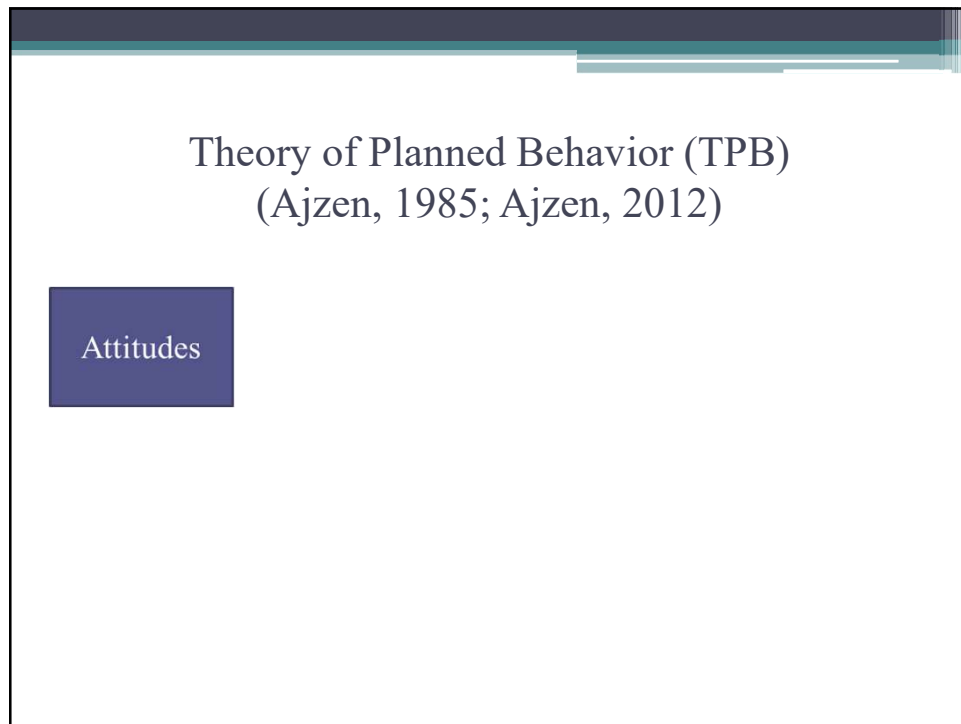# Internal Factors Impacting Supervised Release Adjustment

Luck Subramanian, Ph.D.
Director, Sand Ridge Secure Treatment
Center – Evaluation Unit
Madison, Wisconsin
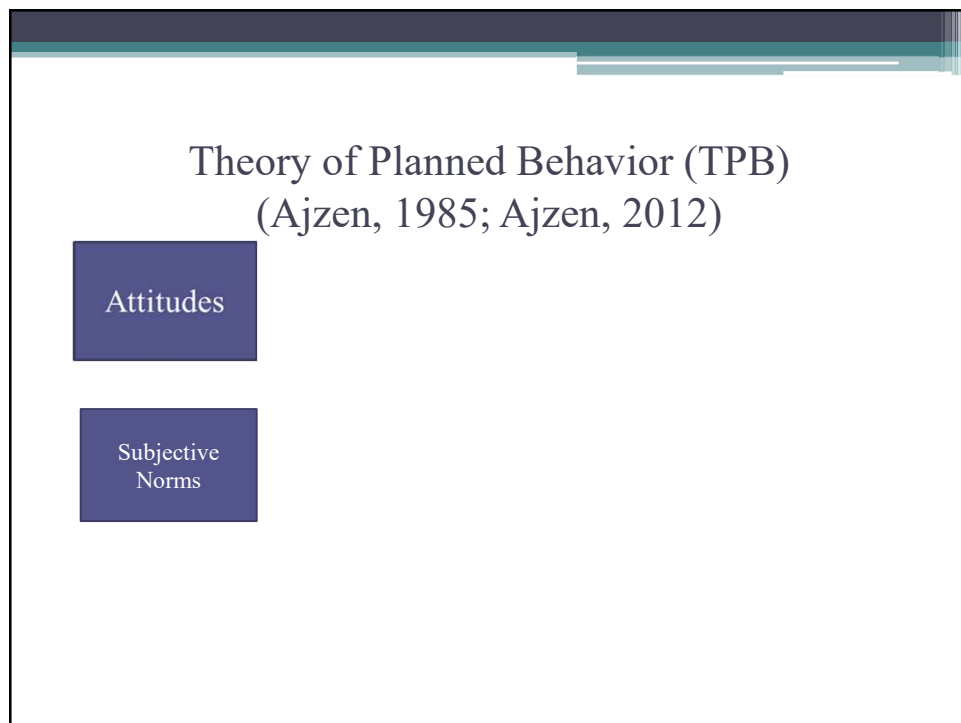Lakshmi.Subramanian@dhs.wi.gov
(608) 301 1466

1

Learning Goals and Objectives

- Describe the Theory of Planned Behavior and understand how it can be applied to supervised release settings.

