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Evaluation of *CerclesCat* Project

4th Report

Own Research

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Evaluation of *CerclesCat* Project

4th Report

Centre for Legal Studies and Specialised Training (CEJFE)
University of Barcelona (UB)
Secretariat of Criminal Sanctions, Rehabilitation and Victim Support
(SMPRIAV)
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Coordinators and authors of this report:

Thuy Nguyen Vo (coord.): Researcher in the Group of Advanced Studies on Violence (GEAV), Faculty of Psychology, University of Barcelona; Technician from the Open Regime and Social Services Unit, Secretariat of Criminal Sanctions, Rehabilitation and Victim Support (SMPRiAV)

Manel Capdevila Capdevila (coord.): Head of Research at the Centre for Legal Studies and Specialised Training (CEJFE)

Other authors, in alphabetical order:

Antonio Andrés Pueyo: Professor in the Department of Clinical Psychology and Psychobiology, Faculty of Psychology, University of Barcelona

Aroa Arrufat Pijuan: Scholarship technician in the CEJFE Research Unit

Patricia Bosch García: *CerclesCat* Support Unit, Health and Community Foundation (FSC)

Xavier Buscà Huertas: Head of the Specialised Intervention Programmes Unit of the SMPRiAV

Jordi Camps Martí: Head of the Rehabilitation Service of the SMPRiAV

Marc Cerón Riera: Head of the Penal Enforcement Investigation and Training Area of the CEJFE

Berta Framis Ferrer: Technician from the Penal Enforcement Research Unit of the CEJFE

Aina Ibàñez i Roig: Technician from the Catalan Observatory of Justice in Gender Violence of the CEJFE

Rosa María Martínez Casado: Head of the Open Regime and Social Services Unit of the SMPRiAV

Marian Martínez García: Technician from the Specialised Intervention Programmes Unit of the SMPRIAV

Anna Montes Alcaraz: Technician from the Open Regime Unit of the SMPRIAV

Àngels Nuñez Cirera: Head of the Open Regime and Social Services Unit of the SMPRIAV

Pablo Romero Seseña: Scholarship technician from the CEJFE Research Unit

Ramón Sendra Recasens: Technician from the Open Regime and Social Services Unit of the SMPRIAV

Carles Soler Iglesias: Deputy Director General of the Rehabilitation and Health Programmes of the SMPRIAV

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0. Introduction

What is being done? Evaluating the *CerclesCat* programme

This is the fourth and final report of a series on the *CerclesCat* programme in Catalonia.

Although it is explained in more detail in the rest of this report, we can say by way of an introduction that *CerclesCat* responds to the Circles of Support and Accountability (COSA) programme for the community treatment of people convicted of a sexual offence who present a high risk of violent recidivism once released at the end of their sentences.

Excellent results in Canada (the programme's country of origin) have led to the creation of new Circles in other countries around the world. In 2012, the Justice Department of the Government of Catalonia decided to adapt the COSA model to the Catalan situation and context, thereby launching the *CerclesCat* project. What readers now have before them is the evaluation of this applied public policy: implementing the *CerclesCat* model in Catalonia.

Why is it being done? Determining what works

The *CerclesCat* model has been implemented quite recently and gradually carried out so that it can be introduced as an additional resource for managing the risk of sex offenders in our territory. This was taken into account when designing the evaluation project, which lasted almost 5 years and partial results of which have been presented each year. The aim of each of these partial reports was to give priority to several of the evaluation project objectives of this public policy: a) to identify if the quality standards of the original COSA model and integrity of the programme were being ensured in its implementation; b) to recognise the role, functions and impact of all the people and leaders involved and participating in it, and c) to evaluate its efficiency and effectiveness for social rehabilitation and reducing the recidivism of high-risk sex offenders participating in the programme versus those who are not. This last objective is the main object of study in this latest report.

The ultimate goal of the project is to be met if the results are positive: d) to justify its institutional continuity, funding and support.

Who are the study subjects? People convicted of sex offences at high risk of violent recidivism when released

Sexual violence is a chronically pervasive problem in all world cultures and societies and its prevalence represents a public health problem that leads to serious and persistent physical and psychological consequences for its victims (WHO, 2002). Similarly, people who commit acts of sexual violence¹ are perhaps one of the criminal groups that generates the most concern and social alarm among citizens and public authorities. In fact, in the eyes of the latter, they are considered to be a specific set of “specialised” criminals who must be treated differently.

Given that the social perception is that most criminals locked up in prison are serving sentences for sexual offences, this assumption is incorrect. In our prison context, they account for some 6-8% of the total prison population (Government of Catalonia, 2019;² Ministry of the Interior, 2019).

There are other myths present among the public to be shattered, given that they contradict the scientific data. The first is the belief that there is a very high level of recidivism in sex offenders. However, national and international empirical evidence indicates that the sexual recidivism rate is between 15% and 20% after five years of follow-up (Bartosh, Garby, Lewis & Gray, 2003; Garrido, Stangeland & Redondo, 2006; Hanson & Bussière, 1998; Harris & Hanson, 2004; Lösel, 2002; Pérez, Redondo, Martínez, García-Forero & Andrés Pueyo, 2008). In other words, 4 out of 5 people convicted of sexual offences will not reoffend in the future.

¹ The term “person who has committed sexual offences or sexual violence” is preferable to the term “sex offender” given the negative connotations of the latter. Nonetheless, in line with existing terminology in criminological literature, the two terms will be used interchangeably in this report for editorial purposes, without implying an intentional or deliberate use of the term “sex offender” to promote the stigmatisation of this group.

² <https://www.idescat.cat/pub/?id=aec&n=882>

Data on the Catalan prison context also indicates that some 20% of people convicted of sexual offences display a high risk of violent recidivism a priori, according to the evaluation obtained through the RisCanvi protocol (Capdevila et al., 2015). This means that, if the prison population for sexual offences in Catalonia in 2019 was 659 people, and 20% of these display a high risk of recidivism, the population likely to benefit from programmes such as *CerclesCat* is **132 people**; in other words, 1.6% of the Catalan prison population in 2019.

How effective is the treatment of high-risk sex offenders?

The second false myth in public opinion is that treating sex offenders is ineffective.

Despite their relatively low figures, as we have just seen, one of the most worrying questions for everyone is whether these people will commit new offences again when they are released. Several studies have found a reduction in the recidivism rate of between 5% and 10% in absolute terms (Lösel, 2002; Marshall, 2001; Redondo & Sánchez-Meca, 2003) among those who have participated in a treatment programme compared to a control group. However, other authors of meta-analysis studies have observed that community-based treatments always perform better than those that are only provided within an institutional setting (Andrews & Bonta, 2006).

A variety of studies have shown that the community re-entry from prison becomes a particularly relevant moment for people serving custodial sentences (García & Soler, 2013; Ibàñez & Cid, 2016; Leverentz, 2011). It is also an empirically proven fact that people who commit sexual offences initially have fewer opportunities for rehabilitation at all levels because of the social rejection generated by this type of behaviour and stigmatisation produced because of their labelling as “sex offenders”. Similarly, difficulties in finding stable housing, obtaining a job, establishing interpersonal relationships or accessing specific resources, among others, would become risk factors for recidivism (Brown, 1999; Brown, Spencer & Deakin, 2007; Burchfield & Mingus, 2008; Clark, 2007; Grossi, 2017; Levenson & Cotter, 2005; Levenson, D’Amora & Hern, 2007; Leverentz, 2011; Lowe & Willis, 2019; Tewksbury, 2005; Travis, 2005; Zevitz &

Farkas, 2000; Zgoba, Levenson & McKee, 2009). In the same vein, the study conducted in Catalonia by García & Soler (2013) also claims that the transition from an ordinary (closed) regime to an open regime is a particularly critical and difficult stage for these people, given the situation of isolation, disorientation and need for social support in which they find themselves at the time. These authors also demonstrated that around 30% of people serving sentences for sexual offences in Catalonia have a series of individual and social criminogenic needs that impede their rehabilitation process and increase their risk of recidivism (García & Soler, 2013).

Experts indicate that social support is viewed as a key factor in reducing risk and promoting a prosocial lifestyle (Laws & Ward, 2011; Willis & Grace, 2009). Hence, the need for measures aimed at preventing crime and recidivism that contain programmes specifically aimed at facilitating and promoting their social rehabilitation within the community context. Empirical evidence also indicates that intensive monitoring and follow-up of sex offenders can significantly reduce the risk of recidivism, provided that these are accompanied by community treatment and support (MacKenzie, 1997; 2000), and that the combination of formal and informal control constitutes an important predictor of desistance in this population (Kruttschnitt, Uggen & Shelton, 2000). Alongside these recommendations, studies show that specific programmes for sex offenders generally perform better when implemented in the community context rather than in prison (Schmucker & Lösel, 2015).

Consequently, interventions aimed at social rehabilitation and desistance of people convicted of sexual offences must focus not only on the personal context of the individual, but also on the social and community context in order to encourage the generalisation of acquired learning, the development of social capital and the opportunities for change (Braden, Göbbels, Willis, Ward, Costeletos & Mollica, 2012; García & Soler, 2013).

Therefore, if we want to improve the effectiveness of treatment programmes in this group of people at a high risk of recidivism (20% of all people convicted of sexual offences in our context), we must use methodologies that involve the completion of prison measures in a regime of “semi-freedom” under the

technical supervision of treatment professionals and conducting work not only to reduce new offences, but also on their social and civic rehabilitation.

This is the goal of the *CerclesCat* programme and its evaluation carried out between 2016 and 2020 has been designed for this purpose.

Analysis of the evaluation task of the *CerclesCat* programme

The first report (Nguyen et al., 2018) focused primarily on contextualising the intervention with people who had committed sexual offences and on developing various aspects related to the origins of the Circles of Support and Accountability (how they operated, theoretical foundations and degree of effectiveness of the programme in reducing recidivism). The research also described the characteristics of the *CerclesCat* programme in Catalonia and its implementation process, quality system and organisational model of its application in our territory. The overall goals of the research, its methodology and design of the study were also presented, with the main results obtained from the analysis of retrospective data of the profiles of the five established study groups. The full report of this first phase of the research is available in Catalan and Spanish for consultation in CEJFE's research catalogue.³

The next report was published the following year (Nguyen et al., 2019) and it corresponded to the second phase of the research. On this occasion, the study focused on exploiting prospective data arising from newly incorporated cases, evaluating core members, quality standards and prison recidivism rates of the study groups. The work specifically addressed five objectives: 1) to present the most important aspects of the process of creation and evaluation of the quality system of the *CerclesCat* project; 2) to update the status of the issue in relation to international research on the COSA model; 3) to describe and compare the subjects making up the study groups in terms of socio-demographic, penal, prison, treatment and risk features; 4) to analyse in a descriptive manner the initial results obtained on the recidivism rate of the sample group studied, and 5) to detail all the actions conducted during 2018 in relation to some of the

³ Available at: <http://cejfe.gencat.cat/ca/recerca/cataleg/crono/2018/cerclescat/>

improvement proposals contained in the first report. Readers are therefore invited to consult this report, which is also available in Catalan and Spanish on the CEJFE website,⁴ if they are interested in obtaining further information about any of these issues.

In order to provide a comprehensive analysis of the *CerclesCat* programme, the third report (Nguyen et al., 2020), complemented the previous two and focused specifically on analysing the experiences of the volunteers, coordinators and professionals of the outer Circle as well as members of the Support Unit (formerly known as the Executive Committee) participating in the *CerclesCat* programme. The main objective was to identify the key aspects of the operating model in our context and compare these with some of the results published in international research on the COSA model (Nguyen et al., 2020). This study did the following: 1) described the experience of participating in the *CerclesCat* programme; 2) identified the strengths and weaknesses of the programme based on the perception of each participant; 3) ascertained the attitudes towards sex offenders; 4) assessed their general health status; 5) determined the level of satisfaction of the training received, and 6) evaluated the degree of overall satisfaction with the programme.

This third report, partially funded by the State Pact against Gender-based Violence and within the framework of research projects by the Catalan Observatory of Justice in Gender Violence, was published in Spanish and Catalan by the CEJFE in 2020.⁵

Current and latest report: final evaluation of a public policy

This is the fourth and final report of a series that makes up the complete project for evaluating the implementation of the *CerclesCat* programme in Catalonia. It has been divided into seven chapters that address various objectives.

⁴ Available at: <http://cejfe.gencat.cat/ca/recerca/cataleg/crono/2019/cercles-cat-2-informe/>

⁵ Available at: <http://cejfe.gencat.cat/ca/recerca/cataleg/crono/2020/avaluacio-cerclescat-3/>

First, taking into account readers who know nothing about the project, chapter 1 presents the workings of the *CerclesCat* project and how it has evolved from its launch to the present day, as well as the main results obtained in the previous reports. It also updates the body of knowledge in relation to international results and innovations regarding the operating model of the Circles of Support and Accountability.

Next, chapter 2 describes the research-related aspects, specifically their purpose and objectives, the methodology used, the design of the research and a summary of the research conducted over the past four years. It also includes and describes the new study variables that complement the evaluation of the programme's effectiveness, such as rehabilitation indicators.

Chapter 3 begins by presenting the results arising from the collation and exploitation of prospective data of all cases registered in the project between 2017 and 2020. It first presents a general description of the entire sample and then explains the specific profile of cases that make up the five study groups in relation to socio-demographic, penal, prison, treatment and risk features. It follows this with the results arising from comparing the groups based on the variables mentioned, as well as analysing the recidivism and rehabilitation rates.

Next, chapter 4 focuses on explaining the evaluation of quality indicators, including a summary of the main results obtained between 2017 and 2020 and a comparative analysis of their evolution during this period.

Chapter 5 is dedicated to reporting on the project and all the actions conducted in managing case subjects who are likely to participate as core members in the programme. A specific section is devoted to analysing the reasons why some inmates do not want to become involved in a Circle despite meeting all the requirements for participation and displaying major deficiencies that impede their community re-entry. It also sets out actions aimed at increasing the recruitment of candidates and disseminating the programme and its results among groups of influence and in other media.

Chapter 6 covers the discussion of the results, while the conclusions and proposals arising from the preceding sections are contained in chapter 7 of this report. First, it addresses those that refer to the groups analysed and, second, those related to the evaluation of the quality of the CerclesCat programme and follow-up of the project.

Finally, chapter 8 includes all the bibliographic references consulted in this report, including an update of the latest works published nationally and internationally on COSAs during the years 2019 and 2020. Finally, the tables containing the definitions of all the variables of the study are included in the section of appendices.

1. The *CerclesCat* project

1.1 Circles of Support and Accountability (COSA)

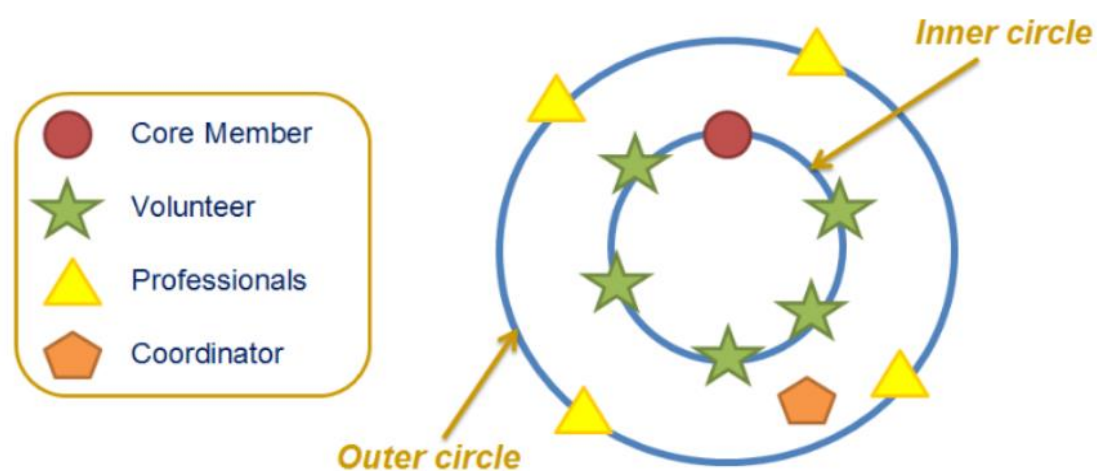
Circles of Support and Accountability is an open regime model of intervention based on restorative justice that aims to reduce the risk of future sexual recidivism by socially rehabilitating people who have committed sexual offences through social support and community participation.

The COSA Model originated in Canada in 1994 as a result of the release of a high-risk sex offender who had not undergone any transitional measures from prison to the community, or had any supervision or support. At the request of the prison authorities, a religious congregation brought together a group of volunteers to support and facilitate the social rehabilitation of this individual and, at the same time, prevent further offences. It was a successful initiative that led to the creation of new groups of volunteers to accompany other sex offenders who were released. The excellent results obtained have helped the programme to be copied and expanded not only in Canada, but also throughout the world, specifically in several regions of the United States and certain territories in Europe (Circles4EU), among which includes the adhesion of Catalonia.

The COSAs comprise an inner Circle and an outer Circle. The former consists of a moderate or high-risk sex offender, who is known as a core member (CM) from the moment he agrees to participate voluntarily in the programme, accompanied by a group of 3 to 6 volunteers from the community who have received specific training to perform their work as part of the inner Circle. Volunteers meet with the CM on a regular basis to provide emotional support, model prosocial behaviour or help with his practical or daily needs. At the same time, they also help the CM to be held accountable by questioning his antisocial attitudes, beliefs and behaviour. The outer Circle consists of professionals and helps the volunteers to take the necessary measures in order to prevent any new recidivism by the CM. The exchange of information between the inner and outer Circles is carried out by the figure of the Circle coordinator, who is also in charge of supporting and supervising the process of the Circle. Each Circle generally lasts approximately eighteen months (although this can vary

depending on each country), during which time it passes through various phases (weekly, fortnightly or monthly and mentoring meetings). The two essential principles that guide the COSA model and are shared by all those involved are “No more victims” and “No secrets”, implying that information on sexual offences and specific risk factors of the CM is shared by all members of the inner and outer Circles in order to prevent any new recidivism (Nguyen et al., 2019). Figure 1 provides a visual representation of how the Circle model operates.

Figure 1: Operating model of Circles



Source: European Handbook of COSA (Höing et al., 2015).

