

**An evaluation of the Sycamore Tree Programme - Based on an Analysis of Crime Pics II Data**

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Hallam Centre for Community Justice

# An evaluation of the Sycamore Tree Programme: based on an analysis of Crime Pics II Data

August 2009

Simon Feasey and Patrick Williams

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# **An Evaluation of the Sycamore Tree Project**

## **Based on an Analysis of Crime Pics II Data**

**Simon Feasey and Patrick Williams**

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## Introduction

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Sheffield Hallam University, in conjunction with Manchester Metropolitan University, were commissioned to undertake an evaluation of the Sycamore Tree programme by Prison Fellowship England and Wales who have been delivering the programme across a wide range of prisons throughout England and Wales over a number of years. This current evaluation builds on a previous report published by Sheffield Hallam University in 2005 which undertook a similar analysis and identified a positive impact on prisoners who had successfully completed the programme.

Prison Fellowship is a registered charity that trains some 1,200 volunteers from all Christian denominations to support prison chaplains and run programmes in prisons. Support is given to all who request it, regardless of their beliefs. This is through prayer, practical action and values-based programmes. One such programme is the Sycamore Tree programme, which is the subject of this report.

The Sycamore Tree Programme is a victim awareness programme that teaches the principles and application of restorative justice. The content is covered in six sessions designed to enable prisoners to understand the impact of their crime on victims, families and the community. It also encourages prisoners to accept personal responsibility for their actions and points to the need to make amends. Surrogate victims come into prison to tell their stories. At the end of the programme, prisoners are given the opportunity to make a symbolic act of restitution, taking the first step towards making amends for their past behaviour. The programme is available to all regardless of faith, gender or age and is delivered by trained Prison Fellowship staff and volunteers.

The Programme consists of approximately 15 hours of structured discussion and activities and seeks to enable participants to:

- Understand the wider impact of their criminal behaviour and accept a greater level of personal responsibility.
- Identify with a victim's experience of crime and the need for victim/offender forgiveness and reconciliation.
- Learn about the process of Restorative Justice and how offenders, victims and the wider community can take part.
- Plan steps to take to reduce offending behaviour whilst still in prison.

Prison Fellowship have been delivering the Sycamore Tree Programme throughout 50 penal establishments since 1998 with more than 10,000 prisoners taking part. Prisoners that have participated completed a psychometric questionnaire, Crime Pics II, both immediately before and after the programme as a part of an evaluation framework designed to measure the programme impact. In 2005 the Hallam Centre for Community Justice reported on the analysis of 2197 completed pre and post programme questionnaires. This subsequent analysis reports on a further 5007 questionnaires completed since 2005.

## Crime Pics II

The Crime Pics II questionnaire was developed by Michael and Associates in 1994. Essentially, Crime Pics II is a 35 item, structured, questionnaire designed to measure an individual's attitude to offending on a number of distinct scales. It has been employed extensively throughout the National Offender Management Service (NOMS) as a tool to measure the impact of both accredited and non-accredited programmes of intervention. In 2003, the tool was adopted as one of eight measures to evaluate the impact of nationally accredited general offending behaviour programmes.

The following table provides a summary of the 'attitudes', which are targeted by the questionnaire and provides an explanation for each of the areas.

| Psychometric Features                              |   |
|--|---|
| <b>Crime PICS II</b>                               |   |
| <b>General Attitude (G Scale)</b>                  | Measures the offender's general attitude towards offending. A low score indicates that the individual believes that an offending lifestyle is not desirable.  |
| <b>Anticipation of future offending (A Scale)</b>  | Measures the offender's anticipation of re-offending. A low score suggests that the individual does not anticipate re-offending.  |
| <b>Victim Empathy (V Scale)</b>                    | Measures the offender's attitude towards his / her victims – whether they believe they have caused any harm. A low score indicates that the individual recognises their actions impact on victims, directly or indirectly i.e. higher victim empathy.   |
| <b>Evaluation of Crime as Worthwhile (E Scale)</b> | Measures the offender's evaluation of crime being worthwhile. A low score indicates that the individual perceives the cost of crime as being greater than its rewards.  |
| <b>Problem Inventory (P Scale)</b>                 | This problem inventory measures the offender's perceptions of their current problems (e.g. money, relationships, housing etc). The higher the score, the greater the number and gravity of identified problems. However, caution should be taken when interpreting these results as an increase may also indicate better problem identification skills. |

## Using the Crime Pics II Questionnaire

Within the context of the Sycamore Tree programme, the questionnaire has been used as an evaluative measure, assessing the participating prisoner's pro-criminal attitudes at both the pre (before programme commencement) and post (following completion of the programme) stages.

In doing so a 'difference measure' can be calculated that ascertains the degree of change from before to after the programme and therefore can be used to indicate the impact and effectiveness of the programme on completers. It is anticipated that there will be a positive shift (reduction) in pro-criminal attitudes for programme participants and specifically those attitudes relating to victim empathy and anticipation of future offending. This will be done by measuring prisoner responses to the Crime Pics II questionnaire at the beginning, and then again on completion of the programme.

As such this evaluation of the Sycamore Tree programme will include analysis of the shifts in pre and post mean (average) scores to explore whether there have been positive changes in the overall scores of programme participants. Secondly, the data will be subjected to further analysis to measure the extent to which any identified change, in mean scores, can be attributed to the programme. Specifically, more detailed analysis will focus upon changes on the 'victim empathy' and 'anticipation of future offending' scales<sup>1</sup>.

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<sup>1</sup> It is important to highlight the limitations of the following analysis in the absence of offence data and offending profiles. Empathy for victim(s) is highly related to perceptions of the victim. This should not be considered as a 'dichotomous' variable. Indeed victim empathy and perceptions of it are likely to be graduated whereby the extent of victim empathy will be determined by the nature of the victim, the characteristics of the offender and the offence type.



## Methodology

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In total, 5007 sets of questionnaires were inputted for participants who had both commenced and completed the Sycamore Tree programme.<sup>2</sup> Although it has not been possible to ascertain the numbers of prisoners who actually commenced the programme the number of questionnaires for analytical purposes is excellent. A data set of this size enables an analysis whereby it is possible to measure the size of anticipated 'change' in scores and the extent to which the *change* is as a result of the programme. Importantly, given the number of questionnaires for analysis, the analysis will include statistical tests to measure the extent to which any changes in attitudes can be attributable to the Sycamore Tree programme.