- Understand the three time perspectives and its application in a forensic setting.

- Describe potential interventions for enhancing supervised release adjustment based on the Theory of Planned Behavior and time perspectives.
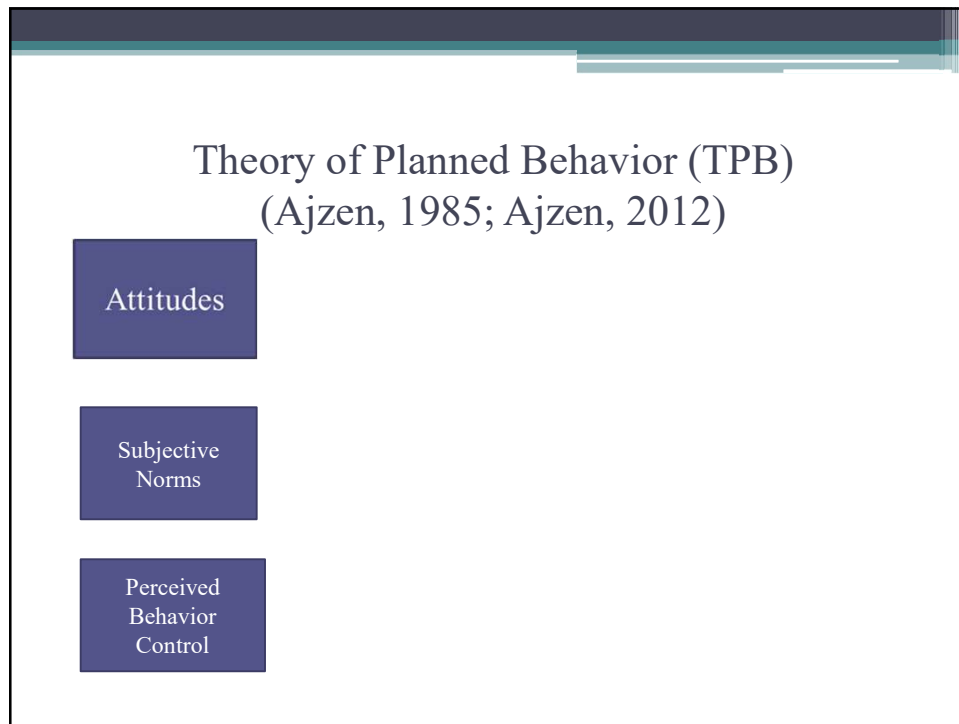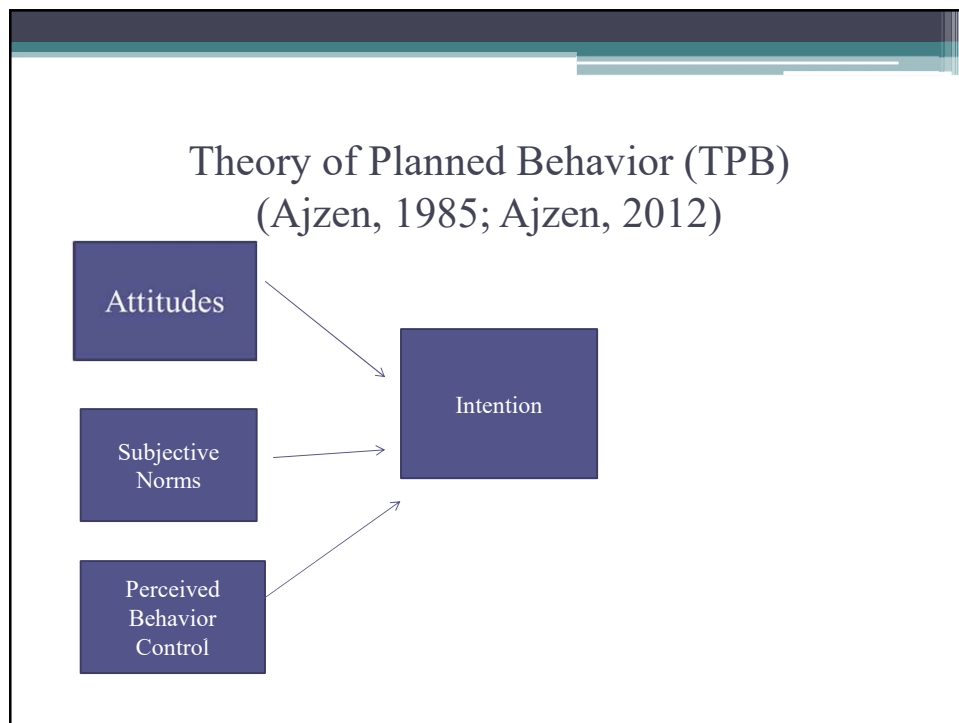
2

Theory of Planned Behavior (TPB)
(Ajzen, 1985; Ajzen, 2012)

Attitudes

3

Theory of Planned Behavior (TPB)
(Ajzen, 1985; Ajzen, 2012)

