The Effects on Process and Outcome of Citizen Participation in Structured Group Counselling with Incarcerated Adult Recidivists [1]

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Final Report, Part I

The Effects of Structured Discussions Between Incarcerated Offenders and Community Volunteers

Report to the Canadian Penitentiary Service of the Department of the Solicitor General of Canada, October 1975

Abstract

Thirty adult residents of two medium security penitentiaries were assigned randomly to one of two types of structured group counselling. One set of groups was composed of a non-resident leader and resident-only participants. The second set of groups included a non-resident leader with residents and citizen volunteers as co-participants. The presence of volunteers significantly improved continuity of attendance ($p < .05$), significantly reduced the level of procriminal arguments within groups ($p < .001$) and, within one institution, significantly increased resident ratings of the openness and genuineness of participant communication ($p < .05$). The effect on interpersonal openness ratings was in the opposite direction within the other institution. However, within the resident groups at both institutions, resident opinions of group process were negatively related to prosocial attitude change. Within the co-participant groups, openness ratings were positively related to prosocial attitude change. The results were discussed in terms of relationship-based counselling theory, differential association theory and those guidelines for correctional intervention which emphasize group relations over the explicit introduction of prosocial and anticriminal content on a programmed basis. A number of other findings as well as the limitations of the study are discussed.

The Effects on Process and Outcome of Citizen Participation in Structured Group Counselling with Incarcerated Adult Recidivists

The Community Group or co-client method of introducing volunteers into institution-based programs involves establishing structured counselling groups composed of approximately equal numbers of community volunteers and prison residents (2). There are now several demonstrations of effects on the attitudes of young offenders in short-term minimum security institutions (4, 5, 7). The present study is an extension of earlier ones in that the subjects were older, established career offenders and relatively long-term incarcerates of two medium security penitentiaries. Eligible residents were serving sentences of at least two years and presented both current and previous incarcerations for theft and/or robbery.

A major focus of the study was establishing the operational feasibility of the Community Group format in penitentiary settings. However the feasibility study was designed such that, for the first time, a number of direct comparisons were possible between Community Groups and counselling groups composed in the more traditional way of a designated non-resident leader with resident-only participants, i.e., Resident Groups. In addition to the process and outcome factors to be outlined below, the present study included comparisons between two medium-security institutions since little attention has been paid to the question of how treatment may

interact with differences in clientele and background institutional programming (1, 29).

Andrews, Brown and Wormith (2) suggested that the Community Group format has a number of advantages. The involvement of volunteers as co-participants in group counselling should increase motivation for resident participation in counselling. Further, the presence of volunteers may enhance the quality of relationships or therapeutic conditions within groups. Finally, volunteers may serve to present prosocial alternatives to the values, attitudes and behavioural prescriptions typically found within offender samples. In sum, such factors were thought to account for the attitude change evident in the previous minimum security studies.

Attendance

Andrews, Brown and Wormith (2) related the motivational advantages of Community Groups to reduced stigma associated with "treatment" and to the novelty of the groups as a function of the simple presence of outsiders, including women. Similarly, the interpersonal styles of volunteers might enhance group attractiveness. Community Groups appeared to increase willingness to enter treatment and commitment to treatment once initiated (2). Such effects would support the notion that Community Groups represent a direct attack upon the traditional problems (Schwitzgebel, 28) of initiating and maintaining the offenders' involvement in intervention programs. Regularity of attendance is of particular importance in

structured counselling since a lack of continuity in membership from meeting to meeting would attenuate whatever potential was associated with the pre-planned links among sessions which structuring imposes. The present study was the first to include direct and controlled comparisons between Community and Resident Groups on the attendance question.

Therapeutic Conditions

Previous investigations have confirmed that, relative to prison residents, volunteers exhibit higher levels of self-esteem, empathy, acceptance of others and socialization when assessed on self-report personality scales (4, 5). Such traits should enhance the quality of interpersonal relationships within groups. Relationship factors such as understanding, openness and warmth have been considered at least necessary (Carkhuff, 11) if not sufficient (Rogers, 26) for positive counselling outcome. However, it is noted that the empirical evidence on the relationship between the therapeutic conditions and outcome is unconvincing within correctional samples (1). Further, the hypothesized relationship between therapeutic conditions and outcome was derived from the client- or group-centered school of counselling and the Community Group format has employed directive approaches.

The present study included measures of therapeutic conditions of understanding, openness and warmth as reported by participants in the groups. The participant reported therapeutic conditions were examined

by type of group (Community Group vs Resident Group) in order to assess the impact of the volunteers' presence. As well, correlations between participants' ratings and attitude change were computed. A participant-reported measure of directive vs group-centered counselling was included as a check that the groups were perceived as they were designed (i.e., as directive) and that the Community and Resident Groups were comparable on that dimension.

Truax (32) identified specific and concrete verbalization and expression as additional variables of importance in a counselling situation. Informal critics of Community Groups have suggested that volunteers, and undergraduate volunteers in particular, may respond at abstract and theoretical levels when participating in groups. This would presumably interfere with group process and inhibit positive change. For this reason, a client-reported measure of specificity of expression was included in the present study and examined in relation to type of group and to attitude change.

Other Opinions of Group Process

The dimensions on which participants form opinions of groups extend beyond the factors of understanding, openness, warmth, specificity of expression and group vs leader-centered sessions. Kassebaum, Ward and Wilner (1971) factor analyzed their opinion measure and found at least five sets of items: Members' Trust, Likeability of Members, Active Task Accomplishment, Treatment Effect on Respondent and Respondents'

Participation. Participants' scores on the Kassebaum (20) scales were examined in relation to type of group and attitude change. In addition, scores on the opinion dimensions were correlated with the therapeutic conditions ratings.

Systematic sampling of participant opinions and feelings regarding programs is of particular importance when the participants are community volunteers and incarcerated offenders. The combination of an educated person offering unpaid assistance makes the volunteer one who readily expresses opinions about the program and expects those opinions to be taken seriously. At the same time, the offender is considered to be one resistant to "treatment" in the first place (Schwitzgebel, 28), sensitive to the immediate pressures of "treatment" once involved (Grant & Grant, 18) and likely to attempt to escape "treatment" when the conditions are judged to be unsatisfactory (Grant & Grant, 18). Simple respect for the opinions of participants as well as ease of program management suggests that participants' views of the program be sampled systematically.

In the experience of the authors and their colleagues, the correctional counsellor constantly must make within-treatment decisions on the basis of participants' expressed feelings about how a program is progressing. Empirically-based knowledge of the relationship between participants' opinions of a program and program outcome would be of assistance in such treatment relevant decision-making. While the literature is replete (see for example, the introduction to Kassebaum, et al, 20) with suggestions that factors such as participants' trust, compatibility and sense of

participation are of critical importance, demonstrated relationships between feelings and opinions about counselling and outcome are more scarce.

The Expressions of Anticriminal and Procriminal Positions by Volunteers and Residents

Andrews, Brown and Wormith (2) suggested that volunteers make a special contribution when groups focus on matters relating to the law and law violations. The contribution was linked to a behavioural reformulation of Sutherland and Cressey (30). Within the prison system, the differentials in peer reinforcement of anticriminal-procriminal positions favour the emission and maintenance of the procriminal. Such might be expected to be the case even within those formal prison sub-systems labelled "group discussions", "group counselling" or "group therapy" (Buehler, Patterson and Furniss, 10). The involvement of volunteers in groups which focus on matters of reformation should increase the rate with which prosocial positions are exposed and hence should promote positive change on measures of criminal attitude and behaviour patterns.

Available evidence from self-report scales has confirmed the view that volunteers and incarcerated offenders represent significantly different attitudinal positions with reference to the law, law violations and themselves in relation to society. The present study included a direct examination of differences in positions as actually expressed within the groups.

Attitude and Behaviour Change

Evidence from the minimum security studies suggests that the positive attitudinal effects, if cross-validated with the more severely criminal and isolated samples, would be limited to measures of attitudes toward the law and law violations. In fact, the results of Andrews, Wormith, Kennedy and Daigle-Zinn (5) suggested that structured discussions with volunteers actively blocked the increased self-esteem which was evident among residents who were in recreational association with volunteers or in the routine prison programs. Other investigators, Sarason (27) for example, have also presented evidence that certain indices of change or certain goals of counselling, judged equally positive a priori, may be incompatible within at least some counselling formats. In the case of discussion vs recreational association, confrontation with others who presented significantly different views promoted positive shifts in related attitudes but apparently at the cost of some personal devaluation. Thus, the present study included an examination of the intercorrelations among outcome measures and comparisons between the correlations found within the Community and Resident Groups.