To this end, a 'paired samples t-test' will be used. Importantly, this test enables the measurement of participant attitudes at two different times, and therefore can indicate if any identified change is firstly significant and secondly, attributable to the Sycamore Tree programme. In addition, this evaluation will examine levels of change against a number of known demographics namely, *age*, *gender*, the *risk classification* of the prison and the *institution*. The following section will present the findings from the analysis of all inputted questionnaires.

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<sup>2</sup> Throughout the report there may appear discrepancies away from this overall figure. This is due to missing data in relation to pre and post scores for a very small number of prisoners.

## Results

### Profile of the Sample

#### Gender:

Data was inputted for the 51 prison institutions within which the Sycamore programme was delivered. Drawing upon the institution name, it was possible to identify and isolate those institutions for women prisoners. As such *gender* was identified by separating out those institutions for women prisoners and those for men. Of the 5007 sets of questionnaires used to inform this evaluation, 567 were completed by women prisoners. This represents 13% of the overall sample with all other questionnaires completed by men (87%).

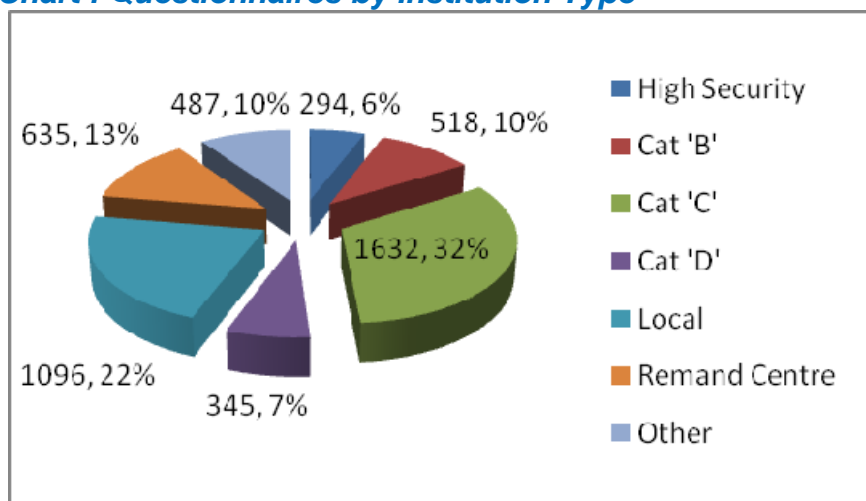
#### Adult/Young Offender:

Using a similar approach, a categorisation for *age* was included by separating 'Adult' institutions from 'Young Offender Institutions'. Crime Pics II questionnaires completed in Young Offenders Institutions (YOI) represented 17% (n= 846) of the overall sample with 83% of questionnaires completed in 'Adult' prisons. A YOI categorisation indicates that the prisoners are less than 21 years of age.

#### Risk Classification of the Prison:

It is likely that the *risk classification* of the institution partly reflects the seriousness of the offence committed and the risk that the prisoner presents to the prison service in terms of behaviour and security. As such, the sample was again explored to identify the 'classification' of the prison institution. The following chart shows the number of questionnaires completed by institution type.

**Chart : Questionnaires by Institution Type<sup>3</sup>**



The sample for analysis is predominantly made up of questionnaires completed by prisoners within 'Category C' (32%) and 'Local' (22%) prison establishments. Also, 6% of the sample represents questionnaires completed by prisoners within 'High Security' prisons.

<sup>3</sup> The 'Other' category categorises those institutions where the prison classification was not evident which includes; Adelaide House, Onley, Send, Stoke Heath and Thorn Cross.

## Attitudinal Change

As discussed earlier, the measurement of programme impact is undertaken by analysing the (level of) change between pre scores and post scores. Following this, it is important to assess the 'evidence of change' by subjecting the data to statistical tests. The following table provides information on the overall mean scores and evidence of change on the five scales of the Crime Pics II questionnaire.

### Overall Attitudinal Change - Whole Sample

| Whole Sample (n= 5006) |                   |                    |             |                           |
|------------------------|-------------------|--------------------|-------------|---------------------------|
| <i>Dimensions</i>      | <i>Pre Scores</i> | <i>Post Scores</i> | <i>Sig.</i> | <i>Evidence of change</i> |
| G Score                | 36.02             | 31.46              | 0.00        | Yes                       |
| A Score                | 11.90             | 10.77              | 0.00        | Yes                       |
| V Score                | 5.23              | 4.44               | 0.00        | Yes                       |
| E Score                | 9.37              | 7.72               | 0.00        | Yes                       |
| P Score                | 25.27             | 23.13              | 0.00        | Yes                       |

As can be seen there is a positive shift between the pre and post scores denoted by a reduction in the average scores. Specifically, there was a reduction in the 'general attitude' (G Score) of those prisoners who completed the programme from 36.02 to 31.46. A similar trend is evident on all the Crime Pics II scales.

Secondly, a T-Test was applied to the data to measure the likelihood (probability) of the change being due to chance. For the purpose of this evaluation the level of significance applied suggests that where the 'evidence of change' is 'Yes' then there is a 5 in 100 (5%) chance that the change is due to chance.<sup>4</sup> Therefore for the overall sample, it is clear that there was a statistically significant shift in prisoners' attitudes that participated on the Sycamore programme.

A key objective of the Sycamore Tree programme is to improve the programme participant's attitude towards the victim(s) of their offending behaviour. Therefore, the primary concern of this evaluation project is the analysis of attitudinal shifts between the pre and post scores on the '*victim empathy*' and '*anticipation of crime as worthwhile*' scales. Commentators have identified two aspects of empathy; 'cognitive empathy' refers to the ability to recognise and understand other perspectives, whilst 'emotional' or 'affective' empathy, relates to the capacity to vicariously experience the emotions of others. Crime Pics II primarily seeks to measure changes in cognitive empathy so that improved scores might indicate a greater awareness of the impact of their crimes on victims and recognition that they are responsible for inflicting harm on others.

Intrinsically, analysis of the V (victim empathy) scale, provides a mechanism for evidencing the extent to which the programme meets the desired outcomes. It is anticipated that an increase in an offender's awareness of the impact of their crime

<sup>4</sup> Throughout this report statistical tests will be applied. By way of clarification a 'paired samples t-test' is used to look at whether there is any *statistically powerful difference* between the pre and post mean. The level of significance applied was the standard  $p \leq 0.05$ , this means that the probability is less than 5 in 100 (5%) that the change in score is due to chance.

on victims will have a positive effect upon future behaviour and reduce the likelihood of future offending.

Within this context there are clear positive shifts between the pre and post score on the victim empathy scale from 5.23 to 4.44. Similarly a shift from 11.90 to 10.77 was found on the 'anticipation of future offending' scale. The above table shows that the shifts in scores are statistically significant and therefore evidence that the change in attitudes is associated with participation on the Sycamore Tree programme.

