

Colorado Probation Research in Brief

Incorporating Research into Practice

The Story of RIB's and Their Utility

The demands on probation and the courts are immense, and the need for information on effective programming is critical. Districts often do not have the time to sift through research, consider how they might utilize the information, and adjust practices to become more effective. In an effort to make research results more widely available and useful, *Colorado Probation Research in Briefs* (RIB) were developed. These monthly documents are intended to summarize potentially helpful research related to effective practices, while providing ideas for practical applications of the information. It is important to note that studies taken individually are not enough to base policy decisions: however, the body of knowledge in the criminal justice field is building and the RIB project highlights some of those studies that best match the work of Colorado Probation.

These hands-on tools can be easily integrated to make an impact on the effectiveness of supervision. Here are some of the ways departments have put the research into practice:

- √ Probation Officers are using the Practical Applications to identify, practice, and incorporate new skills
- √ Probation Supervisors are discussing the RIB's in unit meetings and using the content for improving probation officers' skills
- √ Chief Probation Officers are reviewing RIB's for implementation of practices, which will lead to reduced recidivism, increased efficiency, and improved success



Capturing effective research to improve probation practices.

What's in a RIB

Over 60 RIB's have been distributed to the field since January 2006. The following is a list of the completed RIB's, with a brief summary of their content. To access each RIB, click on the title.

Working Positively with Sexual Offenders (January 2006) Research indicates using a strength-based approach, in addition to considering criminogenic needs and risk, can improve the effectiveness of treatment programs for sexual offenders. Studies conclude treatment benefits (related to sexual offenders' attitudes, cognitive distortions, denial and other distortions, etc.) were maximized when therapists were more empathic, warm, rewarding and directive rather than overly confrontational.

Absconder Project (April 2006) In 2003, the Probation Advisory Committee (PAC) approved a pre/post absconder policy. As departments have struggled to implement this policy, the Absconder Project was initiated and a report written. This RIB summarizes the report and provides suggestions to reduce the probability of absconding.

Change-Focused Supervision (August 2007) This document discusses the results of a meta-analysis (a study of studies), which concluded: *therapy is effective*. The research shows effective therapies contain "four common factors" that are strength-based in nature. The four common factors that contribute to positive behavior change are: client factors, relationship factors, hope and expectancy, and model/technique. Practical applications provide ideas on enhancing these factors in working with probationers.

Strength-Based Practices I (August 2007) In 1989 a "strengths perspective" was introduced. This report summarizes the approach's six principles, labeled the ABC's: Accountability-Action, Believing-Brief, and Cooperation-Competency. This RIB kicks off a series of four on strength-based practices.

Strength-Based Practices II (August 2007) This RIB addresses the first and second principles of this approach: Accountability-Action. Practical applications provide guidance on asking effective questions to solicit strength-based action.

Strength-Based Practices III (August 2007) This RIB addresses the third and fourth principles of this approach: Believing-Brief. Suggestions are made to the reader for enhancing the self-efficacy of the probationer.

Strength-Based Practices IV (August 2007) This RIB addresses the last two principles of this approach: Cooperation-Competency. The article encourages the reader to foster cooperation and suggests methods of questioning to uncover the probationer's strengths.

Communication Tools (September 2007) Based on one chapter, in a larger document of supervision tools, this RIB stresses the importance of communication style and office setting in creating a positive working alliance with the probationer. Practical applications include suggestions for improving the structure of appointments and ensuring a safe, as well as a friendly office environment.

What Works to Reduce Recidivism (November 2007) Examining an article written by Dr. Edward Latessa, this RIB focuses on principles proven to reduce recidivism. The reader is provided with ways in which to engage these principles in managing cases and offenders. Research applications include the use of quality assessments to identify the criminogenic needs/risk of the probationer and make appropriate referrals.

The Motivational Interviewing Style (January 2008) This RIB is the first of a series of four, based on a guide produced by the National Institute of Corrections (NIC). The RIB covers the definition of motivational interviewing and provides a brief description of the basic concepts. The Practical Application section offers the reader ideas to express empathy, roll with resistance, and develop discrepancy, among others.

Preparing for Change (February 2008) This RIB is the second in the series of four, based on a guide produced by the NIC. The article discusses the probation officer's utilization of OARS: open-ended questions, affirmations, reflections, and summarizations. The reader is provided with potential questions, which can be used in conversations with offenders to elicit behavior change.

Motivating Offenders to Change (March 2008) This RIB is the third to appear in a series of four, based on a guide produced by the NIC. It provides approaches to move an offender toward change, with strategies to guide conversations resulting in behavior change. The article has suggestions to encourage positive talk and get the probationer thinking about change. There are also suggestions on methods to connect talk to action.

Motivating Probationers to Change (April 2008) This RIB is the last in a series of four, based on a guide produced by the NIC. The article guides the reader through addressing deception, violations, and imposing sanctions with a motivational style. It is recommended that probation officers be up front with probationers; first by informing them of sanctions at the onset of supervision, and second, addressing violations immediately.

Incentives to Shape Offender Behavior (May 2008) Incentives have been proven to influence behavior change and this RIB explains their use. Practical examples are given for rewarding offenders, when they display the desired behavior change.

Cognitive Behavioral Treatment (June 2008) This RIB summarizes an NIC publication, which explored six cognitive behavioral programs evidenced to work in reducing recidivism among higher risk offenders. The RIB provides practical ideas for using cognitive-behavioral techniques during office visits with probationers.

Assessment and Case Planning (July 2008) Based on one chapter, in a larger document of supervision tools, the importance and nuances of developing a case plan is explored. The reader learns the basics of case planning, and recommendations are provided that enhance the effectiveness of case plans by improving offender behavior change.

Gender Responsiveness (August 2008) This article highlights the efforts of Cook County, Illinois in addressing the specific and unique needs of the female offender population. Practical applications include recognizing these unique needs and recommendations on possible referrals.

Social Networks (September 2008) For years, The Family Justice Institute has been a proponent of engaging family and social networks in supervision case plans. This RIB is based on their work out of New York, wherein the probation officer uses a variety of tools to identify, engage, and utilize the positive influences that naturally occur in the probationer's living environment.

The Role of Probation in the Reentry of Jail (October 2008) This RIB, based on an Urban Institute document, "Life After Lock-up", specifically recommends ideas for probationer reentry, following a jail term. Practical applications include: meeting probationers pre-release and scheduling agency appointments prior to re-entry.

"Until recently, community corrections has suffered from a lack of research that identified proven methods of reducing offender recidivism."