A frequently suggested non-specific effect of group counselling is improved adjustment to the institutional setting (6). The present study monitored institutional adjustment through routine institutional records on shop performance, rule compliance and transfers to less or more severe institutions.

It has been recognized that volunteer programs may have impact not only on those officially designated as clients but on the volunteers as well. Within the context of the time-limited and structured Community Group format, Andrews and colleagues (4, 5, 7) have reported that the

short-term attitudinal effects sampled are negligible or in the same positive direction as those found with participating offenders. Ex-Community Group volunteers have proven to be successful leaders of later Community Groups and some have established other programs on their own (2). Thus, in the present study, the attitudinal effects on volunteers were examined systematically and informal records of post-participation involvement were collected.

Summary of Introduction

In brief, both citizen participation and group counselling are widely accepted within corrections. The present study combined both and explored a range of issues. It was predicted that, relative to Resident Groups, Community Groups would be better attended and associated with higher levels of perceived understanding, openness and warmth, more prosocial and anticriminal arguments within groups and positive change on measures of residents' attitudes toward the law and law violations. In addition, comparisons were made between Community and Resident roups on rated group centeredness of counselling, specificity of expression and a set of scales measuring participants' opinions of the groups. A similar set of comparisons were made on attitude change and ratings of group process by the volunteers. In addition, the intercorrelations among rated therapeutic conditions, group opinions and attitude change were analysed. Finally, some impressionistic material on program feasibility was reviewed.

Method

Selection, Orientation and Assignment of Subjects

The general principles and operational guidelines for selection and orientation of participants were presented by Farmer, Hughes and Andrews (15). A brief outline follows.

Offenders. The participating offenders were residents of one of the two medium security federal penitentiaries in the Kingston area of the Ontario Region of the Canadian Penitentiary Service. The initial pool of eligible residents was based on a review of files and consultation with classification staff. Criteria for inclusion included (a) current and previous record of theft and/or robbery, with at least one previous incarceration, (b) 20-40 years of age, (c) judged functionally literate in the English language, (d) not currently involved in a community volunteer program, (e) sufficient time remaining on sentence to participate in program, (f) judged not to be an immediate candidate for parole or transfer.

The project was outlined to eligible residents in 20 minute individual interviews conducted by the field supervisor (J.H.). The following points were made in each interview: (a) the project was university operated with the financial backing of the Federal Department of the Solicitor General, (b) it was a research project on discussion groups and an extension of similar projects completed in other settings, (c) at least two types of discussion groups would operate, one involving volunteers from the community and the other composed only of residents,

(d) discussions would be focused by the non-resident leader (J.H.) around matters related to personal, social and moral aspects of the law, (e) the criteria for resident eligibility were reviewed with the added element that a "flip-of-a-coin" would determine into which type of group residents would be placed, (f) if an individual resident agreed to participate in the program then he would be asked to sign a consent form, to complete a set of attitude, personality and opinion scales before, during and after participation and be willing to accept the outcome of the random assignment to type of Groups, (g) over the course of each interview the point was made several times that individual test records or video-taped group sequences would be available only to research staff but that the group results would be published and available to anyone who sought the results.

A total of 35 residents were interviewed and 30 agreed to the conditions of participation. Eighteen residents were randomly assigned to the Resident Group condition and twelve to Community Groups. One Community Group and one Resident Group operated in each of the two institutions.

Volunteers. While a number of service clubs were approached, the major source of volunteers was the Student Volunteer Bureau of Queen's University. Of the 12 volunteers who completed the orientation, all but four were full or part-time university students. Age of the volunteers ranged from 20 to 59 years of age and seven were female. The two pre-service orientation sessions outlined the criteria for acceptance of volunteers into the program, reviewed the rules governing the conduct of visitors to an institution and provided background information on the

program (for details see Farmer, Hughes and Andrews, 15). Briefly, volunteers were viewed as non-professional co-participants in the groups who could contribute simply by expressing their opinions on the matters discussed. Assignment of volunteers to institutions was random in those cases where the volunteers were available on either of two evenings a week but self-selected where volunteers were available for only that one evening a week associated with a specific institution.

Treatment Conditions

Discussion guidelines. The leader (J.H.) employed the same discussion format for each of the four groups. The format was that developed in the minimum security studies (2, 4, 5, 7). The themes included (a) freedom of individual conduct vs societal need for rules, (b) social control institutions in relation to the individual, (c) the law and the criminal justice system, (d) the effects of law violation upon individuals, (e) education and employment in relation to individual goals, (f) self-control and self-management with reference to conscience and rationalizations for law violations (Sykes and Matza, 31), and (g) self-management in social-behavioural terms (Mahoney, 24; Cautella, 12). The eight-week series included one session (week 5) in which the topics were the "free choice" of the participants.

Group structure and operation. The design called for groups of approximately equal size, of from nine to twelve participants. The Community Groups were composed of the non-resident leader and approximately equal numbers of volunteers and residents. The Resident Groups were

composed of the non-resident leader and resident-only participants. Restrictions on time and facilities prevented the Community and Resident Groups from both operating in the evenings but the Resident Groups did operate on the one afternoon a week during which the prison shops and classrooms were closed. Thus, the groups were not differentially competing with routine prison services. Sixty to seventy-five minutes of each session were formal structured discussions with an additional thirty minutes less formally structured around a coffee break.

Measurement Procedures

A number of process and outcome measures were monitored. Records of attendance at the groups were kept routinely and, for the ten weeks following the last session, the institutional files of participants were reviewed for instances of misconduct, transfer to reduced or increased security settings and positive or negative reports from shops and school.

Procriminal-Anticriminal arguments within groups. During the second session of each group, the leader presented the general question of under what conditions law violation might or might not be justified. The question was posed with reference to each of illegal parking, break, enter and theft and armed robbery. The leader directed the questions to each member of the group in turn. The video-tapes of this session provided the record for a content-analysis of the differences in the responses of the volunteers and residents.

Participant opinions of group process. Participants were asked to complete a series of opinion scales at the end of the second, fourth and

seventh sessions. The Group-Centered Counselling (GCC) scale, adopted from Leckerman (23) consists of thirteen items in a true-false format, items reflecting the extent to which the group participants as opposed to the designated group leader were introducing and directing content. The titles of scales derived from Truax (32) and a sample item from each scale are noted below with the scale abbreviation and number of items bracketed; Specificity of Expression (SpEx, 3), "Discussion was general and vague"; Understanding (U, 4), "Members were able to clarify how others felt"; Openness (O, 3), "Members were free and genuinely themselves ('not phoney')"; Warmth (W, 3), "Members showed that they were warm and accepting of each other". Each item on Truax-based scales had a six level response format, ranging from "Very much like the Group" to "not at all like the Group". Scales derived from Kassebaum et al. (20) were, Active Task Accomplishment (ATA, 7), "The group does not accomplish as much as it should"; Respondent's Participation (RP, 3), "I am fairly active in group discussion"; Members' Trust (MT, 4), "People in this group cannot be trusted to keep confidential what is said in the group"; Treatment Effect on Respondent (TER, 4); "I do not feel I have a problem this group can help"; Likeability of Members (LM, 3), "Most people in this group are well thought of by others". The response format for the latter sets of items was a five-point scale ranging from Strongly Agree to Strongly Disagree.

Attitude-Personality Battery. The attitude and personality battery was one which has been employed in a number of correctional intervention

programs. The primary target scales were attitudes toward the Law and judicial process, Tolerance for law violations and Identification with criminal others. Each scale was composed of items adopted from a set compiled by the Research Branch of the Ontario Ministry of Correctional Services, and arranged in a Likert type format (3). While the three measures are known to be intercorrelated to a moderate-to-high degree, they were included as separate measures because previous studies have found them to be differentially sensitive to treatment. A separate measure of feelings of alienation, adopted from Lambert (22), was also included. Goughs' (17) Socialization scale was included to establish differences between volunteers and residents on that dimension. The Hogan Empathy scale (19) and adaptations of Berger's (9) Acceptance of Others and Bennet's (8) Self-Esteem Inventory were also included to examine volunteer-resident differences on relevant dimensions of interpersonal styles. Finally, the Cofer, Chance and Judson (13) measure of Positive Malingering was included as an independent assessment of the extent to which obtained differences might be accounted for on the basis of a "fake good" response set. The Positive Malingering scale has successfully discriminated between self-report profiles obtained under "honest" and "fake good" instructions with both offender and undergraduate samples (16, 21).