This is an important finding highlighting the benefits afforded to those prisoners that participated on the programme. Subsequent analysis will incorporate an exploration of both the victim empathy and anticipation of future offending scale as a means of highlighting the targeted impact of the programme.

### Overall Attitudinal Change by Gender

| Dimensions | Male(n= 4439) |             |      |                    | Female (n=567) |             |      |                    |
|------------|---------------|-------------|------|--------------------|----------------|-------------|------|--------------------|
|            | Pre Scores    | Post Scores | Sig. | Evidence of change | Pre Scores     | Post Scores | Sig. | Evidence of change |
| G Score    | 36.01         | 31.49       | 0.00 | Yes                | 36.12          | 31.24       | 0.00 | Yes                |
| A Score    | 11.92         | 10.76       | 0.00 | Yes                | 11.74          | 10.86       | 0.00 | Yes                |
| V Score    | 5.21          | 4.44        | 0.00 | Yes                | 5.36           | 4.43        | 0.00 | Yes                |
| E Score    | 9.41          | 7.78        | 0.00 | Yes                | 9.05           | 7.20        | 0.00 | Yes                |
| P Score    | 24.61         | 22.61       | 0.00 | Yes                | 30.48          | 27.22       | 0.00 | Yes                |

Exploration of pre/post programme change by gender highlights a similar pattern as the whole sample analysis above. Attitudinal changes between pre to post scores show a general downward shift in pro-criminal attitudes for both male and female programme participants. Of interest, at both the pre and post stage there is a higher (mean) perception of current problems for female participants. Further, the post score for female participants is higher than the pre score for male offenders. This suggests that for female participants the level of problems that they perceive and in reality face is greater than that for male prisoners. In other words, even though a reduction in perception of problems is evident across gender, women have a greater perception of problems after the programme than men did before. This finding supports previous research that infers the prevalence of problems for female offenders including problems around mental health and the pains of imprisonment generated by a range of factors including children and childcare.

Again, overall there was a statistically significant shift on all attitudinal scales for both male and female programme participants.

### Overall Attitudinal Change - Adult/YOI

| Dimensions | Adult(n= 4160) |             |      |                    | Young Offender Institution (YOI) (n= 846) |             |      |                    |
|------------|----------------|-------------|------|--------------------|---|-------------|------|--------------------|
|            | Pre Scores     | Post Scores | Sig. | Evidence of change | Pre Scores                                | Post Scores | Sig. | Evidence of change |
| G Score    | 35.49          | 30.97       | 0.00 | Yes                | 38.65                                     | 33.88       | 0.00 | Yes                |
| A Score    | 11.78          | 10.66       | 0.00 | Yes                | 12.50                                     | 11.28       | 0.00 | Yes                |
| V Score    | 5.23           | 4.45        | 0.00 | Yes                | 5.24                                      | 4.37        | 0.00 | Yes                |
| E Score    | 9.13           | 7.47        | 0.00 | Yes                | 10.53                                     | 8.91        | 0.00 | Yes                |
| P Score    | 25.14          | 22.99       | 0.00 | Yes                | 25.92                                     | 23.80       | 0.00 | Yes                |

The above also shows that the programme has an impact on participants irrespective of the age. A look at the pre scores demonstrates that pro-criminal

attitudes are more prevalent for those prisoners categorised as young offenders. This is evident upon all Crime Pics II scales. The most profound difference is found on the G score where younger offenders have a raised general attitude to offending behaviour. In addition, the 'anticipation of future offending' and 'evaluation of crime as worthwhile' is raised for younger offenders. Again, the shifts from pre to post programme scores highlights a reduction in attitudes which is attributable to participation on the programme for both Adult and Young offenders. Again this supports previous research relating to the correlation between involvement with crime and age<sup>5</sup>.

### Overall Attitudinal Change - Prison Classification

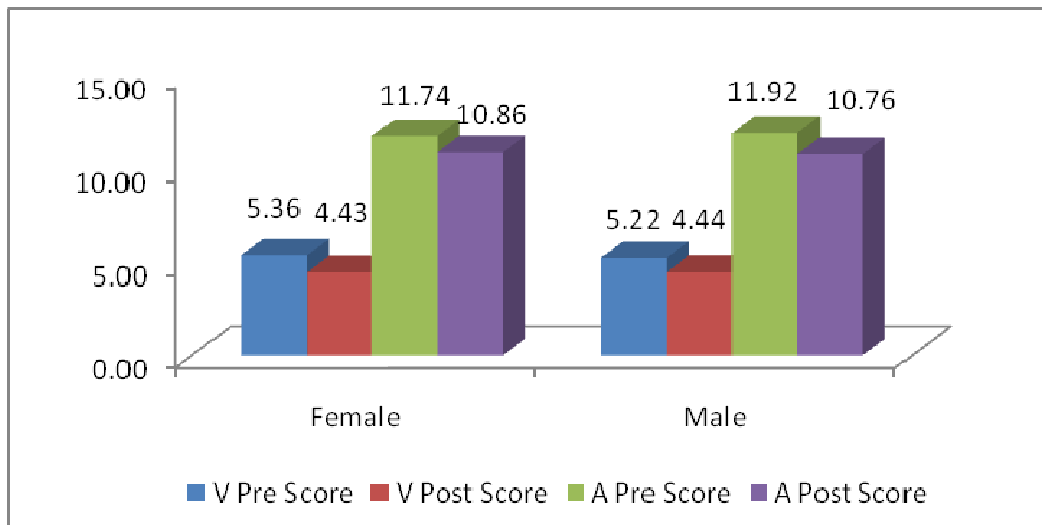
| Prison Category     | G Scale |       |      | A Scale |       |       | V Scale |      |      | E Scale |      |      | P Scale |       |      |
|---------------------|---------|-------|------|---------|-------|-------|---------|------|------|---------|------|------|---------|-------|------|
|                     | Pre     | Post  | Sig  | Pre     | Post  | Sig   | Pre     | Post | Sig  | Pre     | Post | Sig  | Pre     | Post  | Sig  |
| High Security (293) | 35.87   | 31.42 | 0.00 | 12.03   | 10.74 | 0.00  | 5.11    | 4.33 | 0.00 | 9.33    | 7.82 | 0.00 | 25.54   | 23.04 | 0.00 |
| Cat 'B' (518)       | 35.81   | 32.53 | 0.00 | 11.60   | 11.11 | 0.005 | 5.76    | 5.05 | 0.00 | 9.36    | 7.97 | 0.00 | 24.30   | 22.87 | 0.00 |
| Cat 'C' (1632)      | 35.49   | 30.65 | 0.00 | 11.81   | 10.54 | 0.00  | 5.19    | 4.47 | 0.00 | 9.12    | 7.36 | 0.00 | 24.58   | 22.49 | 0.00 |
| Cat 'D' (345)       | 32.07   | 28.81 | 0.00 | 10.42   | 9.92  | 0.016 | 5.20    | 4.28 | 0.00 | 8.33    | 6.98 | 0.00 | 21.99   | 20.39 | 0.00 |
| Local (1096)        | 36.97   | 32.00 | 0.00 | 12.31   | 10.97 | 0.00  | 5.26    | 4.36 | 0.00 | 9.54    | 7.79 | 0.00 | 27.29   | 24.76 | 0.00 |
| Remand Centre (635) | 37.34   | 32.23 | 0.00 | 12.23   | 10.75 | 0.00  | 4.88    | 4.19 | 0.00 | 9.95    | 8.31 | 0.00 | 25.40   | 22.88 | 0.00 |
| Other (487)         | 37.04   | 32.76 | 0.00 | 12.17   | 11.33 | 0.00  | 5.25    | 4.39 | 0.00 | 9.80    | 8.14 | 0.00 | 26.11   | 24.21 | 0.00 |