Attitudes

Subjective
Norms

4

Theory of Planned Behavior (TPB)
(Ajzen, 1985; Ajzen, 2012)

Attitudes

Subjective Norms

Perceived Behavior Control

5

Theory of Planned Behavior (TPB)
(Ajzen, 1985; Ajzen, 2012)

Attitudes

Intention

Subjective Norms

Perceived Behavior Control

6

Theory of Planned Behavior (TPB)
(Ajzen, 1985; Ajzen, 2012)

Attitudes

Subjective
Norms

Perceived
Behavior
Control

Intention

Behavior

7

Three Groups

Revoked at the time of the interview (N=16)
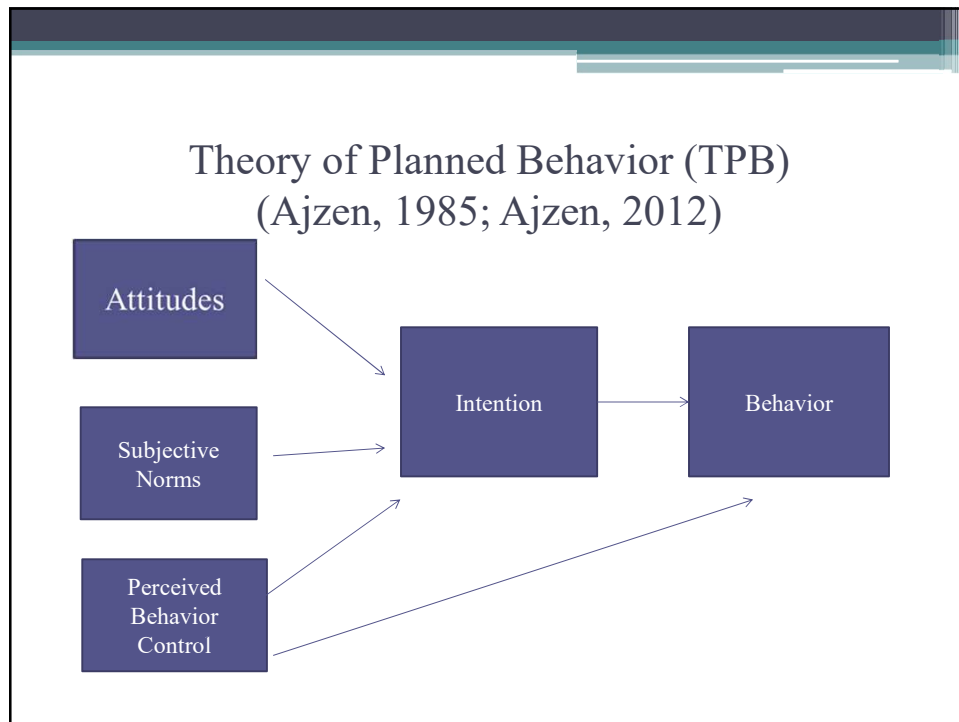Revoked post interview (N = 14)
Successful (N = 13)
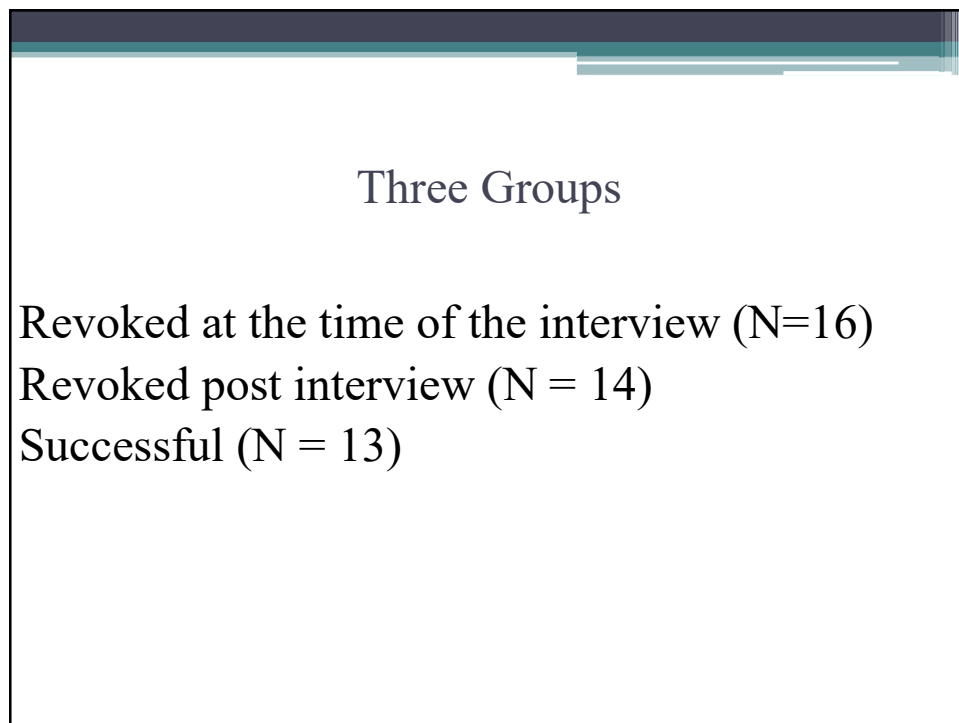
8