Results and Discussion

Attendance

The mean number of sessions attended by those 12 volunteers and 30

residents who were both invited and accepted was significantly higher in the Community Groups (n=24) than in the Resident Groups (n=18), 6.37 vs 4.28, $t(40) = 2.20$, $p < .05$. Among those who appeared for at least the first session, 91% of the 22 Community Group participants and 54% of the 13 Resident Group participants completed at least six of eight sessions, $\chi^2(1) = 4.44$, $p < .05$. Community Groups were characterized by a greater degree of continuity from meeting to meeting than were the Resident Groups.

The attendance pattern of residents was consistent with the hypothesized motivational advantage of Community Groups but the differences failed to reach conventional levels of statistical significance. The mean number of sessions attended by residents was nonsignificantly greater in the Community Groups than the Resident Groups, 6.00 vs 4.28, $t(28) = 1.59$, $p < .20$. Similarly, a statistically nonsignificant higher proportion of residents in Community Groups attended at least six of the eight sessions, 82% vs 54%, $\chi^2(1) = 1.03$, n.s.

An additional element of the attendance-motivation question is the extent to which clients are willing to participate in follow-up or additional programs. Ten weeks following the last session, ten available resident participants completed an anonymous questionnaire about their reactions to the groups and to future groups. Ninety per cent reported that the groups were of value to them and that they would like to participate in more group discussions.

Pretest Comparisons

Table 1 presents a summary of the mean pretest scores of ten volunteers and sixteen residents who completed at least six of the eight sessions and completed both the pre and posttests. These are the Ss who were included in the analyses of attitude change and opinions of group process. The sixteen residents were evenly distributed across the four Type of Group X Institution combinations. Five of the volunteers participated at Institution A and five at Institution B. The data for one randomly distributed resident S and one volunteer S were excluded to obtain uniform n's per cell.

Insert Table 1 about here

A comparison of the pretests of residents who were included in the data analysis and those who failed to complete the minimum number of sessions and/or posttest revealed no statistically significant pretest differences on any of the scales. Only on Acceptance of others were conventional levels of significance even approached. The mean score of residents completing the program was slightly higher than that of the drop-outs, 51.7 vs 47.5, $t(20) = 1.52$, $p < .15$. However, the reader is cautioned that random assignment to Groups was based on those who stated that they accepted the conditions of the program, while the data analyses were based on those residents who demonstrated their acceptance of the program by their actual attendance and completion of appropriate measures.

Volunteer-Resident comparisons. The results in Table 1 confirm differences between the two types of participants and generally replicated the findings within short-term minimum security settings. The residents reported significantly more negative attitudes toward the Law, ($p < .03$), higher Tolerance for law violations ($p < .002$), greater Identification with criminal others ($p < .004$), and lower levels of general Socialization ($p < .001$). Differences were in the expected direction but failed to reach reliable levels on measures of Alienation, ($p < .18$), Self-esteem ($p < .08$), Acceptance of others ($p < .12$) and Empathy ($p < .12$). The resident-volunteer differences emerged in spite of the fact that there was evidence of more positive malingering or 'faking good' among residents than among volunteers ($p < .04$).

Institution comparisons: general. Institution A primarily receives young adult recidivists and offers a range of educational and vocational programs. Institution B receives older adult recidivists and offers educational and workshop programs. While both institutions are officially classified as medium security settings, there is general agreement that A is a more security-conscious institution than B. Institution A was characterized by relatively high levels of group counselling activity and citizen participation. In fact, the Community Group program at B was one of the first to include citizen participation on a systematic basis. A very striking difference, apparent at pretest and throughout the course of the project, was the political activity of A residents. Participants from A made frequent references to the political situation

within the institution, were members or closely aligned with members of the local Inmate Committee and, for example, checked and re-checked the nature of the mandate under which the project was operating. The credentials and intentions of project personnel and directors were reviewed individually and collectively by A residents over the course of the program. At the end of the study, the project team was asked to review the background and future of the project with members of the Inmate Committee. Participants at Institution B were far more accepting of the project guidelines as presented on initial contacts with project staff and, while demonstrating interest in the future of the project, were less questioning on matters of funding, publication rights and project control.

Institution comparisons: quantitative. The participating A residents were significantly younger than the participating B residents, 25.7 vs 31.5 years, $F(1/14) = 6.40$, $p < .02$. A and B residents did not differ significantly on mean length of current sentence, 43.1 (A) vs 32.9 (B) months, $F(1/14) < 1.0$. Nor did they differ reliably on mean months incarcerated on their current sentence prior to participation, 15.9 (A) vs 12.4 (B). Participants from both institutions presented a large number of previous convictions as adults, 16.1 (A) and 18.7 (B). Average level of education was between grade 9 and 10 at both Institutions. Consistent with the selection criterion, participants from both institutions presented current as well as previous convictions for theft and/or robbery. Residents of Institution A presented more negative attitudes toward the

Law ($p < .01$), higher Acceptance of others($p < .01$) and more evidence of "faking good" ($p < .10$).

Differentials in Anticriminal-Procriminal Arguments

All participants in the second session of the Community and Resident Groups were asked to present an argument for-or-against law violation with reference to each of Illegal Parking, Break, Enter and Theft and Armed Robbery. Typed transcripts were prepared from the video-taped sessions and responses to each offense were scored on a four-point scale: (1) antiviolation under any circumstances; (2) antiviolation, except under the most extreme conditions (emergency, starvation); (3) proviolation, under certain circumstances (pay-off high and risk low); (4) proviolation, without reference to conditions or circumstances. Two raters independently assigned values to a total of 90 arguments with 87% agreement over all and 99% agreement within at least one level. The data were analyzed in a 2 (Resident-Volunteer) x 3 (Type of Violation) format.

There was a highly significant difference in the mean responses of the residents and volunteer participants over the three types of violations, 2.63 vs 1.63, $F(1/25) = 34.91$, $p < .001$. As predicted, the involvement of volunteers produced a positive shift in the balance of anticriminal-procriminal arguments presented within groups.

There was also a significant effect of type of violation, $F(2/50) = 4.44$, $p < .02$. While the mean ratings assigned to the Parking and Theft arguments were not statistically different (2.47 vs 2.25) both means

were significantly ($p < .05$) greater than the mean ratings of Robbery arguments (1.67). There was a tendency for the differences between resident and volunteer arguments to increase as seriousness of offense increased but the interaction was not statistically reliable, F (2/50) = 1.25, $p < .30$.

Two supplementary analyses of the violation arguments were completed. One examined the residents' arguments by Institution and by Treatment Condition. The other examined the volunteers' arguments by Institution and by Sex. The ratings of the residents' arguments were independent of Treatment Condition but varied significantly with Institution and Type of Violations, F (2/28) = 22.57, $p < .001$. The Institution x Type of Violation interaction is summarized in Table 2. Within Institution A, the more proviolation arguments were associated with armed robbery. Within Institution B, the proviolation arguments were associated with parking and theft offences. Averaged over the three types of violations, A residents presented more procriminal arguments than did B residents (2.27 vs 2.33, F (1/14) = 8.66, $p < .01$) but the overall effect was due to the difference on armed robbery ratings.

Insert Table 2 about here

The arguments of female volunteers were less proviolation than were the arguments of male volunteers across each type of violation, 1,47 vs 1.83, F (1/5) = 6.26, $p < 0.05$. The results provided an additional argument for the involvement of female volunteers.

Intercorrelations Among Participants' Opinions of Group Process

Participant opinions of the groups were sampled at the end of the second session and again at the end of the fourth and seventh sessions. The Pearson r's in Table 3 are based on the last reported opinions, with the resident data above the diagonal and the volunteer data below the diagonal. In those cases where seventh session ratings were unavailable because of the participant's absence or insufficient time to complete the scales, the fourth session ratings were substituted as the last available rating.

Insert Table 3 about here

The intercorrelations among the rated conditions of Understanding, Openness and Warmth were positive, statistically significant ($p < .01$) and of moderate to high magnitude within both the resident and volunteer samples. Ratings of the three therapeutic conditions also related positively to the other opinion scales although not always significantly so. There were a few notable exceptions. Specificity of Expression ratings were independent of other scales within both participant samples.

