Individuals with high scores maintain their relative position over time independent of the interviewer, as do those with low MBR scores. It should be indicated that releasees in the middle ranges of the MBR distribution (for instance, those with scores of 3 to 7) may be in transition toward both a higher MBR score and a more severe law encounter status. Repeated measurements over several months will detect such changes.

APPENDIX B

Maladaptive Behavior Record (MBR)
(Unabbreviated Form)

MALADAPTIVE BEHAVIOR RECORD (MBR)
(Unabbreviated Form)

M. C. Barton, A. D. Witherspoon, and W. O. Jenkins

Total score: _____ Date of interview: _____
                                                          (Month)   (Day)   (Year)

Interviewer: _____

Client's name: _____
                         (Last)   (First)   (Middle Initial)

Client's address: _____
                (Street, Street No. or P.O. Box)   (City)   (State)

Telephone number: _____ Age: _____ Race: _____

Occupation: _____ Marital status: _____

Reported educational level: _____ tested: _____

Number of children: _____ Number of dependents: _____

Client's group (treatment, control, etc.): _____

Client's ID No.: _____ Date of release or parole: _____
                                                        (Month) (Day) (Year)

Client's legal status (parole, release, discharged from parole, incarcerated in jail or prison, etc.)

_____

_____

Interview setting (home, employment site, office restaurant, jail, prison, etc.) _____

_____

TO THE INTERVIEWER:

The Maladaptive Behavior Record (MBR) manual should be carefully *studied* before interviewing the client and using this scale. Several interview tryouts should be performed and critiqued in the light of the instructions in the manual before further interviewing of clients. The MBR interview is to be used to assess the client's behavioral output in the community environment, either currently or immediately prior to being incarcerated in an institution. You should obtain sufficient behavioral information from the client to score each item. The client's opinions or judgements should not be allowed to confuse or interfere with the obtaining of behavioral information and the rating of the items on the basis of actual behavior.

Some items of the MBR require only the specification of the client's *behavior*. Other items require, in addition to specific behavior, the specification of features of the *environment* in order to pinpoint the client's *behavior* in response to certain conditions.

The MBR is forced choice. If the client has a maladaptive behavior problem, the interviewer enters a "1" by the corresponding item. If there is no maladaptive behavior a "0" is entered by the corresponding item. In *either* case, the interviewer specifies under *each* item the environmental condition(s) and the client's response(s) which served as the basis for rating the item. Enter the total score on the top of the first page of the MBR.

SCORE

EMPLOYMENT

_____ 1. BEHAVIORAL RESPONSE TO INCOME. Rate "1" if client's employment income, pay schedule or commission arrangement fails to meet his basic needs *and* client is not responding to this problem appropriately by actively seeking other employment or a solution through his employer.

Specify: _____

_____

_____ 2. BEHAVIORAL RESPONSE TO WORKING CONDITIONS. Rate "1" if client's working conditions, such as heating, cooling, schedule, breaks and safety, are associated with significant anxiety, discomfort or inconvenience *and* the client is not actively seeking a solution to this problem.

Specify: _____

_____

_____ 3. INTERACTION WITH CO-WORKERS. Rate "1" if client has significant or continuing problems in his interactions with co-workers either by virtue of his behavior *or* by his failure to respond appropriately to problems generated by their behavior.

Specify: _____

_____

_____ 4. INTERACTIONS WITH EMPLOYER. Rate "1" if client has significant or continuing problems in his interactions with his employer either by virtue of his behavior *or* by his failure to respond appropriately to problems generated by his employer's behavior.

Specify: _____

_____

_____ 5. WORK ATTENDANCE. Rate "1" if client has been late or absent without following procedures acceptable to his employer.

Specify: _____

_____

ADDICTION

_____ 6. ALCOHOL USE. Rate "1" if client uses alcohol to the extent that it interferes with his interpersonal relationships or employment or results in financial difficulty for him or his family.

Specify: _____

_____

_____ 7. DRUG USE. Rate "1" if client uses drugs to the extent that it interferes with his interpersonal relationships or employment or results in financial difficulty for him or his family.

Specify: _____

_____

_____ 8. GAMBLING. Rate "1" if client loses money excessibely, i.e., to the extent that it interferes with his interpersonal relationships or results in financial difficulty for him or his family.