*~ Crime & Justice
Institute*

Probation, Mental Health, and Mandated Treatment (November 2008) Researchers explored the mentally ill offender under probation supervision. After sampling several probation departments, recommendations were made for handling the persistently mentally ill. Applications for probation included PO specialty training, educating stakeholders, staffing cases with treatment providers, using MI skills, and avoiding threats.

The Role of Community in Securing Peace and Delivering Justice (December 2008) Based on a restorative justice (RJ) article, the author notes the successful use of RJ principles in several areas. Practical applications suggested include using the RJ principles in case plans, incorporating victim statements, and using mediation.

Contingency Management: Foundations and Principles (January 2009) This RIB is based on a book chapter. It includes seven points to consider when developing a contingency management program. The applications suggest asking the client their preference for incentives, providing immediate positive feedback, using instant drug tests, developing a grid of target behaviors and corresponding rewards.

Assisting Probationers with Benefits (February 2009) This RIB summarizes a National Institute of Justice publication, which provides instructions on securing federal benefits for incarcerated offenders. Practical applications are offered for PO's to set up benefits while probationers are in jail, as well under community supervision.

Do We Care What Offenders Think: Probationer Surveys (March 2009) The source article describes Maricopa County's (Arizona) efforts to survey their probationers for customer satisfaction. The article was used to develop the Probation Client Survey (PCS), which was collected in all 23 departments in Colorado and analyzed, with a resultant report, in 2010.

Encouraging Offender Desistance (April 2009) The source article challenges the field to look beyond evidence-based practices (EBP) and use PO skills to push the probationer to desistance. EBP's are good interventions, but probation can do more to assist the probationer in making permanent decisions to stop reoffending. Practical applications include engaging social networks, using case plans, and monitoring change readiness.

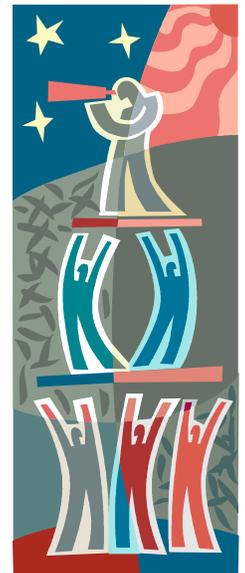
Girls' Study Group: Understanding and Responding to Girls' Delinquency (May 2009) This RIB is based on a study that explored the relationship between risk and four protective factors. Results were mixed, so the applications were limited to such ideas as: individualizing case plans, ensuring good treatment matching, recognizing the need for gender responsiveness, and strengthening social supports.

Habilitation or Harm: Project Greenlite (June 2009) This RIB summarizes a project, which provided EBP programs/practices to prison inmates with the expectation that the programming would produce better outcomes. Ironically, the treated population had worst outcomes than the two comparison groups. Fidelity was established as one of the problems. Applications in the field include guarding the fidelity of cog groups delivered by PO's, ensuring quality assessments, and investigating community providers to better understand services provided.

Treatment Completion and Recidivism (July 2009) This Brief discusses a study of Illinois probationers and treatment outcomes. Those completing substance abuse treatment had lower recidivism rates, but there were other contributors as well. Practical applications included improving treatment matching and using intermediate sanctions to avoid negative discharges from treatment.

Coordination at the Front-End of Sentencing (August 2009) This article provides ideas for PSI best practices. A work group in California recommended several important elements to improving PSI's. Those suggestions are found in the practical applications and include: improve collateral agency information sharing, assessment results should drive sentencing recommendations, recommendations should focus on the "Big Four" criminogenic need areas, and recommend EBP's whenever applicable. This RIB has an attachment, which includes a deficit-based narrative and a strength-based narrative, as an example of how Colorado could enhance their current report content.

Improving Employment Rates (September 2009) A national survey was conducted over a two-month period in 2004, inquiring about offender employment. The source article discusses the survey results and highlights related research. Certain programs and skills have been found to be beneficial to the offender population, to obtain and maintain work. This RIB encourages the field to consider several applications: use Workforce Centers and the like, ensure proper documentation is secured, use bonding and tax credits to promote the offender.



Research in Brief: Providing monthly research, with ideas for practical application in the field.

Assessments and Case Plans (October 2009) This Brief details the use of assessments to determine the criminogenic needs and risk, which are combined to determine the areas to address in case plans. Effective case plans must address both treatment and supervision needs to ensure proper length and intensity.

Outcome Evaluation of Colorado Therapeutic Communities (November 2009) In a report written by the Colorado Department of Corrections, the results of the evaluation of two therapeutic communities are described. The researchers found the length of treatment and involvement of family to be related to outcomes.

Program Completion and Outcomes for Batterer Intervention Programs (December 2009) Cook County's batterer intervention programs were highlighted in this document. Their programs appear to have better completion rates and lower recidivism rates than those typically reported in the literature. Researchers explored the variables which impacted completion rates and discovered predictors that reduced the likelihood of rearrest by over 60 percent.

Recidivism Findings for Washington's Juvenile Mentoring Program (January 2010) In a follow-up study, researchers in Washington found little difference in the longer term recidivism rates between the juveniles involved with their mentoring program and those juveniles who were not. Some of the reasons for longer term behavior change outcomes inform practical applications for the field.

Matching Supervision to Clients' Risk Status (February 2010) This RIB summarizes the work of Doug Marlowe, et al. on the interplay of risk level and frequency of status hearings in Drug Court. The outcomes support the Risk Principle, in that lower risk offenders did equally well regardless of the frequency of status hearings; however, the higher risk offenders performed best with frequent hearings.

Exploring the Black Box of Community Supervision (March 2010) Researchers in Canada found a significant difference between the outcomes of clients, depending on the focus of their case management sessions. The more time a probation officer devoted to addressing criminogenic needs and less time on terms/conditions, the lower the recidivism rate for their client.

Pro-Social Modeling (April 2010) The source article cites several studies that found pro-social modeling to be associated with improved outcomes for offenders. Specifically, "it can make considerable difference to the re-offence rates of those under supervision." The researcher also addresses criticisms of modeling, which is included in the RIB.

Reasons for Non-Completion of CBT (May 2010) In an effort to improve CBT groups in England and Wales, researchers investigated the reasons participants did not complete groups. Some of the reasons for non-completion were beneficial to developing practical applications, which probation officers can use to improve the chances of their clients' successful completion of CBT.

The Influence of Ethnicity on Treatment Outcomes (June 2010) Using Project MATCH data, this study explored the influence of Hispanic ethnicity on treatment outcomes. The sample participants were exposed to one of three types of treatment: twelve-step facilitation (Alcoholics Anonymous), Motivational Enhancement Therapy or Cognitive Behavioral Therapy, resulting in some variation in outcomes for Hispanics and non-Hispanic whites.