There was a difference between samples in terms of the correlates of the respondent's sense of participation in the groups. For the residents, high Participation ratings were associated with positive ratings on the other aspects of perceived group process. Among the volunteers, Participation scores tended to be negatively correlated with the other opinion scales. The differences between the r's from the two samples

were reliable in the cases of Participation with Treatment Effect on Respondent (z = 2.62, p < .01), with Likeability of Members (z = 2.40, p < .02) and with Specificity of Expression (z = 1.97, p < .05).

The items on the Members' Trust scale related in part to the issues of disclosure of counselling material to institutional files or to authorities and residents who were not participating in the groups. Thus, the Trust ratings of the volunteers to some extent were based on their impressions of the residents' opinions. Not surprisingly then, volunteer ratings of Trust were independent of their ratings on the other opinion scales.

A supplementary inspection was completed of the intercorrelation matrix based on the first ratings. The pattern was similar to that presented in Table 3 although, overall, the r's tended to be smaller. Additional correlational matrices were produced for the residents in each of Community and Resident Group conditions and, again, similar patterns emerged.

Residents tended to report on group process in generally positive, neutral or negative ways across the various opinion dimensions sampled. The major exception was ratings of Specificity of Expression, which were independent of the other scales. The correlates of a sense of participation in the groups were different for the volunteers and residents.

Resident Opinions of Group Process by Institution and Type of Group

Table 4 provides a summary of the mean resident ratings of group process by Institution and Type of Group. The tabled values are the means of the first and last ratings. Session effects are noted in the text.

Insert Table 4 about here

Group Centered Counselling. There were no reliable effects of Institution, Type of Group or Session. The ratings could take values between zero and thirteen with high scores indicating non-directive or group centered counselling. The mean ratings were very low, non-significantly varying between 2.25 and 2.62. The pilot project was an assessment of structured group counselling both in intent as designed and in practice as reported by the participating residents.

Specificity of Expression. There were no reliable effects of Institution, Group or Session. Thus, there was no evidence from the resident ratings to support the notion that the involvement of volunteers, including university students, would result in less concrete discussion.

Understanding, Openness and Warmth. An Institution x Group interaction was evident on each of three scales: Understanding, $F(1/11) = 4.07$, $p < .07$; Openness, ($F(1/11) = 27.78$, $p < .001$; Warmth, $F(1/11) = 4.47$, $p < .06$. While the rated therapeutic conditions tended to be higher in Community than Resident Groups within Institution A, the effect favoured Resident Group within Institution B. However, the largest difference was between the Resident Groups at A and B. Within both institutions, Community Group ratings were moderately high but the therapeutic conditions

were rated very low by A residents in Resident Group and very high by B residents in Resident Group. The only significant Session effect was on the Understanding rating. Over all combinations of Institutions and Groups, there was an increase in rated Understanding from the first to last rating, 16.53 vs 18.19, $F(1/11) = 15.61$, $p < .002$.

Opinion of Groups. The Institution x Group interaction was significant on ratings of Members' Trust ($F(1/12) = 4.45$, $p < .05$) and Likeability of Members ($F(1/12) = 8.88$, $p < .01$). Within A, the Community Group condition was associated with higher mean ratings on both Trust and Likeability ($p < .10$). Within B, the effect was in the opposite direction: nonsignificantly so on Trust ratings but stronger on Likeability ratings ($p < .06$). Again, the largest differences were evident in the Resident Group comparisons between Institutions while Community Group comparisons were nonsignificant between Institutions. The effects of Institution and Group tended to be in the same directions on ratings of Active Task Accomplishment, Treatment Effect on Respondent and Respondent's Participation but not to a statistically significant extent. Session effects were evident on the Trust ratings. The Institution x Group interaction varied with Session, $F(1/12) = 17.51$, $p < .002$. Among B residents, the Group differences in rated Trust had disappeared by the time of the last rating, from 11.75 vs 16.50 to 15.25 vs 15.25. Among A residents, differences in favour of Community Group over Resident Group were still evident by the last rating (13.25 vs 11.25) but reduced from the effect at first rating (15.00 vs 8.75).

In summary, while the results on ratings of group centered counselling and specificity of expression supported the assumptions of the project, the hypothesized effect of volunteer participation on therapeutic conditions was only partially supported. Within Institution A, characterized by previous exposure to volunteer programs, more political activity and younger residents, the levels of openness, warmth and trust tended to be very low in Resident Group relative to Community Group and even relative to the Resident Group of Institution B. With Institution B, the rated therapeutic conditions were highest in the resident-only groups. Clearly, the effects of the presence of volunteers on client-reported therapeutic conditions depended upon background institutional factors.

Volunteer Opinions of Group Process by Institution and Sex

The mean volunteer ratings of group process are summarized in Table 5 by Institution and Sex of volunteer. Again, the tabled values are the means of the first and last ratings while Session effects are noted in the text.

Insert Table 5 about here

Group Centered Counselling. As in the case of the resident ratings, the volunteers reported that the groups were directive and structured.

Specificity of Expression. No reliable effects were evident.

Understanding, Openness, and Warmth. There were tendencies, approaching conventional levels of significance, for the female volunteers to rate the three core therapeutic conditions higher than did male volunteers: Understanding, $F(1/6) = 4.47$, $p < .08$; Openness, n.s.; Warmth, $F(1/6) = 3.54$, $p < .11$. Both male and female volunteers reported higher levels of Openness at Institution B than Institution A, $F(1/6) = 8.78$, $p < .02$. Such was also the case on the Warmth ratings (15.84 vs 13.01) at the time of the last ratings. The Institution x Session interaction on Warmth ratings was $F(1/6) = 5.35$, $p < .06$.

Opinion of groups. There were no reliable effects on ratings of Members' Trust or Respondent's Participation. However, the female volunteers reported higher levels of Likeability, Task Accomplishment and Treatment Effect on Respondent than did the male volunteers: $F(1/6) = 6.47$, $p < .04$; $F(1/6) = 8.05$, $p < .03$; $F(1/6) = 23.33$, $p < .003$. Overall, the latter three conditions were higher at B than at A: $F(1/6) = 5.56$, $p < .05$; $F(1/6) = 3.10$, $p < .13$; $F(1/6) = 4.61$, $p < .07$.

It was interesting to find that volunteers tended to report more positive conditions at B than at A. It was the impression of the group leader that the volunteers at A, like members of the project team, were welcomed by the residents but with less of a sense of a special event and more direct questioning of motives. However, recalling the very low ratings of group process within the Resident Group at A, it appeared that the political awareness of A residents did not automatically result in an atmosphere of mutual trust and attractiveness. The volunteers

appeared to detect differences in atmosphere at the two institutions, but with their presence, raised the resident perceived level of therapeutic conditions within the groups at A.

Resident Attitude Change by Type of Group

Table 6 presents the mean change scores by Scale and Type of Group. Institution differences are noted where reliable. The primary targets were attitudes toward the law, and law violations and law violators. Mean change on attitudes toward the Law and judicial process tended to

Insert Table 6 about here

be more positive within the Community Groups than within the Resident groups, $F(1/12) = 2.57$, $p < .14$. However, an analysis of prescores on the Law scale had revealed Group differences within Institution A. A supplementary analysis of covariance was computed and the effect which appeared to favour the Community Groups at Institution A disappeared but the differences between Groups at Institution B was raised to a reliable ($p < .05$) level. The differences favouring the Community Groups on Tolerance for law violations and Identification with criminal others failed to reach conventional levels of significance, $F(1/12) = 1.27$, n.s. and $F(1\ 12) = 2.14$, $p < .17$. It is noted that greatest amount of change was occurring within Resident Groups and those changes were negative on the target attitudes.

Residents of Institution B participating in the Resident Groups did show more positive changes on the Hogan Empathy scale than did B residents in Community Groups. The interaction of Institution and Group on Hogan Empathy changes was $F(1/12) = 5.40$, $p < .04$. There was also an Institution x Group interaction on changes on the Socialization scale, $F(1/12) = 4.76$, $p < .05$. The interaction was attributed to a significant difference between the Resident Groups of the two Institutions. Participants in the Resident Group at Institution A showed more positive changes on Socialization than B residents in the Resident Group (3.50 vs 2.25, $p < .05$). There were no reliable effects of Institution or Group on the other scales, including the Positive Malingering scale.

