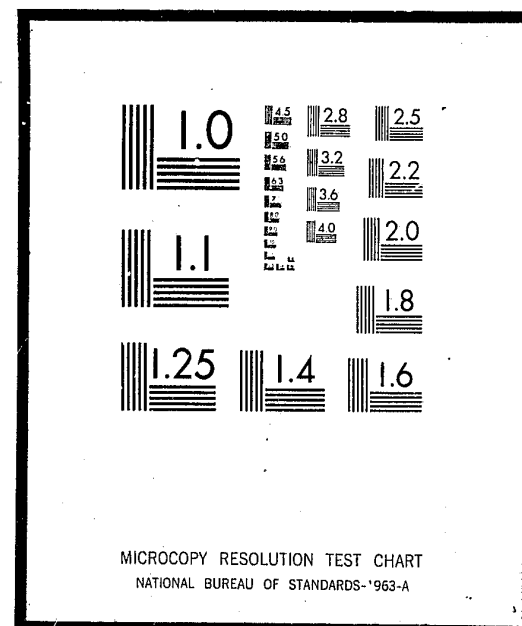


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MINNESOTA STATE DEPARTMENT OF CORRECTIONS

THE EFFECT OF SHORT TERM GROUP PSYCHOTHERAPY
ON THE INTRA-INSTITUTIONAL
BEHAVIOR OF FEMALE FELONS



PREPARED BY THE
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I. INTRODUCTION

With increasing frequency, group therapy techniques are being introduced into the treatment regimen of individuals confined in correctional institutions. There is, however, a paucity of scientifically valid evidence that either refutes or supports the effectiveness of such programs. Corsini states, "While there is at present no scientific evidence of the value of group therapy in the important issue of resocialization, there is sufficient clinical evidence that group psychotherapy accomplishes, in a rapid and economical manner, exactly the same things as individual psychotherapy. Also, there is considerable clinical evidence, that in penal institutions, group psychotherapy is of direct value to prisoners in helping them achieve orientations of life."¹

The obvious need of prisoners to "achieve orientations to life" requires no development here. And the introduction of "treatment" modes to modify or change behavior is also understandable in regard to the motivation for such programs. Succinctly, Shah postulates that: "The major interest and goal in working with offenders should be to bring about changes in their pattern of adjustment. Thus, the seeking of insight, understanding, emotional growth and maturity, resolution of conflicts, etc., is of importance only inasmuch as it relates to and can bring about actual changes in behavior."²

Because treatment programs under the aegis of the Minnesota Department of Corrections are tending increasingly to incorporate group therapy, it

became evident that experimental data should be available upon which to base decisions to develop and expand the group approach. An appreciable amount of research directed toward examining the effect of the group treatment method has been underway for some time now at the State Prison. It has involved male felons and is being conducted by Robert D. Wirt and James E. Jacobson.³

For the project reported on in this paper, the Minnesota Correctional Institution for Women at Shakopee, Minnesota, was chosen as the setting. It appeared to be ideal for research in group psychotherapy because of its limited population. This institution receives female felons over 18 years of age who are convicted and sentenced by the District Courts. The daily population varies from forty-five to sixty inmates. There is no industrial program, and other than a child-care unit for the mentally retarded, inmates are occupied with maintenance and farming activities. The institution is a minimum security facility and is the only institution in the state for women felons, both youthful offenders and adults.

The essential aim of this project, in terms of operational hypotheses, was twofold:

1. A group psychotherapeutic approach to treatment will have salutary effects upon the intra-institutional behavior of inmates as reflected in less frequent sick reports, fewer disciplinary actions, and improved general behavior toward staff and peers.
2. Problem areas with which inmates are most concerned during incarceration can be identified.

11. THE SAMPLES AND METHOD

Two experimental and two control groups were randomly selected from the Institution population consisting of inmates who were reasonably certain to remain in the institution for the six month period of the project. Seven subjects each were assigned to Experimental Group 1 and Control Group 1 and eight subjects each to Experimental Group 2 and Control Group 2. Thus, new admissions during the project period, "lifers", and those who would be released before the project period terminated were excluded. These latter individuals were included in another non-project group under the leadership of an institution psychologist.

Because the number of subjects was small, the two control groups and two experimental groups were combined for statistical analysis.

The two experimental groups met weekly from October 1, 1965 to April 1, 1966 on a compulsory basis for approximately two hours under the leadership of two trained therapists: a female non-medical psychoanalyst (Jungian), and a clergyman who was Chaplain at the State Prison and had received intensive training in group therapy techniques. Neither were members of the institutional staff. The therapists were allowed freedom in the use of their own techniques, but both groups were characterized by a permissive and accepting environment wherein the participants could freely discuss their grievances and personal problems. The control groups received no group treatment program whatsoever. Prior to the start of the project, all staff and all inmates attended orientation sessions to become informed about the program so that rumor and misconceptions about objectives would not interfere with the orderly execution of the procedures necessary to this effort.