CONSTRUCTING A THEORY OF PLANNED
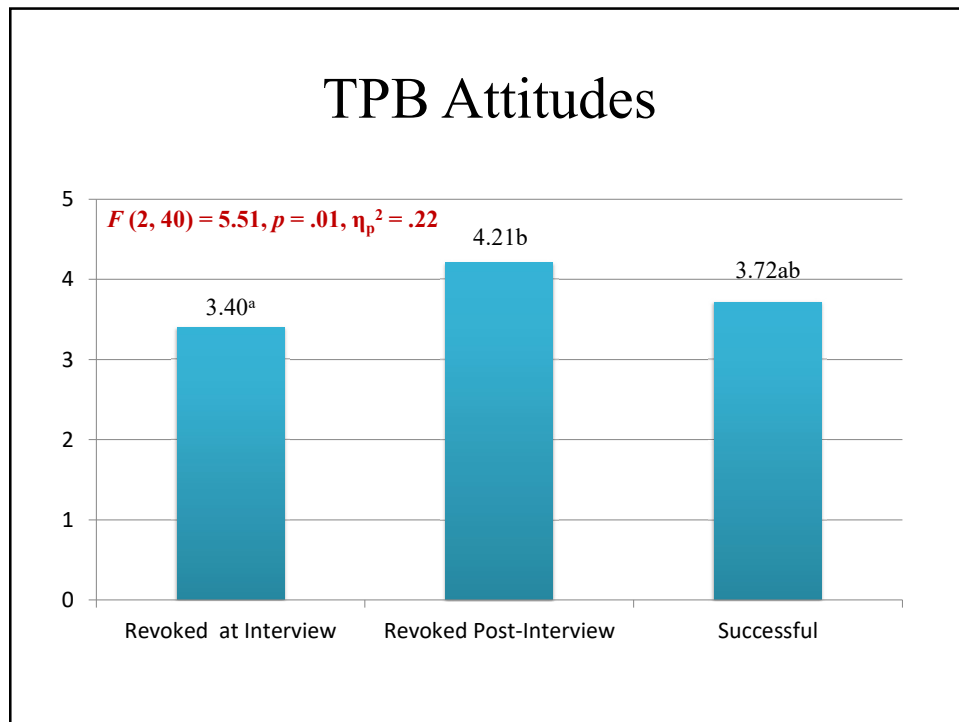BEHAVIOR QUESTIONNAIRE BY ICEK
AZJEN

9

Attitude

I believe that the Supervised Release rules were
designed, in part, to offer me support and
assistance

1. Strongly Disagree
2. Disagree
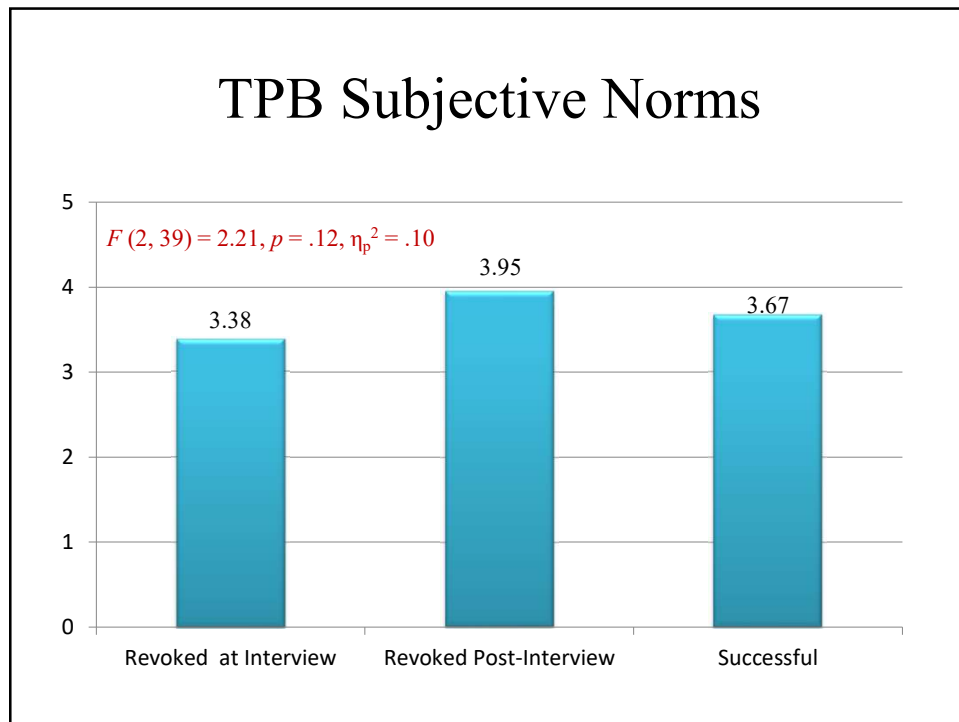3. Neutral
4. Agree
5. Strongly Agree

10

TPB Attitudes

$F (2, 40) = 5.51, p = .01, \eta_p^2 = .22$

Bar chart values:
- Revoked at Interview: 3.40a
- Revoked Post-Interview: 4.21b
- Successful: 3.72ab