Changes from pre to posttest on the measures of attitudes toward the law and law violations provided only minimal support for the hypothesized advantage of Community Groups. An additional analysis of attitude change scores at ten-week follow-up only tended to favour the Community Group format. Again, the differences between Community and Resident Groups were not statistically reliable. The sensitivity of the test at follow-up was reduced by the unavailability of Ss. The t values were less than one for every scale but Law and Identification with criminal others: Law, .00 (CG) vs -7.43 (RG), $t(9) = 1.17$, n.s.; Identification, 1.00 (CG) vs 4.57 (RG), $t(9) = 1.35$, n.s.

Intercorrelations Among Resident Attitude Change Scores

The intercorrelations among change scores for Community Group residents are above the diagonal and the intercorrelations for Resident

Group participants are below the diagonal in Table 7. Changes on the Law, Tolerance and Alienation measures tended to cluster in the same manner

Insert Table 7 about here

within both the Community and Resident Group samples. Generally, the less positive the change on Law, the greater the increase in Tolerance for law violations and the greater the sense of Alienation. The correlations between law and Tolerance changes were statistically significant ($p < .01$) only within the Resident Groups. Somewhat surprisingly the intercorrelations among Self-Esteem, Acceptance of others and Empathy changes were small in both samples. Changes on the response set measure, Positive Malingering, were not reliably related to any other scale but approached significance in relation to changes on Law within the Community Groups.

Internally consistent and, in several cases, reliable differences were evident between Groups in the correlations between changes in measures of attitudes toward the law and changes in measures of attitudes toward self and others. For Community Group participants, relative improvements in attitudes toward the law and law violations were associated with decreased acceptance of self and others. Among Resident Group participants the relationships were in the opposite direction. The differences between the Community and Resident Group r's were statistically significant in the case of both Law and Tolerance with Acceptance of others, (-.81 *vs* .33, $z = 2.10$, $p < .05$ and 0.59 *vs* -0.73, $z = 2.27$, $p < .05$). The scatter plot of the relationship between Law

and Acceptance changes is presented in Figure 1.

Insert Figure 1 about here

The differences between the Community and Resident Group r's for Law and Self-esteem were not statistically significant (-.39 vs .26) and only approached reliable levels for Tolerance changes in relation to Self-Esteem changes, .50 vs -.48, z = 1.62, p < .11. The same pattern was found in changes in Alienation in relation to Acceptance of others and in relation to Self-esteem, 0.52 vs -.57, z = 1.78, p < .10 and .11 vs -.50, n.s.

Institutional Behaviour

The base rate for recorded rule infractions among the participating residents was so low that an adequate test of between Group differences on rule compliance was impossible. Only one of the Community Group residents had a rule infraction recorded on file over the ten week follow-up period as compared to two of the Resident Group participants. Similarly, the rate of post-Group transfers was low in both the Resident and Community Group conditions. One participant from each of the Community and Resident Groups was transferred to a minimum security setting within the ten week follow-up. One Community Group participant was transferred to a maximum security setting. A search of the files for recorded instances of improvement in shop performance revealed two such occurrences among the Community Group participants and three among the Resident Group participants. There were no recorded instances of deterioration in performance or negative events within the shops.

Attitude Change: Volunteers

Attitude scores were analyzed in a 2 (Institution A - Institution B X2(Pre-Post) format for each scale and no reliable effects were evident. The one exception occurred on Positive Malingering. Volunteers at Institution A showed a slight decrease (-1.10) while B volunteers showed a very small increase (.40), $F(11/8) = 5.56$, $p < .04$. The results were similar to those reported by Andrews, Young, Wormith, Searle and Kouri (7). The program had little apparent overall effect on the volunteers at the attitudinal levels. However, as was the case with earlier projects at the minimum security settings, the Community Group experience did lead to further involvement by some volunteers. Two of the ten participating volunteers became group leaders in the second project at A and B. Three entered into discussions with residents and institution staff on ways and means of maintaining similar projects at Institution B.

Resident Opinions of Group Process and Attitude Change

Table 8 presents the Pearson r's between the last-reported opinions of group process and attitude change by Type of Group. Within the Resident Groups, positive opinions of the groups in terms of Trust,

Insert Table 8 about here

Likeability of Members, Task Accomplishment, Respondents' Participation and self-judged Treatment Effect on Respondent were associated with more negative attitudes toward the Law and increased Tolerance for law violations.

The coefficients varied between a low of .69 ($p < .06$) for estimated Treatment Effect with change on Tolerance and an upper value of -0.89 ($p < .01$) for Trust with change on the Law scale. The pattern was similar for changes on Alienation although significantly so only in the case of rated Treatment Effect on Respondent (.84, $p < .01$) and Respondents' Participation (.89, $p < .01$). Positive reports on Understanding, Openness and Warmth also tended to be associated with less positive change on Law, Tolerance and Alienation but the r's were small and statistically nonsignificant.

The pattern of correlations between opinion ratings and change on the Law, Tolerance and Alienation scales were different within the Community Group sample. Generally, opinions of group process and attitude change were independent. Important exceptions occurred with the Openness ratings and in which the direction of the relationship was opposite to that found within the Resident Group sample. The higher the perceived Openness, the more positive the change on attitudes toward the Law (.89, $p < .01$), the greater the decrease in Tolerance for law violations (-.75, $p < .05$) and the greater the decrease on Alienation (-.65, $p < .08$).

Tests of the significance of the differences between Group r's revealed reliable effects in the case of Openness ratings in relation to changes on the Law scale (.89 vs -.62, $z = 3.24$, $p < .001$), Trust ratings in relation to the Law scale (.16 vs -.89, $z = 2.27$, $p < .02$) and Respondents' Participation in relation to Law (.24 vs -.78, $z = 1.94$, $p < .06$).

The difference between Group r's were also reliable in the case of changes on Tolerance with Openness, (-.75 vs .34, z = 1.94, p < .06), with Active Task Accomplishment (-.35 vs .77, z = 2.10, p < .03) and changes in Alienation with Treatment Effect ratings (-.35 vs .84, z = 2.42, p < .01) and with Respondents' Participation (-.16 vs .89, z = 2.27, p < .02).

Within both samples, opinions of group process were generally unrelated to change on the other attitude scales and the differences between Group r's were generally nonsignificant. One of the exceptions is notable. Within the Community Group sample, high ratings of Openness were associated with increased scores on the Positive Malingering scale, .80, p < .02. The correlation (-.31) was in the opposite direction and significantly different within the Resident Group sample, z = 2.10, p < .05.

In order to evaluate the possibility that the between Group differences were due to response set factors, the correlations between the opinions of group process and attitude change were computed with changes on Positive Malingering as a control variable. Generally, the same pattern of differences emerged; for example, Openness with Law, .77 (CG) vs -.63 (RG), Openness with Tolerance, -.65 (CG) vs .33, and Openness with Alienation, -.62 vs .39. An additional supplementary analysis of partial correlations was completed in order to control for Institution and prescores on the attitude scales. Again, the same pattern of differences emerged between Groups.

The general case of between Group differences is graphically presented in Figure 2, where the specific case of the correlation between

Insert Figure 2 about here

Openness ratings and change in attitudes toward the Law is plotted. In summary, within groups composed only of residents, the more positive the opinions of group process the less positive the change on measures of attitudes toward the law and law violations. Within groups with volunteers as co-participants, resident opinions of group process were either independent of attitude change or, as in the case of Openness ratings, positively related to improvement in attitudes toward the law.

Whatever the specific mechanisms involved in the differential outcomes associated with opinion ratings, the results support the rationale of Andrews, Brown and Wormith (2). According to that rationale, groups composed only of residents would be characterized by relatively high rates of exposure and reinforcement of procriminal positions. While the structure imposed during the video-taped sequence did not permit an analysis of patterns of approval-disapproval within groups, the content analysis did show that volunteers introduced more prosocial arguments than were found within Resident Groups. One interpretation of the opinion ratings, and of understanding-openness-warmth in particular, is that the ratings represent the participant perceived levels of reinforcement or approval within groups. For example, Truax and Mitchell (33) now argue that the therapeutic conditions, at least as controlled by the therapist, are contingent upon patient expressions and function as reinforcers. Requiring fewer assumptions perhaps is the interpretation that the ratings of group process represent the perceived levels of communication within groups.