The following tables identify and compare some characteristics of the experimental and control groups:

TABLE 1. SPECIFIC OFFENSES FOR WHICH CONVICTED

OFFENSES	EXPERIMENTAL	CONTROL	TOTAL
Murder	2	-	2
Manslaughter	2	4	6
Assault	-	2	2
Robbery	3	6	9
Forgery	2	1	3
Larceny	6	2	8
Total	15	15	30

TABLE 2. TYPE OF OFFENSE

OFFENSE TYPE	EXPERIMENTAL	CONTROL	TOTAL
Against Person	7	12	19
Against Property	8	3	11
Total	15	15	30

When offenses were grouped according to type, the Chi-square statistical test of significant difference between the two study groups indicated no significant difference ($\chi^2 = 2.296$ with 1 degree of freedom at .05 level of confidence gave a $.250 > P > .100$).

TABLE 3. NUMBER OF PAROLES THIS SENTENCE

PAROLES	EXPERIMENTAL	CONTROL	TOTAL
0	11	14	25
1	2	1	3
2	2	-	2
Total	15	15	30

For purposes of analysis, it was necessary to group subjects into two groups: 1. those who had no previous paroles and, 2. those who had 1 or more previous paroles. No statistically significant difference based on the Chi-square test was observed ($\chi^2 = .9600$ with 1 degree of freedom at .05 level of confidence gave $.50 > P > .25$).

TABLE 4. SCHOOL GRADES COMPLETED

GRADE	EXPERIMENTAL	CONTROL	TOTAL
6	-	1	1
7	3	-	3
8	-	-	-
9	1	4	5
10	4	4	8
11	2	-	2
12	5	6	11
Total	15	15	30

No significant difference was found between the groups for school grades completed. The subjects for this analysis were regrouped dichotomously: those who had progressed no further than junior high school (completion of 9th grade) and those who had completed at least the first year of high school ($\chi^2 = .0000$ with 1 degree of freedom at .05 level of significance gave $.95 > P > .90$).

TABLE 5. RACE

RACE	EXPERIMENTAL	CONTROL	TOTAL
Caucasian	10	9	19
Negro	3	3	6
Am. Indian	2	3	5
Total	15	15	30

No significant difference was found between the groups for race. The Chi-square test was calculated for the dichotomous grouping between Caucasian and non-Caucasian ($\chi^2 = .0000$ with 1 degree of freedom at .05 level of significance gave $.95 > P > .90$).

TABLE 6. MARITAL STATUS

STATUS	EXPERIMENTAL	CONTROL	TOTAL
Single	5	4	9
Married	4	5	9
Non-Legal Separation	3	1	4
Divorced	1	-	1
Widowed	1	-	1
Non-Legal Association	1	5	6
Total	15	15	30

No significant difference was found between the groups for marital status. For Chi-square analysis, the subjects were classified into three categories, with the non-legally separated, the divorced, the widowed and the non-legally associated making up a single group ($\chi^2 = .4740$ with 2 degrees of freedom at .05 level gave $.90 > P > .75$).

TABLE 7. AGE

AGE	EXPERIMENTAL	CONTROL	TOTAL
19 - 21	3	2	5
22 - 24	4	5	9
25 - 27	3	3	6
28 - 30	1	2	3
31 - 33	1	1	2
34 - 36	1	1	2
37 - 39	-	-	-
40 - 42	-	1	1
43 - 45	1	-	1
46 - 48	1	-	1
Total	15	15	30
Mean Age	27.8	26.6	
Corrected variance	7.81	3.71	

For mean average age no significant difference was found between the groups ($T = 1.46$ with $V = 28$ gave confidence limits of $.2 > P > .1$).

TABLE 8. PROFESSED RELIGION

DENOMINATION	EXPERIMENTAL	CONTROL	TOTAL
Catholic	4	6	10
Lutheran	5	5	10
Methodist	-	1	1
Episcopalian	1	-	1
Presbyterian	2	-	2
Baptist	3	2	5
Other Protestant	-	1	1
Total	15	15	30

No significant difference was found between the groups for professed religion. Three categories were used for the Chi-square analysis with the Methodist, Episcopalian, Presbyterian, Baptist and 'Other Protestant' denominations combined into a single category ($\chi^2 = .8000$ with 2 degrees of freedom at .05 gave confidence limits of $.75 > P > .50$).

TABLE 9. MONTHS SERVED TO START OF PROJECT

MONTHS	EXPERIMENTAL	CONTROL	TOTAL
0	-	1	1
1	1	-	1
2	-	1	1
3	3	4	7
4	-	1	1
5	1	1	2
6	1	-	1
8	3	-	3
10	1	3	4
12	-	1	1
18	-	1	1
20	1	-	1
23	1	-	1
25	-	1	1
33	1	1	2
53	1	-	1
58	1	-	1
Total	15	15	30
Mean	16.13	9.40	
Corrected variance	333.07	88.28	

No significant difference was found for months of institutionalization. ($T = 1.28$ with $V = 28$ gave confidence limits of $.5 > P > .2$).

TABLE 10. TYPE OF RESIDENCE COMMUNITY

TYPE	EXPERIMENTAL	CONTROL	TOTAL
Farm	3	-	3
Small Town	-	1	1
Large Town	4	1	5
City	8	13	21
Total	15	15	30

No significant difference was found between the groups for the type of residence community. Farm and small town residences were combined for Chi-square analysis as were large town and city residences ($\chi^2 = .2880$ with 1 degree of freedom at .05 yielded $.75 > P > .50$).