The examination of pre and post mean scores by prison categorisation provides a valuable insight into the levels of pro-criminal attitudes for participants in different prison institutions. The participants with the lowest level of pro-criminal attitude was found within the 'Category D' prison institutions, apart from on the V scale where those prisoners within 'remand centres' had an overall lower mean. This may reflect the type of offences committed by those held within Remand Centres or the 'unsentenced' status of those participating on the programme. Overall prisoners within 'Local' prisons appear to present with the higher levels of pro-criminal attitudes. Although requiring further investigation, there is a suggestion that the perception of problems is related to the offender's general attitudes to offending behaviour. There was again a positive shift between the pre and post programme scores on each scale by prison and again provides evidence of the positive impact of the programme.

<sup>5</sup> Farrington, D. (2001) Child delinquents: development, interventions and service needs. London: Sage Publications.

## Analysis of the V and A Scales

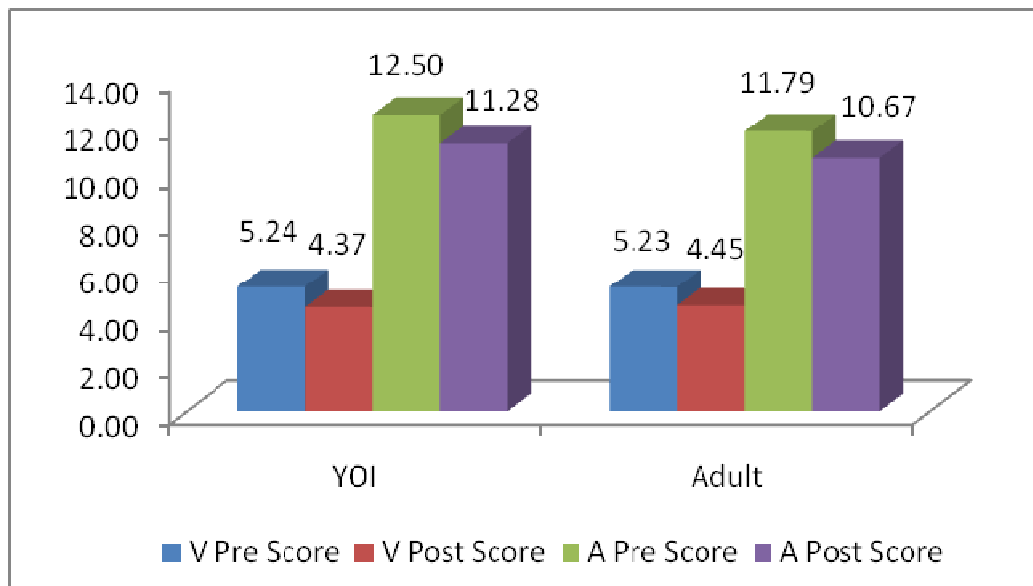
### Attitudinal shifts in V-Scale and A-Scale by Gender



The above chart shows the scores and attitudinal shifts on the V scale and the A scale. Overall it is evident that the programme has a positive impact on all participants irrespective of gender differences. In relation to the V scale, there is a greater attitudinal shift for female participants than their male counterparts. As such, the regard for victims is slightly higher for male participants prior to programme commencement. However on completion of the programme, regard for victims is increased for both female and male participants.

Significantly, the extent to which the prisoners 'anticipate' committing future offences decreases as a result of completing the Sycamore Tree programme. However, on this scale, there is a larger shift for male offenders than their female counterparts. Prior to programme commencement, the attitude of male participants was increased (11.92 vs. 11.74) in anticipating offending on release. As a result of Sycamore Tree programme intervention, offending related attitudes are reduced to 10.76.

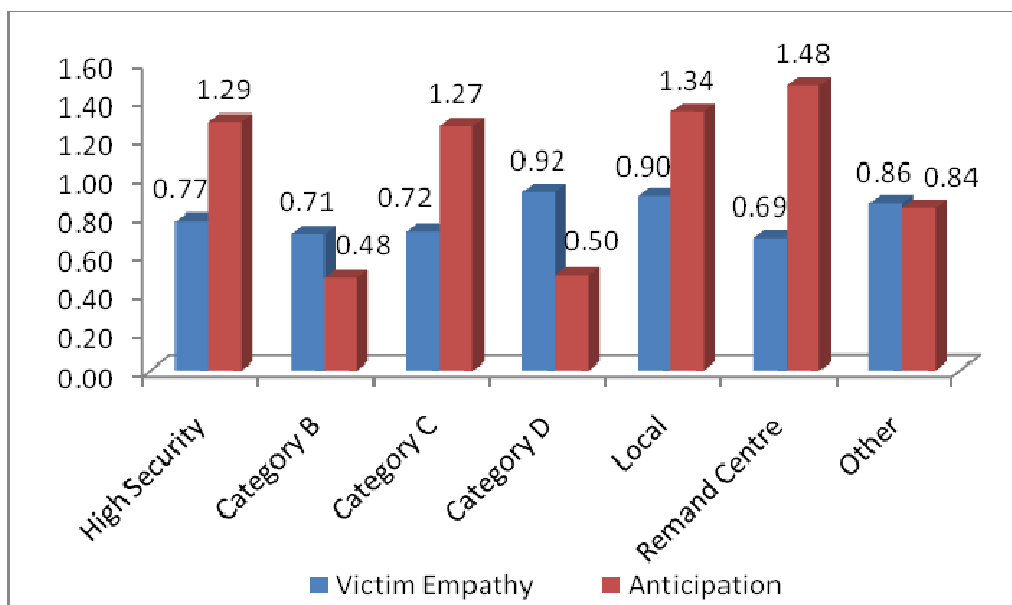
### Attitudinal shifts in V-Scale and A-Scale by Adult/YOI



As shown in the above chart, programme participants within YOI institutions had more negative attitudes than their adult counterparts. Therefore on both the V scale (5.24 vs. 5.23) and the A scale (12.50 vs. 11.79) younger prisoners' demonstrate higher levels of pro-criminal attitudes. There is evidence that the Sycamore Tree programme has a greater impact upon younger offenders where we measured attitudinal change.