The Primary Factors that Characterize Effective Interventions with Juvenile Offenders (July 2010) The study highlighted in this RIB utilized the findings of several meta-analyses to determine what interventions produced reductions in recidivism. The researcher identified three factors that correlated with reduced recidivism: higher risk offenders benefited the most from interventions, interventions with quality implementation were more effective, and interventions that embodied a "therapeutic" philosophy produced better results.

Effectively Responding to Violations (August 2010) The Ohio Department of Rehabilitation and Correction implemented the use of a progressive sanctions guideline to assist officers in responding to violations. Researchers studied the effectiveness of this approach and found that revocation hearings were decreased with no increase in recidivism rates.

Cognitive-Behavioral Therapy in the Treatment of Anger: A Meta-Analysis (September 2010) This meta-analysis explored outcomes related to the use of CBT interventions with individuals experiencing anger issues. The analysis of 50 studies revealed a strong relationship, with those completing a CBT intervention faring better than 76% of those who did not receive the CBT.

The Strategic Training Initiative in Community Supervision (October 2010) This article is a follow-up to the March RIB. It explores the outcomes of training probation officers in specific techniques and intervention strategies to address criminogenic needs, such as anti-social thinking and attitudes. The officers trained showed reduced recidivism on their caseloads.

Strategies for Self-Improvement and Change and Recidivism Following Treatment (November 2010) Researchers studied the recidivism rates of offenders who participated in the Strategies for Self-Improvement and Change program and found better results when offenders complete all or a substantial portion of the program than those who did not.

Recidivism as a Function of Day Reporting Center Participation (December 2010) In a study of two day reporting centers, one rural and one urban, the authors compared outcomes with a control group of probationers. Although exploratory in nature, the study found that the day reporting participants had better outcomes than the regular probationers.

Poverty, Recidivism, and Women Offenders (January 2011) Using samples of disadvantaged women under community supervision, researchers found that recidivism rates were lower when these women received government assistance, such as low-income housing.

The Philadelphia Randomized Controlled Trial in Low Risk Supervision (February 2011) Philadelphia Adult probation experimented with large, low risk caseloads and found that they could supervise low risk offenders on large caseloads equally as well as the low risk offenders on regular caseloads.

An Evaluation of Motivational Interviewing in a Probation Setting (March 2011) Exploring the effectiveness of motivational interviewing (MI) with substance abusing probationers, researchers used a group of probation officers trained in MI. The study measured attitudinal changes on five scales in a sample of their probationers and compared the results to the outcomes officers who were not trained in MI.

Utilizing Behavioral Interventions to Improve Supervision Outcomes in Community-Based Corrections (April 2011) This study explored the use of rewards on the outcomes of clients on intensive supervision. Researchers found that the more rewards an individual received, the better their supervision outcomes. Optimally, the officer who provided 4 rewards for each sanction received the best return on their efforts.

Probation Officer Roles: Surveillance Versus Treatment (May 2011) In an effort to explore officer roles, this study looked at agency philosophy, officer role orientation, and supervision tasks, using the categories of "authority/enforcement" to represent a more law enforcement philosophy, and "assistance" to represent the case worker philosophy.

Offender Perceptions of Graduated Sanctions (June 2011) Researchers surveyed a sample of intensive supervision. Probationers and parolees were provided a list of community-based sanctions, such as community service hours, electronic monitoring, writing assignments, and outpatient treatment. The clients then indicated how much of these sanctions they were willing to complete in order to avoid a jail sentence for a technical violation. The results were interesting and suggest that the punitive element of jail diminishes as the length of time in jail increases.

What Works for Female Offenders: A Meta-Analytic Review (July 2011) Following up on prior research, this study questioned if the principles of risk-need-responsivity, as well as the identified criminogenic needs, are the same for women offenders, as for men.

Increasing the Effectiveness of PSI's (August 2011) Researchers surveyed criminal justice professionals who regularly use the presentence report. The results indicated how much of the document is read and what are perceived as strengths and weaknesses of the document.

Outcomes Among Drug Court Participants: Does Drug of Choice Matter (September 2011) In this study, researchers explored the outcomes of drug courts related to the participant's drug of choice. Results did not support the original two hypotheses: drug court participants whose drug of choice was crack/cocaine were not less likely to graduate from drug court and were not more likely to be rear-rested.

Unraveling the Complexity of Driving While Intoxicated (October 2011) Researchers studied the characteristics and outcomes of two groups: one group was composed of substance abuse treatment clients who had a DUI offense in the past year, and the other group was composed of substance abuse treatment clients who were in treatment but had not had a DUI treatment in the past year. Specifically the study's focus was to examine the extent of co-occurring disorders in the DUI offending population.

When Interventions Have Unintended Negative Consequences (November 2011) The term iatrogenic refers to "harm that is induced by the treatment itself." Poor treatment results can be reduced by developing "Strong bonds with a counselor or treatment setting and consistent monitoring of behavior motivate individuals to act responsibly and refrain from substance misuse. When such bonds are weak or absent, when monitoring is lax or when peers in an intervention program model substance use, the likelihood of iatrogenic effects rise."

The Relationship Between Stress and Gender for Probation/Parole Officers (December 2011) This Brief is based on a study of over 3,000 active probation and parole officers from 15 different states in the US. The instrument was designed to collect demographic data, employment information, and results from four separate stress surveys. The results indicated that male and female officers take on stress in different ways and manifest the symptoms differently, as well.



Impact of Crime on Victims Curriculum: Final Evaluation Report (January 2012) Impact of Crime on Victims (IOC) classes have been delivered since originating in the California Department of Corrections and Rehabilitation in 1984. This study used a control and comparison group to study the short-term effects of a standardized IOC curriculum delivered in ten sites within four states.

Risk Factors for Recidivism in Offenders with Intellectual Disabilities (February 2012) The source article describes two studies conducted on the same population of intellectually disabled offenders. The authors concluded that criminogenic variables associated with recidivism in the general population are also associated with recidivism in ID offenders and predict better than clinical variables. They also found that the risk tool used for the general population was an "excellent predictor of risk of recidivism within a population of patients with ID."

The Principles of Effective Correctional Treatment Also Apply to Sex Offenders: A Meta-Analysis (March 2012) This meta-analysis was conducted to explore whether the RNR principles also apply to the reduction of recidivism in the sex offender population. The results of 23 studies were used to calculate the effect of the three principles on the reduction of recidivism. Those studies that adhered to none of the principles reported consistently low effects. Conversely, for studies that adhered to all three principles, the effects were consistently large.