TABLE 11. INTELLIGENCE ESTIMATE

ESTIMATE	EXPERIMENTAL	CONTROL	TOTAL
Bright Normal	2	1	3
Average	8	8	16
Dull Normal	4	5	9
Borderline	1	1	2
Total	15	15	30
Mean	2.73	2.60	
Corrected variance	.653	.535	

No significant difference was found for intelligence estimates ($T = .1405$ with $V = 28$ yielded confidence limits of $0.0 > P > .256$). The

means and variances were computed from values of one through four assigned to the borderline through bright normal intelligence estimate intervals.

TABLE 12. ADMISSION OCCUPATIONAL SKILL LEVEL

OCCUPATIONAL SKILL LEVEL	EXPERIMENTAL	CONTROL	TOTAL
Clerical	1	2	3
Semi-Skilled	-	1	1
Unskilled	14	12	26
Total	15	15	30

An inspection of the table for occupational skill level reveals marked similarity between the two groups. The distribution eludes Chi-square analysis.

TABLE 13. MAXIMUM SENTENCE IN YEARS

YEARS	EXPERIMENTAL	CONTROL	TOTAL
2	-	2	2
3	1	1	2
5	5	5	10
7	1	1	2
10	3	3	6
15	2	3	5
25	1	-	1
40	2	-	2
Total	15	15	30
Mean	13.33	7.60	
Corrected variance	149.27	21.37	

No significant difference was found for maximum sentences in years
($T = 1.700$ with $V = 28$ gave confidence limits of $.2 > P > .1$).

TABLE 14. TOTAL CHILDREN LIVING OR DEAD

TOTAL	EXPERIMENTAL	CONTROL	TOTAL
0	6	7	13
1	2	2	4
2	-	2	2
3	4	2	6
4	-	1	1
6	1	-	1
7	2	1	3
Total	15	15	30
Mean	2.26	1.53	
Corrected variance	6.79	3.86	

No significant difference was found for the total children of the
subjects ($T = .8408$ with $V = 28$ gave confidence limits of $.5 > P > .2$).

TABLE 15. TYPE OF HEALTH PROBLEMS

TYPE	EXPERIMENTAL	CONTROL	TOTAL
None	7	6	13
Chronic	4	2	6
Remedial	4	7	11
Total	15	15	30

No significant difference was found for the types of health problems
between the groups ($\chi^2 = 1.5616$ with 2 degrees of freedom at .05 gave
 $.50 > P > .25$).

TABLE 16. WORK STATUS ON ADMISSION

STATUS	EXPERIMENTAL	CONTROL	TOTAL
Employed	1	1	2
Unemployed	14	14	28
Total	15	15	30

Inspection of the table shows an identical distribution of subjects
between the two groups.

TABLE 17. CORRECTIONAL HISTORY

NUMBER	TOTAL EXPERIMENTAL			TOTAL CONTROL			TOTAL EXPERIMENTAL AND CONTROL		
	JUVENILE	YOUTH	ADULT	JUVENILE	YOUTH	ADULT	JUVENILE	YOUTH	ADULT
	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.	PROB. INST. PAR.
NONE	12 10 15	14 11 12	14 10 13	13 14 15	14 11 13	14 8 13	25 24 30	28 22 25	28 18 26
1	2 3	1 3 2	1 3 2	1	2 2	1 2	2 3	1 5 4	1 4 4
2	1 2	1	1	1	1 1	1 2	1 3	1 2	1 3
3					1		1	1	
4		1		1			1	1	
5						1			1
7						1			1
18						1			1
25			1						1
34						1			1
TOTAL	15 15 15	15 15 15	15 15 15	15 15 15	15 15 15	15 15 15	30 30 30	30 30 30	30 30 30

NO CHI-SQUARE DIFFERENCES WERE FOUND BETWEEN THE GROUPS FOR A DICHOTOMOUS COMPARISON BETWEEN THOSE HAVING CORRECTIONAL HISTORIES AND THOSE NOT HAVING CORRECTIONAL HISTORIES.

TABLE 18. TYPE OF COMMITMENT

TYPE OF COMMITMENT	EXPERIMENTAL	CONTROL	TOTAL
DYC*	4	2	6
DAC**	11	13	24
Total	15	15	30

No significant difference was found between the groups for the types of commitment ($\chi^2 = .8208$ with 1 degree of freedom at .05 gave $.50 > P > .25$).

* DYC - Division of Youth Conservation (Offense Committed Age 18 through 20)

**DAC - Division of Adult Corrections (Offense Committed Age 21 and over)

TABLE 19. LIVING SITUATION AT TIME OF ADMISSION

LIVING WITH	EXPERIMENTAL	CONTROL	TOTAL
Both Natural Parents	1	1	2
Mother Only	1	-	1
Spouse & Children	4	2	6
Spouse Only	-	2	2
Children Only	2	-	2
Alone	4	3	7
Mother & Stepfather	-	1	1
Female Roommate	1	1	2
Male Paramour	2	5	7
Total	15	15	30

The distribution for the groups for living situation at the time of admission eludes statistical analysis for differences between the groups.

The experimental group members were convicted more frequently for crimes against property, while the control group members were more frequently convicted for crimes against person. Secondly, the experimental group more frequently came from farm communities or small towns, while the control group members were primarily from cities. Finally, the experimental group members had more prior parole experience than did the control group. None of the subjects had a record of prior felonies nor did any have military service. All were citizens by birth. One only in each group was employed at the time of admission to the institution.