1.1.1 Theoretical approaches supporting the COSA operating model

The programme is based on the principles of restorative justice and includes several elements of various approaches or theoretical models that support its effectiveness (Höing, Bogaerts & Vogelvang, 2013):

- a) Risk-Need-Responsivity model (RNR; Andrews & Bonta, 1994, 2016). The COSA model is aimed at sex offenders with a moderate or high risk of recidivism (Risk principle), with major criminogenic needs of isolation and with a lack of social support (Need principle). Likewise, the selection and configuration of the volunteers making up the inner Circle also adjust to the profile and needs of the CM (Responsivity principle).

- b) Good Lives Model (GLM; Ward & Stewart, 2003; Ward & Brown, 2004; Ward & Gannon, 2006). This theoretical model is also represented within the COSA in two specific aspects. First, the rehabilitation of sex offenders is conceived from a humanistic perspective, understanding that they are people with reasonable primary goals and needs but who possess inadequate skills and strategies to achieve these. Second, at least three of the seven primary assets postulated by the GLM are achieved through social involvement and participation in the form of volunteers belonging to the community: personal autonomy (agency), relationship with other people (relatedness) and connection with social groups (community).
- c) Desistance (Farral & Calverley, 2005; Maruna & Toch, 2003). Circles view core members as possible “desisters” (Höing et al., 2013). Two of the main objectives of the programme are precisely, on the one hand, to develop an adaptive and positive identity and, on the other hand, to build human and social capital. Positive identity is expressed by identifying the sex offender within the Circle as a core member, a widely used term in the programme that gives the individual a non-criminal identity during their participation in the programme (Höing et al., 2013). It seems that the most important theoretical effect of the Circles is the improvement of social capital, which acts as a protective factor to prevent recidivism.

1.1.2 The current state of international research in the COSA model

Ever since the second evaluation report updated the state of the issue of the *CerclesCat* programme in Catalonia (Nguyen et al., 2019), at least 10 studies or reports on the COSA programme have been published internationally between 2019 and 2020. Given that the third report (Nguyen et al., 2020), complementary to the research, had already focused specifically on analysing issues related to studies on volunteers and professionals participating in the programme, the following section will not mention research on this issue (and we invite all interested parties to consult the third report via the link provided in the introductory chapter). Similarly, publications prior to 2019 have been

described in the first and second reports (also provided as links in the introductory chapter of this report).

The first paper is a French-Canadian comparison of the development of COSAs and the barriers or difficulties for their implementation in France. Thus, Bertsch et al. (2019) conclude that both the COSA model and other similar initiatives present the same difficulties for implementation in the country: lack of previous experience, high cost and organisational problems involved in obtaining the necessary training by foreign experts and difficulties when it comes to selecting CMs. The authors believe that these problems reflect the intercultural differences between Canadian and French territories. Nonetheless, Bertsch et al. (2019) believe that legislative developments and the arrival of these types of interventions based on restorative justice have a place in the future from a positive perspective focused on social rehabilitation.

The work of Bartels, Walvisch & Richards (2019) examines recent legislative reforms in Australia in relation to post-sentencing risk management for sex offenders, highlighting the lack of scientific evidence to support the effectiveness of these measures in order to improve the safety of citizens. In contrast, the authors conclude that investment should be made in other innovative experiences, including the COSA programme, which has indeed demonstrated more positive results for social rehabilitation and reduced recidivism.

The paper published by Völlm, Craissatti, Grubin & Skett (2019) analyses effective interventions to prevent recidivism, most of which are conducted in the United Kingdom. Their conclusions regarding COSAs are that the results obtained to date are positive, but that more robust evaluations are still required. At the same time, they raise some interesting questions, such as what is the most appropriate period of time of a Circle and which elements work best for certain profiles. They also underline the importance of developing evaluation models that take into account the point of view of the CMs and other participants in order to be able to analyse various operating models of the Circles.

Kitson-Boyce, Bladgen, Winder & Dillon (2019) present preliminary results from the pilot application of a new COSA operating model as a tool for community re-entry from prison for vulnerable sex offenders or those with special needs. Through qualitative interviews with 17 participants (7 CMs and 10 volunteers), they identify four key points related to the future implementation of this model in UK prisons: a) the value of support (instrumental and emotional) and commitment regardless of context (prison versus community); b) the extent to which it is necessary to address the crime in depth in order to promote the responsibility of the CM; c) the relevance of recording certain actions (e.g. list of risk factors and guidelines for action) to minimise the insecurities of volunteers to perform their role, and d) the importance of promoting the building other social bonds outside of the Circle in order to prevent recidivism.

The report published by Richards, Death & McCartan (2020) is a work that focuses on analysing the available evidence on the effectiveness of community programmes for the social rehabilitation of sex offenders and their implementation and future viability in Australia. In addition to reviewing the characteristics of COSAs and summarising the main international findings, the authors conducted a qualitative study with a sample of participants from the first COSA programme launched in Australia in 2015. Based on a feminist approach and the theories of the Good Lives Model (GLM; Ward, 2002) and Risk-Need-Responsivity (RNR, Andrews & Bonta, 2016), as well as theories of desistance, they interviewed CMs, volunteers and professionals involved in the programme and also survivors of sexual offences. The study found that COSAs promote involvement in activities with CMs that can reduce the risk of recidivism, such as contact with community network resources or establishing family ties through social support, questioning antisocial justifications or attitudes, as well as inappropriate thoughts or behaviour, reduction of stressors, learning patterns of prosocial behaviour and compliance with norms. In order to implement the programme properly, Richards et al. (2020) believe that efforts should be aimed at expanding the programme to other territories, achieving greater participation and quality of training of volunteers, improving communication with stakeholders and the community, and ensuring greater funding and support.

The work of Gilliam, Novak, Bohmert & Duwe (2020) is interesting in that it analyses not only the elements that make the programme attractive to volunteers, but also the characteristics of the latter that are most valued by CMs. After interviewing 33 volunteers and 10 CMs, Gilliam et al., (2020) observed that the perception of the benefits of participating in the programme for volunteers was almost the same for both the volunteers and the CMs: education or knowledge (opportunity to learn new concepts or acquire a more precise knowledge about sex offenders that is very different from stereotypes), satisfaction (positive effects of helping other people), socialisation (opportunity to relate to other people and improve their skills) and personal growth. The only discrepancy between the two perspectives was that the volunteers also viewed specialised training as one of the main benefits of participating in the programme. Both also agreed on their desire to hold more meetings and extend the duration of the Circle (initially one year in the Minnesota programme), as well as to change certain aspects related to the operating process of the COSA. Similarly, both volunteers and CMs positively evaluated the availability and continuity of their members. The innovative point of the study primarily involved analysing the preferences of CMs on certain characteristics of the volunteers: in a relatively generalised manner, the authors found that CMs preferred to have older people in the Circle. Nonetheless, the study has some limitations that need to be considered, such as the fact that the CMs interviewed were a representative sample of high-risk sex offenders and the information collected referred to Circles that began more than ten years ago (when the programme had been in operation for only a few years).

The next paper, more theoretical in nature, was published by Richards (2020), whose aim was to ascertain how the relational dynamics of the COSA model operate to produce behavioural change in CMs at a theoretical and empirical level, specifically why relationships among CMs and volunteers reduce sexual recidivism and promote criminal desistance. The author conducted a semi-structured interview with 62 participants (31 CMs, 17 volunteers and 14 professionals) from six COSA programmes in the United States and Canada. The main conclusion reached by Richards (2020) is that this desistance can be explained from Donati's theory of "relational reflexivity" (which in general terms

states that an individual's actions are not guided solely by oneself, but occur in the context of one's social relationships, in such a way that these relationships can motivate people to behave in a specific manner and, at the same time, transform these relationships), given that the relationships between the CM and volunteers occur within contexts that condition and feed off each other to modify them. On the one hand, rapprochement between the participants (insofar as they show themselves to be people with their own vulnerabilities) would reduce the moral distance between CMs and volunteers. On the other hand, the solidarity of volunteers would create opportunities within the Circle for the CM to also carry out acts of reciprocity towards other people (prosocial behaviour).

One of the most recent papers was written by McCartan & Kemshall (2020). They use the COSA model and empirical evidence arising from it as a paradigmatic example of the potential benefits it has for promoting recovery capital (understood as the sum of resources available to an individual to overcome a problem, including cultural, physical, human and social factors) for the risk management and rehabilitation of people convicted of sexual offences. The authors conclude that COSAs directly and indirectly promote the growth of this recovery capital, given that the Circle: a) constitutes an artificial support system for the CM (social capital); b) allows the development and improvement of human capital by achieving prosocial goals through appropriate means, learning positive models and social and interpersonal skills, increasing self-esteem and self-confidence (human capital); c) facilitates access to and management of resources by promoting new skills (thereby acting indirectly on physical capital), and d) promotes primary prevention and public awareness, and allows the CM to see what behaviour is appropriate at a situational, social and cultural level and (cultural capital).

Perhaps one of the most interesting and relevant papers for this report is that published by Dwerryhouse, Winder, Bladgen & Lievesley (2020), which focuses on identifying both successful outcomes and failures of the programme. As the authors point out, most publications have focused on the excellent results obtained by the COSA, but they have tended to ignore the more problematic aspects to justify issues related primarily to programme funding. This work,

however, accurately indicates that identifying these failures becomes a learning opportunity and helps to standardise and delimit objectively the programme's indicators of effectiveness by researchers. By reviewing the scientific literature on COSAs, Dwerryhouse et al. (2020) identify reduced recidivism, desistance and an adapted or prosocial lifestyle as the main indicators used to measure success; while on the other hand, failure is defined in terms of recidivism (general, violent and/or sexual), arrests, violations, revocations, readmission to prison, abandoning the Circle or lack of cooperation from the CM. The authors also categorised the reasons for ending a Circle in relation to two of the principles guiding the original programme. Closure for a new offence would therefore mean not having reached the principle of "No more victims", while the abandonment of the Circle by most volunteers or the closure of a Circle by outer or inner agents without any justified reason (exclusion of the CM and withdrawal of support) would challenge the principle of "No one is dispensable". Instead, the authors consider the removal of an CM from a Circle as a measure to prevent a new offence (e.g. because he displays risky behaviour), an agreed and planned termination or self-imposed abandonment of the CM may have to be considered a success because neither of the two principles mentioned have been broken. Nonetheless, the paper warns of the implications that a CM abandoning a Circle or its premature closure may have, given that empirical evidence indicates that sex offenders who leave treatment or end it sooner than the recommended time display higher recidivism rates than those who complete it. These risks associated with treatment ineffectiveness should therefore also be applied analogously to some of the causes of ending a Circle and should therefore be a cause for concern. According to the paper, another aspect to consider when determining the success of a Circle is the time period set to evaluate recidivism. The effectiveness of the programme should therefore be based not only on the absence of a new offence during the time that a Circle lasts, but also during the time after its closure, given that the goal is the prevention of recidivism. Consequently, Dwerryhouse et al. (2020) believe that two criteria should be distinguished when establishing the effectiveness of COSAs with regard to recidivism: one throughout the period that a CM participates in a Circle and another in the long term once it has ended. But as the authors rightly point out: "any reoffence should reflect upon the Core

Member as an individual, and not of the wider Circle that offered support” (Dwerryhouse et al., 2020).

1.1.3 Impact of COSA model on preventing recidivism

Considering that the main results of empirical studies on the COSA model have already been summarised in previous reports (Nguyen et al., 2018, 2019 and 2020), in this section we will only focus on an overall summary of the most relevant results with regard to the effectiveness of the COSA model, given that no publications have been identified in the past year dealing with this issue. Those interested are invited to consult our previous reports (duly linked in the introductory chapter of this report) if they wish to consult further information on this subject.

Data available so far on the effectiveness of the COSA model for reducing recidivism in control group experimental studies (Duwe, 2012 & 2018) or quasi-experimental studies with other comparison groups (Bates, Macrae, Webb & Williams, 2012; Bates, Williams, Wilson & Wilson, 2014; Wilson, Cortoni & McWhinnie, 2009; Wilson, Picheca & Prinzo, 2007b) indicate that the COSA model is effective in reducing violent recidivism. In fact, all studies that recorded and compared this measure discovered major differences between the CM group (mean recidivism rate of 8.65%; SD = 6.29; Min. = 0 / Max. = 15) and control group (m = 36.40%; SD = 23.24; Min. = 9.90 / Max. = 66.60%). However, the results obtained are less consistent in terms of reducing overall and sexual recidivism. While the average overall recidivism rate of CMs is 28.86% (SD = 15.95; Min. = 11.30 / Max. = 50), and that of the control group is 47.96% (SD = 17.98; Min. = 25.40 / Max. = 68), these differences are significant in three of the five studies that evaluate it. Similarly, the rate of sexual recidivism, despite being lower in the CM group (m = 2.94%; SD = 3.45; Min. = 0 / Max. = 9.20) with respect to the control group (m = 13.51; SD = 8.31; Min. = 3.20; Max. = 27.70), these distinctions are only statistically significant in three of the six studies completed (Table 1). It has nonetheless been observed that cases in which recidivism of a sexual nature has occurred are qualitatively less serious than those committed in the base offence (Wilson et al., 2007b).

Table 1: Summary of empirical studies on effectiveness of COSA model

Studies with control group or comparable groups	Sample size		Recidivism				Statistical significance Fisher's test / χ^2
	CM group	Control group		Circles % (n)		Control % (n)	
Wilson, Picheca & Prinzo (2005, 2007b)	60	60	G	28.3% (17)	G	43.3% (26)	$p = ns$
			V	15.0% (9)	V	35.0% (21)	$p < .001$
			S	5.0% (3)	S	16.6% (10)	$p < .05$
Wilson, Cortoni & McWhinnie (2009)	44	44	G	11.3% (5)	G	38.6% (17)	$p < .01$
			V	9.1% (4)	V	34.1% (15)	$p < .01$
			S	2.2% (1)	S	13.6% (6)	$p = ns$
	19	18	V	10.5% (2)	V	66.6% (12)	$p < .01$
			S	0.0% (0)	S	27.7% (5)	$p < .05$
Bates, Macrae, Webb & Williams (2012)	54	54	S	19.2% (5)	S	18.5% (10)	$p = ns$
Duwe (2012)	31	31	G	38.7% (12)	G	64.5% (20)	$p < .05$
			S	0.0% (0)	S	3.2% (1)	$p = ns$
Bates, Williams, Wilson & Wilson (2014)	71	71	G	16.0% (12)	G	25.4% (18)	$p = ns$
			V	0.0% (0)	V	9.9% (7)	$p < .05$
			S	4.2% (3)	S	7.0% (5)	$p = ns$
Duwe (2018)	50	50	G	50.0% (25)	G	68.0% (34)	$p < .05$
			S	0.0% (0)	S	8.0% (4)	$p < .05$

Nota: G = general recidivism, V = violent recidivism (inc. sexual), S = sexual recidivism, ns = not significant ($p > .05$)

Descriptive studies on programme effectiveness, in which no control groups or comparison groups are used, also provide a few interesting results despite the limitations of the methodology used. According to several studies, the CM recidivism rate appears to be lower than might be expected, compared to the baseline recidivism rate for this type of offence (Bates, Macrae, Williams & Webb, 2012; Chouinard & Riddick, 2014; Fox, 2013), which may involve a relative reduction in sexual recidivism of up to 75.5% after five years of follow-up (Chouinard & Riddick, 2014).

Reference has so far been made to studies based on official recidivism rates, such as new arrests, convictions or prison terms. But we know that there is a high unrecorded figure in relation to sexual violence, especially with regard to that committed against children and adolescents (Redondo & Garrido, 2013; Save the Children, 2017) and that CMs and other sex offenders can display inappropriate behaviour that is not considered illegal. Consequently, although there are studies that did not record any official recidivism in CMs, they were able to identify other pro-criminal behaviour (Bates, Saunders & Wilson, 2007;

Quaker Peace & Social Witness, 2005), such as establishing friendships with children or violating the conditions of release on probation. While this may lead us to think that perhaps the COSA programme is not as effective as studies suggest, several authors believe that this evidence also becomes an indicator of effectiveness, given that the programme helps to detect this problematic behaviour and is therefore a useful tool for risk management and public protection (Bates et al., 2007; Richards, Death & McCartan, 2020).

Nonetheless, as has been shown in previous reports (Nguyen et al., 2018, 2019), it should be noted that published studies on programme effectiveness have major methodological limitations that may have influenced the results obtained and the real impact of the COSA model, in which aspects such as small sample size, heterogeneity of comparison groups, disparity and brevity of follow-up periods and efficiency indicators used are particularly relevant (generally limited to a single variable, such as official recidivism) and the low incidence rate of some of the recorded criteria (especially sexual recidivism).

While recidivism appears to be the “star” indicator of the programme’s effectiveness, other research has also been interested in checking for any relationship between the progress a CM makes in a Circle and his level of risk, as well as in other relevant psychosocial variables.

With regard to the level of risk, some studies have compared the scores obtained in the CM’s risk assessment at the beginning and end of their participation in the programme. Given that risk is dynamic, it is evaluated every three months by the coordinator in collaboration with the volunteers of the Circle through the dynamic risk assessment protocol of the core member. This instrument contains risk and protection factors that help us to explore various aspects related to sexual interests, antisocial attitudes, social and emotional management difficulties and self-regulation issues.

Based on the information that it obtains, Bates & Wager (2012) found a significant reduction in the scores of several items in more than 60% of CMs (pre-post measure), although the authors consider that this change cannot be attributed to the Circle because of the limited sample size (13 cases). In the

same vein, Earnshaw (2014) observed an average reduction of 11 points between the first and last dynamic risk assessment in a sample of 52 CMs. Nonetheless, this also indicated the existence of a large variability of scores among CMs, as well as low scores on certain items since the beginning of the Circle. In contrast, Höing et al. (2015) found no decrease in the level of risk in the 13 CMs evaluated after six and 12 months from the start of the Circle. Finally, McCartan (2016) observed that there was generally a reduction in risk, although this fluctuated throughout the duration of the Circle.