The difference between the victim empathy pre and post scores for adult participants was 0.77, whereby for younger offenders the difference was 0.87. Similarly on the A scale the difference between the pre and post score for adult prisoners was 1.12, whereby for the younger prisoner the difference was 1.22. As such, the Sycamore Tree programme has a statistically significant impact on the attitudes of participants irrespective of age group. However, there is also evidence to suggest that the programme has a greater impact upon younger participants than their adult counterparts.

### Attitudinal shifts in V-Scale and A-Scale by Prison Category<sup>6</sup>



The above chart shows the difference between the pre and post scores on the victim empathy scale and the anticipation of future offending scales by prison category. It is evident that the Sycamore Tree programme has a significant impact upon all programme participants with a positive shift in attitudes.

In terms of victim empathy, the largest impact is found for those prisoners who were subjected to the intervention within Category D prisons (0.92) with programme impact was weaker for participants in 'remand centres' (0.69), although the impact was still statistically significant. For participants, the programme had a greater impact upon the 'anticipation of future offending'.

Significantly, the impact is strongest for those participants within remand centres (1.48) and weakest for those participants in Category B prisons. Given that those participants within remand centres demonstrate the weakest shifts in victim empathy, yet the strongest on the A-scale indicates that the relationship between the two scales is not clear. This is supported with the following. For high security, Category C, Local and Remand Centres there were greater shifts on the A scale. For Category B, Category D and the 'Other' institutions, attitudinal shifts were more pronounced on the V-scale.

<sup>6</sup> It is important to acknowledge that this chart reflects the difference between pre and post scores by category institutions. Attention is therefore drawn to the scale of the chart which is between 0 and 1.6.



**Table to show changes between pre and post scores by Institution**

The table provides a breakdown of the pre and post mean scores on all scales of the Crime Pics II questionnaire. It is evident that there are positive shifts from the pre and post scores on all scales for the majority of institutions (apart from Adelaide House where there is a slight increase in the perception of current problems). As such, those attitudes conducive to pro-criminal attitudes are reduced for those prisoners that participated on the Sycamore Tree programme. However again, given the limitations on the data made available upon those prisoners who participated on the programme greatly limits the extent to which this evaluation can assess the specific features of the intervention and the participants that contributes to the identified shifts between pre and post scores.