No statistically significant differences between the experimental and control groups were found for these descriptive characteristics. In light of the fact that the groups were picked randomly and the size of the groups were small, a certain amount of difference could ordinarily be expected.

Several instruments were utilized to measure behavioral changes among project participants:

1. Semantic Differential Behavior Rating Scale was completed by all institutional staff personnel who were in direct contact with project subjects. These ratings were done prior to the start of the project, at the project midpoint, and at termination. Mean ratings were calculated for each individual in the Experimental and Control groups for each rating period. Comparisons were then made between the individual's initial rating average and his subsequent two rating averages at the midpoint and termination of the project. Values were assigned finally

according to whether the individual project participant's average rating deteriorated, remained exactly the same, or improved. Significant differences between the Experimental and Control groups were then determined by the Chi-square statistic with two degrees of freedom.

2. Behavior Rating Scale was completed on the same time schedule as Semantic Differential Behavior Rating Scale. Statistical analysis was handled in the same manner.

3. Minnesota Multiphasic Personality Inventory was administered to experimental and control subjects on the same time schedule as the above. Tests of significant differences in means between the groups were utilized for each Inventory scale. This was also accomplished for each group by itself. Final analysis was then made by inspection.

4. Institution records: work assignments, sick call, and disciplinary actions. These records were evaluated prior to the project and during the project. The work assignments were evaluated in terms of frequency of changes in assignments. Sick calls and disciplinary actions, both privileges lost and lockups, were evaluated in terms of frequency of occurrence. Average rates for the groups as a whole were determined by establishing ratios to the time served. T tests and F tests were then made to determine any differences between the groups.

The therapists prepared a Meeting Record after each group therapy session giving the date, starting and ending time, attendance record (on time, tardy, absent, and reason for absence), topics discussed, and which group members initiated topic discussion. This procedure provided, among other things, important listings of personal concerns of the female inmates. Tape recordings were made of every meeting for sub-

sequent analysis.

All of the data obtained was processed electronically by the Computer Services Division of the State Department of Administration.

III. THE RESULTS

The two experimental groups held 24 weekly meetings of two hours duration. The fifteen participants together attended a total of 704 hours out of a possible 720 for a respectable 93%. The meetings were compulsory and members frequently voiced opposition to this arrangement. Throughout the sessions 361 topics were initiated, 70 by the therapists, and 291 by the participants for an average of 15 topics per meeting, or an average of 8 minutes of discussion per topic. It would appear from this that the "depth" of discussion was rather limited and superficial.

Differences in amount of change in behavior between the experimental and control groups as measured by either the Behavior Rating Scale or the Semantic Differential Behavior Rating Scale did not occur beyond chance expectation. Only one of the 40 Behavior Rating Scale items, "is verbally abusive to other inmates", proved significant. At least two items would be expected to prove significant by chance alone, on the basis of base rates. On the Semantic Differential Behavior Rating Scale, only one trait also indicated a difference between the two groups, exactly base rate expectation for the 20 items. This particular trait was the "refined-vulgarity" continuum.

The initial administration of the MMPI revealed significant differences between the two groups on five different scales (Pt, Hs, D, Hy, and Mf). The mean average configurations of the two groups were essentially the same, with the elevated Pd scale as most salient. Subsequent administrations of

TABLE 20.

CHI-SQUARE TEST OF SIGNIFICANT DIFFERENCES BETWEEN CONTROL AND EXPERIMENTAL GROUPS ON SEMANTIC DIFFERENTIAL BEHAVIOR RATING SCALE

NO.	TRAIT	CHI-SQUARE
1.	Pleasant-Unpleasant	1.0715
2.	Rude-Courteous	.2677
3.	Relaxed-Tense	.1528
4.	Selfish-Generous	.2788
5.	Kind-Cruel	1.5026
6.	Impatient-Patient	3.0466
7.	Fair-Unfair	1.7481
8.	Sloppy-Neat	5.3258
9.	Intelligent-Stupid	2.9296
10.	Lazy-Industrious	.0890
11.	Honest-Dishonest	2.2613
12.	Weak-Strong	2.1428
13.	Refined-Vulgar	9.1740*
14.	Masculine-Feminine	1.2101
15.	Wise-Foolish	2.2630
16.	Unfriendly-Friendly	.5429
17.	Cheerful-Gloomy	1.6737
18.	Uncooperative-Cooperative	1.2609
19.	Thrifty-Wasteful	1.9542
20.	Dirty-Clean	1.4919

* 2 degrees of freedom at the .05 level of significance = 5.9915

TABLE 21.