The irrationality of not consulting the existing research is seen when we consider again, medicine. Imagine if physicians and hospitals made no effort to consult "what works" and simply prescribed pharmaceuticals and conducted surgeries based on custom or the latest fad.

~Latessa, 2002

The Importance of Staff Practice in Delivering Effective Correctional Treatment (April 2012) Using a meta-analytic approach, the researchers explored if certain staff case management skills were associated with the reduction of recidivism. Specifically, the analysis examined the effectiveness of core correctional practices (CCP). CCP is an approach which relies on five components in the treatment and case management of offenders. Results were positive, albeit, limited.

Effective Supervision Strategies: Do Frequent PO Changes Affect Client Outcomes? (May 2012) Researchers wanted to look at the affect on probationer outcomes in relation to the number of probation officers a client has over the period of supervision, as well as the length of time multiple officers are assigned to one probationer. Results were better when fewer PO's supervised a case or when those supervising the case had the assignment for longer periods of time.

Training to See Risk: Measuring the Accuracy of Clinical and Actuarial Risk Among Federal Probation Officers (June 2012) Researchers developed an assessment tool to determine the risk of probationers. Prior to training probation officers in the new assessment, officers were asked to use their clinical judgment to determine risk for a case study vignette. Officers were then trained on the tool, then given the vignette and asked to determine risk using the new assessment. The officers more accurately determined the correct risk level when using the assessment.

Stages of Change (July 2012) Researchers used a meta-analysis to determine if the stages of change predicted treatment outcomes and if matching the stage of change with the correct treatment improved outcomes. Although the meta-analysis found that the pre-treatment stage of change was predictive of treatment outcome, there were not enough studies in the analysis to determine the effect of matching stage of change with treatment.

An Experimental Demonstration of Training Probation Officers in Evidence-Based Community Supervision (August 2012) In the ongoing evaluation of the Strategic Training in Community Supervision (STICS) project, the researchers designed this study to explore the longer term effects of the training, as well as the recidivism rates of clients, who worked with probation officers trained in STICS. The STICS training involved a three-day class, monthly meetings with feedback, and a refresher course. The study found that probation officers, who complied with all three elements of the STICS training, had better outcomes than those who did not regularly receive feedback via the meetings and/or refresher course. Specifically, they focused more on criminogenic needs in sessions and had lower recidivism rates.

Employment, Peers, and Life-Course Transitions (September 2012) Previous research has found correlations between marital status (i.e., positive significant relationships), employment and criminal behavior. These factors have been shown to result in distance from antisocial behavior. This study's purpose was to evaluate data to determine if reductions in criminal behavior were due to employment or the peer network factors attributed to employment. Findings indicated that if coworkers were disapproving of crime, a reduction in criminal behavior was found to be significant.

Juvenile Probation Officers: How the Perception of Roles Affects Training Experiences for Evidence Based Practice Implementation (October 2012) This study's purpose was to evaluate whether the roles juvenile probation officers identify with have any influence on their understanding or perception of Evidence Based Practice training. The study had two outcomes. The first finding was role did not have a significant effect on juvenile probation officer perceptions of clients/training. The study also found enhanced specialized training may have an effect on officer perceptions of training and clients.

Matching Court—Ordered Services with Treatment Needs: Predicting Treatment Success with Young Offenders The Principles of Effective Correctional Treatment Also Apply to Sex Offenders: A Meta-Analysis (November 2012) Researchers examined the correlation between matching juvenile treatment with the RNR (risk, need, and responsivity) principles and the effects on recidivism. While risk played a factor in recidivism, the study found that youth who had less than a quarter of their needs being addressed in treatment were 18 times more likely to recidivate than those whose needs were better matched.

Perceptions of Same-sex Domestic Violence Among Crisis Center Staff (December 2012) This study evaluated 120 crisis center workers to see if employees held different beliefs or perceptions regarding same-sex domestic violence compared to opposite-sex domestic violence (DV).

Recidivism Outcomes for Suburban Mental Health Court Defendants (January 2013) This study examined recidivism rates for one year post termination of 577 mental health court cases. The post one year recidivism rate for successful completion of mental health court cases was 14.5% compared to 25.8% for cases that declined to participate and 38% for cases that were terminated negatively.

Efficacy of Frequent Monitoring with Swift, Certain, and Modest Sanctions for Violations: Insights from South Dakota's 24/7 Sobriety Project (February 2013) The current study evaluated the effectiveness of swift and certain sanctions within South Dakota's 24/7 Sobriety Project. Using data from DUI arrests, vehicle accidents, and arrests for domestic violence from 2001 to 2010, researchers compared counties that implemented the 24/7 programs against those that have not. The researchers suggested the 24/7 program reduced DUI rearrests by 12% and domestic violence arrests by 9%.

The Importance of Coaching: A Brief Survey of Probation Officers (March 2013) Implementation science has found that adding coaching and on the job training increases skill retention. Researchers sought to discover why coaching helped probation officers acquire and use new correctional practices with their clients. Officers agreed or strongly agreed that: coaching allowed them to ask questions about the trained skills (93%) and offered a better understanding of how they can use the trained skills in their job (92%).

Low Self-Control, Deviant Peer Associations, and Juvenile Cyberdeviance (April 2013) Prior research has identified low self-control, anti-social personality, anti-social attitudes, and anti-social peers are the top four factors that contribute to real world criminal behavior. Researchers were interested in how the factors of low self-control and anti-social peers influence juveniles' virtual environment behaviors. Survey data showed a significant relationship between, anti-social peers and low self-control and the commission of cybercrime by a juvenile. While both factors contribute to cyberdeviance, the strongest overall predictor of virtual offending was anti-social peer groups.

Social Networks and Social Control of Probationers with Co-Occurring Mental and Substance Abuse Problems (May 2013) In the present study, researchers examined the influence of social control (i.e. influence from peers and professionals) on co-occurring individuals placed on probation (n=82). Probationers with co-occurring disorders had small social networks who provided great pressure to either conform to or ignore rules. Large social networks that are in favor of rule compliance predict greater treatment adherence. The quality of the relationship between treatment provider, and to a lesser extent probation officer, resulted in a higher level of treatment adherence, lower level of perceived coercion, and a lower risk of future probation violations.

Confinement for Technical Violations of Community Supervision: Is There an Effect on Felony Recidivism (June 2013) This study evaluated the effect of incarceration for technical violations on a population of offenders under the supervision of Washington state Department of Corrections. Analyzing offenders whom were supervised by one correction officer with at least 20 appointments (N=1,273), the study found that offenders who received jail for a sanction were at a 6% increased risk to recidivate with a felony conviction than those who were not incarcerated.