1.1.4 Impact of Circles on recidivism and social rehabilitation

Studies that quantitatively measure psychosocial change in CMs are also limited. Nonetheless, the results indicate positive changes in some of these factors. An increase or improvement in some areas that we know can become risk factors for sexual recidivism has generally been observed:

- Access to education or job market (Bates et al., 2012; Clarke, Warwick & Völlm, 2017; McCartan et al., 2014b)
- Access to housing and independence (Bates et al., 2007; Bates et al., 2012; Clarke et al., 2017)
- Prosocial attitudes and behaviour (Bates et al., 2012; McCartan et al., 2014b; Höing et al., 2015)
- Self-esteem (Höing et al., 2015)
- Emotional self-regulation (Höing et al., 2015)
- Emotional well-being (Bates et al., 2012)
- Health care (Bates et al., 2012)
- Coping skills (Höing et al., 2015)
- Locus of internal control (Höing et al., 2015)
- Perception of social support (Elliot et al., 2014b)
- Participation in prosocial activities (McCartan et al., 2014b)
- Reduction of stress and depression (Bates et al., 2012)
- Affective relationships with appropriate partners (Bates et al., 2012; Clarke et al., 2017)
- Family relationships and social network (Bates et al., 2012)
- Feelings of hope (Elliot et al., 2017)

The question is to what extent these improvements can be attributed to their participation in the programme, given that studies recording these changes do not use any comparison group (Richards et al., 2020). Despite the criticisms and limitations that can be identified in the various research studies on the effectiveness of the programme, some experts indicate that COSAs are at least a promising management tool for preventing sexual recidivism and leading to social rehabilitation (Clarke et al., 2015).

The COSA model also displays clear social and economic benefits. In fact, studies focusing on cost-benefit analysis point out that implementing the Circles means an annual saving of £23,949 in the UK (Elliot & Beech, 2013) and their economic return can triple the initial investment in the United States (Duwe, 2018) and quadruple it in Canada (Chouinard & Riddick, 2014). Specifically, the study by Duwe (2018) indicates that an approximate profit of \$3.73 is obtained for every dollar spent on the programme (i.e. a 273% return on investment cost), while Chouinard & Riddick claim a five-year saving of \$4.60 for every dollar invested, taking into account the economic cost of a sexual offence (McHollister, French & Fang, 2010).

Although the number of published research studies on the impact of the programme is small and the results focusing on the effectiveness of the Circles on preventing recidivism remain inconsistent and present methodological limitations, it seems that this model has a positive impact on improving psychological well-being and reducing the social isolation and loneliness of core members (Kitson-Boyce, 2018). It also seems that applying the COSA model could be beneficial in other contexts or groups, such as a preventive community service aimed at people requiring help to manage their sexual attraction to minors (paedophiles) and become potential abusers, or for minority groups with other specific characteristics (such as adolescents exhibiting inappropriate sexual behaviour, individuals with intellectual or hearing disabilities, people with autism or transgender CMs (Hocken, Good, Elliot, Webb, O'Connor & Cox, 2018).

1.2 *CerclesCat*: operating model of COSAs in Catalonia

COSAs were introduced to Europe through the United Kingdom in 2002. Subsequently, thanks to the initiative of several European countries, alongside the support of international studies showing the effectiveness and efficiency of the model to reduce recidivism, funding was obtained through the European Daphne III programme for their implementation in other countries. To this end, the Circles4EU European network was set up to coordinate the development of the COSA model and its application standards, as well as for research and the dissemination of its results.

Based on the excellent results obtained with the COSA programme in other countries, the Justice Department of the Government of Catalonia made a commitment to this model of sex offender rehabilitation. García & Soler (2013) therefore carried out a previous study in 2012 with the aim of evaluating the viability of the programme and adapting the COSA model to the Catalan context, thereby guaranteeing the implementation of the quality standards established by the European Circles4EU project (Höing, 2011; Höing, Duke & Völlm, 2015). As a result of this research and after the relevant adaptations, three pilot Circles were set up in the province of Barcelona under the name of the *CerclesCat* project. These first three Circles began during the third quarter of 2013 and ended between the fourth quarter of 2015 and the second quarter of 2016, when the European Circles4EU project had already been completed.

The study of the three pilot circles initiated in Catalonia identified an improvement in terms of employment, social skills (social network and improvement of interpersonal relationships), acquisition or improvement of skills (problem solving and coping in high-risk situations), involvement in prosocial activities, emotional stability and increased self-esteem (Nguyen et al., 2018). Additionally, an analysis of the changes in the level of dynamic risk of the three pilot circles that were launched in Catalonia in 2013 was also carried out (Nguyen et al., 2018). This analysis of the evaluated risk and protection factors found that between one and six risk factors decreased between the beginning and the end of the Circle and the sum of the total scores also decreased in two of the three Circles. Protective factor scores also improved in one of the Circles

in pre-post measures (a more detailed analysis can be found in the first report published in 2018).

The proper functioning of these three pilot Circles, as well as the institutional, public and social support that the *CerclesCat* project received and still receives, encouraged the Justice Department to integrate the COSA model into the existing strategies for risk management of sex offenders in Catalonia. The implementation of this programme has been carried out gradually and a total of 27 Circles have been activated from its launch in 2013 until the third quarter of 2020 (Table 2).

Table 2: Circles launched since implementation of *CerclesCat* programme

	2013	2014	2015	2016	2017	2018	2019	2020
Circles launched	3	2	2	2	7	3	6	2
Total accumulated Circles	3	5	7	9	16	19	25	27

The *CerclesCat* programme contains several differences from the original model and these respond to the particularities of our context, although it meets each and every one of the standards set by Circles4EU. It has also developed and included several innovative aspects that improve the integrity of the programme. In relation to the adaptations to our context and the particularities of the *CerclesCat* programme, we invite readers to consult our first and second reports (Nguyen et al., 2018, 2019). We would like to underline the following with regard to our own innovations and actions introduced in the Catalan operating model from its inception in 2013 to the present-day:

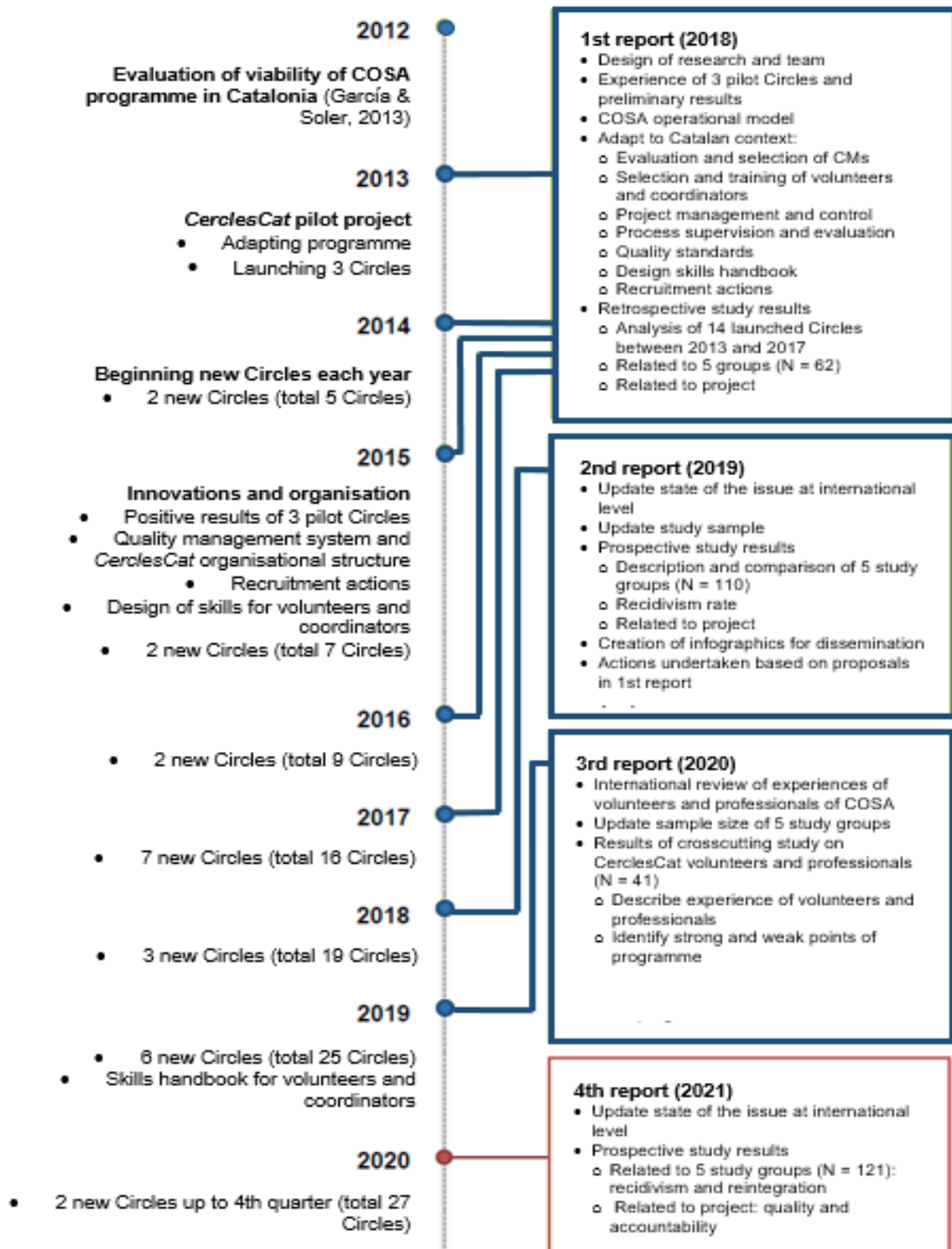
- a) Creation of specific infographics and materials adapted to facilitate the dissemination of the project among the operators involved or influence groups.

- b) Skill evaluation for the selection processes of the people participating as volunteers in the programme and for coordinators, in the form of a guide published by the CEJFE.⁶
- c) Annual focus groups with volunteers to obtain their impressions, suggestions and proposals for improvement.
- d) Volunteer revalidation workshops to ensure the necessary skills to participate in the programme.
- e) Internal training for coordinators that goes beyond the spaces of continuous training.
- f) Specific training that responds to the training needs expressed by volunteers and coordinators.
- g) Individual and group supervision with coordinators.
- a) Inclusion of quality indicators related to the degree of suitability of volunteers and coordinators, frequency of interviews and meetings, and evolution of CM.
- b) Annual quality audits.
- c) Annual report to the Board of Directors by the Support Unit (formerly the Executive Committee).
- d) Implementation of evaluating satisfaction with the programme by CMs, volunteers, coordinators, professionals of the outer Circle and Support Unit by administering questionnaires twice a year.
- e) Incorporation of a specific section in evaluating satisfaction, relative to the support received by *CerclesCat*, during COVID-19 lockdown, by the CM, volunteers, coordinators and members of the Support Unit.

The changes and actions carried out over this seven-year period (2013-2020) have been collected and analysed throughout the four reports that make up the evaluation of the *CerclesCat* Project and these have been summarised in Figure 2.

⁶ Available at: http://cejfe.gencat.cat/web/.content/home/publicacions/guies/formatives/guia_persones_voluntaries_CA.pdf

Figure 2: Evolution of *CerclesCat* programme implementation and research



2. Research: evaluation of *CerclesCat* programme

In order to establish a evaluation model comparable to other countries that have implemented the operating model of the Circles of Support and Accountability programme, the Secretariat of Criminal Sanctions, Rehabilitation and Victim Support entrusted the Penal Enforcement Investigation and Training Division of the Centre for Legal Studies and Specialised Training (CEJFE) to design and evaluate the operation and results of the project in order to implement the *CerclesCat* programme in Catalonia. A research team was set up to perform this task in 2016 together with researchers from the University of Barcelona (UB) and Health and Community Foundation (FSC).

2.1 General objectives

With regard to the **results** (subjects):

- 1) To describe and compare the (personal, social, penal, prison and risk) characteristics of sex offenders in the five groups that are part of the evaluation (*Cercles*, *Col·laborador*, *Rebuig*, *Cantera* and *Refractari* groups).
- 2) To identify the differences and similarities between the individual profile of the *Cercles* and *Col·laborador* groups and determine whether there are any significant differences between the two groups in terms of recidivism and rehabilitation after the intervention (participation in *CerclesCat* programme).
- 3) To determine if the profiles of the *Rebuig*, *Cantera* and *Refractari* groups are different from each other and with regard to those proposed by the *CerclesCat* programme (*Cercles* and *Col·laborador* groups). To check for significant differences in the groups after release from prison with regard to recidivism and other relevant variables.
- 4) To compare the results of the groups according to certain variables:
 - Prison recidivism (compare the *Cercles* group with the *Col·laborador*, *Rebuig*, *Cantera* and *Refractari* groups).

- Rehabilitation (establish the rehabilitation variables that will become indicators and compare the *Cercles* group with other subjects who are in the third grade regime of imprisonment and/or released on probation).
- Personal improvement of CM (intra-group comparison pre- and post-participation in the *CerclesCat* programme).
- Changes in the dynamic risk of CM (intra-group comparison with regard to the pre- and post-participation changes in the *CerclesCat* programme in the final items and scores of the risk evaluations).

With regard to the **processes**:

- 5) To review the processes established in the quality standards of the *CerclesCat* programme and to record the degree of individual compliance for each Circle according to the audited procedures.
- 6) To collect and update studies from other countries and innovations occurring in the intervention and the programmes for treating high-risk sex offenders.
- 7) To suggest proposals and aspects to be improved in operating and evaluating the Circles in each of the partial evaluations that are raised.

2.2 Methodology

2.2.1 Population studied

The sample comprised inmates who have served or are serving sentences of deprivation of liberty in prisons in Catalonia for committing offences against sexual freedom and integrity. The condition that all participants in the study had to meet was to present a moderate or high risk of future violent and/or sexual recidivism, which was measured by one of the risk assessment tools commonly used by the Catalan prison system (RisCanvi, SVR-20, Static-99 or Static-2002R). The subjects were classified into one of the following study groups based on specific criteria (Table 3 presents a precise summary of this):

- **Cercles (circles) group:** Comprising participants in the *CerclesCat* programme from 2013 to the second quarter of 2019). Selection features:
 1. They present a moderate or high risk of recidivism on the RisCanvi-C, Static99 or SVR-20 rating scales. This is a mandatory condition for participating in the programme.
 2. They present a significant number of needs that are part of the so-called “social capital” and “personal capital” that make specific support for release from prison advisable.
 3. They have participated in the prison’s specific intervention programme to reduce sexual violence and have made favourable progress with regard to managing their risk factors according to the assessment of treatment professionals.
 4. They take responsibility for the offence and show motivation for change.
 5. They voluntarily agree to participate in the Circles programme.

- **Col-laborador (collaborator) group:** The subjects taking part in this group have the same selection characteristics (points 1 to 6) of the *Cercles* group but their participation in the programme is not proposed for reasons other than the individual (difficulties in forming a group of Circles volunteers because of the remoteness of the CM’s territory of residence or brief time frame until the end of the sentence).

- **Rebuig (rejection) group:** Individuals included in this group meet the same selection characteristics as the *Cercles* group (points 1 to 4), except that they do not wish to participate in the programme when it has been proposed.

- **Cantera (quarry) group:** The selection characteristics of this group are the same as those of the *Cercles* group (points 1 to 4), although there are different factors that prevent or impede their participation in the programme (either due to (refractory) the conditions of completing the sentence, the subject’s ambivalent process or lack of consensus in the proposal).

- **Refractari (refractory) group:** In this case, the subjects included displayed some of the selection characteristics of the *Cercles* group (points 1 and 2), but do not recognise the offence or are not willing to change or collaborate and have not wanted to participate in any specialised treatment programme within the prison. For this reason, the serving of their sentence is entirely in ordinary regime (2nd grade) and they have not left the centre before final release. As already noted in the first report (Nguyen et al., 2018), this is the group that generates the most social alarm and incorrectly represents the set of sex offenders within popular consciousness.

Table 3: Classification criteria of study groups

Criteria	<i>Cercles</i>	<i>Col-laborador</i>	<i>Rebuig</i>	<i>Cantera</i>	<i>Refractari</i>
1 Moderate/high risk	Yes	Yes	Yes	Yes	Yes
2 Needs	Yes	Yes	Yes	Yes	Yes
3 Treatment	Yes	Yes	Yes	Yes	No
4 Acknowledgement	Yes	Yes	Yes	Yes	No
5 Voluntariness	Yes	Yes	No	No	No
Others (participation proposal)	Yes	No (other reasons)	Yes	No (various reasons)	No

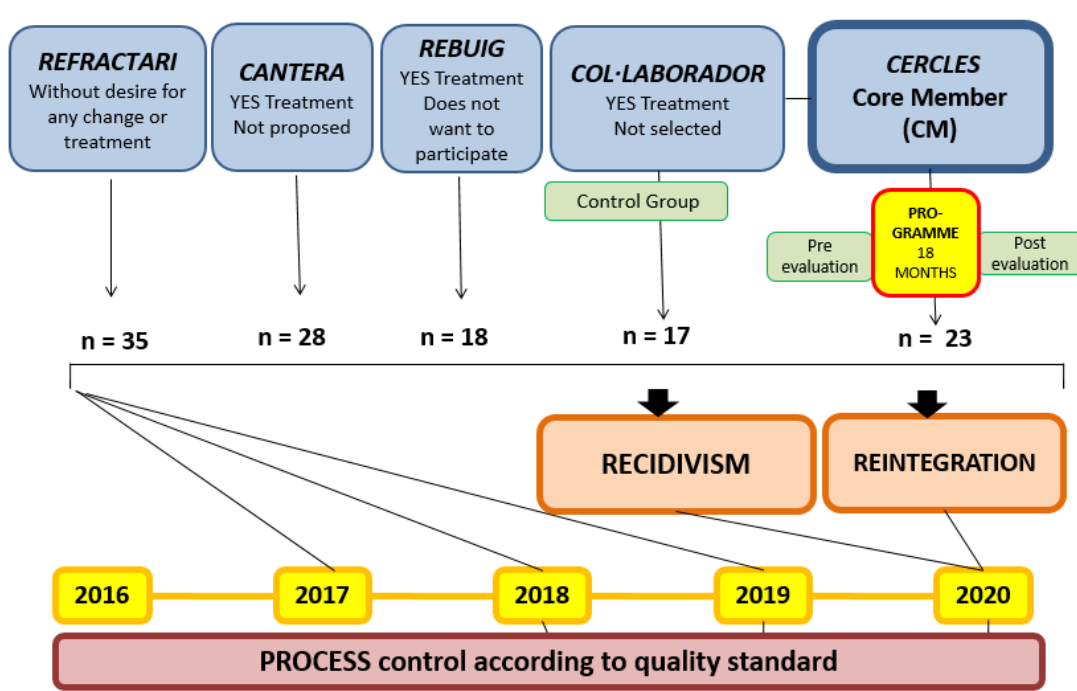
2.2.2 Analysis model

A mixed longitudinal study was conducted (retrospective for the collation of data in phase 1 and prospective for the follow-up of the cases evaluated until the end of the study in 2020, corresponding to phases 2 and 3) with inmates convicted of sexual offences in prisons in Catalonia in order to comply with the general objectives of the research. Figure 3 presents a summary of the research analysis model for the *CerclesCat* project.