For any given participant, high levels of communication indicate that the messages expressed, prosocial or antisocial, are being received.

A third interpretation would suggest that both the opinions of groups process and attitude change are being mediated by the same third factor or that, in fact, the attitude change had already occurred at the time of opinion ratings and that change determined expressed opinions of group process. If it is assumed that Community Group participants defined and accepted the purpose of the groups as one of increasing awareness of positive aspects of the law, then their opinions of group process would reflect the extent to which their attitudes were changing in a positive direction. If Resident Group participants defined and accepted the purpose of the group as one of reaffirming previously held beliefs about the law, then their ratings of group process would reflect the extent to which their views were supported.

The interpretation is attractive for several reasons. Some of the correlations found were very high, suggesting that essentially two measures of the same factor were being correlated. Secondly, the cues for defining the purpose of the groups were obvious: in one case, the presence of volunteers expressing prosocial sentiments; in the other a collection of residents presenting shared sentiments. Thirdly, while direct and independent evidence of acceptance of different purposes for the Community Group and Resident Groups is not available, it is known that a number of participants rejected the groups by not completing the program. Those who completed the program by regular attendance and completion of post-tests showed some degree of acceptance, however the purpose was defined by them. Finally, the most direct measures of degree of perceived goal attainment were the ratings on Active Task Accomplishment and Treatment Effect on Respondent and the ratings on these scales were predictive of negative

outcome within the Resident Group. However, the Accomplishment Treatment Effect ratings were independent of outcome in the Community Groups.

A choice among the possible interpretations must wait for studies in which process variables are monitored more completely in terms of both client reports and objective behavioural records. In addition, systematic variation of the focus of discussions, systematic variation of stated purposes of the groups and an expanded range of outcome measures should help define the limits of the influence and predictive value of client-reported process factors.

The results on the relationships between opinions of group process and attitude change do challenge basic principles of client-centered counselling or at least those proponents who would automatically transfer principles of non-directive or relationship therapy to correctional settings. The study provided a miniature model which might well account for the demonstrated failure of the therapeutic community and group dynamic models in several correctional settings. If a focus of the rehabilitative effort is the fostering of warm and open interpersonal relationships among convicted offenders in an environment of mutual trust then shared antisocial values may well not only be maintained but increased. Craft, Stephenson and Granger (14) found that a routine authoritarian regime was more effective with adolescent offenders than a permissive, group psychotherapy unit. Murphy (25) has documented the failure of a therapeutic community for incarcerated drug addicts relative to routine penitentiary treatment. Grant and Grant (18) reported that low maturity

offenders in living unit supervised by "good counsellors" showed poorer post-release adjustment than those supervised by relatively "poor counsellors". The Grant and Grant (18) results were in the opposite direction for high maturity inmates and that situation is similar to the introduction of volunteers into prison-based counselling in that prosocial positions would be expressed.

Volunteer Opinions of Group Process and Attitude Change

The correlations between volunteer opinions of group process and attitude change, as apparent in Table 9, were low to moderately high and generally nonsignificant. However, high scores on Treatment Effect

Insert Table 9 about here

and low ratings on Participation were associated with increased Identification, Acceptance of others and Self-esteem. It appears that while the volunteers on the average presented no reliable evidence of attitude change, changes were occurring in relation to their personal perceptions of group process.

Impressions on Program Feasibility

The process and outcome data yielded by the present study has proved to be of some general value in testing the basic assumptions underlying citizen participation in prison-based group counselling. However, the original and primary purpose of the study was to establish the feasibility

of the Community Group format in the local settings. Casual observations were made on a number of dimensions of critical importance in the operation and assessment of volunteer programs: the problem of recruitment and orientation of volunteers; client motivation and acceptance of the program; program acceptance by the staff and administration of the institution; appropriateness of the specific formats established for volunteer-resident interaction. The observations of the project team were detailed in Farmer, Hughes and Andrews (18) but the major points which shaped the later work are noted here. As was the case in the minimum security projects, undergraduates proved to be a major source of reliable volunteers. Expressed interest was high and attendance regular following two orientation sessions. Further, as noted previously, volunteer co-participants provided a source of Group leaders for the later program. Following an initial period of questioning, the residents expressed positive feelings about the program and there were many requests from the population for permission to participate in later groups. While some institutional staff appeared to question the need for the research and evaluation component of the program, the feedback was generally positive with reference to the fact that the program did continue on a regular basis and without any untoward incidents. However, casual observations of participants and the Group Leader were negative on certain specifics of format. While accepting the need for structure and rejecting the notion of social or recreational evenings, there was a strong feeling among participants that the duration of the project (8 weeks) was too short and the focus on personal, social and moral aspects of the law too sharp.

Summary and Conclusions

While the number of participating residents and volunteers was small, the design of the present feasibility study permitted an exploration of a number of assumptions underlying the involvement of volunteers as co-participants in group counselling. This was the first in the series to incorporate a resident-only group as a control condition.

Considering both the volunteer and resident participants, attendance and hence the continuity of group membership from session to session was significantly better within the Community Group than within the Resident Group. The attendance patterns of residents were generally supportive of the hypothesized motivational advantages of Community Groups but the differences were not statistically significant.

The expected differences between volunteers and residents were evident on the self-report measures of attitudes toward the law, law violations and identification with criminal others. The results confirm that the Community Groups involved meetings between criminal and noncriminal others who held significantly different attitudinal positions. For the first time, evidence was provided that the positions of volunteers, as actually expressed within the groups, were more prosocial than the verbal expressions of residents within groups. The differentials in the pro vs anticriminal arguments of volunteers and residents was statistically reliable for each of three types of offences. The offences ranged from very minor, illegal parking, to very serious, armed robbery.

Such a demonstration is crucial to the suggestion that the Community Group format provides a miniature but controlled situation within which to explore the treatment implications of differential association theory.

The direction of change on the attitude measures was consistent with predictions but on only one scale (Law) and within only one of the institutions did the effect reach conventional levels of significance. The failure to establish an over-all effect favouring the Community Group in a strong and consistent way may have reflected the more established criminal patterns of the present resident samples, or, in fact, the limited sensitivity of the test in view of the small number of subjects.

When the correlations among attitude change scores were examined in relation to the type of Group in which residents were participating, statistically reliable and suggestive findings did emerge. Within the Community Groups, the greater the improvement in attitudes toward the law and law violations the less positive the change on acceptance of others. The pattern of intercorrelations found within the Resident Groups was in the opposite direction and significantly so. Similar trends were evident between the Groups in the correlations between change on the law and self-esteem scales. It appeared that when resident changes were based on a confrontation with others who presented different values and behavioural prescriptions, some devaluation of others and possibly self occurred. Such was not the case where changes occurred among persons sharing relatively similar views.

There was additional evidence that the presence of volunteers changed the counselling situation somewhat dramatically. Within Resident Groups, the more positive the participants' opinions of the groups, the more negative the change on attitudes toward the law and law violations. Within Community Groups, the correlations between opinions of group process were in the direction expected by relationship-based theories of counselling but not statistically reliable. However, the correlations between resident ratings of interpersonal openness within the Community Groups were reliably and positively related to improved attitudes toward the law and law violations and the correlations were significantly different from those found within the Resident Groups. Supplementary analyses of the intercorrelations controlled for (a) generalized "fake good" response set, (b) institution and (c) prescores, yet the differential relationships were maintained. The results speak directly to the question of the importance of relationship factors in correctional counselling and strongly suggest that the enhancement of interpersonal functioning and communications may be detrimental to some intervention goals if means of introducing anticriminal content are not equally attended to. It is, of course, one function of volunteers to introduce the prosocial and anti-criminal content.

It has been assumed that the presence of volunteers as co-participants would enhance relationship factors or the therapeutic conditions within groups. On the basis of residents' ratings and opinions of group process, such tended to be the case within one institution but not the other.

Several differences between the two institutions which might account for the interaction effect were reviewed but such an effect was not predicted.

Participants' ratings on the leaders' group-centered counselling scale did not vary with type of group and were generally low. The groups were perceived as directive.

The involvement of volunteers, including a large proportion of university students, did not result in more abstract discussions and less expression of feelings, at least not in terms of residents' ratings of specificity of expression within groups.

The correlations among the participant reported measures of therapeutic conditions and group process were generally positive and moderate-to-high in magnitude. The "specificity of expression" ratings were an exception, tending to be independent of the other dimensions. The correlates of a sense of participation in the groups varied as a function of whether the volunteers or the residents were completing the scales.

