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Daily-life emotional experience and perceived support in detainees participating in the rehabilitation program 'Giving up Crime' (Kiezen voor Verandering)

Giving up Crime

The person centered method Giving up Crime (GUC) promotes recovery and desistance from crime in (ex)detainees by capitalizing on personal strengths and stimulating intrinsic goal restructuring. Although GUC is positively evaluated by detainees and prison officers, insight in the mechanisms underlying these appraisals is scant. This study investigates the effects of GUC on detainees' emotional experience and perceived levels of support in the realm of daily life.

The **Experience Sampling Method** (a structured diary technique) was used to assess momentary emotional experience (positive affect – PA; negative affect – NA), self-esteem (SE), perceived (social) support (SUPP), and self-efficacy (EFF) in the daily life of 20 male detainees (age = 34.1 ± 8 yrs), assigned to a GUC (n=8) or waiting list control (WLC) group (n=12). All multilevel analyses were a priori corrected for age and number of prior imprisonments.

No difference was revealed in mean levels of PA between the GUC and WLC group. Mean levels of NA, however, were higher in the GUC group (B=1.24, p=.03), likely linked to the process of reflection which is central to the stage of GUC at which the current study intercepted. The GUC group reported higher levels of SUPP (B=1.54, p=.009), and the experience of SUPP, moreover, was positively associated with PA (B=.18, p<.001), SE (B=.07, p=.04), and EFF (B=.15, p=.02) in the whole sample.

Programmable wristwatch and booklet used for Experience Sampling Method, allowing assessment of experiences in natural settings, in real-time, and on repeated time occasions. The current study employed a random time sampling protocol.