The composition of a total sample of 130 subjects was initially considered during the first phase of the research in 2016, with balanced groups of 26 cases in each of these. The total number of cases in each set was determined based

on the number of CMs released by the end of June 2019, which was ultimately 23 subjects.

Figure 3: Research analysis model of CerclesCat project



On the one hand, the CMs (*Cercles* group) were evaluated before the programme commenced and at its end in order to establish possible changes based on certain previously selected indicators. On the other hand, the *Cercles* group is compared with the *Col-laborador* group in order to determine whether the profile of both groups has similar characteristics that can help to later establish the effect that participating in a Circle has on recidivism and social rehabilitation. It is important to note that it was not possible to administer pre- and post-tests to the *Col-laborador* group because of the nature of the study design with a retrospective sample and the difficulty involved in follow-up once they were finally released.

The study variables with their basic description and coding of the data are set out in the appendices to this paper. The tables display the variables extracted from the Catalan prison computer system (SIPC), specific variables at various times, data relating to the recidivism rate and indicators of social rehabilitation.

2.2.3 Research schedule

The design of this longitudinal study has been divided into three key moments or phases:

Table 4: Schedule and associated tasks

Tasks / Year and quarters	2016				2017				2018				2019				2020				21
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1
Preliminary phase: Approach																					
Project design and delivery																					
Variable construction and analysis model																					
Phase 1: Retrospective data																					
Internal database input																					
Construction process variables																					
Phase 1 statistical use																					
Results analysis and report preparation																					
Phase 2: Prospective data																					
Collection of new cases																					
Internal follow-up data and processes																					
Phase 2 statistical use																					
Results analysis and report preparation																					

Phase 3: Recidivism																						
Collection of new cases (other studies)																						
Internal follow-up data and processes																						
Phase 2 statistical use																						
Results analysis and report preparation																						
Presentation final results																						

- Phase 1 (end of 2017): The results of existing cases until December of that year were presented, including retrospective data collation and descriptive analysis of the results obtained on the selected variables.
- Phase 2 (end of 2018): The information collected on new cases incorporated so far was added, the quality indicators referring to the CMs and the operating process of the Circles were evaluated and prospective data on the recurrence rate of the entire sample was recorded.
- Phase 3 (end of 2020): Recidivism data and other rehabilitation variables that had been collected were updated.

New cases commencing from July 2019 onwards continue to be collected in the records, even though they have been included in this research, in order to enable the continuity of the *CerclesCat* programme evaluation process in the future if necessary.

2.2.4 Research progress and summary (2016 – 2020)

This next section summarises the main results obtained in the previous phases of the research, as reflected in the three previous reports (Nguyen et al, 2018, 2019 and 2020).

The study has focused on the action research methodology that, together with the incorporation of quality standards, has facilitated a context of continuous improvement of the project, and this has made it easier to identify the problems that are making it difficult to implement the programme, as well as introducing actions and solutions in this regard. The results have provided us with an overview of all the work done to implement the programme and its evolution during the first few years. They have also helped to identify deficiencies related to the recruitment of core members and the need to implement new actions and strengthen existing ones.

It can be seen that the difficulties reside more in the fact that the process of referring candidates is not initiated, and not so much in the absence of the availability of inmates who are likely to participate as core members. The recruitment actions carried out since the beginning of the project, as well as the work sessions conducted among central service technicians and prison teams in recent years, have helped to clarify the initial inclusion criteria and this has increased the number of cases arising today. Another identified need is precisely that of extending the programme to other territories outside Barcelona in order to generalise this risk management resource and cover as many cases as possible to prevent sexual recidivism.

With regard to this first idea, the importance of understanding the reasons why the *Rebuig* group refuses to participate in the programme has also been highlighted. Similarly, the *Cantera* group potentially meets the requirements to become suitable candidates. Hence, the need to advance in the early detection of potential cases in this group, with the aim of working on their motivation for change as soon as possible and more intensively so that we can offer them the Circles programme as another resource to facilitate the process of rehabilitation and reintegration.

One of the most relevant findings is that the *Cercles*, *Col·laborador* and *Rebuig* groups have similar, comparable characteristics, so that the differences in the results obtained can be partially attributed to the effect of the *Cercles* group's participation in the programme. Although the recidivism rate in penal enforcement presented in the second report does not allow for generalising the results or drawing solid conclusions. The initial results indicated that no CM (*Cercles* group) was readmitted to prison for a sexual offence and that the *Cantera* and *Refractari* groups tended to have higher prison recidivism rates than other groups (*Cercles*, *Col·laborador* and *Rebuig*). The *Refractari* group was also the one that displayed a greater criminal versatility.

Implementation of the *CerclesCat* programme was based on a pre-existing model and procedures established by the Circles4EU European project. The initial study carried out by García & Soler (2013) and all the work conducted later over these few years have helped to define the structure and organisation of the project, adjusting and adapting the model to the particularities of our context. The *CerclesCat* programme therefore has specific and well-defined protocols and procedures guiding its entire process and ensuring its proper functioning. There is currently a systematic record of quality indicators that allow for the degree of compliance with brand standards to be objectively assessed.

In the same vein, since the beginning of the research, these relevant variables related to the methodology and processes of the *CerclesCat* programme have been recorded and evaluated, as well as the recidivism rate and other additional indicators focused on social rehabilitation and reintegration, in order to overcome the limitations of studies and results based on prison recidivism as the only indicator of the program's effectiveness. At the same time, the project has been constantly updated with regard to international research, both in terms of evaluating the program's effectiveness and in the innovations that have emerged in the field of intervention and treatment programs for high-risk sex offenders. In this sense, the exchange of international experiences, generalisation of good practices and dissemination of the results obtained is guaranteed by the incorporation of Catalonia as a member of the CirclesEurope

Association (the European association for suppliers of Circles of Support and Accountability, set up in 2018).

Although the results of our research indicate that volunteers and coordinators of the *CerclesCat* programme display adjusted attitudes about sex offenders, studies indicate that Spain is the European country with a more biased and negative perception of people committing sexual offences. In fact, another aspect of this report is the need to intensify the presence and dissemination of the *CerclesCat* programme among the media and operators involved or groups of influence to ensure its proper functioning and consolidation as a risk management tool. These types of informative actions on *CerclesCat* would therefore help to provide a more accurate view of reality, provide greater visibility to the programme and promote a path for dialogue on the prevention of sexual violence in the community. Community participation in such programmes would also encourage a change in society's attitudes towards sex offenders by disseminating this experience to the immediate environment through volunteers.

Another important element to highlight in this research is the need to reinforce the role played by all the people involved. Most studies commonly focus on analysing the programme's effectiveness based on indicators collected on core members (especially in terms of the recidivism rate), while research focusing on other key elements of the programme is scarcer. The results indicate that, in addition to recognising and valuing the work of volunteers and coordinators, communication and the exchange of information with professionals in the outer Circle must be strengthened and increased so that they also feel part of the programme.

In contrast to international research, the results obtained in the study highlight that one of the strengths of *CerclesCat* in Catalonia is the set of actions aimed at addressing the needs of participating volunteers and coordinators (e.g. training, supervision, workshops and focus groups), which translates into high levels of overall satisfaction with the programme and organisation. Participation in the programme itself similarly brings a series of relevant personal, professional and social benefits that need to be strengthened.

One of the most important issues that emerges both in our local context and internationally is the difficulty of having a roster of volunteers with more diverse profiles, which is one of the key aspects for the proper functioning of the programme. It has generally been observed that *CerclesCat* volunteers are young people from the world of psychosocial intervention, with little representation of people from other age groups. This lack of variety in the volunteers makes it difficult to set up the inner Circle, which means that people with very similar profiles spend more time waiting to begin participating in the programme and consequently have less availability in the future because of the long period of time elapsed from their selection to their inclusion in a Circle. One of the challenges is therefore to innovate in recruitment strategies to have a more diverse roster of volunteers, including people over the age of 30 and from various professional fields in order to ensure diversity.

Most innovative experiences aimed at fostering the social rehabilitation of people who have committed sexual offences include citizen participation as a key element in promoting criminal desistance and construction of social capital. But the range of community programmes available is still highly limited, both in our local context and internationally. This fact implies the need to continue to look at innovative proposals that can simultaneously empirically demonstrate their effectiveness in reducing the risk of recidivism of sex offenders and contribute to their reintegration into the community.

2.3 This current report

2.3.1 Desistance, recidivism in sex offenders and Circles

The so-called “specific treatment programmes” for adult sex offenders have been implemented daily in many prisons around the world, as well as in the context of Catalan prisons, for more than 30 years now because of their proven efficiency in reducing criminal recidivism of these types of aggressors (Redondo, 2017). In the same way that therapeutic programmes and resources are implemented in hospitals (as well as internationally) that show evidence of their effectiveness for the recovery of patients, treatment programmes for inmates and those in other grades of sentencing compliance have spread very

widely throughout the Western world and continue to do so as much as possible in developing countries (Lussier, 2016). There are two aspects to the general application of these programmes and their effects: a good aspect, given that we take for granted that they work, and a not so good or directly bad aspect, as they their limitations become more obvious and are displayed more clearly. The balance in the belief that they work is no longer between “everything” and “nothing”, but in analysing and taking advantage of the degree of the effect they have and how to improve it if –as is evident– it does not attain the level of desired effectiveness. Negredo & Pérez (2019) claim that “this type of specialised intervention is essential to promote social rehabilitation and reduce the likelihood of recidivism of inmates once they return to the community on completion of their sentence”.

For most researchers, led by the German Lössel (and others), it was clear and meta-analyses have indicated this: current, well-applied specific treatments were able to reduce the recidivism of sex offenders –on completion of their sentences– although this reduction was limited in terms of their effects. Three classic studies have proven that specific treatments for sex offenders display significant effects in reducing the recidivism rate and the average size of this effect was approximately a 5-10% absolute reduction in this rate (Hanson et al., 2002; Lösel & Schmucker, 2005; Schmucker & Lösel, 2015).

The most important indicator of the change that is taking place in this field can be seen, for example, in the situation of treatment programmes in British prisons. After more than 35 years of implementing specific programmes for the treatment of sex offenders in prisons in the United Kingdom, some very striking news has emerged that they are ineffective and may even be counterproductive. In fact, the effectiveness of preventive policies, in particular treatment programmes for sex offenders in prison, has always been the subject of debate. Thus, commissioned by the UK Government’s own Ministry of Justice, a large, new study of data was conducted in 2017 based on the experiences of the systems in England and Wales to determine the degree of effectiveness of the programmes applied to their prisons. After analysing the data from the period 2000-2012, Mews, Di Bella & Purver (2017) compared two

paired groups (treatment, with 2,562 cases, versus non-treatment, consisting of 13,219 subjects) and found that the recurrence of the treatment group, at an average follow-up of 8.2 years, had increased by 2% in absolute value and by 25% in relative value. The impact of these results was very significant and there significant public reactions followed questioning the continuity of these treatments.

In fact, the news had a major impact on the group of researchers, criminologists and professionals in this field and reopened the debate on their effectiveness. The debate has been resolved by researcher Theresa Gannon, who conducted a new detailed analysis of the main data published until 2018 in an attempt to identify an answer to this controversy (Gannon, Olver, Mallion & James, 2019). The author reviewed these contradictory results and conducted a new study that similarly used the technique of meta-analysis to reanalyse the main empirical studies by adopting a scrupulous selection process (following the PRISMA criteria for meta-analyses). The research included the review and analysis of 70 studies with a total of 55,604 sex offenders (22,321 in the treatment group and 33,283 in the control group). The difference in the recurrence of treatments with respect to those who did not receive treatment was an absolute decrease of 4.6% and a relative decrease of 32.6% (Gannon et al., 2019) following the end of treatment, with an average follow-up time of approximately eight years.

Despite the existence of positive results indicating the effectiveness of specific programmes, it is clearly limited, and it is one of the reasons other intervention initiatives have been developed (e.g. chemical inhibitors of sexual drive, Circles programme, etc.). But times are changing, and alongside a more effective demand, there is a certain paradigm shift aimed at incorporating the concept of criminal desistance into intervention programs for sexual and other types of offenders. The transition from complex, multi-stage programmes, comprising varied techniques particularly aimed at a specific type of offence, as well as focused on the change model of Prochaska & DiClemente (1982), to programmes that incorporate the contributions of the Risk-Need-Responsivity

model (Andrews & Bonta, 2016) and Good Lives Model (Ward & Brown, 2004) have influenced the incorporation and openness of the desistance approach.

Criminal desistance is an explanatory model of obligatory reference at this time of development of criminology applied to the field of prisons and refers to “everything” that happens in the subject and that leads the subject to abandon his criminal activity (some claim that it only significantly reduce this type of behaviour) permanently or almost permanently. The conceptual origin of the term criminal or delinquent desistance refers to abandoning and abstaining from engaging in anti-normative conduct. The inclusion of this term in the conceptual framework of criminology has given it a slightly more complex and denotative content, which is highly relevant within the context of studying the effect of treating criminals.

This new “intervention model or paradigm” arises as a new rehabilitative formula and derives from three major aspects:

- a) Relatively low effectiveness (insufficiency) of specific rehabilitation programmes, mostly applied in the context of prisons.
- b) Advances in developmental criminology (of criminal trajectories).
- c) Renewed concern for the subject per se and the processes of individual and internal cognitive and identity change that can ensure the abandonment of criminal activity and for the role of the offender in his own process of change and rehabilitation.

The desistance of criminal activity, as well as of sexual violence, is something that can clearly be described: it is the voluntary self-cessation of criminal actions directed by the said individual. This reality is a fact and corresponds to the vast majority of criminals who have committed a punishable offence. Rigorous observations, not beliefs and prejudices about crime, indicate that many subjects abandon their trajectory (if this has been consolidated) or stop committing crime –and not only public offences– spontaneously. This statement is well documented in so-called “developmental criminology”, in which the antisocial activity of the vast majority of offenders has a moment of onset,

consolidation and cessation (Farrington, 1992). The latter is what we initially call “desistance”, which is equivalent to “abandonment”.

And what about abandoning criminal behaviour? It is easy to understand that a person who has committed one or a series of offences will stop doing so, but understanding the mechanisms and processes that lead to this change in behaviour is not so easy. Researchers who have described the concept of “desistance” are now encouraged to ascertain how it occurs in order to draw lessons that are applicable to rehabilitation tasks.

Criminal desistance is the psychological process –although its determinants are varied in nature and not strictly psychological– by which those with a minimal antisocial trajectory stop committing crime and maintain prolonged “prosocial” behaviour over time (Weaver, 2019). In 1996, Shover defined this concept as “the voluntary termination of serious criminal participation”. For Bushway, Piquero, Broidy, Cauffman & Mazzerolle (2001), desistance is “the process of change that a criminal makes to stop being a criminal”. This definition is especially easy to understand, despite the use of relatively indefinite terms. Many other authors, such as Maruna, Farrall, McNeil, Laub & Sampson, Giordano, Paternoster, Bottoms, Farrington, etc., all prominent criminologists, have been concerned with defining this process and suggesting models and theories that explain it by giving it a relevance in today’s criminological debate.

The essential element when referring to desistance, in addition to defining it, is to consider four more or less interrelated aspects that fuel this concept: a) its relation with the termination of criminal activity on the part of its author; b) the fact of being a process of psychological change that permanently turns a criminal into a former criminal; c) the voluntariness that features in this process, and d) its relationship to serious crime. In the same vein, we want to apply this new concept and its implications in explaining the effect of the Circles of Support and Accountability programme on the desistance of core members participating in the programme.

In the field of criminology today, “desistance” is more than just abandoning and ending criminal activity. It is a concept that primarily refers to what happens

inside the offender and leads the person to stop committing crime. This change has given the term “desistance” a double meaning: on the one hand, it is the process through which the offender passes (changes) and ceases to be one, and, on the other hand, it is also the very fact of ceasing to commit offences for any reason capable of bringing about this change.

Desistance models propose many varied mechanisms that help this process begin and affect individual offenders. All these mechanisms converge in an identity change that Giordano (2016) positions in the effect of four types of cognitive transformations:

- 1) attain a disposition to change;
- 2) have an open attitude so that certain facts of the environment can be used as a rehabilitative resource (otherwise known as “hooks for change”);
- 3) creation of a non-criminal personal identity, and
- 4) recognition that criminal acts are not positive nor viable nor relevant to people’s lives.

While having a consciously purposeful and motivational component on the part of the person experiencing them, these cognitive transformations are slow and determined by the offender’s biographical interaction with their immediate environment. It is therefore believed that the main “hooks” of desistance by male offenders are, on the one hand, having been in prison and having participated in rehabilitation activities (especially treatment programmes) and, on the other, having at least had a stable history of personal relationships with a partner (Giordano, Cernkovich & Rudolph, 2002). This second element, however, does not appear to be very relevant in sex offenders (Milner, 2017).

This view of the desistance process raises the beginning of the process as a central element in which the person in an “agentic” manner (self-directed and more or less spontaneous) decides to start the process of change. The hooks will then help to continue this desistance, which will end with the change of identity, perhaps after the offender has already become a real and lasting non-recidivist.

An important lesson from the systematic study of this process is that the “agentic”⁷ plays a crucial role and translates into the fact that desistance is the work of the individual who is the protagonist of this change. The fundamental result in the rehabilitation plan of this assumption is that the involvement of the offender in their rehabilitation process is the key to its success. The passive participation of a prison inmate in a specific treatment programme does not serve to reduce recidivism, given that there must be direct and active participation. This is crucial in the process of desistance and also in the dynamics (from the beginning) of the Circles. Most authors (Bushway et al., 2001; Maruna, 2004; Giordano et al., 2002; Lloyd & Serin, 2012) believe that the early stages of desistance are an example of the personal initiative of the offender, who is involved in the processes of change in an active way, which means the active search for “social capital” and “personal capital”. In addition to the offender’s personal initiative, other contributing factors are internal (e.g. change in identity narratives) and external (e.g. change of job or new romantic partner).

The main theorists of desistance emphasise a change in the identity of the offender that makes them more like a normal “citizen” (in the sense of a relevant absence of antisocial and criminal activity). They also highlight that this change is dynamic, relatively slow and based on the offender being able to develop new “social capital” based on better relationships with prosocial people, relatives, workmates and community people and new “human capital”, which is based on new personal attitudes, values, habits and skills.