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Subjective Norms

Other patients encouraged me to follow Supervised Release rules

1. Strongly Disagree
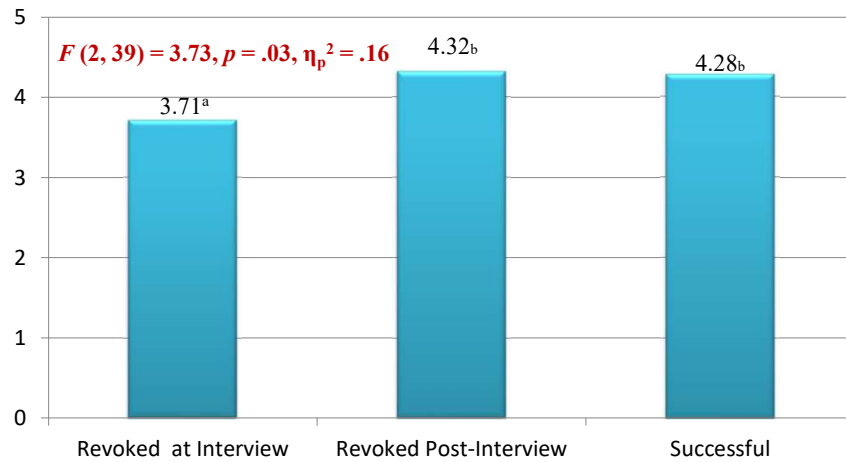2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

12

TPB Subjective Norms

$F(2, 39) = 2.21, p = .12, \eta_p^2 = .10$

Revoked at Interview: 3.38
Revoked Post-Interview: 3.95
Successful: 3.67

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Perceived Behavioral Control

I am confident that I will follow Supervised Release rules

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

14

TPB Behavioral Control

$F_{(2, 39)} = 3.73$, $p = .03$, $\eta_p^2 = .16$

Revoked at Interview: 3.71a
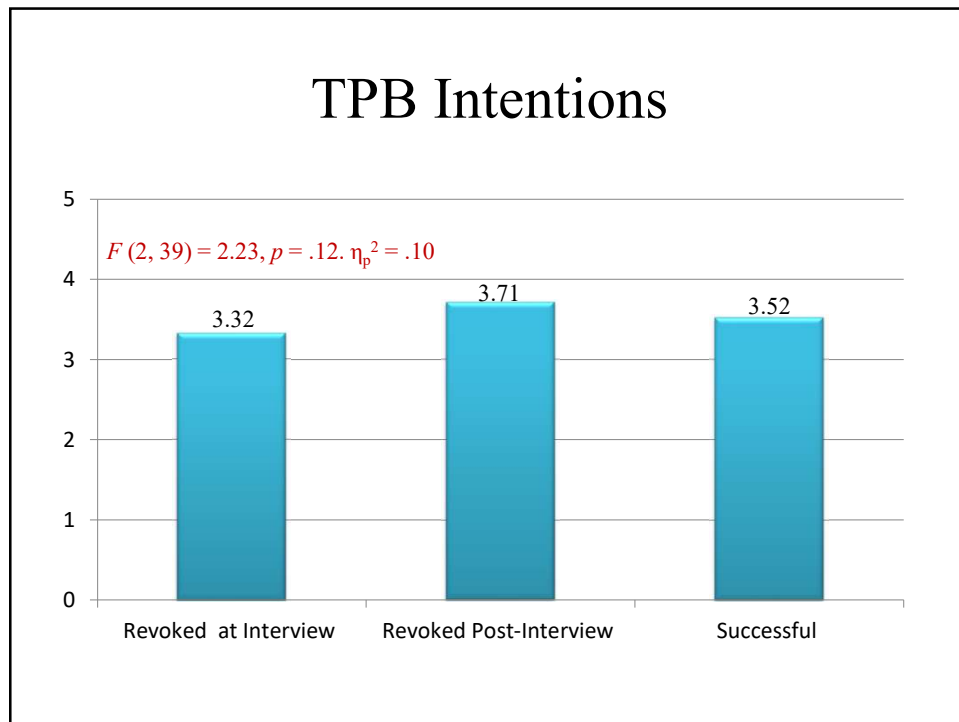Revoked Post-Interview: 4.32b
Successful: 4.28b

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Intention

I intend to live by my own rules rather than the rules imposed on me by the state