| Prison Name     | n   | Pre Scores |         |         |         |         | Post Scores |         |         |         |         |
|-----------------|-----|------------|---------|---------|---------|---------|-------------|---------|---------|---------|---------|
|                 |     | G Scale    | A Scale | V Scale | E Scale | P Scale | G Scale     | A Scale | V Scale | E Scale | P Scale |
| Adelaide House  | 11  | 43.36      | 15.55   | 5.55    | 9.91    | 29.00   | 40.27       | 14.82   | 5.09    | 9.55    | 30.91   |
| Aylesbury       | 21  | 40.43      | 12.67   | 4.10    | 10.90   | 29.29   | 38.32       | 12.36   | 3.59    | 10.55   | 28.23   |
| Birmingham      | 117 | 37.50      | 12.69   | 5.12    | 9.62    | 27.25   | 33.21       | 11.73   | 4.41    | 7.96    | 25.03   |
| Blantyre House  | 35  | 33.14      | 11.09   | 5.09    | 9.03    | 21.83   | 27.86       | 9.57    | 4.23    | 6.91    | 19.91   |
| Brixton         | 11  | 32.36      | 10.55   | 5.36    | 8.82    | 25.00   | 29.55       | 9.55    | 4.00    | 7.18    | 21.82   |
| BronzeField     | 91  | 39.00      | 12.87   | 6.11    | 9.41    | 33.97   | 32.68       | 11.29   | 5.07    | 7.73    | 30.34   |
| Bullingdon      | 153 | 37.34      | 12.59   | 5.35    | 9.50    | 25.88   | 31.33       | 10.88   | 4.19    | 7.44    | 23.16   |
| Canterbury      | 16  | 30.19      | 10.38   | 4.69    | 7.81    | 23.31   | 26.19       | 9.75    | 3.88    | 5.94    | 21.06   |
| Channings Wood  | 15  | 39.73      | 13.27   | 4.80    | 9.60    | 26.60   | 31.27       | 11.67   | 4.67    | 7.40    | 25.93   |
| Dartmoor        | 14  | 39.00      | 12.29   | 4.57    | 10.43   | 24.79   | 32.93       | 10.57   | 3.79    | 8.07    | 21.36   |
| Downview        | 154 | 35.22      | 11.14   | 5.87    | 9.18    | 29.51   | 31.51       | 10.60   | 4.89    | 7.55    | 27.01   |
| Edmunds Hill    | 99  | 38.83      | 13.32   | 5.47    | 10.08   | 27.30   | 31.55       | 10.99   | 4.48    | 7.74    | 24.55   |
| Erlestoke       | 27  | 38.59      | 12.56   | 4.56    | 9.78    | 24.44   | 33.48       | 11.96   | 3.78    | 7.67    | 21.89   |
| Exeter          | 69  | 37.88      | 13.07   | 4.36    | 9.39    | 29.74   | 34.61       | 12.19   | 3.80    | 8.03    | 27.84   |
| Feltham         | 115 | 43.28      | 13.39   | 5.25    | 12.56   | 29.62   | 36.35       | 11.20   | 4.33    | 10.63   | 24.90   |
| Forest Bank     | 15  | 43.27      | 15.27   | 5.60    | 11.13   | 30.80   | 35.27       | 12.53   | 3.93    | 8.93    | 24.93   |
| Full Sutton     | 135 | 33.80      | 11.10   | 4.87    | 8.86    | 21.65   | 29.24       | 9.95    | 4.42    | 7.19    | 20.08   |
| Garth           | 53  | 36.06      | 12.81   | 4.55    | 10.00   | 24.74   | 30.55       | 10.70   | 3.66    | 7.38    | 21.94   |
| Haverigg        | 79  | 37.70      | 13.71   | 4.89    | 9.03    | 25.86   | 34.14       | 12.19   | 4.63    | 7.81    | 23.87   |
| High Point      | 97  | 31.92      | 10.77   | 4.92    | 8.18    | 22.46   | 27.88       | 9.61    | 3.97    | 6.95    | 20.20   |
| Hindley         | 88  | 38.69      | 11.53   | 4.61    | 11.25   | 24.56   | 32.77       | 9.99    | 3.99    | 9.31    | 22.78   |
| Hollesley Bay   | 124 | 32.35      | 10.23   | 5.35    | 8.37    | 22.39   | 29.97       | 10.24   | 4.43    | 7.30    | 21.02   |
| Holloway        | 103 | 39.43      | 12.91   | 4.80    | 10.07   | 32.80   | 33.16       | 11.53   | 3.96    | 7.78    | 28.57   |
| Lewes           | 110 | 39.24      | 13.55   | 5.35    | 10.06   | 27.28   | 34.03       | 11.85   | 4.52    | 8.35    | 25.41   |
| Littlehey       | 70  | 35.26      | 11.96   | 4.46    | 8.80    | 24.23   | 29.10       | 10.11   | 3.79    | 6.74    | 21.26   |
| Liverpool       | 172 | 36.53      | 11.88   | 4.92    | 9.53    | 27.56   | 31.60       | 10.80   | 4.16    | 7.55    | 24.67   |
| Lowdham Grange  | 216 | 35.30      | 11.17   | 5.67    | 9.49    | 22.31   | 32.47       | 11.08   | 4.95    | 8.01    | 21.23   |
| Maidstone       | 128 | 33.89      | 10.91   | 5.04    | 8.91    | 23.52   | 30.71       | 10.05   | 4.84    | 7.61    | 21.56   |
| Norwich         | 88  | 39.39      | 13.25   | 5.33    | 9.88    | 28.52   | 33.19       | 11.59   | 4.22    | 7.78    | 25.90   |
| Onley           | 238 | 39.68      | 13.00   | 5.53    | 10.98   | 24.98   | 35.57       | 12.18   | 4.66    | 9.30    | 23.65   |
| Parc            | 15  | 37.13      | 11.20   | 5.53    | 10.40   | 27.20   | 31.93       | 10.33   | 4.27    | 8.80    | 25.60   |
| Risley          | 46  | 36.15      | 12.26   | 4.67    | 9.26    | 26.04   | 28.39       | 9.78    | 3.96    | 6.48    | 22.35   |
| Rye Hill        | 200 | 35.12      | 11.54   | 5.72    | 9.22    | 22.01   | 32.70       | 11.16   | 5.22    | 8.09    | 21.31   |
| SEND            | 192 | 33.37      | 10.90   | 4.91    | 8.25    | 28.04   | 28.90       | 10.22   | 4.06    | 6.39    | 25.20   |
| Shepton Mallet  | 7   | 27.86      | 10.00   | 3.14    | 6.57    | 22.43   | 25.71       | 9.43    | 3.14    | 4.86    | 21.71   |
| Spring Hill     | 149 | 31.04      | 10.13   | 5.04    | 8.04    | 20.62   | 27.19       | 9.58    | 4.03    | 6.42    | 18.99   |
| Stocken         | 120 | 34.33      | 11.88   | 5.13    | 8.48    | 22.91   | 31.04       | 10.90   | 4.28    | 7.33    | 21.41   |
| Stoke Heath     | 15  | 35.33      | 10.53   | 5.40    | 11.00   | 23.00   | 32.73       | 10.67   | 4.27    | 9.47    | 21.60   |
| Styal           | 16  | 35.25      | 11.06   | 4.94    | 8.44    | 35.19   | 30.06       | 11.69   | 3.56    | 5.31    | 24.44   |
| Swinfen Hall    | 18  | 34.33      | 10.61   | 4.33    | 9.83    | 27.06   | 29.33       | 9.11    | 3.56    | 8.28    | 23.11   |
| The Mount       | 292 | 33.48      | 10.98   | 5.63    | 8.84    | 22.29   | 29.14       | 10.16   | 4.72    | 7.00    | 20.53   |
| The Wolds       | 24  | 34.46      | 10.92   | 4.50    | 8.58    | 24.46   | 30.50       | 10.50   | 4.13    | 6.79    | 23.13   |
| Thorn Cross     | 31  | 38.06      | 13.23   | 5.03    | 9.65    | 23.26   | 32.52       | 10.74   | 4.16    | 8.90    | 21.26   |
| Wandsworth      | 199 | 35.59      | 11.79   | 5.50    | 9.50    | 27.05   | 30.54       | 10.26   | 4.21    | 7.72    | 24.27   |
| Wayland         | 198 | 35.85      | 11.88   | 5.25    | 9.19    | 24.13   | 30.62       | 10.41   | 4.48    | 7.46    | 22.10   |
| Wealstun        | 72  | 33.71      | 11.32   | 5.28    | 8.88    | 24.13   | 30.15       | 10.08   | 4.51    | 7.57    | 22.22   |
| Whitmoor        | 107 | 31.66      | 10.64   | 4.93    | 7.78    | 21.18   | 29.50       | 10.07   | 4.46    | 7.07    | 20.44   |
| Wolds           | 93  | 35.73      | 12.10   | 5.08    | 8.96    | 22.81   | 30.20       | 10.61   | 4.25    | 7.17    | 20.99   |
| Woodhill        | 152 | 37.78      | 12.75   | 5.47    | 10.13   | 28.04   | 31.80       | 10.94   | 4.43    | 8.05    | 24.07   |
| Wormwood Scrubs | 164 | 36.12      | 11.96   | 5.99    | 9.21    | 25.28   | 32.63       | 10.63   | 5.23    | 8.39    | 24.49   |
| Wymott          | 232 | 36.47      | 12.47   | 4.63    | 9.16    | 24.10   | 31.97       | 11.07   | 4.50    | 7.69    | 22.61   |

**Table to show ‘evidence of change’ on the Victim Empathy and the Anticipation of Future Offending Scales by Institution**

The table presents the impact of the Sycamore Tree programme on the two key variables of victim empathy and anticipation of future offending. As such, there were statistically significant shifts in victim empathy within 36 institutions where the programme was delivered. This represents a significant shift in 69% of institutions where the programme was delivered. With regards to anticipation of crime as worthwhile scale, there was a statistically significant shift within 65% of the institutions within which the programme was delivered. However, there is little by way of consistency to inform of the factors that results in the statistically significant shifts in pro-criminal attitudes.