The volunteers did not present evidence of change on the attitudes sampled but, as has been the case in the minimum security projects, they did demonstrate considerable interest in further work in corrections. There was evidence that the amount of attitude change among volunteers was related to their opinions of group process.

The findings reviewed must be interpreted with due caution in view of the small samples involved, the focused nature of the counselling approach, the reliance on self-report measures and the possibility of selective drop-outs. However, the feasibility of the approach was established for high security settings and, in the process, several issues explored and a selection of suggestive findings emerged.

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Table 1

Pretest Means of the Residents and Volunteers

Scale	Residents (n = 16)	Volunteers (n = 10)	F(1/24)	p
Law and judicial process	75.2	90.9	5.03	.03
Tolerance for law violations	29.7	20.7	12.56	.002
Identification with criminal others	18.7	14.5	10.20	.004
Alienation	76.6	70.3	1.87	.18
Socialization	24.1	35.3	34.29	.001
Empathy	31.9	33.9	.62	n.s.
Acceptance of others	51.7	55.4	1.88	.18
Self-esteem	147.9	160.3	3.26	.08
Positive malingering	12.9	10.2	4.65	.04

Table 2

Mean Resident Procriminal Arguments by Institution and Type of Violation

	Illegal Parking	Break, Enter & Theft	Armed Robbery
Institution A	2.5	2.7	3.4
Institution B	3.0	3.0	1.0

Table 3

Intercorrelations Among Last-Reported Opinions of Group Process by Type of Participant

	U	O	W	SpEx	MT	LM	ATA	TER	RP
				Residents (n = 16)					
U		67	86	-18	56	48	45	50	37
O	76		61	02	54	44	25	36	33
W	84	81		-17	41	45	35	40	28
SpEx	27	40	57		-03	11	16	16	45
MT	36	36	29	-16		55	19	59	23
LM	75	80	91	51	18		52	63	61
ATA	87	88	92	42	40	94		54	42
TER	57	51	43	44	-03	56	54		61
RP	-46	-55	-56	-55	15	-49	-41	-59	
				Volunteers (n = 10)					

U (Understanding), O (Openness), W (Warmth), SpEx (Specificity of Expression), MT (Members' Trust), LM (Likeability of Members), ATA (Active Task Accomplishment), TER (Treatment Effect on Respondent), RP (Respondent's Participation).

Table 4

Resident Opinions of Group Process by Institution and Type of Group:

Mean of First and Last Ratings

Opinion Scale	Institution A			Institution B		
	CG	RG	$p < .20$	CG	RG	$p < .20$
Group Centered Counselling	2.4	2.5		2.2	2.6	
Understanding	15.4	15.1		16.6	22.1	.05
Openness	13.5	10.4	.05	11.7	16.7	.01
Warmth	14.0	11.3	.20	13.4	16.6	.10
Specificity of Expression	12.4	11.5		9.9	11.1	
Members' Trust	14.1	10.0	.10	13.5	15.9	
Likeability of Members	11.4	9.7	.10	10.6	12.6	.06
Active Task Accomplishment	23.5	23.5		23.5	27.2	.10
Treatment Effect on Respondent	13.7	13.4		14.6	14.5	
Respondent's Participation	11.6	11.3		10.5	12.4	.10

Table 5

Volunteer Opinions of Group Process

by Institution and Sex: Mean of First and Last Ratings

Opinion Scale	Institution A		Institution B	
	Male	Female	Male	Female
Group Centered Counselling	2.2	3.8	2.5	2.7
Understanding	13.0	19.3	18.2	19.5
Openness	9.7	12.7	15.2	14.2
Warmth	11.2	15.8	13.3	13.2
Specificity of Expression	11.5	12.7	11.5	10.7
Members' Trust	10.2	14.8	12.5	13.2
Likeability of Members	8.5	11.3	11.5	11.7
Active Task Accomplishment	18.5	25.7	24.5	29.5
Treatment Effect on Respondent	13.2	16.3	15.7	16.2
Respondent's Participation	13.0	12.3	12.0	11.5

Table 6

Mean Resident Attitude Change Scores by Type of Group

Scale	Community Group (n=8)	Resident Group (n=8)	$p < .20$
Law and judicial process	.25	-9.75	.05[1]
Tolerance for law violations	.00	3.12	
Identification with criminal others	.37	2.62	.17
Alienation	5.37	6.62	
Socialization	.16	.62	
Empathy	-4.00	3.75	.02[1]
Acceptance of others	-2.00	4.12	
Self-Esteem	.25	-2.00	
Positive Malingering	.00	1.00	

[1]Effect reliable only within Institution B.

Table 7

Intercorrelations Among Resident Attitude Change Scores

by Type of Group

	Law	Tol	Ident	Alien	Soc	Emp	AcOths	SE	Mp
				C.G. Participants					
Law		-85	-07	-57	-04	06	-81	-39	71
Tol	-84		31	43	-06	-17	54	50	-53
Ident	-21	36		-06	-52	49	-16	63	22
Alien	-83	82	11		-06	28	52	11	-39
Soc	61	-06	15	36		-11	15	-21	-06
Emp	-45	15	-28	34	-07		-26	02	29
AcOths	33	-73	-11	-57	-33	25		27	-44
SE	26	-48	18	-50	-02	-15	46		-39
Mp	10	-10	-07	32	59	08	-18	15	
				R. G. Participants					

Table 8

Correlations Between Last-Reported Resident Opinions of Group Process and Attitude Change by Type of Group

	U		O		W		SpEx		MT		LM		ATA		TER		RP	
	CG	RG	CG	RG	CG	RG	CG	RG	CG	RG	CG	RG	CG	RG	CG	RG	CG	RG
Law	16	-51	89	-62	47	-44	62	-11	16	-89	-03	-72	-03	-71	-06	-78	24	-78
Tól	-11	25	-75	34	-27	14	-32	39	-07	74	37	74	-35	77	18	69	26	73
Ident	-50	17	19	25	-53	22	09	18	-21	36	35	52	-70	20	00	13	24	04
Alien	01	36	-65	22	06	31	-30	43	-38	50	-50	48	08	66	-35	84	-16	89
Soc	65	-74	-33	-42	11	-62	-57	09	58	-48	-25	-22	-11	-33	-19	-09	-29	28
Emp	-16	48	10	75	-44	38	-38	-65	-21	47	-26	15	-41	11	-58	45	-50	41
AcOths	15	42	-66	33	-20	51	-38	-69	14	-12	-28	-31	30	-40	39	-26	-20	-39
SE	-64	-15	-27	06	-55	-11	-08	13	-41	-21	-06	-59	-39	-76	-66	-64	24	-71
Mp	48	-35	80	-31	32	-28	44	-10	59	-46	08	-40	-24	-30	30	09	17	00

Table 9

Correlations Between Last-Reported Volunteer Opinions

of Group Process and Attitude Change

	U	O	W	SpEx	MT	LM	ATA	TER	RP
Law	11	00	24	67	-24	17	14	10	-23
Tol	-50	-32	41	-08	-48	-52	-57	-23	-05
Ident	11	38	25	45	-39	43	23	70	-80
Alien	-23	-14	-41	-46	-07	-41	-23	-39	60
Soc	25	41	16	-20	-17	10	12	12	-33
Emp	-41	-38	-57	-41	-04	-36	-35	-31	58
AcOths	32	28	36	72	-23	29	23	68	-83
SE	66	47	41	29	-13	36	40	70	-75
Mp	27	53	23	-12	30	48	51	49	-21