1. Strongly Agree
2. Agree
3. Neutral
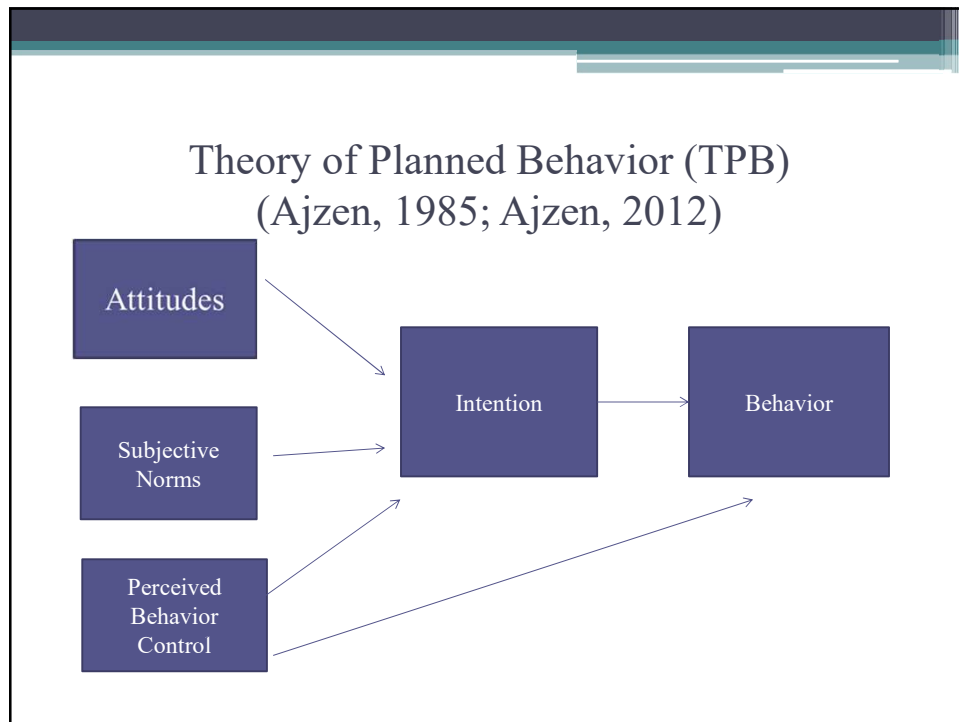4. Disagree
5. Strongly Disagree

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TPB Intentions

$F(2, 39) = 2.23, p = .12. \eta_p^2 = .10$

(Bar chart)
- Revoked at Interview: 3.32
- Revoked Post-Interview: 3.71
- Successful: 3.52

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TPB and Time on SR

- Attitude: r = .212
- Subjective Norms: r = .231
- **Perceived Behavioral Control: r = .447; p = .003**
- Intention: r = .146

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Theory of Planned Behavior (TPB)
(Ajzen, 1985; Ajzen, 2012)