As stated earlier, there are positive shifts in pre and post scores within the institutions where the programme was delivered. However, where evidence of programme change is *not significant* then the change in score **cannot** be attributable to the Sycamore Tree programme. It is worthy of note that where the programme impact is not significant this may be as a result of the reduced numbers of programme participants and the size of the change between the pre and post scores which will have an impact upon the data analysis.

This point highlights the challenge of undertaking programme evaluation focused upon one measure. In addition to the offence type, age and gender of participating prisoners; the prison environment, those prisoners participating on the programme and the quality of programme deliverers will all have a bearing on programme effectiveness. Given the absence of information on these important areas it is increasingly difficult to further inform of the factors associated with significant ‘evidence of change’ from one institution to the next.

| Prison Name     | V Scale (sig) | Evidence of change | A Scale (sig.) | Evidence of change |
|-----------------|---------------|--------------------|----------------|--------------------|
| Adelaide House  | 0.57          | No                 | 0.00           | Yes                |
| Aylesbury       | 0.23          | No                 | 0.00           | Yes                |
| Birmingham      | 0.00          | Yes                | 0.00           | Yes                |
| Blantyre House  | 0.04          | Yes                | 0.01           | Yes                |
| Brixton         | 0.02          | Yes                | 0.00           | Yes                |
| Bronzefield     | 0.00          | Yes                | 0.00           | Yes                |
| Bullingdon      | 0.01          | Yes                | 0.00           | Yes                |
| Canterbury      | 0.21          | No                 | 0.01           | Yes                |
| Channings Wood  | 0.84          | No                 | 0.00           | Yes                |
| Dartmoor        | 0.12          | No                 | 0.56           | No                 |
| Downview        | 0.00          | Yes                | 0.05           | Yes                |
| Edmunds Hill    | 0.00          | Yes                | 0.43           | No                 |
| Ereestoke       | 0.04          | Yes                | 0.66           | No                 |
| Exeter          | 0.01          | Yes                | 0.72           | No                 |
| Feltham         | 0.00          | Yes                | 0.00           | Yes                |
| Forest Bank     | 0.07          | No                 | 0.50           | No                 |
| Full Sutton     | 0.03          | Yes                | 0.00           | Yes                |
| Garth           | 0.00          | Yes                | 0.00           | Yes                |
| Haverigg        | 0.30          | No                 | 0.00           | Yes                |
| High Point      | 0.00          | Yes                | 0.11           | No                 |
| Hindley         | 0.01          | Yes                | 0.00           | Yes                |
| Hollesley Bay   | 0.00          | Yes                | 0.04           | Yes                |
| Holloway        | 0.00          | Yes                | 0.04           | Yes                |
| Lewes           | 0.00          | Yes                | 0.98           | No                 |
| Littlehey       | 0.00          | Yes                | 0.00           | Yes                |
| Liverpool       | 0.00          | Yes                | 0.00           | Yes                |
| Lowdham Grange  | 0.00          | Yes                | 0.18           | No                 |
| Maidstone       | 0.33          | No                 | 0.02           | Yes                |
| Norwich         | 0.00          | Yes                | 0.00           | Yes                |
| Onley           | 0.00          | Yes                | 0.00           | Yes                |
| Parc            | 0.02          | Yes                | 0.00           | Yes                |
| Risley          | 0.04          | Yes                | 0.18           | No                 |
| Rye Hill        | 0.01          | Yes                | 0.00           | Yes                |
| SEND            | 0.00          | Yes                | 0.02           | No                 |
| Shepton Mallet* |               |                    | 0.00           | Yes                |
| Spring Hill     | 0.00          | Yes                | 0.45           | No                 |
| Stocken         | 0.00          | Yes                | 0.02           | Yes                |
| Stoke Heath     | 0.07          | No                 | 0.87           | No                 |
| Styal           | 0.01          | Yes                | 0.01           | Yes                |
| Swinfen Hall    | 0.06          | No                 | 0.05           | Yes                |
| The Mount       | 0.00          | Yes                | 0.55           | No                 |
| The Wolds       | 0.50          | No                 | 0.00           | Yes                |
| Thorn Cross     | 0.06          | No                 | 0.03           | Yes                |
| Wandsworth      | 0.00          | Yes                | 0.39           | No                 |
| Wayland         | 0.00          | Yes                | 0.46           | No                 |
| Wealstun        | 0.02          | Yes                | 0.33           | No                 |
| Whitemoor       | 0.08          | No                 | 0.03           | Yes                |
| Wolds           | 0.00          | Yes                | 0.00           | Yes                |
| Woodhill        | 0.00          | Yes                | 0.00           | Yes                |
| Wormwood Scrubs | 0.00          | Yes                | 0.00           | Yes                |
| Wymott          | 0.37          | No                 | 0.01           | Yes                |

\*Unable to compute differences between pre and post ‘V’ scores for Shepton Mallet.

## Programme Change by Evaluation<sup>7</sup>

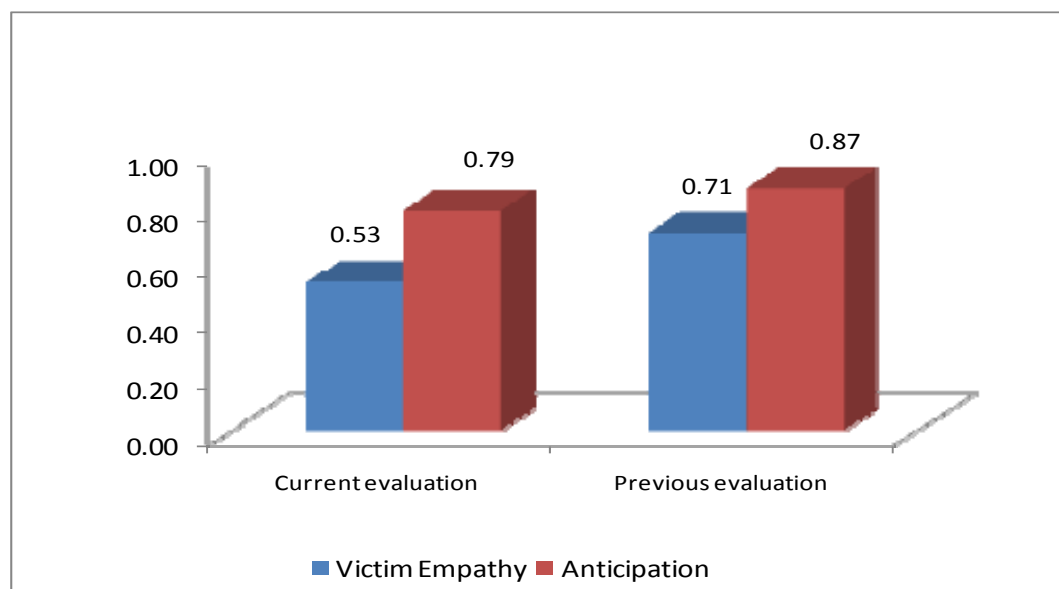
The Sycamore Tree programme was subjected to a similar evaluation in 2005. This therefore makes possible a comparison of impact between the earlier and more recent delivery of the programme. Again, the following table will examine the mean (scaled) scores between the 'current' and 'previous' programmes.