CHI-SQUARE TEST OF SIGNIFICANT DIFFERENCES BETWEEN CONTROL AND EXPERIMENTAL GROUPS ON BEHAVIORAL RATING SCALE

NO.	BEHAVIORAL TRAIT	CHI-SQUARE
1.	Feels discriminated against by staff	3.5967
2.	Does more than is expected of her	2.4428
3.	Uses obscene and vulgar language	1.2486
4.	Resents criticism	3.0488
5.	Feels discriminated against by other inmates	.9181
6.	Can be trusted to carry out an assignment without supervision	.5464
7.	Shows little interest in anything	.2534
8.	Prefers to be alone	.8702
9.	Becomes sexually involved with other inmates	2.1353
10.	Has respect for property belonging to others	1.1842
11.	Shows a good sense of humor	.5622
12.	Is cooperative with staff	2.9166
13.	Adapts to institutional routine	.9052
14.	Is polite and courteous	1.8762
15.	Has difficulty remaining on one work assignment	1.0077
16.	Asks for medications to control behavior	1.2340
17.	Accepts instruction willingly	.2408
18.	Keeps self physically clean	.2379
19.	Keeps belongings in good order	1.1842
20.	Is on time for work and activities	2.0055
21.	Likes to argue	.2005
22.	Takes pride in doing a good job	1.0247
23.	Is verbally abusive to staff	3.3815
24.	Obeys institutional rules	2.9199
25.	Is hostile to other inmates	1.3598
26.	Asks for favors	.4016
27.	Is verbally abusive to other inmates	6.5639*
28.	Shows depressed behavior	.8702
29.	Looks out for welfare of others	.4657
30.	Unduly concerned with health	.3439
31.	Is hostile to staff	1.2486
32.	Easily irritated	.2379
33.	Criticizes staff	1.8762
34.	Engages in physical fighting	1.2052
35.	Makes excuses by lying	.1146
36.	Criticizes other inmates	1.2049
37.	Takes pride in appearance of own room	2.9199
38.	Uses spare time constructively	.0890
39.	Volunteers readily	.1651
40.	Appears to be confused and emotionally upset most of time	.2408

* 2 degrees of freedom at .05 level of significance = 5.9915

the Inventory, at the midpoint of the study and at the termination, indicated changes in responses only on the part of the control group, which in fact moved closer to the experimental group. The final administration revealed significant differences between the two groups only on one (Mf) of the initial five scales where differences were found. The important finding to point out here is that the average on each scale for the experimental group did not change significantly over the three testing periods.

In regard to Disciplinary Records as a measure of behavioral change as a result of the group psychotherapy experience, the experimental and control groups might be expected to differ significantly in variances or average number of privileges lost and average number of confinements in lockup. Averages were computed by dividing the total number of such events by the time served. This was accomplished for both the incarceration period prior to the study and for the six month duration of the study itself. No significant differences in terms of means and variances were found between the two groups for either lockups or privileges lost for the incarceration period prior to the study. This finding permitted legitimate comparisons during the project. The findings revealed that during the study period no significant changes occurred with respect to lockups. The group psychotherapy experience appears to have had no effect upon the kind of behavior in the experimental group inmates that resulted in confinement. Behavior resulting in loss of privileges, on the other hand did become significantly different between the two groups insofar as the variances alone were concerned. This change was observed only for the control group. The experimental group remained the same. From a cursory inspection of the table, it can be readily seen that the

TABLE 22.

COMPARISON OF MEAN RAW SCORES ON THE MMPI SCALES BETWEEN CONTROL AND EXPERIMENTAL GROUPS PRIOR TO THE GROUP PSYCHOTHERAPY EXPERIENCE

MMPI SCALES	EXPERIMENTAL GROUP		CONTROL GROUP		COMPARISON		
	N	MEAN	N	MEAN	S _d	t	> P
DA	15	4.00	14	.21	1.73	2.03	.1
L	15	3.66	14	5.71	.94	1.85	.1
F	15	6.60	14	6.35	1.33	.24	.9
K	15	13.66	14	16.57	1.62	1.90	.1
Hs+K	15	12.80	14	16.57	1.34	3.42	.01*
D	15	19.86	14	24.64	1.46	3.21	.01*
Hy	15	20.46	14	25.42	1.40	3.56	.002*
Pd+K	15	27.20	14	29.71	1.40	1.35	.2
Mf	15	32.20	14	37.85	1.27	3.71	.002*
Pa	15	11.86	14	12.35	1.10	.08	.99
Pt+K	15	28.20	14	31.50	1.39	2.25	.05*
Sc+K	15	29.46	14	29.85	1.54	.12	.9
Ma+K	15	19.66	14	21.50	1.39	.78	.5
Si	15	31.60	14	27.21	1.86	1.14	.5

* Significant differences

TABLE 23.

COMPARISON OF MEAN RAW SCORES ON THE MMPI SCALES BETWEEN CONTROL
AND EXPERIMENTAL GROUPS AT THE MIDPOINT OF THE GROUP
PSYCHOTHERAPY EXPERIENCE

MMPI SCALES	EXPERIMENTAL GROUP		CONTROL GROUP		COMPARISON		
	N	MEAN	N	MEAN	S _d	t	> P
DA	15	2.46	14	.07	1.45	2.23	.05*
L	15	3.40	14	6.00	.98	2.20	.05*
F	15	6.06	14	5.28	1.28	.76	.5
K	15	13.86	14	16.42	1.68	1.50	.2
Hs+K	15	13.46	14	15.92	1.43	1.79	.1
D	15	20.26	14	22.50	1.20	2.03	.1
Hy	15	20.00	14	24.07	1.46	2.43	.05*
Pd+K	15	26.80	14	29.21	1.37	1.16	.5
Mf	15	31.60	14	38.21	1.31	4.32	.002*
Pa	15	10.26	14	10.50	1.08	.06	.95
Pt+K	15	27.13	14	30.07	1.47	1.31	.5
Sc+K	15	27.40	14	30.14	1.50	2.01	.1
Ma+K	15	19.46	14	22.14	1.37	1.43	.2
Si	15	29.66	14	29.28	1.68	.47	.8

* Significant differences

TABLE 24.

