



# Offender Functioning in Treatment

(see [www.ibr.tcu.edu](http://www.ibr.tcu.edu) for more information)

## Assessment Fact Sheet

### **TCU CJ-Client Evaluation of Self & Treatment (CJ-CEST)**

This assessment of offender needs and performance in treatment can be self-administered or completed in an interview by program staff. It includes short scales for treatment motivation (desire for help, treatment readiness, needs, and pressures), psychosocial functioning (self-esteem, depression, anxiety, decision-making, hostility, risk-taking), therapeutic engagement (treatment satisfaction, counseling rapport, treatment participation), and social network support (peer support, social support). These measures are used for monitoring client performance and psychosocial changes during treatment (as well as program-level functioning), and are interim criteria for evaluating treatment interventions as conceptualized in the *TCU Treatment Model* (Simpson, 2004; Simpson, Knight, & Dansereau, 2004).

**Evidence.** As part of a national collaborative study (CJ-DATS), a sample of over 3,266 clients from 26 corrections-based programs (involving 5 Research Centers) was used to study reliability and validity of the CJ-CEST. The 14 scales contain an average of 8 items each, and they require about 25 minutes to complete. Confirmatory factor analysis was used to verify the CJ-CEST factor structure, coefficient alpha reliabilities were computed as measures of internal consistency, and relationships of scales with selected client and program functioning indicators document their predictive validities. The **client-level coefficient alpha** for each scale is reported below, summarizing general psychometric evidence for the credibility of this assessment.

<b>Treatment Motivation</b>	
Desire for Help	.75
Treatment Readiness	.84
Treatment Needs	.64
<b>Psychosocial Functioning</b>	
Self-Esteem	.72
Depression	.72
Anxiety	.77
Decision Making	.74
Hostility	.81
Risk Taking	.72

<b>Therapeutic Engagement</b>	
Treatment Satisfaction	.84
Counseling Rapport	.94
Treatment Participation	.88
<b>Social Network Support</b>	
Peer Support	.81
Social (outside) Support	.75

**Graphic Display and Interpretation.** Score profiles for the CJ-CEST scales, including mean scores and 25%-75% norms, are presented graphically on the next page. The CJ-CEST Scoring Guide found at the IBR website explains scoring procedures for the scales, which range in value from 10-50 (midpoint of 30). The chart is created using the accumulated set of CJ-CEST assessments contained in the TCU/IBR data files and is updated periodically as an interpretive framework for individual and program level results. By plotting the averaged scores from a program into this chart, direct comparisons can be made with clients from other programs tested previously, and scale scores that fall above or below the middle 50% of clients can be identified. (*Note.* The scores for some scales are 'positive' and others are 'negative' for making interpretations about clinical functioning and progress). By re-administering the CJ-CEST over time, changes in client-level and program-level performance can be assessed for treatment planning and management.

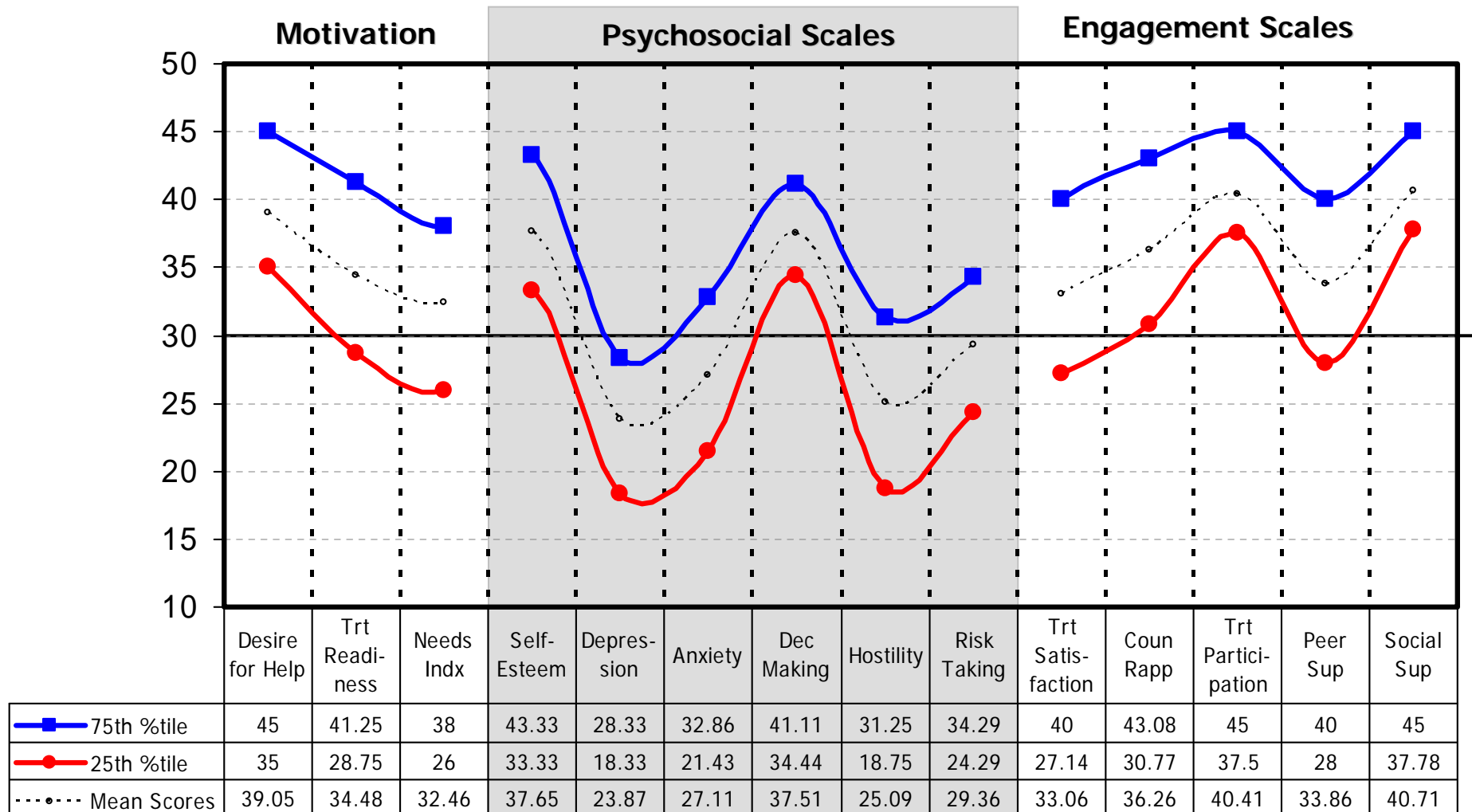
**Limitations.** The graphic display of CJ-CEST score profiles was calculated for total corrections-based treatment clients studied to date, which are highly diverse in socio-demographic characteristics, problem severity, correctional treatment settings, and therapeutic progress. Client functioning information based on more specific subgroups is needed for better comparison norms, and work is in progress to make these refinements.

#### **Key References**

- Simpson, D. D. (2004). A conceptual framework for drug treatment process and outcomes. *Journal of Substance Abuse Treatment*, 27, 99-121.
- Simpson, D. D., Knight, K., & Dansereau, D. F. (2004). Addiction treatment strategies for offenders. *Journal of Community Corrections*, XIII(4), 7-10, 27-32.

# Means & Norms for Offender Functioning

25<sup>th</sup>-75<sup>th</sup> Percentile CJ-CEST Score Profiles (N=3,266)



CJ Client Evaluation of Self & Treatment (CJ-CEST) Scales