According to Bottoms & Shapland (2011), one reason that negatively affects the desistance process is the offender’s perception that there will be too many obstacles in the path towards rehabilitation, reintegration and abandonment of criminal activity. This self-perception of the offender may inhibit the beginnings of desistance and therefore preclude any other changes that would guarantee the abandonment of this activity. The authors propose that it is necessary for

⁷ “Agentic” is derived from the concept of “agency” and means “to be one’s own teleonomic director (aimed at specific purposes or objectives) of an individual’s actions”.

the protagonist to mature psychosocially so that desistance can have a successful conclusion (Bottoms & Shapland, 2011).

People who commit sexual offences are very heterogeneous and so is their desistance process. There are highly specialised sex offenders and others who are not specific at all and therefore have criminal trajectories in which the sexual offence may be a one-time, opportunistic event. Sex offenders typically begin with general criminal activity and gradually specialise over the years. The vast majority of perpetrators of sexual offences are limited to a single offence and their desistance is therefore almost automatic and spontaneous, even if it is within a period of their lives and others are chronic and persevering throughout life, between these are paedophiles diagnosed with paedophilia (Lussier & Beauregard, 2018). In support of this argument, Lussier & Beauregard (2018) describe that only 6% of sex offenders belonging to an age group are responsible for 50% of sexual violence arrests. An important piece of evidence is that individuals who commit many sexual offences display a major ability to avoid legal action because they belong to social backgrounds and have personal characteristics that make them quite different from the paradigm of the “sexual predator” that accompanies these criminals (Lussier & Beauregard, 2018).

The trajectory of criminals has three stages: beginning, maintenance period and abandonment or desistance. The risk and protection factors and triggers are different in each of these periods and act within time limits and with strong interactions that are enhanced between them (Redondo, 2015). The onset of general criminal activity crystallises in the latter years of adolescence and early young adulthood, while perseverance can last between seven and 10 years with a small group (9-10%) that extend their criminal life beyond this time period. Finally, desistance may be different depending on variables that are especially related to judicial or penal intervention on this trajectory.

This trajectory is similar in the case of sex offenders. A general sex offender pattern indicates that most of them begin after adolescence, the so-called “young adult” or “emerging adult” period (between 18 and 23-25 years old), even though there is a group of early onset sex offenders at around 14 years of

age. An average of seven years usually pass between the first offence and arrest or discovery. The number of offences committed by adolescents who commit acts of sexual violence usually involves between one and two victims at the official level, or between six and seven if we rely on self-reported data. The figure is similar in adults: from two to three “official” victims and from seven to 10 self-reported. Although persistence is not well known, it is not very high during the transition from adolescence to adulthood. Lussier (2016) claims that this persistence is minimal and that in fact there is an end to sexually abusive adolescents and an onset in the adult trajectory that appears in youth. To complicate matters further, perseverance or maintenance in adult sex offenders is unknown. In general, the criminal trajectory of this group follows three itineraries: maintaining the frequency of offences, a significant increase and desistance.

In a paper on the prospect of abandoning a criminal career, Herrero (2018), a Spanish prison psychologist expert in the treatment of sex offenders, states that they mostly abandon the recurrence of sexual offences and that if they continue to offend are more likely to do so as “common criminals” rather than as specialists. The author also states, agreeing with many classical researchers such as Marshall, Hanson or Redondo, that the basic core of the criminal sex offender tendency combines a common core with other offenders (antisocial and antinormative potential) and a specialised core (deviant sexual interests) and that both feed back as enhancers of the risk of sexual violence. It has already been claimed that most convicted sex offenders are those of a single offence. They are usually serious matters and highly transcendent for the lives of the victims. They usually serve major long sentences, given what this implies for the life and rehabilitation of the individual. In addition, the passage of time seems to be a protective factor in which various mechanisms act in reducing the risk of recidivism, but this is insufficient and does not affect all sex offenders equally, although it does for many. So there are spontaneous changes induced by the inmate’s passage through prison, the effects of treatment programmes, etc., but what in fact makes them renounce their criminal career or not reoffend? The chances of achieving relatively widespread desistance among offenders who complete their sentences is directly related to two major types of

elements that promote rehabilitation: the circumstances of their surroundings and the changes in the protagonists of desistance. Regarding the circumstances of their surroundings, eight types of elements are included: social ties, work, family, administrative/legal situation, health and mental health, housing and finance. They play a prominent role with regard to internal changes: change of attitudes, change of identity and avoidance of new offences and relevant antisocial behaviour.

The researchers of the Vries Robbé (2014) paper reviewed the issue of desistance in sex offenders and suggested eight areas in which elements related to this process could be found: a) developing healthy sexual interests; b) developing the ability to have emotional intimacy; c) having a social and professional support network; d) a life motivated by goals to be achieved; e) increasing the ability to solve problems; f) commitment to prosocial activities (work and leisure); g) promoting prudent, restrained and hopeful behaviour, and h) optimism for reasonable desistance. These factors are not empirically contrasted but arise from the review of recent empirical literature.

Other studies, such as Lussier & Gress (2014), examine the role of desistance factors in inmates who complied with non-custodial measures and observe that those who relapsed were those with less self-control, more negative influences from their immediate surroundings and, moreover, were younger. These authors claim that “good” social influences (such as those sought by the Circles programme) were useful in first-time sex offenders, i.e. those without a significant criminal history.

Farmer, McAlindent & Maruna (2015) indicate that the embarrassment of detention and imprisonment, along with the positive effect of participation in specific rehabilitation programmes, are important for the desistance of sex offenders. In fact, these authors believe that these feelings of shame may be greater, in terms of a rehabilitative effect, than having a stable job or a good network of social and community relationships.

Another author who has systematically analysed which desistance factors can be seen documented in sex offenders is Harris (2016), who observed that the

cognitive and internal factors of the individual carry more weight than informal social control in this specific group, the latter of which is usually a strong inhibitor of criminal behaviour and helps in abandoning a criminal career. Unlike common criminals, and in line with the proposal of Farmer et al. (2015), the processes of desistance change have promoting factors in feelings of shame and these help them to abandon criminal behaviour.

More researchers have found that family influence, strong family ties and prosocial help in the process of sex offender desistance (Walker, Bowen, Brown, & Sleath, 2017), although not in an absolute manner or to a very high degree (Kras, 2019).

Gil (2020) provides a detailed review of the current state of the issue in sexual aggressors and abusers and concludes, among other things, that desistance should be understood as a process of dynamic change, filled with “advances” and “stops”, “relapses” and “recoveries” that end with the abandonment of criminal activity. This process is typical of any type of offence, but has been less investigated in the case of sexual offences. In fact, Gil (2020) indicates in his paper that, although there is not much consensus among studies, the factors that would act on “personal or human capital” are apparently more important than those that act on “social capital” when it comes to sex offenders. The external factors that act on desistance are therefore: a) the formation of a stable romantic relationship; b) the abandonment of drug use; c) having a job; d) family and social support, and e) the absence of stigmatisation. In contrast, internal factors respond to: a) motivation for vital goals; b) self-efficacy; c) hope, and d) the subject’s sense of self-direction in the most important matters of life. Controlling deviant sexual interests does not paradoxically seem to play a prominent role in this process of desistance.

Gil’s (2020) research on the process of sex offender desistance includes an empirical study of which factors are associated with the expectation of desistance and also which aggressor profiles would be more prone to abandoning their criminal activity. With regard to the factors related to the expectation of desistance, Gil (2020) found that the most prevalent protective factors were: a) the willingness to make a change in the habitual behaviour of

the offender; b) the planning of prosocial life goals, and c) re-establishing family relationships. The author also discovered that inmates who were perceived to be stigmatised also had lower expectations of desistance than younger people who were more optimistic about the future, and that inmates with more penal records scored higher on protective factors and therefore a more positive view of future desistance. Not many major differences appear in the comparison of desistance expectations and the protective and risk factors of sex offenders with adult and child victims. In the case of adult victim abusers, the mechanisms associated with the most important desistance expectations are related to the development of empathy for the victim and the recognition of prejudices caused by sexual offences. In the case of child abusers, the mechanisms are more social: having financial resources, a job and more interpersonal skills. Inmates with the highest expectations of desistance in our prison context show more protective factors: a) maintaining or having a stable romantic partner; b) developing a new prosocial identity; c) increasing financial resources; d) improving education and training; e) planning future life goals, and f) repairing the damage caused, among the most relevant. The final summary of the findings in the work by Gil (2020) is that desistance in sex offenders is a process that begins by producing internal changes in the subjects themselves.

We have seen that among the social factors that can facilitate the abandonment of criminal careers and the beginning of changes of identity are the feeling of being stigmatised (labelled as a rapist, sex offender, etc.), the fear of social rejection and feelings of loss and shame. These “protective” factors of criminal recidivism can develop in the “spontaneous” surroundings of the individual or be facilitated “artificially” by rehabilitative activities, such as the Circles of Support and Accountability.

Milner (2016) studied precisely how the COSA operating model affected a group of 57 sex offenders participating in this programme in the United States. According to this study, the reasons why CMs stopped committing offences were: a) the “perception” that their behaviour was very negative for the victim and for themselves; b) the effect of the treatment received in prison; c) the impact and effect of imprisonment, and d) the motivation for a more positive

future. The desistance of sex offenders is likely when these factors are present. But according to Milner (2017), it is not the only path to desistance, given that it is also possible to achieve the abandonment of criminal behaviour without these factors.

Höing's doctoral thesis (2015), directed by Vogelvang (among others), promoters and initiators of the Cercles4EU project in The Netherlands, is dedicated to the desistance of sex offenders in the context of the COSA programme. The work is entitled *Empowering Circles* and it was published in 2015. Höing et al. (2014) emphasise and argue that the mechanisms of action of the COSA programme are essentially elements that act on desistance (whatever the processes by which this goal is achieved). The cognitive components, those of linking and modelling, accompaniment and accountability place the CM in front of a setting of external changes that promote internal changes, which are those that will genuinely ensure an abandonment of future criminal behaviour. In her quantitative and qualitative study on the CMs of the COSA programme applied in The Netherlands, Höing (2015) describes what represents a real desistant type change in the participants: many core members experience internal changes and very important psychological transitions during the first year of the programme at the emotional, cognitive, motivational and social level that they themselves attribute to the constant attention of the Circle members, the transfer of trust and follow-up of their conduct. These results are in line with what other similar studies have achieved in the USA, Canada and the UK (Höing et al. 2014).

We have gathered together several hypotheses to understand what effect the COSA programme may have on desistance. The first is that Circles are a prior step towards social integration and this leads the CMs to a process of desistance by promoting internal changes and initiating the possibilities of taking advantage of the "hooks" that the social resources offer to reintegrate and rehabilitate sex offenders. A major result of the Circle's effect on desistance is "labelling", given that it promotes the CM to be seen by the community as someone who is more than just a sex offender (Fox, 2015). The Circle's role would therefore set a precedent for desistance, given that community

integration plays a role in triggering and promoting desistance in criminal sexual activity. The second is that the programme itself is the “hook” that causes desistance, as it can offer the possibility of making a profound change in the CM’s personal identity (also and primarily in the CM’s beliefs and antisocial attitudes).

Finally, it would be appropriate to consider the statement made by a CM from the COSA programme in The Netherlands a few years ago (Höing, Vogelvang and Bogaerts, 2017): “I am now a new man”. This is one of the “ultimate” goals of the COSA programme. This statement is already pure desistance for many desistance theorists and it is also the successful end of interventions for treatment programme theorists. Along with achieving desistance, the COSA programme seeks to implement a prosocial lifestyle in the CMs participating in the program: two complementary, common goals in intervention with people who have committed sexual offences. Therefore, achieving desistance is a new way of understanding the purpose of the rehabilitation of sex offenders, especially those at a higher risk of recidivism and chronification of their antisocial condition.

2.3.2 Variables associated with social rehabilitation and reintegration

This third and final phase of the study on evaluating the *CerclesCat* project includes a prospective follow-up of the programme’s effectiveness not only in terms of recidivism, but also in terms of its effect on the social rehabilitation of CMs. A whole series of rehabilitation and desistance indicators have therefore been defined and operationalised based on previous studies at an international (Lloyd & Serin, 2012) and national (Cid & Andrés-Pueyo, 2019) level.

The variables evaluated in the study correspond to a series of indicators related to the personal and psychosocial issues of CMs and each of these variables and their operational evaluation are briefly summarised below.

- *Overall mental health (GHQ)*

This is a self-reported estimate of the level of mental health and psychological well-being at the time of evaluation. The variable is related to the presence of

minor psychiatric changes in the participant. The evaluation is performed using the General Health Questionnaire (GHQ) in its 12-item version (a Spanish-adapted version of 12 items; Goldberg & Williams, 1988). This questionnaire provides a quick, overall assessment of mental health status and helps to monitor how it has evolved over time. It provides a single overall score and is especially useful in non-clinical and general population evaluations. As an indicator of mental health, its goal is to show the capacity for psycho-social functioning affected by non-serious psychopathological disorders (anxiety, depressed state of mind, lack of attention, etc.), so it therefore reflects the experiences of stress and conflict of the people being evaluated.

- *Antisocial attitudes (CSS-M)*

Criminal behaviour is one of the major “criminogenic needs” defined in the classical models of explanation. It refers to the set of attitudes, beliefs and feelings related to antisocial behaviour (not specifically sexual), laws, legal operators (police, judges, etc.), as well as the provisions to assess one’s own “criminal identity” and tolerance to the offence. An adaptation into Spanish made by Companys & Andrés-Pueyo (2015) of the Criminal Sentiments Scale-Modified (CSS-M; Simourd, 1997) has been used to evaluate this variable. The version used in this research was especially adapted to prison populations and consists of 41 items that provide an aggregate overall assessment of antisocial attitudes, as well as four subscales related to: a) attitudes towards law, police and justice; b) negative attitudes towards prison; c) tolerance to crime, and d) criminal identity.

- *Self-control*

Self-control is a core element of the offender’s personal characteristics in all criminological literature and research. It is in fact the main construct of one of the most important theories in the field of criminology: the Theory of Self-Control by Hirschi & Gottfredson (2001). This study employed a self-monitoring assessment scale developed by Tangney, Baumeister & Boon (2004) in an experimental 10-item version with a five-level Likert response format. This is a one-dimensional, fast and acceptable scale for evaluations in research

contexts, rather than in the professional and clinical field. The scale helps to assess the ability to change and adapt to the demands of the situation, determining the best fit of individuals to the demands of their immediate surroundings.

- *Perception of time in prison*

Given that the participants in this study were from prisons where they spent time and carried out the activities of inmates in these institutions, an ad hoc scale was designed consisting of eight items related to the beliefs, feelings and memories of the participant's relationship with other inmates, with prison professionals and with judicial and police authorities, as well as evaluating the treatment received during their time in prison. Each item was answered according a three-level scale ("Yes", "?" And "No"). This variable was divided into two subscales: "Relationship with other inmates" and "Relationship with professionals".

We found the following examples of some items of this multiple scale: "I generally think the authorities and staff of the prison have treated me well and have respected me", "Do you think your time in prison has helped you?" or "Did you have a good relationship with the other inmates?".

- *Participation in programmes during prison sentence*

Doing training, sports, treatment, etc. activities and programmes during their time in prison that may improve the abilities and skills of the inmates was collected using five items with a three-level answer ("Yes", "?" and "No"). All the questions referred to the last time in prison for the base offence, before beginning their participation in the Circles programme.

- *Prison visits*

The importance of visits to prisons during the sentence is well known. The effects can be not only very positive, but also very negative depending on who, when and why these visits are made (Duwe, 2017). A series of items were included that recorded the number of visits received by the participant when the

was in prison, referring to four types of people related to him: family, friends, partner and volunteers.

- *Family relationships*

The family is one of the most important elements in social life and in rehabilitating people who commit offences. Given the relevance of this factor, the study included an evaluation of the immediate future socio-familial situation of the participant at the end of his sentence.

This element was assessed with two different types of indicators: the existence of a conflict with the family and perceived family support. It was evaluated with a multiple scale of seven items that are answered with a scale of three categories (“Yes”, “?” And “No”).

Examples of such items include: “My family is worried about me returning to crime”, or “I’ve always had a lot of problems with my family”.

- *Housing difficulties*

In order to evaluate the reality in which the participant will live and reside once he leaves prison, a two-item scale was designed to ask directly about housing difficulties and the participant’s ability to resolve these. Each of these items was answered on a scale of three categories (“Yes”, “?” and “No”).

- *Use of substances*

In order to obtain information on the health problems that the participant might have due to the consumption, dependence and/or addiction to drugs or alcohol at the time of the evaluation, an ad hoc scale was designed that consisted of 13 items with three answer categories (“Yes”, “?” And “No”). The scale essentially called for information on both historical and current consumption and referred to the consequences associated with such consumption on health and criminal behaviour.

Examples of items on this scale were: “I’ve had work problems due to drug use”, or “I get drunk often”.

- *Presence of chronic diseases*

The existence of chronic and/or serious health diseases and degree of involvement at the time of the evaluation were explored in order to ascertain the health status of the participant.

- *Current medical treatments*

In relation to the previous item, the participant was asked to answer if he was currently undergoing any medical treatment using a single item with three possible answers (“Yes”, “?” and “No”).

- *Background in system of justice and/or child/youth protection*

The importance of whether or not the participant had a criminal history and relationship with the penal justice system, especially in their adolescence and early youth (prior to the current conviction), was assessed on a four-item multiple scale with a multiple-choice response format (“Never”, “Once” or “More than twice”).

- *Work and professional employment difficulties*

By using a five-item scale with a categorical response format (“Yes”, “?” and “No”), the participant’s current situation, previous history and work expectations were analysed, as well as the interference of the participant’s time in prison with this important aspect of adaptation and rehabilitative utility. The scale provided us with information on two important factors treated as different: a) job expectations, and b) job instability. It also includes a list of job opportunities performed in recent years, including whether these were in a prison context or not.

Examples of items on this scale included: “I have no major profession or work experience”, or “Being in prison will prevent me from finding a job”.

- *Hobbies and leisure activities*

The importance of hobbies and leisure is one of the risk factors for criminal recidivism that can be found in most criminological models and consequently a

number of questions related to this area were included. The evaluation was carried out through a scale formed by three items, with a response scale of three categories (“Yes”, “?” and “No”) referring to the practice of a sport or activity during leisure time. A qualitative list of three main current hobbies was also included at the end of these questions.

- *Friendship*

The participants was asked about the availability of friends who currently help and care for him in order to assess social ties based on two questions with three possible answers (“Yes”, “?” and “No”).

- *Religiosity*

The evaluation of this disposition, with its relevance in the spiritual plane, was made through a single question on the performance of any religious practice, without needing to specify the type.