Specify: _____

_____

INTERPERSONAL

9. FIGHTING. Rate "1" if client engages in (physical) fighting precipitated either by his inappropriate behavior or by his failure to respond to the behavior of others in such a manner as to avoid fighting.

Specify: _____

_____

10. VERBAL ABUSIVENESS. Rate "1" if client's verbal behavior toward others is abusive, or if client is the recipient of verbal abuse, or if there is reciprocal verbal abuse between client and others such as intense arguments.

Specify: _____

_____

11. MALADAPTIVE ASSOCIATES. Rate "1" if client spends time with persons who exhibit maladaptive behavior in such areas as crime, drugs, alcohol, sex, money management, and employment.

Specify: _____

_____

ECONOMICS

12. MANAGEMENT OF MONEY. Rate "1" if client has difficulty in managing his money, i.e., spending for non-essentials, over-extended installment purchasing to the extent that client is unable to purchase sufficient essentials, meet financial obligations, etc.

Specify: _____

_____

ADJUSTMENT

13. RESPONSES TO PHYSICAL CONDITION. Rate "1" if client has physical problems to which his responses are maladaptive, such as failing to secure and follow treatment or by failure to arrange his activities in accordance with his physical condition.

Specify: _____

_____

14. PSYCHOLOGICAL ADJUSTMENT

(a) Rate "1" if client's verbal accounts of his behavior indicate unrealistic or excessive responses of withdrawal, avoidance, dependency on others, self-criticism, overcompensatory behavior, denial of behavioral problems, etc.

(b) Rate "1" if client's verbal behavior indicates that fear, anxiety, or behavioral deficits significantly interfere with meeting people or with instituting and maintaining supportive interpersonal relationships.

(c) Rate "1" if client's behavior during the interview indicates marked fear, anxiety, or inadequacy as characterized by lack of eye contact, difficulty in speaking, trembling, excessive perspiring, etc., or if the client's behavior is excessively aggressive.

Specify: _____

_____

LEGAL

15. BEHAVIORAL RESPONSES TO LEGAL PROCESSES. Rate "1" if client's behavior has resulted in minor legal problems or processes *not* involving arrest, such as ignoring reprimands for minor technical parole violations, repeated involvement with legal authorities, legal proceedings against him by virtue of his failure to abide by contractual agreements, etc. Also rate "1" if client is responding inappropriately to legal processes such as divorce or child custody litigation by avoiding subpoena, failing to appear in court, etc.

Specify: _____

_____

16. OTHER BEHAVIORAL PROBLEMS. Rate "1" if client has behavioral problems which are not covered in the preceding items. This item may include less frequently reported instances, such as sexual deviance (e.g., homosexuality, relations with prepubertal females, etc.) and a wide range of other behaviors such as maladaptive dress, hygiene, or residence maintenance, etc.

Specify: _____

_____

APPENDIX C

Maladaptive Behavior Record (MBR)
(Short Form)

MALADAPTIVE BEHAVIOR RECORD (MBR)

(Abbreviated Form)

EXPERIMENTAL MANPOWER LABORATORY FOR CORRECTIONS

Rehabilitation Research Foundation
P. O. Box 3587
Montgomery, Alabama 36109

M. C. Barton, A. D. Witherspoon, and W. O. Jenkins

The MBR manual should be studied carefully *before* using this form of the scale and the interviewer should have sufficient experience in the use of the *unabbreviated* form of the MBR *before* using this abbreviated version.

Client's name _____ ID_____ Date _____
         (Last)   (First)   (Middle initial)

Item	Score	Specification of Basis for Score
1. INCOME		
2. WORKING CONDITIONS		
3. INTERACTION WITH CO-WORKERS		
4. INTERACTION WITH EMPLOYER		
5. WORK ATTENDANCE		
6. ALCOHOL USE		
7. DRUG USE		
8. GAMBLING		
9. FIGHTING		
10. VERBAL ABUSIVENESS		
11. MALADAPTIVE ASSOCIATES		
12. MONEY MANAGEMENT		
13. PHYSICAL CONDITION		
14. PSYCHOLOGICAL ADJUSTMENT		
15. LEGAL PROCESSES		
16. OTHER BEHAVIORAL PROBLEMS		

TOTAL SCORE _____   INTERVIEWER _____