

**Treatment Impact on Criminogenic Needs:
A Pilot Study of the Swedish Sexual Offender Treatment Program**

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Research on sexual offender treatment programs has been debating the topic of treatment effectiveness in reducing recidivism for decades and studies in this field often struggles with methodological limitations, partly due to difficulties conducting RCT's within the prison and probation setting. Thus, there is a need for additional approaches when investigating sexual offender treatment programs. One such angle of investigation is the impact of sexual offender treatment on criminogenic needs. The aim of this pilot study was to test whether criminogenic needs change after participation in a cognitive-behavioural sexual offender-specific treatment program that adheres to the Risk-, Need- and Responsivity (RNR) principles, within a group of adult, incarcerated or on probation, male sexual offenders in Sweden. To measure criminogenic needs 99 sexual offenders were asked to complete an array of tests pre- and post-treatment: 25 offenders completed Locus of Control of Behavior Scale (LCB), 26 Hypersexuality Behavior Inventory-19 (HBI-19) and 25 respectively 27 completed Relationship Scale Questionnaire (RSQ), the 2-factor version. Therapists rated 46 sexual offenders using The Therapist Rating Scale-2 (TRS-2). The results demonstrated that participants showed non-significant increased internal locus of control, significant decrease in hypersexuality (small to medium effect size), but no change regarding attachment styles, post-treatment. Therapists rated significant decrease in all criminogenic needs post-treatment with medium to large effect size. The sexual offender treatment program studied, called Seif (Sexual offender treatment program with an individual focus), appears to be effective, inducing change in criminogenic needs in the intended direction. The fact that the specific elements of Seif that target sexual self-regulation seems to be particularly effective, especially for participants with severe problems, is worth noting since hypersexuality is one of the strongest predictors of recidivism. The results are in line with previous research suggesting cognitive-behavioral treatment programs adhering to the RNR-principles are promising. The results have implications for actors who meet individuals displaying sexually coercive or violent behaviors as well as for those who implement interventions for these individuals.

Stina Lindegren is a PhD candidate at CESAR (Center for social work), Uppsala University, Sweden. Her dissertation topic is sexual offender treatment - experience of participation, change, previous help-seeking behavior and factors related to participation/non-participation from the sexual offenders' view. Stina is a licensed health social worker with basic psychotherapy training and has several years of clinical experience of probation/parole supervision and treatment programs for violent offenders (including sexual offenders) from the Swedish Prison and Probation Service.