Attitudes

Subjective
Norms

Intention

Behavior

Perceived
Behavior
Control
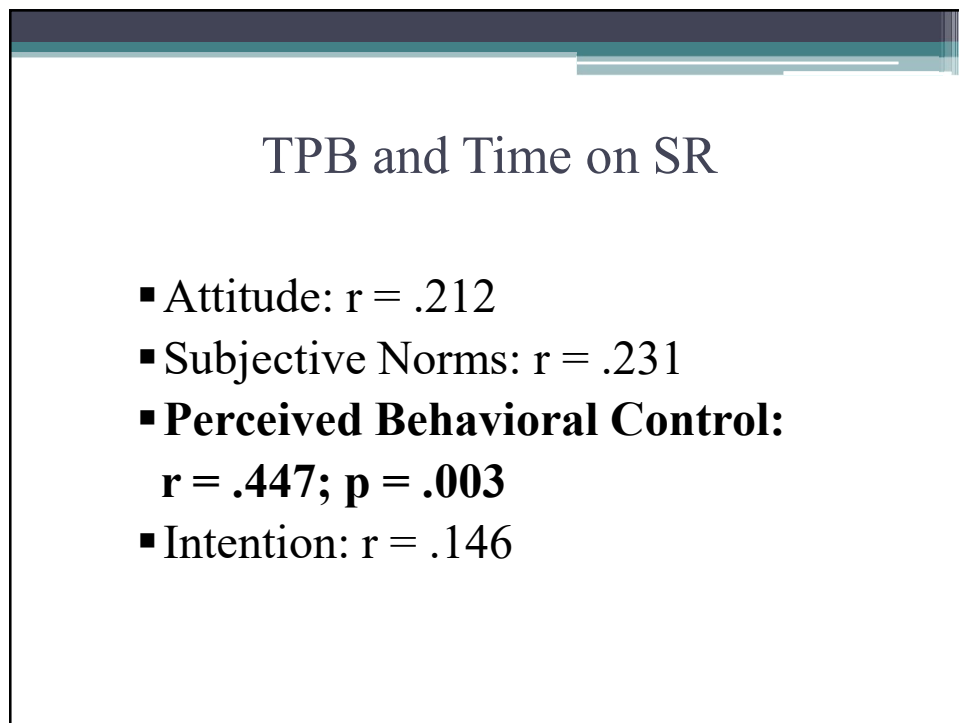
19

TIME PERSPECTIVE

Nonconscious process whereby the continuous flow of personal and social experiences are assigned to temporal categories, or time frames, that help to give order, coherence, and meaning to those events (Zimbardo & Boyd, 1999)
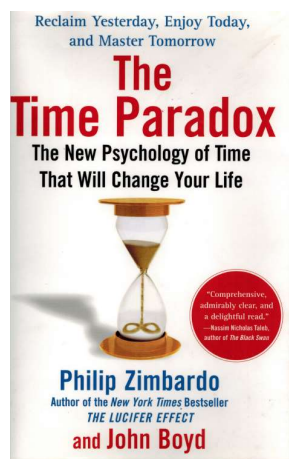
20

Zimbardo Time Perspective Inventory (ZTPI)

Zimbardo, P. G. & Boyd, J. N. (1999). Putting time in perspective: a valid, reliable individual difference metric. *Journal of Personality and Social Psychology*, 77 (6), 1271-1288

Zimbardo, P. G. & Boyd, J. N. (2008). *The Time Paradox: The New Psychology of Time That Will Change Your Life*. Free Press: A Division of Simon & Schuster, Inc.

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ZTPI

Past Positive
Past Negative
Present Fatalistic
Present Hedonistic
Future

23

ZTPI: Past Positive

Familiar childhood sights, sounds, and smells often bring back a flood of wonderful memories

It gives me pleasure to think about my past

24

ZTPI: Past Negative

I often think of what I should have done differently in my life

I've taken my share of abuse and rejection in the past

25

ZTPI: Present Fatalistic

Since whatever will be will be, it doesn't really matter what I do

My life path is controlled by forces I cannot influence

26

ZTPI: Present Hedonistic

I make decisions on the spur of the moment

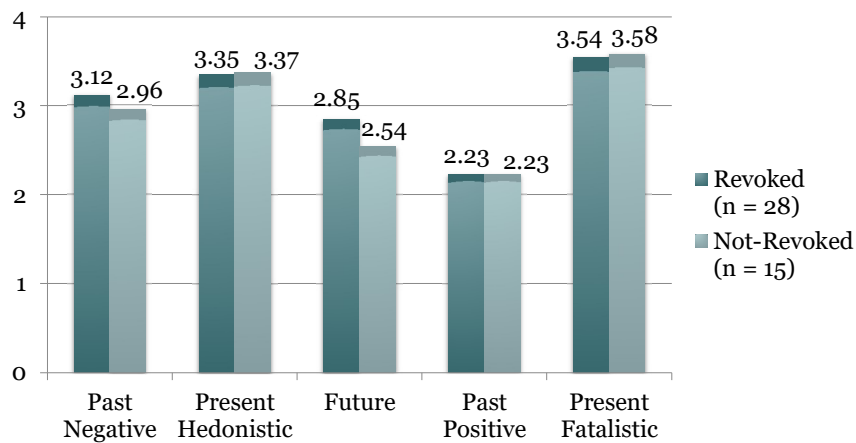Taking risks keeps my life from becoming boring