- *Expectations and near future*

An aspect in three different variable types, all of them from a series of items referring to the personal and social situation that the CM believes he will undergo in the coming weeks or months. The response log protocol in this variable consisted of 16 items with a response format of three categories (“Yes”, “?” and “No”). The items referred to knowledge, expectations, anticipated behaviour and beliefs related to the main risk and protection factors for the social rehabilitation and reintegration of offenders. The time frame of reference for the participant was the present and the immediate future in terms of his return to the community. Scores were obtained in three subscales from these items and grouped algorithmically:

- 1) Need for support and social assistance: Referring to the needs perceived by the participant that must be met in order to adapt socially. Some examples: “Financially, I will have the resources to move forward”, or “There are people who are not from my family who can help me”.

- 2) Self-esteem: As this name suggests, it is the evaluative disposition of psychological abilities referring to oneself and that are reflected in statements such as “I feel proud of myself”, or “I don’t think anybody cares about me”.
 - 3) Self-efficacy: This is a personal consideration related to the ability to solve problems of a different nature, mainly at a behavioural and psychosocial level, with a significant degree of autonomy and effectiveness. Items in this subscale: “I have specific plans to work at the end of my sentence”, or “I think I can do what I set out to do”.
- *Motivation for recidivism*

Studying recidivism is usually done through an exclusively quantitative approach. In this study, the participant was asked to anticipate what would be or could be the reasons that he believes would lead him to renewed criminal action. The scale for assessing these motivations included nine different reasons and the final evaluation was a summary of all the positive answers to these reasons presented in the questionnaire.

- *Feelings and situational evaluation*

The usual situation of inmates and prisoners –involved in rehabilitation processes or complying with certain measures– has a very high component of future expectations, given that this is a permanent element in their reality and also an aspect of feelings of frustration, disappointment or discouragement because the social reality they face is more difficult or unmanageable than what they believed a few months earlier. The reality of the CM in the process of the Circles programme, which is essentially about living a life in community (in specific prison or legal conditions), has these two elements. In this context, attitudes toward the reality of everyday adaptation problems may be considered different from when the participant was deprived of freedom. Now that the CM is in the community, their perception and vision of reality is evaluated, especially in relation to the sensations, moods and quality of the personal relationships they are experiencing. This variable was assessed by using a multiple scale of six items, which could dynamically affect the outcome of the Circles

programme. The indicators of this variable were those of optimism versus pessimism about the current situation outside prison.

A couple of examples of the items in this scale: “These months have been a nightmare; I don’t know what to do with my life”, or “Things are easier than I thought”.

- *Voluntary attendance of community care and support services*

In many cases, the availability of resources (health, community, cohabitation, etc.) fails to correspond to their use by former prison inmates, thereby wasting an opportunity for rehabilitation. This is also perhaps an indicator of social commitment and confidence in public resources. The evaluation consisted of a checklist with 10 services and resources (lawyers, doctors, libraries, etc.) that helped to ascertain the frequency and reality of community resources and social ties that former inmates are using during their post-prison period.

- *Self-evaluated probability of recidivism*

This variable is used to explore the CM’s own self-evaluation of the risk of recidivism based on very specific and repetitive questions about his opinion of what he believes will happen in the immediate future with regard to criminal activity. A multi-item evaluation that corresponds to a series of six questions on ways to estimate the likelihood of recidivism in the future. The items help to provide a categorical answer for each of the three categories (“Yes”, “?” and “No”) and the total score was from a direct summary of the affirmative answers. Examples of this variable: “Do you think you’re likely to re-offend in the immediate future?” or “Would you return to crime if you had a chance?”.

- *Currently coping*

Attitude and the ability to solve future problems, among other things, are closely related to the ability to cope and the feelings that this involves. In this sense, the current capacity to cope was therefore evaluated as perceived by the participant when answering the questionnaire through a six-item scale constructed ad hoc and a response format of three categories (“Yes”, “?” and “No”). Examples

included: “I think things will get better now”, or “I think I have the resources to resolve things if I come across a problem”.

- *Therapeutic progress*

Therapeutic change associated with intervention is related to a decrease in crime risk (Redondo, 2008), to such an extent that the individual shows motivation to initiate, continue and maintain a process of improving their behaviour (Miller, 1985).

This progress is evaluated by administering the mechanism of Clinical Outcomes in Routine Evaluation-Outcome Measure (CORE-OM; Core System Group, 1998). This is a Likert-type, self-report questionnaire that assesses a person’s condition from four aspects: 1) subjective well-being; 2) problems/symptoms; 3) general operation, and 4) risk of self-aggression and hetero-aggression. Form B of the abbreviated version of 18 items (CORE-SFB for men) was specifically used, as translated by Feixas et al., (2012). Scores were grouped into six categories: healthy, light, mild, moderate, moderate-severe and severe discomfort. A difference of at least 0.5 points must be obtained in the pre-post average scores to evaluate the change. Some of the items included: “I felt very alone and isolated”, “I had a hard time talking to people”, or “I thought I had no friends”.

- *Ability to adapt to everyday life*

Social adaptation is one of the indicators of a correct and successful rehabilitation and at an individual level it is founded on one’s ability to behave appropriately with regard to the demands of everyday life. This characteristic was evaluated with a scale from GENCAT’s Outcomes-Based Assessment of Quality of Life (Verdugo, Arias, Gómez & Schalock, 2009), consisting of 17 items and three response categories (“Easy”, “Not so easy” and “Difficult”). The questions referred to how the individual resolved everyday demands in order to achieve an adequate level of personal, emotional, and material well-being to facilitate the attainment of an independent life and at the same time ensure the social integration and self-determination of the participant.

Among the items, by way of an example, we can indicate the following: “Accessing and using public services”, “Connecting with people outside the home”, or “Using technology to learn (computers or other devices)”.

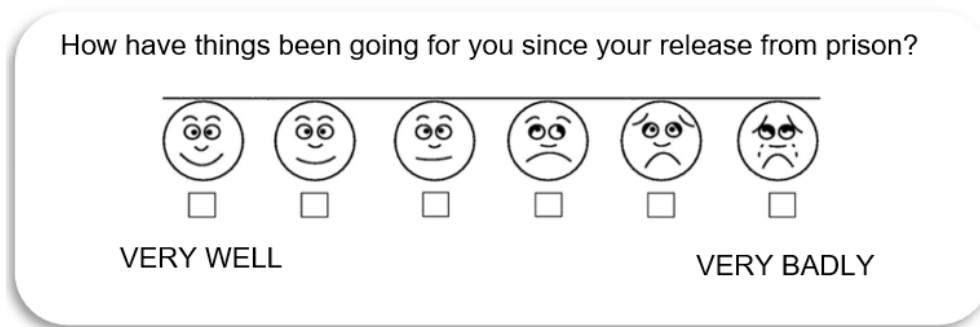
- *“Agency” for withdrawal*

Criminal desistance is a complex construct when understood as a process directed by the individual who must manage to abandon criminal activity. One of its components is self-confidence and expectations in order to achieve this goal by developing the offender’s beliefs and identity. This variable is grouped in the term “agency” and defines the psycho-social elements of the participant related to abandoning criminal activity. Based on the desistance model by Lloyd & Serin (2012), the scale developed by Lloyd (2009) was translated, consisting of 10 items with a Likert-type response format of 5 categories. This mechanism helped to obtain quantitative information of the beliefs, attitudes, feelings and expectations that the participant has in his own capacity to abandon a criminal career. Scores ranged from 10 to 50, in which the higher the score, the higher the perception of agency to maintain a lifestyle away from crime.

- *Analogue rating scales*

In addition to all the aforementioned indicators, in which self-reporting is used as an explorative procedure, this study also includes evaluations based on visual scales (with the emoticon face here expressing levels of agreement or disagreement, satisfaction or dissatisfaction, etc.). All of these scales share the same format: a verbal statement in the form of a question followed by a series of six emoticon faces that progressively express levels of agreement and disagreement. A description appears at the end of each series that serves as a reference for evaluation by the CM, for example “very good” or “very bad.” Figure 4 below is an example of one of these scales.

Figure 4: Example of analogue evaluation scale



The questions included refer to the degree of agreement in evaluating how the CM feels at the time of the evaluation in relation to:

- Usefulness of the programmes: This visual scale helps to evaluate whether the participant believes that the programmes he has completed in prison for his rehabilitation will be useful for his life in the community.
- Family relationships: The scale asks the CM to evaluate the quality (good/bad) of his family relationships.
- Current well-being: This scale investigates the participant's perception and assessment of how things in his daily life have gone since leaving prison.
- Expectations for the future: This scale asks for a prospective evaluation of the participant on how he thinks things will go in the future once he has been released.
- Security and confidence in change: The last visual rating scale explores the participant's self-perception and security in relation to the changes he must make in order to avoid recidivism and a return to prison.

2.4 Specific objectives of this report

The main goal of this study is to evaluate the effects of participating in the *CerclesCat* programme on criminal recidivism, desistance and social rehabilitation of the people participating as core members. It also aims to

determine the degree of achieving the quality standards established in the project.

The following objectives have been specifically defined:

- a) to present the distribution of the follow-up time of the cases making up the study sample;
- b) to analyse and compare the recidivism rate in penal enforcement (prison and in alternative penal measures) of the total set of the sample and for each of the five study groups;
- c) to describe and compare the characteristics (personal, social, penal, prison, treatment and risk) of the five groups that form part of the evaluation;
- d) to describe repeat sex offenders and their differential profile with respect to desisters;
- e) to identify the variables associated with the social rehabilitation of sex offender desisters;
- f) to review the processes established in the quality standards of the *CerclesCat* project in relation to the CMs and operation of the Circles;
- g) to evaluate the follow-up of the *CerclesCat* project in terms of flow and case management, dissemination and uptake, and
- h) to suggest proposals and aspects to be improved in the operation and evaluation of the Circles.

2.5 Methodology

2.5.1 Population studied

The sample comprised a total of 121 men of legal age, convicted because they committed sexual offences and currently serving or have served a custodial sentence in prisons in Catalonia. The collection of the study variables of these subjects ended on 15/09/2020.

The sample was later divided into five study groups: *Cercles*, *Col·laborador*, *Rebuig*, *Cantera* and *Refractari*. Assigning each subject within each group was

made according to their characteristics in relation to the *CerclesCat* programme, already described previously in the section on research design.

- *Cercles* Group: 19% (n = 23) of the subjects of the total study sample belonged to this group. This category included all participants in the Circles programme from 2013 to the second quarter of 2019.
- *Col·laborador* group: Candidates not chosen to participate in the programme in the same period, but who met the conditions to be potential CMs constituted 14% (n = 17) of the sample.
- *Rebuig* group: Subjects selected in this case represented 15% (n = 18) of the entire sample.
- *Cantera* group: 23.1% (n = 28) of the studied sample was classified within this group.
- *Refractari* group: This group represented 28.9% (n = 35) of the total study sample on completion of the data collection of phase three of the study.

2.5.2 Variables of study

The study variables are attached in the appendices, including basic description and coding of the data. In addition, data on rehabilitation variables and quality indicators of the *CerclesCat* programme were also collected. More than 1,100 variables were collected and analysed in total for this study.

2.5.3 Procedure

Data on the quality indicators obtained for this study came from various sources of information that were accessed or collected indirectly through other professionals. The main sources were:

- a) archives and documentation of *CerclesCat* Quality Manual
- b) questionnaires

Socio-demographic, penal, prison, treatment, risk and recidivism data were accessed from prison archives and files, as well as from the files contained in the Catalan prison computer system (SIPC).

Recidivism is defined as “committing a new offence when another or others have already been committed” (Capdevila et al., 2015, p. 15). Recidivism in itself is apparently a simple concept, given that it refers to the recurrence of criminal behaviour. Nonetheless, when analysed empirically, it presents a number of properties in its definition that obliges us to distinguish between various types of recidivism according to the source from which it is recorded (Nguyen, Arbach-Lucioni & Andrés-Pueyo, 2011). Studies can therefore use various measures to quantify the crime recidivism rate, with the most used criteria being the number of arrests, convictions or imprisonments (Cid, 2007). Thus, the use of one or another type of index will help us to approximate the real recidivism rate with relative precision (Capdevila et al., 2015). In this present study, recidivism in penal enforcement has been taken as an indicator to measure criminal recidivism. For the purposes of the study, prison recidivism is defined as “a new admission into prison of people for an offence after the date of their final release” and recidivism in alternative penal measures (APM) as “a new sentence of a penal enforcement measure in the community for an offence after the date of their final release”. Finally, recidivism in penal enforcement would constitute the sum of the two previous rates (prison and APM).

The start of the follow-up period was from the date of the final release of each subject in the sample until 15 September 2020, the closing date of the study. The follow-up period for the entire sample was therefore an average of 1428.84 days (SD = 618.35; Min. = 160; Max. = 2630), equivalent to 3.41 years.

Data on recidivism in penal enforcement have been obtained through the use of data from the Catalan prison computer system (SIPC) and JOVO ANITA programme (containing the prison entries of Spanish prisons).

The information corresponding to the CM rehabilitation data (see section 2.3.2 of this report) has been obtained through a series of questions prepared ad hoc to be administered to participants voluntarily and at three different time points: at the beginning of participation in the programme (T1), at the change of phase (T2) and at the end of the CM’s participation in the Circle (T3). For each time period, the CM answered a self-applied protocol provided by the coordinator

who accompanied him during the evaluation in case he needed help at any time. All CMs were informed of the purpose of the study and participated voluntarily after signing the informed consent document. The responses of five CMs could be obtained and analysed in total at the corresponding three time points.

2.5.4 Data analysis

The data from this research were examined using IBM SPSS Statistics v24 software. The analyses performed were as follows:

- a) Descriptive exploration of the sample and five study groups by calculating the frequencies of all study variables, as well as obtaining the most common statistics for continuous variables (mean, standard deviation, minimum values and maximums).
- b) Comparison of groups through the Student's t-test comparing means or the Mann-Whitney U test (the latter for cases in which quantitative variables do not follow a normal distribution), as well as the Chi-Square test of independence, Fisher's exact test and z-test for ratio comparison. The Bonferroni correction was used to minimize type one error (rejecting the null hypothesis when this is true) in multiple comparisons.
- c) Qualitative analysis of the answers provided by the CMs to the set of questionnaires that explored the rehabilitation variables.

3. Results

3.1 In relation to study groups

3.1.1 Recidivism

The data relating to the recidivism rate of the various study groups is contained in this section in relation to the general objectives of the research, after having been finally released and having completed the follow-up time. This follow-up time (the first point of this chapter) is precisely one of the limitations of the research, given that this period has not been the same for all groups. It would have been methodologically desirable to have a minimum period of five years of follow-up to determine the degree of achieving the desistance process, but this has not been possible precisely because of the research design per se, given that it had been incorporating subjects into the first three groups (*Cercles*, *Col·laborador* and *Rebuig*) until 2019.

The chapter continues with an overview of the recidivism rates of the five groups. Below are all the variables analysed from the first three groups (which in the first study were already found to have similar profiles) to determine whether their characteristics had been maintained when expanding the sample. The next section compares the differences between the recidivists of the five groups. Given that the *Refractari* group did not want to undergo any type of treatment during the entire completion of their extensive sentence, a specific section has been dedicated to analysing the similarities and differences with the other groups (*Cercles*, *Col·laborador*, *Rebuig* and *Cantera*) involved in their own criminal desistance process. Finally, the last subsection, on analysing recidivism, describes the characteristics of the subjects according to the type of offence they have committed in the new offence, grouping these into three categories: violent non-sexual recidivism, sexual recidivism and non-violent recidivism.

3.1.1.1 Follow-up time of cases

The data were recorded of a total of 121 cases, which constituted the initial sample. Two of the total cases (from the *Rebuig* group) had not been in contact with an open regime environment. The same criteria already established in other research in our field was followed for the purposes of evaluating the recidivism of the various groups and this was done only for those individuals who have been released, which reduced the total number of cases to 107 subjects.

Table 5 shows the final sample, comprising 17 subjects from the *Cercles* group, with a mean follow-up time of 1,008.2 days (SD = 764.98; Min. = 160 / Max. = 2,630); 17 individuals from the *Col-laborador* group, with a mean follow-up time of 1,371.5 days (SD = 627, 38; Min. = 501 / Max. = 2,367); 10 individuals from the *Rebuig* group, with a mean follow-up time of 802.7 days (SD = 532.33; Min. = 184 / Max. = 1,589); 28 individuals from the *Cantera* group, with a mean follow-up time of 1,685.5 days (SD = 443,665; Min. = 872 / Max. = 2,362), and 35 individuals from the *Refractari* group, with a mean follow-up time of 1,608.6 days (SD = 467.965; Min. = 809 / Max. = 2.387).

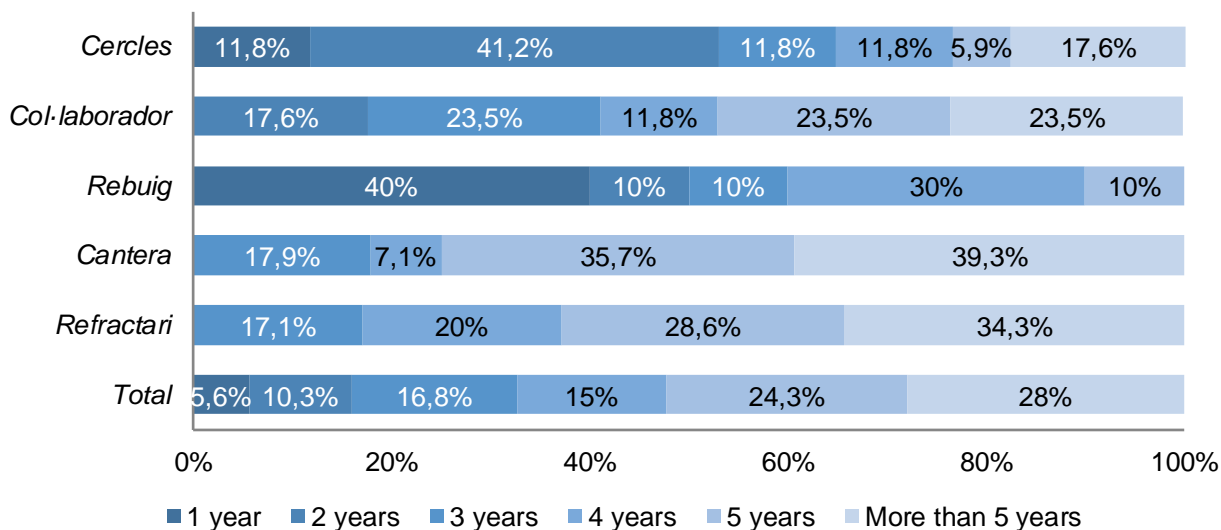
Table 5: Distribution by group of study sample

Study group	Total no.	Have they been released for good?		
		Yes	%	No
<i>Cercles</i>	23	17	73.9	6
<i>Col-laborador</i>	17	17	100	0
<i>Rebuig</i>	18	10	55,6	8
<i>Cantera</i>	28	28	100	0
<i>Refractari</i>	35	35	100	0
Total	121	107	88.4	14

Figure 5 shows the percentage distribution of the groups according to the years of follow-up. This follow-up time exceeds four years in at least 60% of cases in three of the five groups (*Col-laborador*, *Cantera* and *Refractari*). On the other hand, the average of the *Cercles* group is just over three years and the *Rebuig*

group is just over two years. These precautions should be kept in mind when comparing groups.