COMPARISON OF MEAN RAW SCORES ON THE MMPI SCALES BETWEEN CONTROL AND
EXPERIMENTAL GROUPS FOLLOWING THE GROUP PSYCHOTHERAPY EXPERIENCE

MMPI SCALES	EXPERIMENTAL GROUP		CONTROL GROUP		COMPARISON		
	N	MEAN	N	MEAN	S _d	t	> P
DA	15	1.20	14	.07	.97	1.08	.5
L	15	4.26	14	5.71	.99	1.46	.2
F	15	6.53	14	5.85	1.23	.30	.8
K	15	16.20	14	17.28	1.61	.22	.9
Hs+K	15	13.86	14	14.85	1.23	.73	.5
D	15	19.26	14	21.50	1.27	1.81	.1
Hy	15	20.93	14	23.50	1.37	1.49	.2
Pd+K	15	27.93	14	27.92	1.34	.22	.9
Mf	15	32.06	14	37.57	1.26	4.26	.002*
Pa	15	11.06	14	12.14	1.16	.58	.8
Pt+K	15	28.00	14	27.21	1.37	1.18	.1
Sc+K	15	28.53	14	28.07	1.57	.80	.5
Ma+K	15	19.86	14	20.57	1.37	.03	.95
Si	15	31.00	14	28.07	1.64	.81	.5

* Significant differences

TABLE 25.

MEAN RAW SCORES ON THE MMPI SCALES FOR THE CONTROL GROUP PRIOR TO,
AT THE MIDPOINT, AND FOLLOWING THE GROUP PSYCHOTHERAPY EXPERIENCE

MMPI SCALES	N	FIRST TEST	SECOND TEST	THIRD TEST	COMPARISON BETWEEN FIRST & THIRD		
		MEAN	MEAN	MEAN	S _d	t	> P
DA	14	.21	.07	.07	.4	.4	.8
L	14	5.71	6.00	5.71	1.04	.14	.9
F	14	6.35	5.28	5.85	1.16	.25	.9
K	14	16.57	16.42	17.28	1.76	.09	.99
Hs+K	14	16.57	15.92	14.85	1.71	.1	.9
D	14	24.64	22.50	21.50	2.25	.05	.99
Hy	14	25.42	24.07	23.50	1.71	.1	.9
Pd+K	14	29.71	29.21	27.92	1.27	1.33	.2
Mf	14	37.85	38.21	37.57	1.30	.12	.9
Pa	14	12.35	10.50	12.14	1.17	.46	.8
Pt+K	14	31.50	30.07	27.21	1.29	3.75	.002*
Sc+K	14	29.85	30.14	28.07	1.47	1.46	.2
Ma+K	14	21.50	22.14	20.57	1.38	.66	.8
Si	14	27.21	29.28	28.07	1.70	.31	.8

* Significant differences

TABLE 26.

MEAN RAW SCORES ON THE MMPI SCALES FOR THE EXPERIMENTAL GROUP
PRIOR TO, AT THE MIDPOINT, AND FOLLOWING THE GROUP PSYCHOTHERAPY EXPERIENCE

MMPI SCALES	N	FIRST TEST	SECOND TEST	THIRD TEST	COMPARISON BETWEEN FIRST & THIRD		
		MEAN	MEAN	MEAN	S _d	t	> P
DA	15	4.00	2.46	1.20	2.12	1.24	.5
L	15	3.66	3.40	4.26	1.12	.39	.8
F	15	6.60	6.06	6.53	1.69	.14	.9
K	15	13.66	13.86	16.20	1.85	1.55	.2
Hs+K	15	12.80	13.46	13.86	1.55	.08	.95
D	15	19.86	20.26	19.26	1.69	.44	.8
Hy	15	20.46	20.00	20.93	1.75	.39	.8
Pd+K	15	27.20	26.80	27.93	1.77	.28	.8
Mf	15	32.20	31.60	32.06	1.54	.32	.8
Pa	15	11.86	10.26	11.06	1.37	.08	.95
Pt+K	15	28.20	27.13	28.00	1.79	.03	.95
Sc+K	15	29.46	27.40	28.53	1.99	.34	.8
Ma+K	15	19.66	19.46	19.86	1.71	.07	.95
Si	15	31.60	29.66	31.00	2.24	.11	.95

No significant differences

TABLE 27.

DISCIPLINARY RECORDS OF MEAN NUMBER OF LOCKUPS TO
START OF PROJECT AND DURING PROJECT AND SIGNIFICANCE TESTS

NUMBER	EXPERIMENTAL		CONTROL	
	TO START	DURING	TO START	DURING
0 - .05	14	14	15	13
.06 - .10	1	-	-	-
.11 - .15	-	-	-	-
.16 - .20	-	1	-	2
.21 and over	-	-	-	-
Total	15	15	15	15
Mean	.029	.035	.025	.046
Corrected variance	.0006	.0016	.0000	.0029
<hr/>				
Group Comparison	T - Test		F - Test	
Experimental: To Start & During	.5000		.3700	
Control: To Start & During	1.7500		.0000	
Experimental: To Start & Control: During	.6300		.0000	
Experimental: During & Control: During	.6300		.5500	

28 degrees of freedom at .05 level for $T = 2.048$

$V^1 = 14$ and $V^2 = 14$ for $F = 2.4800$

TABLE 28.