Footnotes

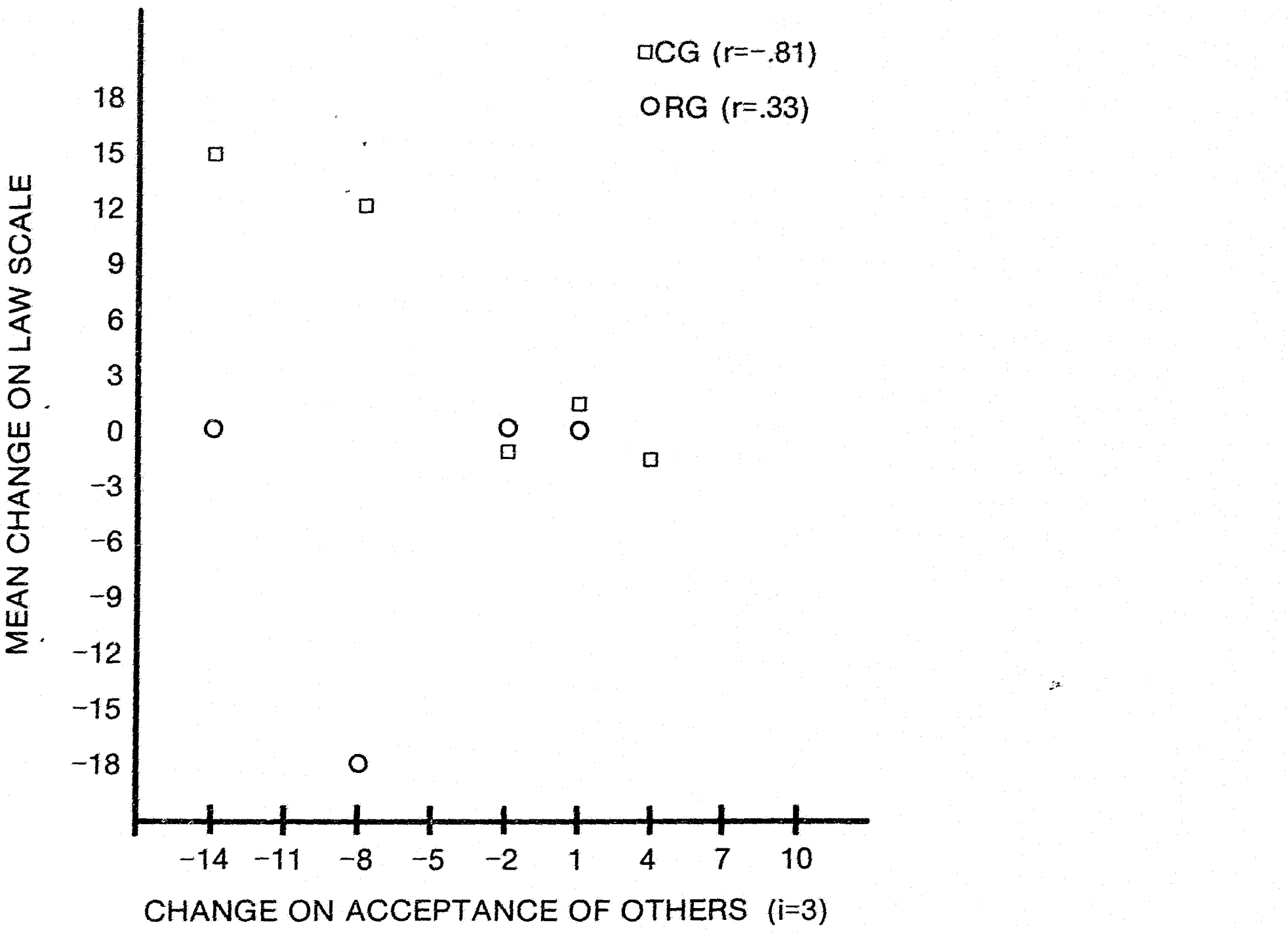
1. The study was completed with the support of the Canadian Penitentiary Service of the Department of the Solicitor General of Canada. We thank J. Braithwaite and A. Trono for their administrative support and Directors W. Chitty and E. Noel for their cooperation. J. Vandermalen and D. Weir offered liaison services between project personnel and the institutional staff. J.S. Wormith, W.J. Daigle-Zinn, H. Tully, C. Kennedy and S. Nelson contributed in several important ways to the completion of the project. We also express our gratitude to the participating residents and volunteers.

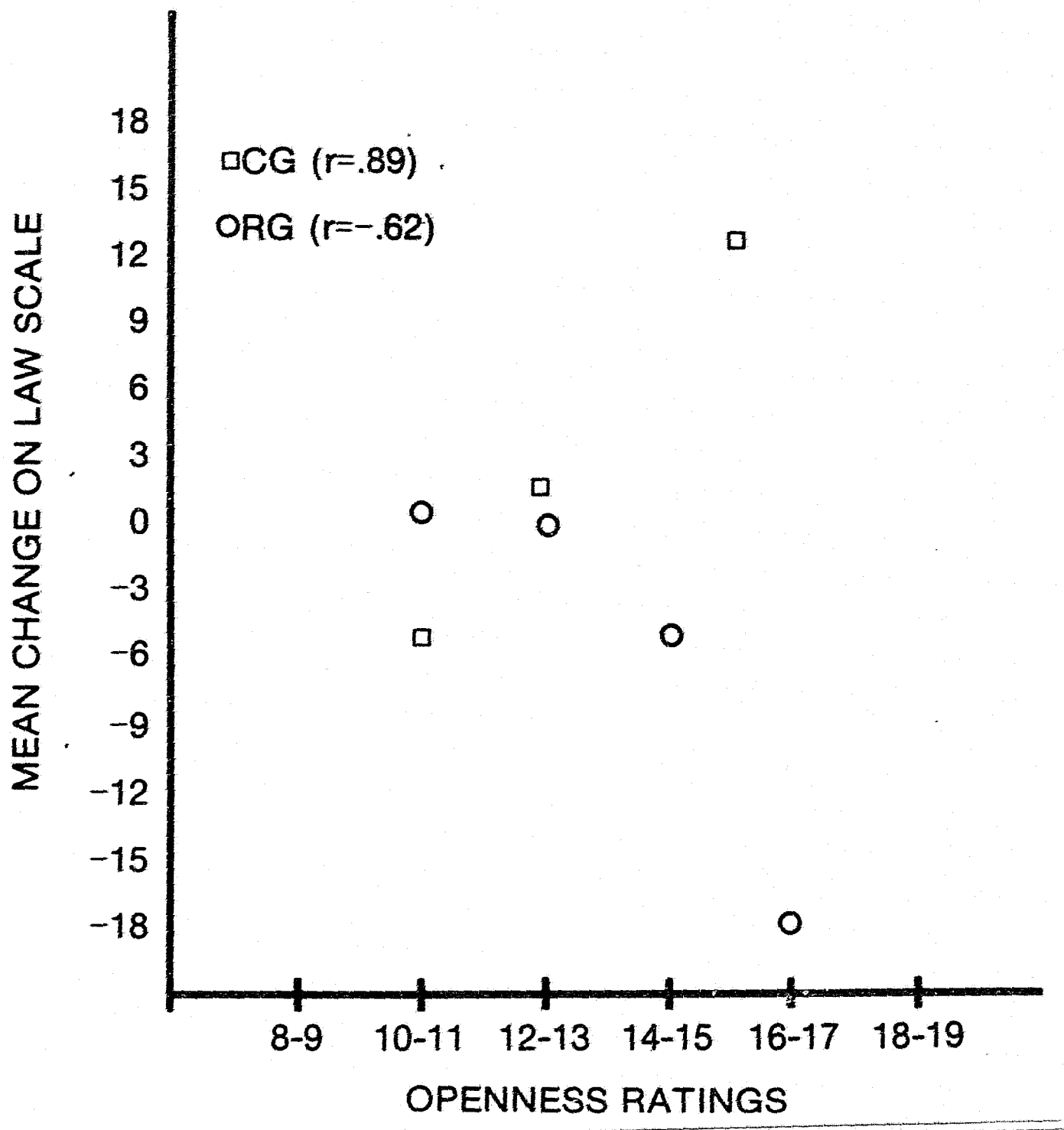
2. J. Hughes is now at Algonquin College of Applied Arts and Technology, Ottawa, Ontario.

Figure Captions

Figure 1. Scatter plots of the relationship between changes on the Law and Acceptance of Others scales for the Community and Resident Groups.

Figure 2. Resident ratings on Openness and mean change on the Law scales for the Community and Resident Groups.


□CG (r=−.81)
ORG (r=.33)
18
15
12
9
6
3
0
−3
−6
−9
−12
−15
−18
MEAN CHANGE ON LAW SCALE
−14 −11 −8 −5 −2 1 4 7 10
CHANGE ON ACCEPTANCE OF OTHERS (i=3)


MEAN CHANGE ON LAW SCALE
18
15
12
9
6
3
0
−3
−6
−9
−12
−15
−18
□CG (r=.89)
ORG (r=−.62)
8-9
10-11
12-13
14-15
16-17
18-19
OPENNESS RATINGS

END