Figure 5: Percentage distribution of sample according to follow-up time



3.1.1.2 Recidivism rates of five groups

It has already been explained that there are different types of measures when discussing recidivism rates. Here, we take into account the rate of prison recidivism (new admission into prison⁸ for an offence subsequent to the date of final release), the rate in alternative penal measures, or APM (new sentence to an enforcement measure in the community) and, finally, the recidivism rate in penal enforcement (sum of the previous two).

The rates are presented separately for the *Refractari* group, as opposed to those that have received some type of prison treatment (remaining four groups). As already mentioned, this aspect of a lack of treatment is what has led to the *Refractari* members not belonging to the final real sample to assess recidivism.

⁸ It must be remembered that for the first time we have also collected subsequent imprisonment for new crimes in Spanish prisons through the ANITA programme. The researchers unfortunately only had access to whether there was an imprisonment, but without being able to access the type of crime committed in the recidivism, or the date. This represents one case of the total sample of 107 subjects.

With regard to the prison recidivism rate, it is 15.3% for the four groups that have received some type of treatment (Figure 6), while for individuals in the *Refractari* group it is 22.9% (Figure 7).

Figure 6: Prison recidivism rate of four groups (*Cercles, Col-laborador, Rebuig, Cantera*)

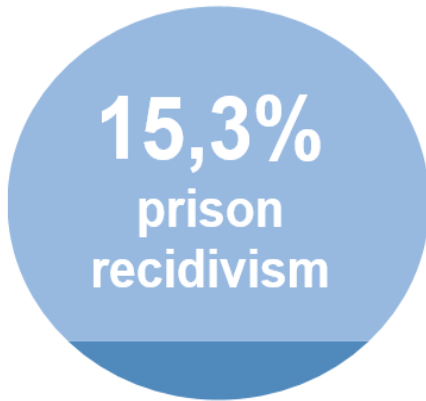


Figure 7: Prison recidivism rate of *Refractari* members

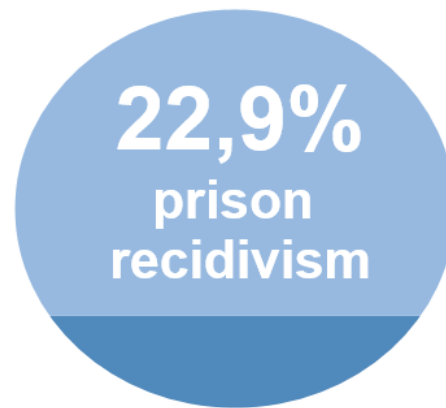


Figure 8: Penal enforcement recidivism rate of four groups (*Cercles, Col-laborador, Rebuig, Cantera*)

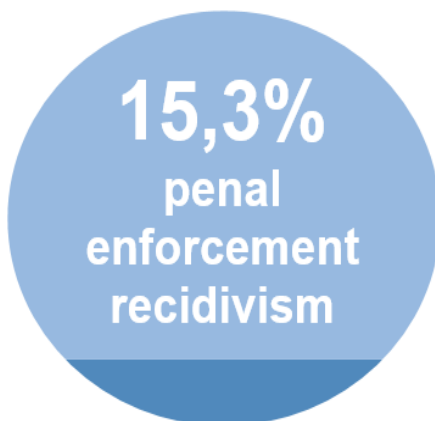
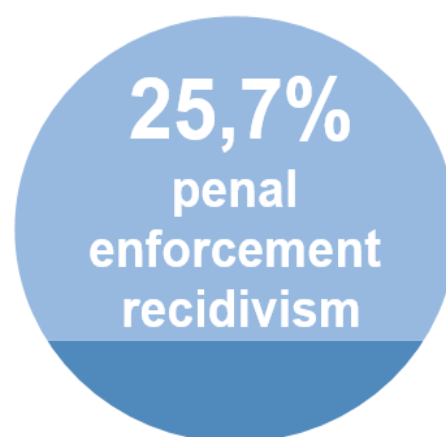


Figure 9: Penal enforcement recidivism rate of *Refractari* members



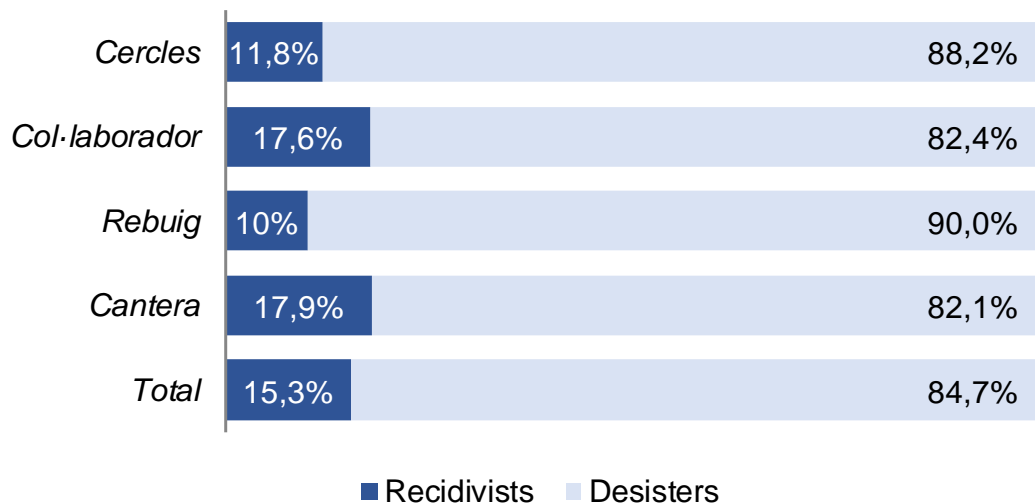
In terms of the recidivism rate in penal enforcement, the four groups that received treatment display similar rates to prison recidivism (Figure 8), while this figure increases to 25.7% (Figure 9) for the *Refractari* members. The latter are the only group that has repeated in APM, with a rate of 5.7%.

Table 6 shows the recidivism rates in penal enforcement for each of the study groups and Figure 10 for the four groups that participated in some type of treatment. It can be seen that the *Cercles* and *Rebuig* groups are below the total average while the groups *Col-laborador* and *Cantera* are above.

Table 6: Recidivism and non-recidivism in all groups of high-risk sex offenders

Study group	Total no.	Recidivism		Non-recidivism	
		N	%	N	%
<i>Cercles</i>	17	2	11.8	15	88.2
<i>Col-laborador</i>	17	3	17.6	14	82.4
<i>Rebuig</i>	10	1	10.0	9	90.0
<i>Cantera</i>	28	5	17.9	23	82.1
<i>Refractari</i>	35	9	25.7	26	74.3
Total	107	20	18.7	87	81.3

Figure 10: Penal enforcement recidivism rate according to study group



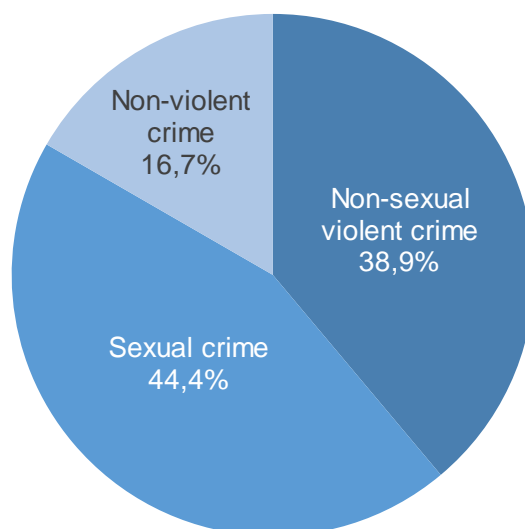
The target study group for this research, *Cercles*, displays a penal enforcement recidivism rate of 11.8%. This means that nine out of 10 subjects initially classified as subjects at high risk of violent and/or sexual recidivism have not returned to the Spanish prison system during the entire follow-up period (ranging from a minimum of two years to a maximum of 7.2).

But it is important to note that the differences between the groups are not major and that this may be attributable to the low number of cases.

Considering that all the cases studied initially presented a high risk of violent recidivism, the results obtained partially indicate a variety of working hypotheses: 1) there is an overestimation of the predicted risk with respect to the actual recidivism observed, and 2) the intervention and prison treatment of sex offenders works, given that recidivism rates show a trend congruent with the type of actions taken to manage cases.

Regarding the type of offence committed in recidivism (including *Refractari* members), of the 18 individuals for whom we have data, 38.9% (n = 7) have committed non-sexual violent offences, 11.4% (n = 8) have committed sexual offences and the remaining 17.7% (n = 3) have committed non-violent offences. Figure 7 shows the percentage distributions of these three types of recidivism.

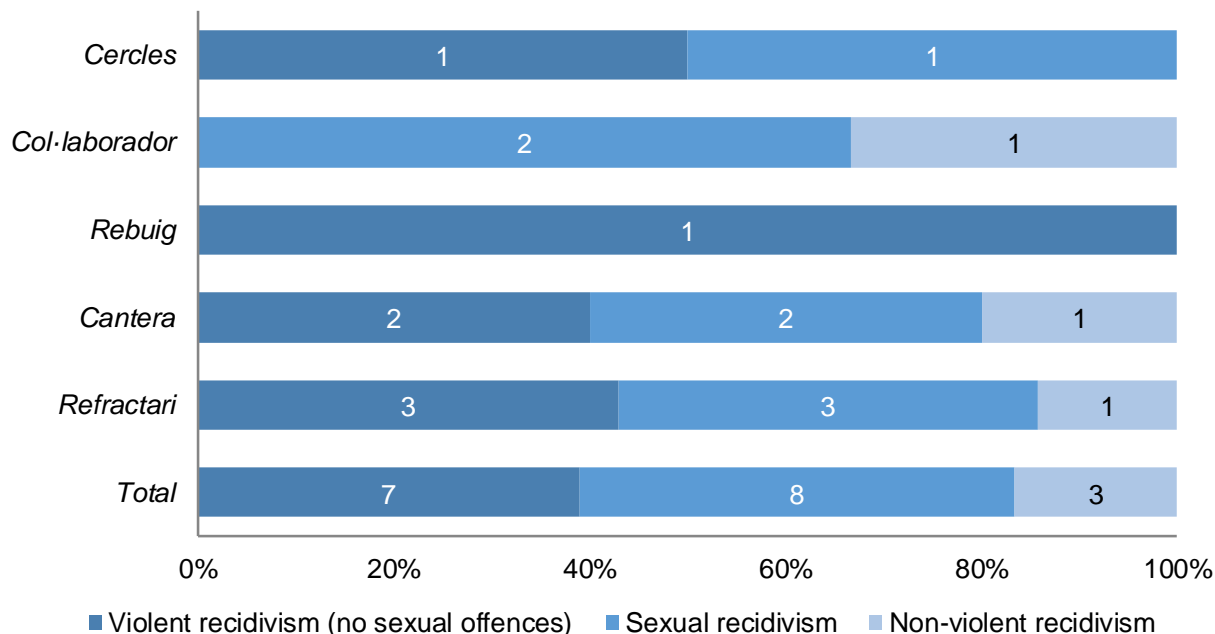
Figure 11: Percentage distributions of recidivism offences



The type of recidivism (non-sexual violent, sexual or non-violent) is also not evenly distributed among the different groups. Taking Figure 8 as a reference, *Refractari* members display a higher percentage in new violent sexual and non-sexual offences (17.2% compared to 11.8% in the *Cercles* group). The *Cantera* group is also higher (14.2% compared to 11.8% in the *Cercles* group). In the *Col-laborador* group, the two recidivists were sex offenders. But the only recidivist in the *Rebuig* group was for a non-sexual violent offence. Based on

this data, it can be seen that the *Rebuig* group is the only group displaying a more favourable trend than the *Cercles* group in this section.

Figure 4: Distribution of recidivism type according to groups

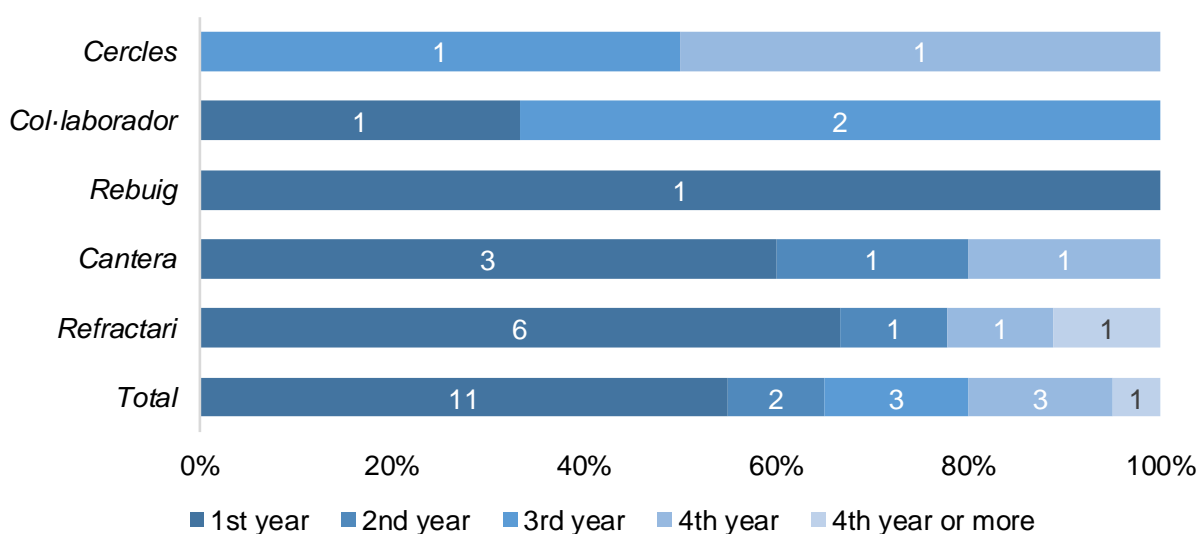


The differences between the five groups were also analysed in terms of the time it took to relapse. The average time for the whole set of recidivists was 533.30 days (1.5 years). Although the differences were not significant, given both the limited sample size and variability in follow-up time, the averages showed distinctive trends and suggest following a specific line: the *Cercles* group takes an average of 956 days (SD = 265.9; Min. = 768 / Max. = 1,144); the *Col-laborador* group, 704.7 days (SD = 425.2; Min. = 223 / Max. = 1,028); the *Rebuig* group, 262 days; the *Cantera* group, 411.6 days (SD = 477.4; Min. = 8 / Max. = 1,226), and the *Refractari* group, 480.0 days (SD = 495.2; Min. = 69 / Max. = 1,470).

On average, the subjects in the *Cercles* and *Col-laborador* groups took twice as long to reoffend as the other groups studied. The *Rebuig* group relapsed the fastest, while the *Cantera* and *Refractari* groups did so in one year and three months on average, while 55% of recidivists committed their new offence in their first year since their final release.

The follow-up of the first *Cercles* was extended until seven years and three months, but it can be seen in Figure 9 that all the cases that have been followed up had already relapsed after four years. In fact, no case has been found that exceeds this time period. We could therefore conclude, as we have already seen in various sets of studies on the recidivism rate, that a released subject who has not relapsed from the fifth year onwards can be defined as a desister.

Figure 5: Distribution of groups according to time taken to relapse



3.1.2 Differences between *Cercles*, *Col-laborador* and *Rebuig* groups

It has already been stated in previous reports (Evaluation of *CerclesCat* project, 2017:80) that the *Cercles*, *Col-laborador* and *Rebuig* groups share a very similar socio-demographic, penal, prison, treatment and risk profile. The following section therefore intends to observe whether they also share similar traits with respect to their recidivism profile. But as has been noted throughout this chapter, the limited sample size available should be taken into account at all times. It is therefore complicated to perform statistical analyses and establish differences when there is such a scarcity of data. In this and following sections, we will therefore attempt to provide an overview and suggest the trend that could be the line on which the results would follow in the event of more cases.

Not many differences were found between the *Cercles*, *Col-laborador* and *Rebuig* groups in terms of personal, penal, and prison variables in terms of whether or not they were recidivists. This is in line with previous reports: the three groups share a similar and comparable composition, even when considering the distribution of repeat offenders and non-recidivists. On the other hand, the added information that helps us with this new analysis is that the interventions made (in our case, the specific intervention of the programme in the *Cercles* group, does not seem to have made significant changes in terms of belonging to the desisters or recidivist group).

Table 7 lists the few significant variables in which differences were found between the three study groups in terms of their membership in the group of recidivists (R) or group of desisters (D).

Those convicted of sexual offences at high risk of violent recidivism typically had no prison record (86.8% of cases). Having this type of background is traditionally a variable with a higher prognosis of possible subsequent recidivism. But it does not seem to be the case for high-risk sex offenders in the study sample, given that only one of the recidivists (*Rebuig* group) had a prison record.

57.9% of victims of high-risk sex offenders had a protection order in place. All recidivists of the three groups with a VPO are from the *Col-laborador* group.

77.1% of high-risk sex offenders increased the severity of their criminal trajectories. In the case of the *Col-laborador* group, it can also be seen that this percentage is significantly lower in the desisters than in the other groups (57.1%).