Self-Regulation of Goals and Performance: Effects of Discrepancy Feedback, Regulatory Focus, and Self-Efficacy (July 2013) Goals are one means to motivate and measure performance. This study examined the influence of feedback and self-set goals on realizing a goal hasn't been met and revising goals for new tasks. The findings suggest that the strongest predictor of goal revision was the discrepancy between goals and actual performance. Self-efficacy influenced to what degree goal revision occurred. When people believed they were capable of increased performance, they would set increasingly difficult goals.

Effective community-based supervision of young offenders (August 2013) In recent years there has been a wealth of research regarding evidence-based skills in supervision of adults but very limited research on evidence-based skill use with juveniles. Researchers discovered there was a significant positive relationship between the use of skills and decreased recidivism. Staff who received a global skill rating of 6 or more had clients with lower rates of recidivism than those who had a lower global skill rating.

Integrated Theory of Crimes of Trust (September 2013) There has been debate about whether factors that drive crime generally also contribute to economic or "white collar" crime. Utilizing data from the National Youth Survey Family Survey, researchers examined correlations between criminological theories and crimes of trust (e.g. fraud, workplace theft, embezzlement). The study analyzed self-report data from approximately 1,725 individuals between the ages of 18 to 24 and 38 to 45. After examining a number of factors in an individual's life, the most influential factor for the prevalence and frequency crimes of trust was the criminality of one's peers.

Early Termination of Supervision: No Compromise to Community Safety (October 2013) The current study examined rear-rest rates of early terminations of offenders from Federal supervision programs. The study analyzed 2,872 individuals for a period of three years following the end of supervision. Researchers discovered the rearrest rate for successful full term offenders (19.2%) was nearly double that (10.2%) of the early term comparison group.

Stalking Strain, Concurrent Negative Emotions, and Legitimate Coping Strategies: A Preliminary Test of Gendered Strain Theory (November 2013) Building upon previous research on stalking, this study examined whether there are any differences for females and males in the level of concurrent negative emotions (e.g. anxiety and helplessness) and whether any of the concurrent negative emotions lead to useful coping strategies. Females reported higher levels of concurrent negative emotions. Females were also much more likely than males to use helpful coping mechanisms. Lastly, female victims that experience anger as well as the emotion fear, anxiousness, or helplessness increased the likelihood of coping strategies of enlisting others or contacting the police.

Implementation Matters: A Review of Research on the Influence on Program Outcomes and the Factors Affecting Implementation (December 2013) In the present study, researchers were interested in whether implementation has a direct effect on outcomes and if any factors impacted implementation. After analyzing the data from 623 studies, researchers determined that outcomes were 2 to 12 times greater when the quality of implementation was high. Researchers also found 11 common factors that improved implementation efforts.

How do Probation Officers Assess and Manage Recidivism and Violence Risk for Probationers With Mental Health Disorder? An Experimental Investigation (January 2014) The present study examined the effect of mental health and substance abuse diagnoses had on probation officers' (PO) perception of risk and the impact on their case management decisions. Researchers found that mental health disorders increased the officers' perception of risk. POs were more likely to recommend higher levels of containment and mandate court ordered treatment to those with mental health disorders.

Establishing A Risk-Dosage Research Agenda: Implications for Policy and Practice (February 2014) The current article seeks to consolidate and summarize research on the amount of treatment required to lower recidivism. Researchers are currently studying the dosage of treatment and intervention effects on recidivism. Using a series of studies, researchers discovered a correlation between increased dosage for high risk offenders and decreased recidivism. One study discovered a 24 percentage point drop in high risk offenders when they received over 200 hours of treatment.

Adding positive reinforcement in justice settings: Acceptability and feasibility (March 2014) The present study examines the attitudes, thoughts, and beliefs of professionals involved with the implementation of contingency management (CM) programs in five U.S. Federal Probation locations. The five sites experienced similar issues with the concept of and distribution of incentives, behavioral contracting, and designing CM point systems. Full compliance in each system resulted in a number of different outcomes.

Order Output Reflects the Cognitive Accessibility of Goals (April 2014) The three studies, summarized here, examined if documented goal order was more closely related to mood, speed and ease of adoption, or importance. The first study suggests that a person's mood has an influence on goal order. The second and third studies' results discovered that the speed and ease of access to one's goals determines the order of goals listed more than their importance.

Self-Control and Substance Use Among College Students (May 2014) The current study explored links between self-control and substance abuse in a university setting. Researchers surveyed university students about their substance use (e.g. binge drinking, marijuana use, prescription drug use, other illicit drugs), self-control, demographic variables, religiosity, Greek membership, peers, and access to drugs. The study discovered self-control was related to all different forms of substance abuse. Both peers and opportunity moderated self-control for binge drinking and marijuana use.

Breaking Up is Hard to Do: Romantic Dissolution, Offending, and Substance Use During the Transition in to Adulthood (June 2014) The present study used data from the 1997 National Youth Survey to determine the impact of relationship dissolution on offending and substance use in late adolescent and young adults. Researchers discovered males and females process breakups differently. Males are more likely to participate in crime, use drugs, and use cocaine after multiple breakups. Females are not more likely to commit crime, but are more likely to use alcohol, binge drink, and use marijuana after multiple breakups.

Examining Disclosure of Physical and Sexual Victimization by Method in Samples of Women Involved in the Criminal Justice System (July 2014) This study examined if anonymous paper surveys or face to face interviews elicited more reports of physical or sexual victimization in the previous 12 months by women involved in the criminal justice system. A total of 565 women from a Midwestern urban county jail participated in the study. Researchers discovered that anonymous surveys elicited more instances of disclosure to physical abuse (44%) and sexual abuse (18%) than face to face interviews (24% physical, 10% sexual abuse).

Reinforcing compliance with non-drug-related activities (August 2014) In a study from 2001, researchers examined the effect of providing incentives for achieving-client-centered activities/goals in an intensive outpatient program (IOP). Participants from two IOP facilities were assigned to either standard treatment or an experimental group where they received incentives for providing negative substance abuse testing results and completing self-selected goals. Individuals in the group who were provided incentives stayed in treatment longer than the control group and finished 66% of activities/goals they selected.