27

ZTPI: Future

I believe that a person's day should be planned ahead each morning

I keep working at difficult, uninteresting tasks if they will help me get ahead
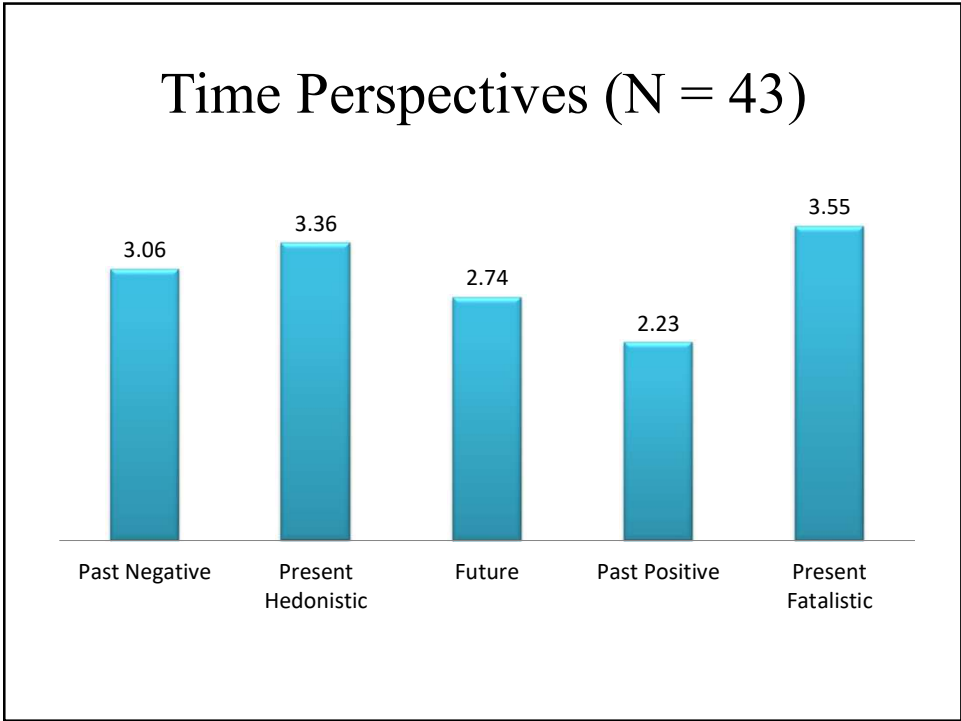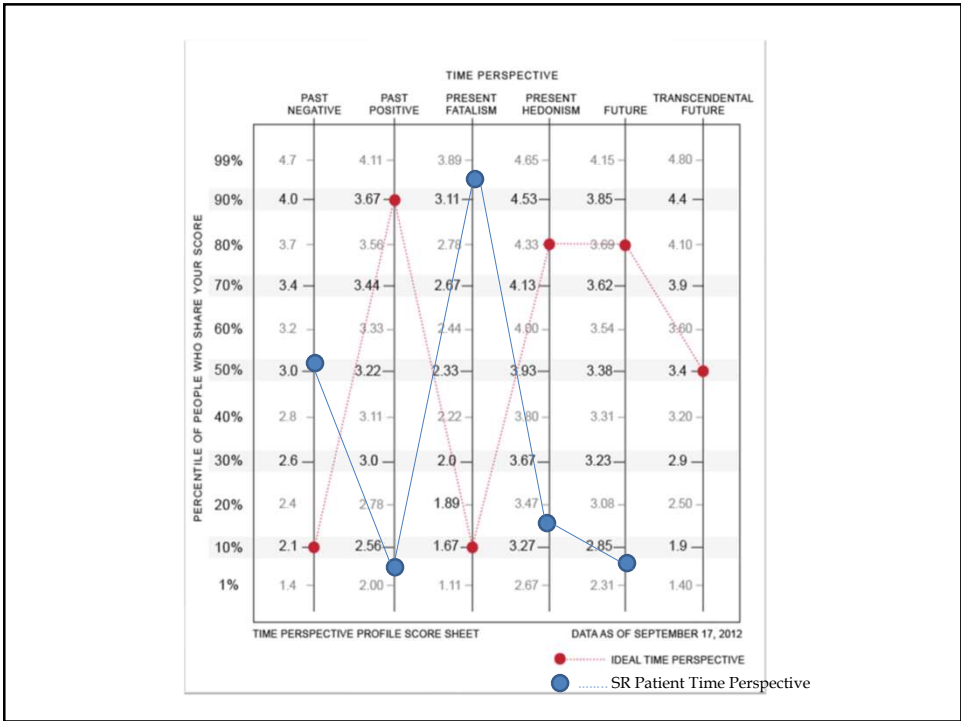
28

Time Perspective & Revocation

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Types of Sexual Violations warranting Custody Placement

Correlation with Future Perspective	
Problematic sexual behavior	.265
Legal sexual behavior	**.327*** *** – sig at the .05 level**

30

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INTERVENTIONS

PROACTIVE RECONSTRUCTION

CONNECTING WITH THE PRESENT

GEARING UP TO FACE THE FUTURE

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Zimbardo, P. G. & Boyd, J. N. (2008).

PROACTIVE RECONSTRUCTION

- Who was I
- three negative events, positive message, lessons
- Gratitude list
- Who was I

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Time-out Three: The Who Was I? Test

1. I was: _____
2. I was: _____
3. I was: _____
4. I was: _____
5. I was: _____
6. I was: _____
7. I was: _____
8. I was: _____
9. I was: _____
10. I was: _____
11. I was: _____
12. I was: _____
13. I was: _____
14. I was: _____
15. I was: _____
16. I was: _____
17. I was: _____
18. I was: _____
19. I was: _____
20. I was: _____

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Time-out Four: Reconstructing a Positive Past Worksheet

List three significant negative events that have occurred in your life:
Event 1. _____
Event 2. _____
Event 3. _____

What positive messages can be taken from these events?
(i.e.: Because you made it through challenging events in the past, you know you will make it through challenging events in the future.)
Event 1. _____
Event 2. _____
Event 3. _____

How can these lessons improve your future?
(i.e.: You may have learned to avoid similar situations in the future, or you may have learned how to cope with similar situations more effectively.)
Event 1. _____
Event 2. _____
Event 3. _____

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Zimbardo, P. G. & Boyd, J. N. (2008)

CONNECTING TO THE PRESENT

- Who am I ? (today)
- When am I ?
- Where am I ?
- How do I feel?

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Zimbardo, P. G. & Boyd, J. N. (2008)

REHEARSING FOR THE FUTURE

- Who will I be?
- Five concrete goals – when will each goal be accomplished

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THANK YOU

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