

STEPS Course Psychometric Evaluation January 2005 – June 2006 HMP Cardiff

INITIAL FINDINGS

Data is reported on 39 participants who have successfully completed the STEPS programme at HMP Cardiff. Participants completed 4 questionnaires pre and post intervention. The scores on these questionnaires were analysed and are reported below.

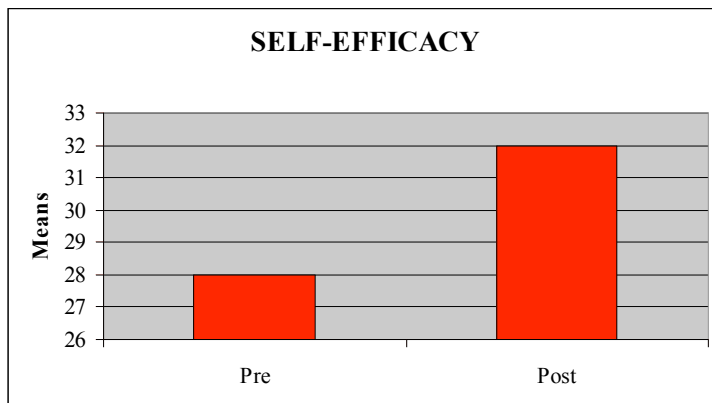
Statistical analysis has not been carried out at this stage. This will be reported in a report due to be prepared by December 2006. This will hopefully include a further 20-30 participants. However, these preliminary findings are encouraging at face value.

1) Self Efficacy

Self-Efficacy is the extent to which individuals believe they can make things happen in their own lives. The Generalised Self-efficacy Scale (Schwarzer and Jerusalem, 1995) was used to assess this.

The graph indicates an increase in overall levels of self-efficacy post STEPS programme.

This suggests that participants have improved goal setting skills, are able to cope better with adversity, will achieve higher performance levels with novel and difficult tasks and will recovery quicker from setbacks.



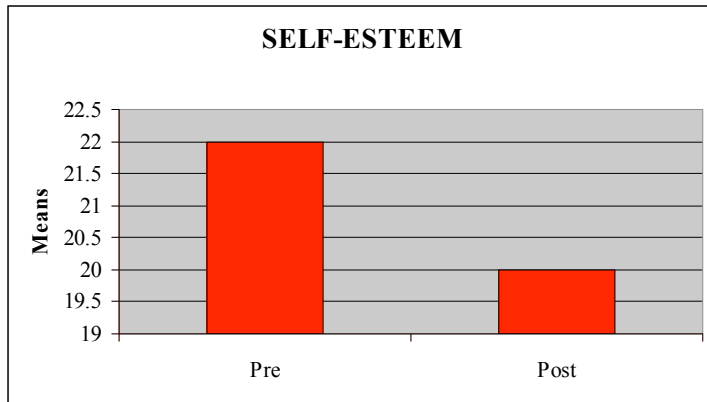
2) Self Esteem

Self-Esteem is an individuals feeling of dignity and worth in relation to how good they feel about themselves and the kind of person that they are. The Rosenberg Self-Esteem Scale (Rosenburg, 1965) was used to assess this.

Lower scores (20 and below) indicate healthy more positive self-esteem.

The graph indicates an increase in overall levels of self-esteem post STEPS programme.

This suggests that participants have a better sense and feeling of self-worth resulting in improved self-confidence.



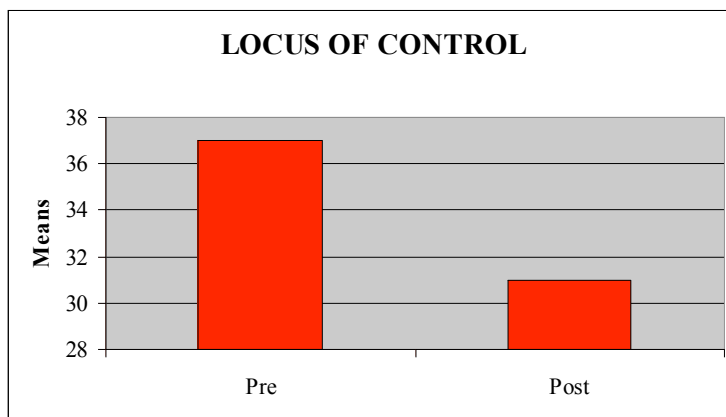
3) Locus Of Control

Locus of Control (LOC) is the extent to which individuals believe they have control over their lives and over their own behaviour. There is an internal and external dimension to Locus of Control. This was measure using the Locus of Control of Behaviour (Craig et al., 1984).

A high score indicates externality, in other words the individual perceives external factors to affect their behaviour and controls their lives. A low score therefore indicates the individual perceives that they have a high degree of control over their behaviour and life. It is important to consider with this scale that an extremely low score such as 0 or 1 would be treated cautiously, in that an individual needs to be working towards a balanced level of self-control in order that they can function effectively in social and inter personal relationships.

The graph indicates a decrease in overall levels of Locus of Control post STEPS programme.

This suggests that participants have more internalised LOC and are therefore more self-directed and take more accountability for their own actions.

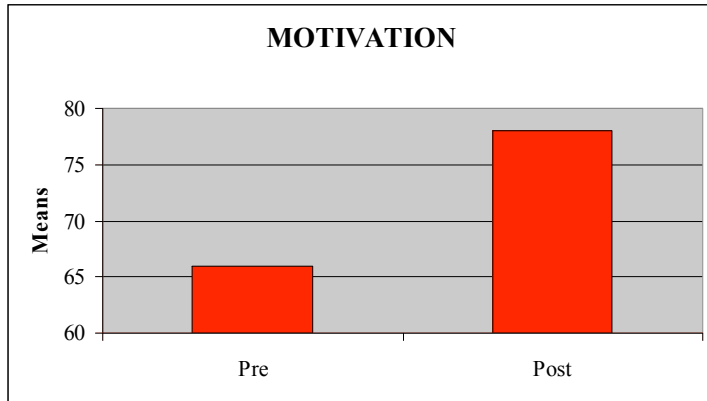


4) Motivation

Motivation provides the drive for individuals to take action in achieving their goals. This was measured using a Likert Scale (similar to the Rickter Scale, Hutchinson & Stead, 1993).

The graph indicates an increase in overall motivation post STEPS programme.

This suggests that participants have increased free-flowing drive based on the benefits of achieving their goals effectively becoming more goal directed.



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