Delaying gratification depends on social trust (September 2014) In two experiments, researchers surveyed adults' willingness to accept a lesser monetary reward right away or receive a reward of a larger monetary value later. Both experiments confirmed there was a correlation between the perceived trustworthiness of an individual and if a participant would wait for a larger reward. The more untrustworthy the provider of the reward seemed, the more unwilling individuals were to wait for a larger delayed reward.

Agreement About Intervention Plans by Probation Officers (October 2014) The present study examined agreement of probation officers' (PO) intervention plans and if PO experience has an effect on agreement. Dutch PO's were provided four different vignettes containing a short narrative and assessment information. PO's determined intervention plans for the different cases. After analyzing the plans, researchers determined that PO's were in good agreement about sanctions, fair agreement regarding conditions, criminogenic needs, and programs. However, agreement regarding instructions, controls, and goals were discovered to be poor.

A systematic review and meta-analysis on the effects of young offender treatment programs in Europe (November 2014) The present study analyzed treatment programs for young offenders in Europe. Drawing from 21 controlled evaluations with 7,940 offenders, the study discovered that treatment that incorporated Cognitive Behavioral and Behavioral Treatment programs with Risk-Need-Responsivity (RNR) principles had the largest impact on re-offending. The studies revealed a 16% reduction from a 50% base-line re-offense rate in control groups.

Working memory, fluid intelligence, and impulsiveness in heavy media multitaskers (December 2014) The current article examined whether heavy media multitasking had an impact on attention, working memory, task switching, fluid intelligence, and self-reported impulsivity and self-control. While there were no differences in light media multitaskers (LMM) and heavy media multitaskers (HMM) ability to multitask, the study identified that HMM reported being more impulsive, lower self-control, and lower measures of fluid intelligence.

However, research over the past two decades demonstrates that a 30% reduction in recidivism is possible if current knowledge —“evidence-based practices” — is applied with fidelity.

Frank Domurad & Mark Carey, 2009



Avoidance Goal Pursuit Depletes Self-Regulatory Resources (January 2015) Prior research has explored self-regulation as a resource that depletes with frequent use. In two studies, researchers examined the effects of avoidance (prevention-focused) goal pursuit on self-regulation re-sources and subject well-being. In both studies participants preference for avoidance goals were correlated with surveyed self-regulation resource depletion. The second study also discovered that avoidance goal pursuit was a negative predictor of subjective well-being.

A Randomized Study of Cellphone Technology to Reinforce Alcohol Abstinence in the Natural Environment (February 2015) The current study examines the use of cellphone technology, random breathalyzer monitoring, and contingency management (CM) to reduce drinking. Study participants were randomly assigned to either a CM group or a control group. The CM group received escalating vouchers for consecutive on-time breathalyzer (BA) tests below a 0.02 g/dl level, while the control group received the same compensation for on-time tests. At the end of the 4-week testing period, the CM group submitted a higher percentage of negative BA tests and achieved longer durations of abstinence than the control group.

The Impact of Violence and Abuse on Women's Physical Health: Can Trauma-Informed Treatment Make a Difference? (March 2015) Researchers were interested if trauma had any effect on women's health and health related behaviors (e.g. smoking, drug and alcohol use). The study discovered that trauma is related to poorer subjective health and drug use. Post-traumatic symptoms had the strongest relationship with poorer subjective health and drug and alcohol use. There was no significant difference between the control and intervention group, but the study did uncover that decreased drug use and post-traumatic symptom severity each predicted improved subjective physical health.

Coaching: The True Path to Proficiency, From an Officer's Perspective (April 2015) Utilizing officer testimonials, survey data, skill use data, and revocation rates, the current study examines the impact of coaching with the program Staff Training Aimed at Reducing Rearrest (STARR). After being trained officers would submit audiotapes, from which they would receive coaching. Officer testimonials confirm previous survey findings that coaching was a method to ensure knowledge skill transfer. Additionally, STARR skills use increased from 14% to 59% over the course of one year.

The Neglected "R" - Responsivity and the Federal Offender (May 2015) The current study utilized data from the United States Probation and Pretrial Services' case management system and initial Post-Conviction Risk Assessment (PCRA). Researchers sought to find the prevalence of responsivity factors, their interaction with demographics, and risk. From a sample of 19,753, 28% of offenders had a responsivity issue that interfered with success on supervision. Responsivity factors were more likely to be present in higher risk federal offenders. The most com-mon responsivity issues were transportation (9%) and mental health (8%).

The Importance of Reassessment: How Changes in the LSI-R Risk Score Can Improve the Prediction of Recidivism (June 2015) In the current study, researchers were interested in how changes in assessment scores effect rearrest. Both the initial and reassessment supported the validity for probability of rearrest. For each 1% change in score of the Level of Supervision Inventory – Revised (LSI-R), there was a 1% change in the probability of rearrest for one year following reassessment. Percent changes in criminal history, leisure/recreation, anti-social associates, and anti-social attitudes were all significant predictors of rearrest.

The Parolee - Parole Officer Relationship as a Mediator of Criminal Justice Outcomes (July 2015) The current study examined if a positive working alliance between a parolee and parole officer had an influence on positive outcomes. Data was collected from parolees in intervention and control conditions. While self-reported drug use was not significantly different, the number of parole violations (beyond drug use) was significantly lower. The supervision as usual group had an average of 2.9 parole violations per 100 days versus 0.2 per 100 days for the intervention group. The study also found that a positive working alliance was significantly associated with a lower chance of crime regardless of study group, risk, and study location.

Expeditious Disclosure of Sexual History via Polygraph Testing: Treatment Outcome and Sex Offender Recidivism (August 2015) Utilizing a sample of 192 sexual offenders on probation or parole, the study analyzed how quickly a full sexual history disclosure was obtained, and if a timely disclosure had any impact on recidivism or treatment outcome. Recidivism and treatment success of expeditious/quick disclosure clients were compared against non-expeditious disclosure clients. While timely disclosure was not significant for sexual recidivism, it was positively correlated with treatment completion.



The Influence of Client Risks and Treatment Engagement on Recidivism (September 2015) The present study examined how criminal history, criminal thinking, and treatment engagement influence recidivism. Researchers collected data from self-assessments and 12 months of felony rearrest (recidivism) data from 653 prisoners. The data was run through a series of models to determine if any significant relationships emerged. The model identified that criminal thinking was a significant negative predictor of treatment engagement. Criminal history and personal irresponsibility were found to be predictive of rearrest, while treatment participation and peer support in treatment were negatively associated with rearrest.

