

## Dealing with Offending Behaviour – Questions by Topic

### Q1.

Prison staff compared two methods of managing anger in offenders. One group of offenders took part in cognitive therapy. Another group of offenders took part in discussion therapy.

After one month following the training, levels of anger for each individual were rated by prison staff on a scale of 0 – 100. The results are given in the table below:

**Ratings of anger in offenders given either systematic CBT anger management training or general advice**

| Cognitive Group | Anger rating | Discussion group | Anger rating |
|-----------------|--------------|------------------|--------------|
| 1               | 37           | 1                | 44           |
| 2               | 45           | 2                | 22           |
| 3               | 23           | 3                | 74           |
| 4               | 17           | 4                | 36           |
| 5               | 41           | 5                | 66           |
| 6               | 32           | 6                | 63           |
| 7               | 27           | 7                | 44           |
| 8               | 26           | 8                | 81           |
| 9               | 38           | 9                | 56           |
| 10              | 52           | 10               | 45           |
| <b>Median</b>   |              | <b>Median</b>    |              |

Complete the table by calculating the median for the two groups. Show your working. Why did the psychologist use the median as a measure of central tendency rather than the mean?

**(Total 4 marks)**

**Q2.**

A group of probation and prison officers attended a training session on how to deal with offenders. They each offered suggestions and the group leader wrote some of the suggestions on a flip chart. The table below shows some of the suggestions.

|   |
|---|
| Get him to talk about what makes him angry            |
| Make him do something to help the victim              |
| Give him points for TV time when he behaves well      |
| Teach him how to calm himself down                    |
| Teach him the link between behaviour and consequences |

Discuss **one or more** ways of dealing with offending behaviour. Refer to some of the suggestions in the table above in your answer.

**(Total 16 marks)**

**Q3.**

Discuss the psychological effects of custodial sentencing.

**(Total 16 marks)**

**Q4.**

Experts have different views about how to deal with recidivism. Some believe that custodial sentencing is the best way of reducing re-offending; others think that prison may not be the solution and that there are better alternatives. There is also much debate about whether treatment programmes reduce re-offending.

Discuss ways of dealing with the problem of recidivism. Refer to the views outlined above in your answer.

**(Total 16 marks)**

**Q5.**

Describe and evaluate anger management as a treatment for offending. Refer to evidence in your answer.

**(Total 16 marks)**