DISCIPLINARY RECORD & SIGNIFICANCE TESTS OF MEAN NUMBER
OF PRIVILEGE LOSSES TO START OF PROJECT AND DURING PROJECT

NUMBER	EXPERIMENTAL		CONTROL	
	TO START	DURING	TO START	DURING
0 - .05	12	13	14	11
.06 - .10	-	-	-	-
.11 - .15	1	-	-	-
.16 - .20	2	2	-	3
.21 - .25	-	-	-	-
.26 - .30	-	-	1	-
.31 - .35	-	-	-	-
.36 - .40	-	-	-	-
.41 - .45	-	-	-	-
.46 - .50	-	-	-	1
Total	15	15	15	15
Mean	.053	.046	.042	.073
Corrected variance	.0027	.0029	.0041	.0160
<hr/>				
Group Comparison	T - Test		F - Test	
Experimental: To Start & During	.3600		.93	
Control: To Start & During	1.6300		*3.90	
Experimental: To Start & Control: To Start	.5000		1.56	
Experimental: During & Control: During	1.5900		*5.51	

*Significant at .05 level

significant difference observed may be spurious. The difference is accounted for by changes of position in average privilege loss by only two control group inmates. Furthermore, the mean averages of the two groups remained statistically unchanged.

The average work assignments increased for the control group during the study. This was reflected in the t-test of differences in means for the control group during the study in comparison to the time prior. No significant change was found between the two groups, nor for the experimental group itself.

The rate of sick calls remained unchanged for both groups.

TABLE : 9.
MEAN NUMBER OF WORK ASSIGNMENTS PER MONTHS SERVED
TO START OF PROJECT AND SIGNIFICANCE TESTS

AVERAGE ASSIGNMENTS PER MONTH	EXPERIMENTAL		CONTROL	
	TO START	DURING	TO START	DURING
.00 - .05	1	-	2	-
.06 - .10	1	-	1	-
.11 - .15	-	-	-	-
.16 - .20	2	-	3	-
.21 - .25	2	-	1	-
.26 - .30	-	-	1	-
.31 - .35	1	6	2	6
.36 - .40	-	-	1	-
.41 - .45	1	5	-	-
.46 - .50	1	4	3	5
.51 - .55	-	-	-	-
.56 - .60	-	-	-	-
.61 - .65	2	-	-	-
.66 - .70	1	4	-	2
.71 - .75	-	-	1	-
.76 - .80	1	-	-	-
.81 - .85	-	1	-	2
.86 - .90	-	-	-	-
.91 - .95	-	-	-	-
.96 - 1.00	2	-	-	-
Total	15	15	15	15
Mean	.339	.497	.293	.493
Corrected variance	.11	.15	.16	.15
Group Comparison		T - Test	F - Test	
Experimental: To Start & During		1.2100	1.36	
Control: To Start & During		*2.070	1.14	
Experimental: To Start & Control: To Start		.3400	1.45	
Experimental: During & Control: During		.0270	.00	

*Significant at .05 level

TABLE 30.
RATIO OF SICK CALLS TO TIME SERVED TO PROJECT START
AND DURING PROJECT

	EXPERIMENTAL		CONTROL	
	TO START	DURING	TO START	DURING
0 - .9	1	-	1	-
1 - 1.9	5	2	2	2
2 - 2.9	2	6	5	2
3 - 3.9	3	3	3	5
4 - 4.9	3	1	1	2
5 - 5.9	1	1	1	-
6 - 6.9	-	2	2	1
7 - 7.9	-	-	-	2
8 - 8.9	-	-	-	1
Total	15	15	15	15
Mean	2.83	3.43	3.30	4.30
Corrected variance	2.23	2.63	3.24	4.87
Group Comparison	T - Test		F - Test	
Experimental: To Start & During	1.05		1.18	
Control: To Start & During	1.36		1.50	
Experimental: To Start & Control: To Start	.86		1.40	
Experimental: During & Control: During	1.22		1.80	

28 degrees of freedom at .05 level for T = 2.048

$V^1 = 14$ & $V^2 = 14$ at .05 for F = 2.4800

The other major concern of the study was to identify problem areas and personal concerns of the inmates. This was accomplished well. Though, on the average, only a short time was spent on any topic, the topics initiated point to areas where work needs to be done in assisting the inmates achieve "orientations to life". By and large the majority of subjects dealt with the inmates' feelings about themselves and others. Second in importance seemed to be the institution program, treatment and rehabilitation. Following is the listing of topics discussed:

Physical Facilities of Institution

Inadequate facilities
Condition of facilities
Right to privacy

Program of Institution

Boredom	Visiting
Insufficient work	Fire drills
Food	Coffee time
Newsletter	Movies
Cigaretts and smoking rules	Breaking rules
Medical care	Writing letters
Choice of activities	Clothes and shoes
Ordering from Sears	Christmas
Inability to get needed medicines	Cooking
Studies	Blue slips
T.V. and radios	Work assignments
Uncertain rules	Runaways
Forbidden conversation	

Staff of Institution

Housemother hears everything	Treatment by staff
"They" don't feel	Officials lying about girls
Complaints about staff	Cannot talk to staff
Housemother's clothes	Comparison of staff members

Peer Relationships

*Sauk Centre Acquaintances	Need someone to care for me
Keeping girls separated	Preferences for people
Busybodies	Attitude toward others
Fights	Gossip
Caring about other people	Lesbianism
*State of Minnesota Home School	