Goal Setting and Self-Efficacy Among Delinquent, At-Risk, and Not At-Risk Adolescents (October 2015) The current study examined how self-efficacy and goal setting differed between adolescent groups. The results of the study discovered that the delinquent group had a significantly lower number of goals, goals that were easier, and lower commitment to goals than the youth not at-risk. The type of goals were also significantly different between the two groups. Not at-risk youth were more likely to have high educational and interpersonal goals and low delinquency goals. Delinquent youth were more likely to have high delinquency goals and low education and interpersonal goals. Finally, the delinquent youth were more likely to have low self-efficacy with regard to academics and self-control.

The Effect of Cognitive-Behavioral Therapy on Driving While Intoxicated Recidivism (November 2015) The current study examined if cognitive-behavioral therapy (CBT) results in better outcomes than standard treatment for drunk drivers. Both groups completed pre and posts tests. The tests measured a number of factors including cognitive and behavioral functioning, coping responses, treatment outcomes, and reoffending. Researchers discovered that the CBT group only had a recidivism rate of 11% after three years, had significant declines in LSI-R scores, and showed significant improvement in overall functioning.

Responding to probation and parole violations: Are jail sanctions more effective than community-based graduated sanctions? (December 2015) Prior research identified that responding to violations with certainty, swiftly, and proportionally is effective, there are still many questions about the effectiveness of different types of violation responses. The current study examines the effectiveness of community-based violation responses and jail-based responses from 283 randomly selected Intensive Supervision Program (ISP) participants in Wyoming. The study uncovered that jail was no more effective influencing the frequency of violation behaviors, the number of violations, and the likelihood of completing ISP.

The Effectiveness of Challenging Skills in Work With Young Offenders (January 2016) This article examines the effects of probation officers challenging antisocial attitudes and statements. Researchers observed 116 client/ worker interactions by 46 youth justice workers. The interactions were coded for the number of times workers challenged their clients on anti-social views. The researchers also rated how the clients responded to the challenge. Researchers discovered that in 43% of the interactions, workers did not use skills to challenge thinking. When workers challenged anti-social views there was a positive response from the youth.

Does Training and Coaching Matter? An 18-month Evaluation of a Community Supervision Model (February 2016) This study sought to determine the role that training and coaching plays in core correctional skill use over an 18-month period following training. The experimental group of officers received training and coaching, while the control group was untrained and received no coaching for 18-months. From coded audiotapes researchers discovered that officers in the experimental group scored significantly higher in six Core Correctional Practices. Additionally the officers in the trained and coached group showed greater improvement over time.

Home Nodes, Criminogenic Places, and Parolee Failure: Testing an Environmental Model of Offender Risk (March 2016) This study sought to examine the impact of parolees' neighborhood environments on their success. Researchers utilized neighborhood information in Newark, New Jersey and the records of 1,632 parolees. Utilizing the collected information, the researchers built models to analyze what, if any, environmental risk factors near the parolees' homes influenced parole failure. The models did not provide any conclusive findings that living in risk filled neighborhood environments had an impact on parole success.

Catching Rudeness is Like Catching a Cold: The Contagion Effects of Low-Intensity Negative Behaviors (April 2016) In three studies, researchers examined if rudeness could be "caught", how future interactions would be influenced by exposure, and if it could be passed to a third-party. The three studies discovered that rudeness is contagious and could be passed to a third-party. Rude events create accessibility for individuals to respond to rude words more quickly. Finally, since experiencing rudeness creates accessibility, it increases the likelihood that future behaviors are rude.

Linking Positive Psychology to Offender Supervision Outcomes: The Mediating Role of Psychological Flexibility, General Self-Efficacy, Optimism, and Hope (May 2016) The current study examined the effects of positive psychology to offender supervision outcomes. Researchers surveyed offenders on psychological flexibility, general self-efficacy, optimism, and hope. The study confirmed offenders who were psychologically flexible, optimistic, hopeful, and had higher self-efficacy were more likely to possess fewer criminogenic risk factors and therefore, more likely to complete supervision successfully.

The Targeted Reading Intervention: Face-to-Face vs. Webcam Literacy Coaching of Classroom Teachers (June 2016)

This study sought to determine the differences between in-person coaching and coaching utilizing webcam technology. The population studied were rural kindergarten and first grade teachers who were implementing reading instruction strategies for struggling students. To assess the differences in coaching methods, schools were randomly assigned to control or experimental groups. Teachers were assessed on implementation quality, exposure, and self-efficacy. Measures found promising differences with webcam coaching, with no loss of program fidelity, in all areas measured.

Delinquent Peer Influence On Offending Versatility: Can Peers Promote Specialized Delinquency (July 2016)

The current study examined the relationship between peers and specialized offending. Utilizing data from the Gang Resistance Education and Training evaluation and the National Longitudinal Survey of Adolescent Health, researchers used statistical modeling to determine if there was a relationship between a juvenile's offense and their peers' offenses. The study discovered that peers significantly shape a juveniles offense specialization in crimes of violence, theft, and substance abuse.

"I Suck at Everything": Crime, Arrest, and the Generality of Failure (August 2016)

This study aims to explore how arrest (failing at crime) impacts other areas of individuals' lives. Researchers utilized interview data to determine if being arrested was a predictor of other failures in life (e.g. education, employment, relationships, health). After analyzing the data, researchers found that individuals who reported being arrested acquired 15% more jobs, were fired 63% more, were 27% more likely to work less than 10 hours a week, 34% more likely to fail a grade level, 30% less change of being married, more likely to contract an STD, and 147% more likely to have problems related to alcoholism than compared to a population that was not arrested.

The Supervision of Low-Risk Federal Offenders: How Low-risk Policy Has Changed Federal Supervision Practices Without Compromising Community Safety (September 2016)

The current article examines the impact of a low-risk supervision policy on Federal Pretrial and Probation supervision. Analyzing assessment and case management data before and after the adoption of a low-risk supervision policy, researchers determined if the policy had any impact on recidivism, number of contacts (personal and collateral), and collection of fines and restitution. A review of data discovered that the low-risk supervision policy did not increase recidivism, decreased contacts for low-risk, increased total monthly contacts for high-risk, and resulted in fewer restitution payments.

The Connection of Probation/ Parole Officer Actions to Women Offenders' Recidivism (October 2016)

This study looks at the direct effects of probation/parole officer relationship style, attention to criminogenic needs, and intensity of supervision on women offenders' arrests and convictions. The study found that officer's behavior did not have a direct effect on official recidivism, but the officer's relationship style did have an indirect effect on recidivism due to offender's negative responses to supervision interactions.