*Table to show shifts between pre-post scores (scaled)*

| Dimensions | Crime Pics II Scores (scaled) |          |             |          |
|------------|-------------------------------|----------|-------------|----------|
|            | Pre Scores                    |          | Post Scores |          |
|            | Current                       | Previous | Current     | Previous |
| G Score    | 1.83                          | 2.32     | 0.92        | 1.17     |
| A Score    | 3.51                          | 3.60     | 2.72        | 2.73     |
| V Score    | 1.51                          | 1.90     | 0.98        | 1.19     |
| E Score    | 2.77                          | 3.07     | 1.62        | 1.85     |
| P Score    | 3.51                          | 3.86     | 2.80        | 3.06     |

The Sycamore Tree Programme had a statistically significant impact upon both groups incorporated for analysis. The above table however shows that the prisoner group that made up the 'previous' evaluation had higher attitudinal scores than those within the 'current' sample. Further, the programme had a greater impact upon those participants who incorporated for the first evaluation. This is demonstrated by the following chart where the shifts in victim empathy were larger for the previous programme (0.71 vs. 0.87) and similarly on the anticipation scale (0.87 vs. 0.79).

*Chart to show attitudinal shift in V-Scale and A-Scale by Evaluation*



<sup>7</sup> The Sycamore programme was evaluated in 2005 by Sheffield Hallam. This section incorporates the findings from the 2005 evaluation as a method of comparison for the current evaluation.

## Discussion

Using the data from the pre-programme questionnaires it was possible to provide a profile of the participants pre-programme based on the measurement scales within Crime Pics II. The report provides evidence of raised attitudes to offending behaviour for female programme participants (P Scale) and those who undertook the programme within Young Offender Institutions. It is possible that these attitudes are as a result of the levels of problems perceived.

However the profiling of the offenders is somewhat restricted in that there was no available data with regard to static factors such as previous convictions and disposals, index offence, sentence length, ethnicity and age. Similarly we had no information regarding dynamic factors such as substance misuse, emotional/psychological factors, stability of personal and family relationships etc. Further evaluation of the programme would be enhanced by accessing profile information to inform upon offence related needs and risk levels.

Overall there is strong evidence of statistically significant changes in attitudes which can be attributable to participation on the Sycamore Tree programme. This change, across the whole sample, is evident on all the five measurements of change within Crime Pics II.

Significantly, there is positive attitudinal change in the key areas of victim empathy and the 'anticipation of future offending'. This attitudinal change persists irrespective of age, gender and the prison category within which the Sycamore Tree programme was delivered. As such, the Sycamore Tree programme clearly has an impact on the extent to which prisoners begin to understand the impact of their behaviour on the victims of their crimes. Furthermore, those attitudes that are conducive to future offending behaviour are reduced for those prisoners that participate on the Sycamore Tree programme.

## Key Findings

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- Across the whole sample of prisoners there were significant positive attitudinal changes with regard to the five psychometric features of Crime Pics II.
- Statistical analysis indicates that these positive changes are associated with completion of the programme.
- The positive attitudinal changes are associated with all groups of prisoners including male, female, adult and young prisoners.
- The positive attitudinal changes are also evidenced across all institutional categories
- With regard to the V scale both male and female prisoners demonstrated an increased awareness of the impact of their actions on victims, directly or indirectly i.e. higher victim empathy. This positive shift was marginally higher for female prisoners.
- With regard to the A scale both male and female prisoners demonstrated a reduced anticipation of future offending. This positive shift was marginally higher for male prisoners.
- With regard to the V scale both adult and young prisoners (under 21) demonstrated an increased awareness of the impact of their actions on victims, directly or indirectly i.e. higher victim empathy. This positive shift was marginally higher for young prisoners.
- With regard to the A scale both adult and young prisoners demonstrated a reduced anticipation of future offending. This positive shift was marginally higher for young prisoners.
- The impact of the programme varies across the institutions that are involved in delivery.

## Conclusion

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The Sycamore Tree programme has a positive impact on programme respondents with a reduction between pre- and post-programme scores on all scales. However, the analysis of programme impact by institution suggests that some institutions have better results than others. This provides an opportunity to explore the features of the programmes and the participants where improvements were seen in order to improve the programme's effectiveness in all institutions.

Although there are a number of difficulties in measuring impact in isolation of other contextual information, the significant reductions in attitudes illustrate that the programme is having a positive impact on participants.

It would be useful to ensure that any further evaluation of the programme includes profiling data as suggested above and also considers issues of programme implementation and integrity including a participant self evaluation and feedback process.

## About the Authors

**Simon Feasey** joined Sheffield Hallam University in 2002, having previously worked for the Probation Service. Initially Simon was responsible for the BA (Hons) Community Justice (Probation) course which provides the professional qualification route for Probation Officers. In 2005 Simon became the Deputy Director of the Hallam Centre for Community Justice to develop the Centre's Research and Continuing Professional Development (CPD) portfolios. Simon's research interests include:

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- the relationship between legal and policy developments and the delivery of services within the community justice sector
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**Patrick Williams** completed the Social Science degree at the Manchester Metropolitan University in 1997. In the same year he gained employment with the National Probation Service - Greater Manchester, as an Information Officer, Statistics and then as a Research and Evaluation officer. This role involved undertaking a variety of research and evaluation projects, relating to many areas of offender supervision, rehabilitation and management. Having delivered lectures and teaching at a number of institutions, including the University of Manchester and the University of Hertfordshire, Patrick has now returned 'home' to the Department of Sociology at Manchester Metropolitan University.

## About the Publisher

Under the direction of Professor Paul Senior, the Hallam Centre for Community Justice is part of the Faculty of Development and Society at Sheffield Hallam University.

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