Family Relations

Parents Attitudes	Marriage
Information about parents	Childhood and past
Wanted mother to care for me	Parents and children - who is to blame
Children	Foster Homes
Men	
Dependency on home after marriage	

Treatment and Rehabilitation

Purpose of group	Environment vs. individual responsibility
Need for better methods	Hostility toward mandatory attendance
Not here for help	Unwillingness to share problem with group
Same feelings persist on release	Playing role of therapist
Preference to mental hospital	Can't believe group really interested in me
Doing time	Noticeable change in other members
What it takes to stay out of here	Inability to communicate
Readiness to go home	The group
Problems on release	Slow session
Difference between inside and out	Constructive plans
Freedom	Value of being here
Death	Sending people to crazy house
Punishment	Desire to be in group
Recommendations for next group	How group members chosen
Debt to society	How to get to the problem
Extreme points of view	Resent bluntness of therapist
Resistance to group	
Why people commit crimes	
Meaning of silence	

Legal Processes Associated with Admission and Release

Sentences	Being apprehended
Degree of murder	Comparison of crimes
What to say in court	Shared guilt
Why sent here	Police
Possibility of additional charge	Voting
Going before parole board	Testifying to judge
Parole Officers	Taking someone else's rap

Work and Employment and Finances

Work after release	Retiring at 40
Expenses and wages	Work
Money	Cashing checks
Difficulty in getting jobs	Opportunity for training
Living simply	

Intra-Personal Attitudes and Behavior

Lying	Revenge
Relaxation	Courtesy
Internal comfort	Suicide
Trust	Attitude toward self
Breaking things up	Changes in mood
Following	Tattoos
Getting fun out of life	Love
Sleeplessness	Sex
Worries	Fear
Responsibility	Crying
Depression	Laziness
Losing weight	Anger
Suspiciousness	Emotional problems
Missing people	Temper tantrums
Maturation	Drinking patterns
Sexual identity	

Religion

Catholicism	After life
Church participation	Lent

SUMMARY AND CONCLUSIONS

This research effort was designed to determine the effects of group therapy on a sample of female felon inmates at a state correctional institution. The experimental group attended weekly group psychotherapy sessions for a six month period, while a comparable group, the control group, did not participate in this treatment medium. A number of different instruments were used to measure possible change. Measurements were taken prior to the study, during the study, and at the termination of the project. The findings were negative.

The Minnesota Multiphasic Personality Inventory, a Behavior Rating Scale, and the Semantic Differential Behavior Rating Scale revealed no significant changes between the two groups following the psychotherapy experience. The significant differences found between the two groups on the MMPI at the beginning of the study decreased during the six month

project period, but this was due entirely to changes in the control group profiles. No significant differences were found between the groups in regard to disciplinary records, average rate of sick calls, or for average work assignments.

Privilege loss, a disciplinary record, did reveal a significant difference in variance between the groups, however, this finding was considered tenuous in the light of the small sample size and insignificant mean differences. From this evidence the conclusion is inescapable that the group psychotherapy experience indicated no statistically significant influence or effect upon the intra-institutional behavior of female felons, as defined by the measuring instruments.

The study did compile listings of topics and personal concern of female felons that can be put to valuable use in planning future programs of orientation and treatment. These items emerged from the group therapy sessions.

It has been suggested that the State Correctional Institution for Women was not particularly suitable for such a study. Initially the feeling was that it would be an ideal setting because of the small size. However, it has since been felt by the investigators that contamination may have accounted for the lack of positive differences found between the two groups. Close association between the experimental and control group members after therapy sessions could have resulted in changes in the control group members in the same direction afforded by the first-hand therapy influences. The data itself however does not support this contention. A central finding of the study was that the experimental group made no significant changes from their prior behavior in the institution. Group therapy did not alter the experimental group's

progress. There is a feasible possibility that contamination occurred in the opposite direction, such that control group members and other inmates in some manner or another sabotaged positive therapy influences. If contamination was a fact involved, the data supports this latter explanation.

Suggestions for future studies in therapy might prudently include separation of experimental and control subjects. This would make for a control of contamination. Environmental conditions should remain the same for the two groups except for the treatment and close association between the groups. Another suggestion might involve more intensive treatment of a voluntary nature, perhaps on a daily basis instead of the two-hour weekly compulsory sessions followed in the present study. It would be unrealistic to conclude that a particular treatment is ineffective when in actuality it was inadequate in dosage in the first place. Furthermore, therapy itself ought to be precisely defined. The personality and the techniques of the therapist, in all likelihood, have profound influence upon what actually transpires in a session. A final suggestion concerns the time at which measures of behavior and attitude change are taken. It is quite possible that the effects of psychotherapy are not immediate. It may take considerable time for new insights and feelings to become incorporated into the personality, as observed in actual behavior and attitudes. It might be revealing to conduct a follow-up study on the same individuals involved in this present study and somehow attempt to determine differences between the two groups on the MMPI and other characteristics studied. The possibility for extraneous variables influencing outcomes would make any results indefinite, but substantial differences might firmly establish the likelihood of some influence

from the group psychotherapy experience. At any rate, postponing the criterion measurement may reveal more accurately the suspected changes wrought in behavior and attitudes by group psychotherapy.

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