Practitioner Compliance with Risk/Need Assessment Tools A Theoretical and Empirical Assessment (November 2016)

This study explores community corrections practitioners' compliance and noncompliance with risk/ need assessment tools. Researchers examined 1,087 survey responses from members of American Probation and Parole Association (APPA) to determine scoring practices and use of risk and need assessment tools by practitioners. While there were high levels of compliance among practitioners to complete the risk/need tools, ongoing use of the tools to make risk and need-based decisions varied.

An Experimental Evaluation on the Impact of Intensive Supervision on the Recidivism of High-Risk Probationers (December 2016)

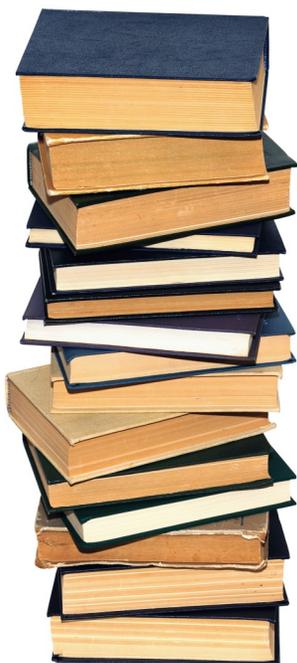
This article examines the differences between intensive and regular supervision caseloads and the effect on recidivism. Two separate groups of similarly high risk offenders were examined for possible linkages between recidivism and the frequency of ISP officer contacts, drug screens, and home visits. There was no statistically significant difference in the rate of recidivism after 12 months.

The impact of skills in probation work: A reconviction study (January 2017)

In the present study, researchers analyzed videotaped interviews between probation officers and probationers. Using a checklist, researchers assessed officers on their interview skill use. Interview skills consisted of relationship skills and structuring skills. Then compared reconviction rates of the interviewed probationers. The study uncovered that probationers who were exposed to higher skill use were 22% less likely to be reconvicted. When officers used more skills, there was a 34% reduction in reconviction.

Changing Probation Officer Attitudes: Training Experience, Motivation, and Knowledge (February 2017)

This study provides a comparison of overall knowledge and the individualized "working philosophy" of probation officers before and after completion of an Integrated Behavioral Intervention Strategies (IBIS) training. Survey analysis of participant's responses revealed that training not only advances knowledge of IBIS, but that it also improves outcomes particular to the five dimensions of effective correctional practice including: the effective use of authority, anticriminal modeling, problem solving, use of community resources, and quality of relationships between staff and client.



Implementation of evidence-based home visiting programs aimed at reducing child maltreatment: A meta-analytic review (March 2017) This meta-analysis sought to identify the implementation factors that have the biggest impact on outcomes. The study focused on the implementation of home visiting programs that target high-risk families with children ages 0-5. Findings show training, supervision, and fidelity have impacts on positive outcomes.

The Unexpected Positive Impact of Fixed Structures on Goal Completion (April 2017) The current study summarizes four separate field experiments investigating goal adoption and completion on goals that were completed in a flexible (in any order of steps) or fixed (a specific order or steps) sequence. All four experiments found that flexible goals were adopted at a significantly higher rate than goals in a fixed sequence. Conversely, the goal completion rate was significantly higher with a fixed sequence.

The Role of Transportation Disadvantage For Women on Community Supervision (May 2017) This study defines transportation disadvantage, documents its prevalence, and explores the problems it creates among justice-involved women. Bohmert conducted a study of 366 females on probation or parole and found that transportation was a concern for 42.6% of participants this coincides with other needs including health, safety, employment, neighborhood accessibility, and social support.

Goal Setting as a Means of Increasing Motivation (June 2017) The current study was completed in 1967 and sought to discover how goal setting could influence motivation and performance on a task. The study discovered that there was a significant increase in performance when individuals had goals. Conversely there was a significant decline in performance in the "do your best" group.

Female Offenders' Multiple Goals for Engaging in Desired Communication with Their Probation/Parole Officers (July 2017) The current study examined communication between females on community supervision and their supervising officers. Interviews were conducted with 127 women specifically about difficult conversations with their supervising offices. The study discovered that 68% of women talked about the difficult issue while 33% did not. Concern about losing freedom was the only significant factor that predicted whether or not the women would discuss issues or needs with her supervising officer.

Head injury screening and intimate partner violence: A brief report (August 2017) The aim of this study was to identify prevalence rates of mild traumatic brain injuries (mTBIs) in a sample of intimate partner violence (IPV) victims. This study found that 80% of participants screened positive for a lifetime incident of head injury and 56% currently met criteria for mTBI. Women who reported a lifetime incident of head injury (80%) also reported current, frequent post-concussive symptoms

Pygmalion in the Classroom (September 2017) The present study, conducted in 1965, tested whether teacher expectations of students could actually impact the real performance of students over the course of a school year. Students were given a test and randomly assigned to either a high intelligence group "spurter" or a control group. The students that were assigned as "spurters" showed significant gains in standardized test scores in the first and second grades.

Do relationships matter? Examining the quality of probation officers' interactions with parolees in preventing recidivism (October 2017) This study sought to determine how the quality of the working alliance affected recidivism among a sample of 300 men on parole. Relationship quality was measured by both supervising officers and parolees. The quality of relationship was rated poorer by officers for parolees who were higher risk, had lower motivation, were less prepared for release, have not had prior treatment participation, and had fewer protective factors. When controlling for the latter variables, the parolee's perspective of the relationship was a significant predictor of reimprisonment.

Offenders With Mental Illness Have Criminogenic Needs, Too: Toward Recidivism Reduction (November 2017) In the present study, researchers tested whether factors unique to individuals with mental health concerns contributed to recidivism (new charge or revocation) of parolees. The study found parolees with mental health concerns were no more likely to be charged with a new crime, but significantly more likely to have a revocation than the comparison group with no mental health concerns. The mental health group had significantly more generalized risk factors. Finally, factors unique to mental health parolees (e.g. medication adherence) did not increase individual recidivism rates.

Dosage is more than just counting program hours: The importance of role-playing in treatment outcomes (December 2017) In the present study, researchers were interested in the effect role-play exposure had on recidivism. The study examined the role-play frequency of 980 adult male offenders successfully discharged from a community based corrections facility. For study participants, role-plays reduced the likelihood of recidivism for medium and high risk offenders. Role-plays with lowest risk offenders did not show significant results.

Marital Process Predictive of Later Dissolution: Behavior, Physiology, and Health (January 2018) In the present study, researchers were interested in the processes that led to marriage dissolution (divorce). Seventy-three married couples were studied for a period of four years. To see what patterns of interactions contributed to couples staying together, separating, or divorcing. Researchers discovered that those marriages with patterns of more positive activity were less likely to end in divorce.