Table 7: Frequency table of significant variables

			<i>Cercles</i>		<i>Col-laborador</i>		<i>Rebuig</i>		Total	
			R	D	R	D	R	D	R	D
Prior imprisonment	No	%	100	86.7	100	85.7	0	88.9	83.3	86.8
		(n)	(2)	(13)	(3)	(12)	(0)	(8)	(5)	(33)
	Yes	%	0	13.3	0	14.3	100	11.1	16.7	13.2
		(n)	(0)	(2)	(0)	(2)	(1)	(1)	(1)	(5)
Victim protection order (VPO)	Yes	%	0	53.3	100	64.3	0	55.6	50	57.9
		(n)	(0)	(8)	(3)	(9)	(0)	(5)	(3)	(22)
	No	%	100	46.7	0	35.7	100	44.4	50	42.1
		(n)	(2)	(7)	(0)	(5)	(1)	(4)	(3)	(16)
Increased severity	Yes	%	100	86.7	66.7	57.1	100	100	83.3	77.1
		(n)	(2)	(13)	(2)	(8)	(1)	(6)	(5)	(27)
	No	%	0	13.3	33.3	42.9	0	0	16.7	22.9
		(n)	(0)	(2)	(1)	(6)	(0)	(0)	(1)	(8)
SAC (external care)	No	%	0	40	0	57.1	100	77.8	16.7	55.3
		(n)	(0)	(6)	(0)	(8)	(1)	(7)	(1)	(21)
	Yes	%	100	60	100	42.9	0	22.2	83.3	44.7
		(n)	(2)	(9)	(3)	(6)	(0)	(2)	(5)	(17)

Note: R = recidivists; D = desisters

44.7% of high-risk sex offenders continued in the open sexual offence programme when they were in the third grade regime. This allows for some control over their behaviour and relapse prevention. There are no differences between recidivists who have followed the programme in *Cercles* and recidivists of the *Col-laborador* group. While the only recidivist in the *Rebuig* group did not participate in the outpatient subprogramme of the specific treatment programme, the other recidivists in the other groups did in fact receive this type of intervention.

3.1.3 Differences between recidivists of the five groups

Once the similarities between the *Cercles*, *Col-laborador* and *Rebuig* groups have been confirmed, it is important to determine whether there are any differences between the five groups in terms of the penal, personal and prison variables that have been present throughout the study, although limiting ourselves to recidivists.

3.1.3.1 Personal variables

Statistically major differences were found between recidivists of the five groups with respect to a set of eight variables: evolution of employment problems during the sentence,⁹ lack of future plans,¹⁰ drug abuse,¹¹ limited response to treatment,¹² poorly coping with stress,¹³ recklessness,¹⁴ hostility¹⁵ and irresponsibility.¹⁶

Table 8: Major personal variables of the five groups

	Protective factors	Risk factors
Cercles	They presented no employment or irresponsibility problems at any time during their sentence. Those who have had drug problems displayed more favourable evolution than other groups in terms of the response to substance abuse treatment.	They do not present plans for the future during the course of the sentence. They perform worse in coping with stress than the other groups.
Col.laborador	They do not usually have problems with employment during their sentence or irresponsibility. A third part even displays favourable evolution in the latter.	

⁹ Refers to the presence of chronic unemployment, job instability or difficulties in finding employment.

¹⁰ Refers to the presence of unrealistic, unsustainable future plans or the absence of long- or medium-term planning.

¹¹ Relating to the use of legal or illegal drugs that negatively interfere in aspects of daily life or physical health.

¹² Refers to non-adherence or the presence of poor outcomes in psychological or psychiatric treatment for substance use or abuse.

¹³ Relating to the tendency to experience high levels of stress and the lack of cognitive and behavioural resources to deal with it.

¹⁴ Refers to temperamental disposition that causes an apparent chronic need to perform risky activities, have new experiences and reject routine activities.

¹⁵ Relating to the presence of unfavourable dispositions or attitudes and aggressive behaviour towards others.

¹⁶ Refers to a willingness not to comply with obligations and commitments, difficulties in making decisions, etc.

Cantera	They have evolved better in terms of the presence of future plans.	They do indeed have employment problems. They display negative evolution in terms of irresponsibility.
Refractari		They display problems with hostility and irresponsibility. They display more negative evolution than other groups in terms of recklessness and drug abuse.

3.1.3.2 Penal and prison variables

Differences were found in only two variables in the set of penal variables analysed: total time of completing the base sentence and number of offences present in the base sentence.

Major differences were found in a total of five variables in terms of the prison variables: last classification before release on probation, maintenance subprogramme,¹⁷ external subprogramme, and trajectory of subprogrammes completed of the Sexual Violence Group Intervention Programme.

¹⁷ The Sexual Violence Group Intervention Programme is the name given to the specific treatment programme for sex offenders (formerly known as the SAC Programme). It has various modalities or subprogrammes of application: motivational, for those who do not yet want to participate; basic, lasting approximately 3 months; intensive, lasting for a period of seven to eight months; maintenance, done to prevent relapses when the inmate has not yet been released from prison and it is considered necessary to reinforce some aspects of behaviour as a reminder, and external, performed in an open regime environment. All of these curricular subprogrammes have been discontinued in the format that our study subjects have been made. The intervention model has now been revised and a new working methodology has been adapted to the specific programmes that began to be implemented in 2020.

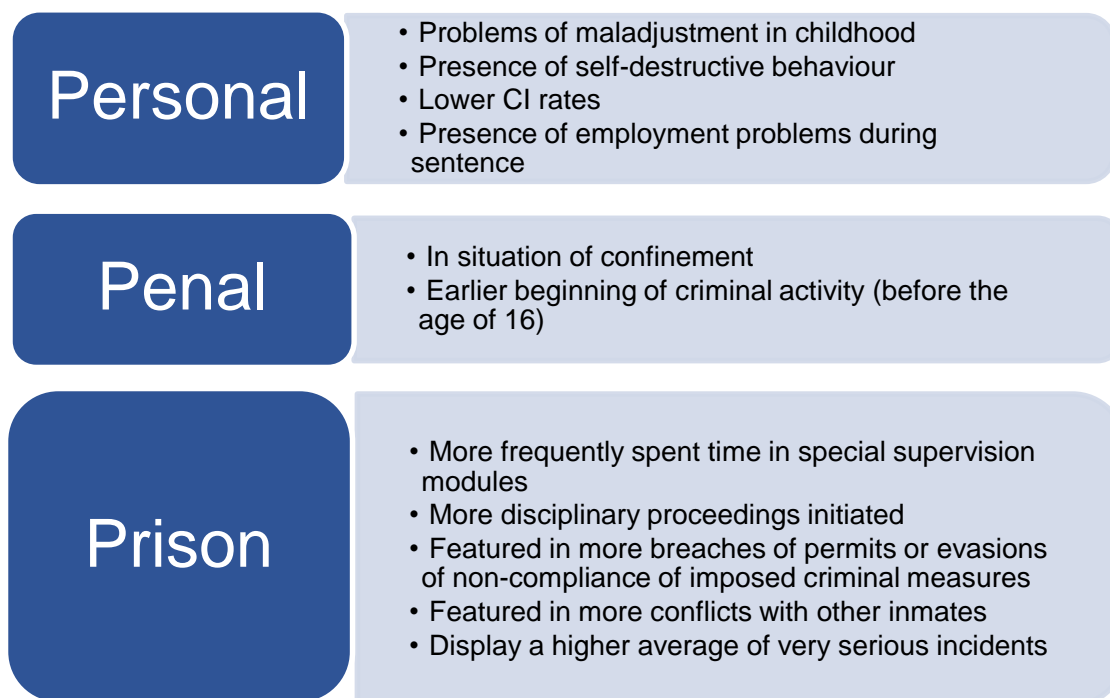
Table 9: Major personal and prison variables of five groups

	Protective factors	Risk factors
Cercles	All individuals were released in third grade regime.	The group with the highest average number of offences in the base sentence.
Col·laborador	All individuals completed the external programme in sexual violence. The group with the lowest number of offences on average in the base sentence.	
Rebuig	The group with the highest average number of interviews with the psychologist.	They have on average the longest sentences of all groups. They have on average gone through a greater number of units over the course of the sentence, as a result of this longer sentence time and delay in progress in not accepting the proposed Circles.
Cantera	Most individuals completed a combination of the intensive intervention programme plus maintenance.	
Refractari	They have on average the shortest sentences of all groups.	Those who are finally released from the first grade regime are more over-represented than the other groups. Not following any sexual violence programmes. The group with the lowest average number of interviews with the psychologist.

3.1.4 Characteristics of recidivists and desisters

The following are variables that have been most associated with the group of recidivists, as opposed to those who are desisters. The *Refractari* group members are again excluded from the analysis, given that the aim of the section is to explain the differences found with regard to recidivism in those subjects who have undergone treatment.

Figure 6: Variables present in recidivists who have undergone some type of treatment compared to desisters (*Cercles, Col-laborador, Rebuig* and *Cantera* groups)



3.1.4.1 Recidivists according to time taken to relapse

All the variables in the study were cross-checked with recidivism intervals in order to identify whether any were more related to the earlier recidivists (remember that 55% commit a new offence within the first year) compared to those that take longer to do so. All study groups were included in this case.

The low number of recidivists prevents extracting any pattern of behaviour that helps to indicate which variables point best to one side or the other. The initial classification (when in first degree) is apparently an explanatory factor of rapid recidivism, but an inference that attributes causality to it cannot be made at all.

More individualised follow-up and control with variables related to rehabilitation or its absence would be required to better adjust which can be related to a shorter recurrence period or impede this in cases where it occurs.

3.1.4.2 Profile of recidivists according to type of recidivism

Finally, we wanted to present in a general manner and with all the necessary aforementioned methodological reservations the profile or most relevant characteristics of recidivists grouped according to the type of recidivism they have committed: violent, non-violent or sexual for all five groups (Figure 14).

3.1.4.2.1 Recidivists in sexual recidivism

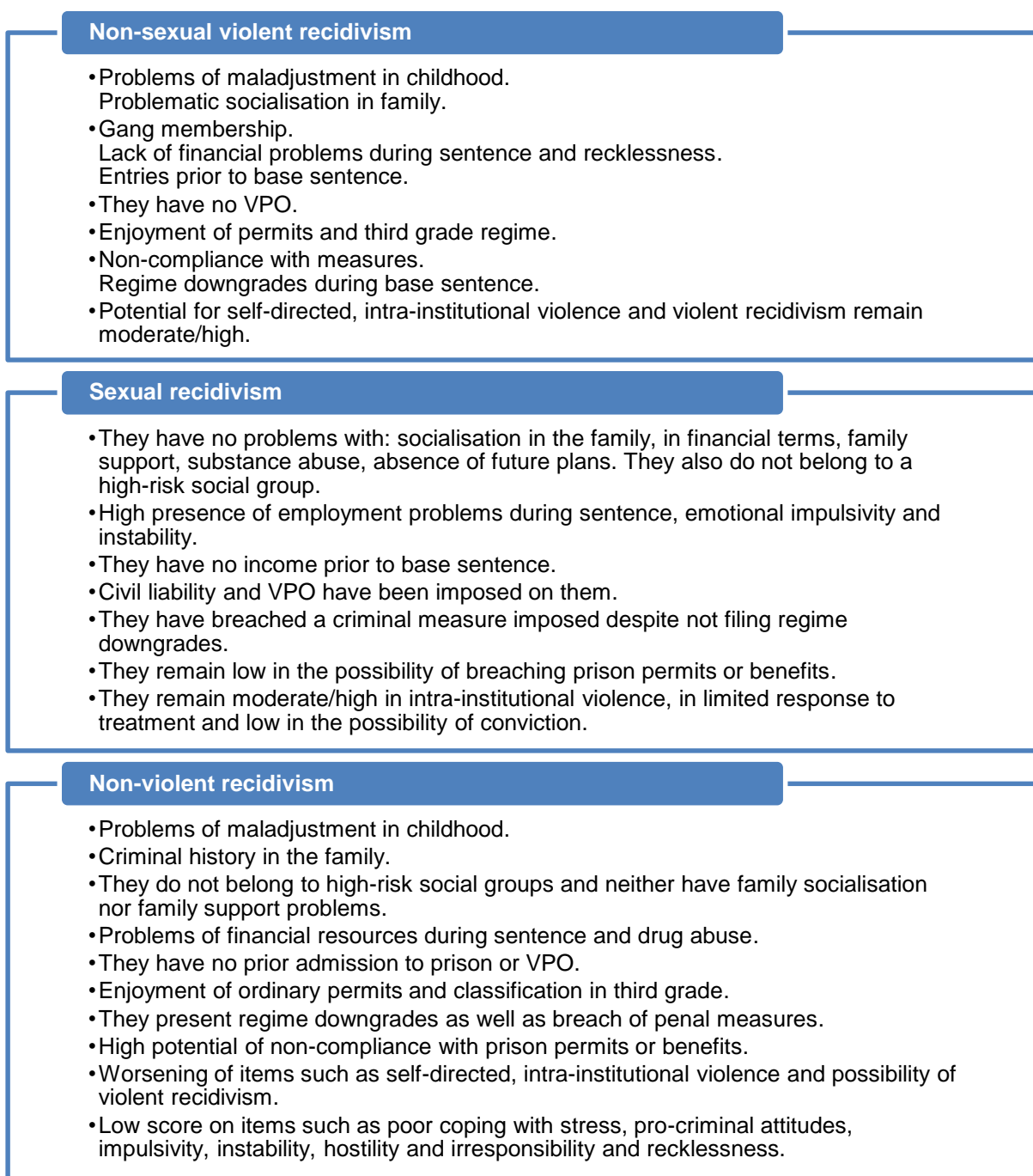
The profile outlined by the data that we have is that of a man without children, with problems of employment and personality trait problems of impulsivity and emotional instability and who has not progressed while serving his sentence. On the other hand, they have financial resources and have the ability to plan for the future, have gone through a process of normalised socialisation in the family of origin and have family and social support. They apparently do not belong to social groups at risk nor do they have problems with drug and alcohol abuse.

They are usually people entering a prison for the first time to serve a sentence. Civil liability accompanying their prison sentence is imposed on them and there is also a protection order against their previous victim(s). Most have progressed negatively during prison treatment and have failed to comply with any of the penal measures imposed, although some cases have enjoyed virtually no prison leave or other benefits.

3.1.4.2.2 Recidivists in non-sexual violent recidivism

In terms of violent recidivists, there are a greater proportion of problems of maladjustment in childhood and problematic socialisation in the family. In terms of personality, they show no notable risk feature compared to others, but they are people with a prison record. They do not have an VPO imposed on them, have enjoyed ordinary permits and have finally passed through the open regime, although their progress has been irregular, given that they also have a greater proportion of regime downgrades and non-compliance with certain measures during their base sentence.

Figure 7: Differences among recidivists according to recidivism type



3.1.4.2.3 Recidivists in non-violent recidivism

Finally, most non-violent recidivists have children and also display problems of maladjustment in childhood, but no problem of socialisation in the family (although the family has a higher proportion of penal records). Unlike other

groups, they have greater financial needs and more problematic drug abuse during their prison term.

They do not display risk personality traits. They are sent to prison for the first time and do not have an VPO. Like violent recidivists, they have mostly enjoyed ordinary leave and have been classified in the third grade regime, but they also have regime downgrades, have failed to comply with any penal measures imposed and have a moderate to high probability of non-compliance with prison permits or other benefits granted.

3.1.5 Rehabilitation indicators of *Cercles* group

Before moving on to presenting the results arising from the variables related to the rehabilitation of the CMs, it is important to clarify that the size of the evaluated sample does not allow us to draw any conclusions or make any generalisations. Although we had four participating CMs in T1, other CMs joined during the T2 period and this means a total of $n = 5$ in pre-post measurements.

The results are also shown with a descriptive and guiding spirit in mind that refers to a trend, without being able to determine differences with statistical value in any of the cases. No statistical analyses were performed to compare the changes between the three evaluation phases and the results presented have been done so from a qualitative point of view.

The results are presented grouped according to the variables explored in the protocol, as presented and described in section 2.3.2 of this report.

- *General mental health (evaluated with GHQ)*

All CMs were in good general health in all three phases of the evaluation.

- *Antisocial attitudes (evaluated with CSS-M)*

At both the beginning and end of the Circle, the evaluated participants displayed not many attitudes against the law, legal operators or the police (LCP subscale), a low tolerance for non-compliance with laws (TLV), did not identify as criminals

(ICOs) and neither exhibited negative attitudes toward prison (P). Likewise, the total scores obtained on the CSS-M scale were also relatively low (average score between 20.75 in T1 and 26.40 in T3).

- *Self-control*

They generally displayed reasonable control over their behaviour at both the beginning and end of the Circle.

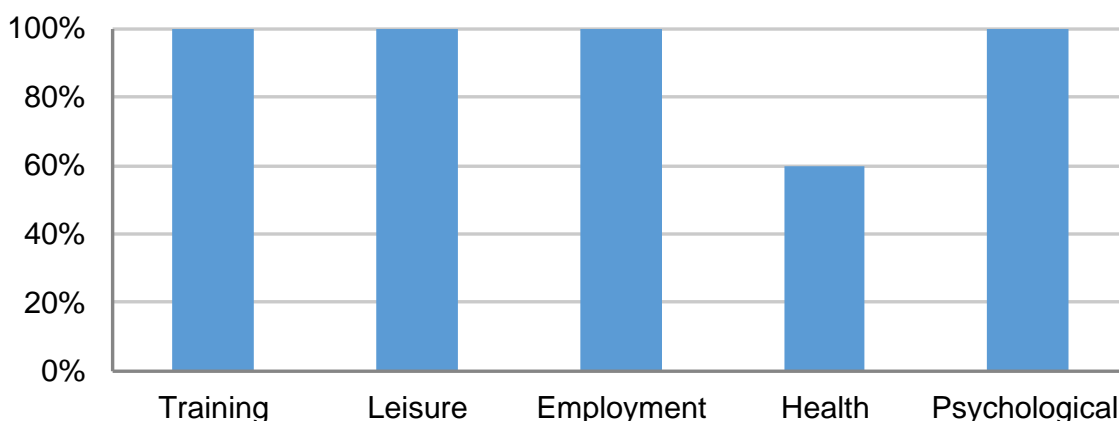
- *Perception of time spent in prison*

With regard to the variables related to the time spent in prison, it can be seen how all the CMs evaluated in the T1 period positively evaluated the relationships with the professionals of the centre and their sentences. In fact, they thought that their time in prison had been useful and that the authorities and staff had treated them well and respected them. Similarly, all of them also performed paid work in prison while serving their base sentences. As for the T2 period, in which the evaluation of another CM was included, this perception was also maintained and most continued to display a positive evaluation of relationships with prison staff. In the same vein, a minority of CMs thought that the staff of the centre had treated them worse than other inmates, an assessment that was maintained during the three evaluation periods. Relationships with other inmates were also assessed as positive, although they did not always feel respected and some CMs reported having suffered serious conflict or negative situations with other inmates.

- *Participation in programmes during their sentence*

Given that this is a static variable, it did not change during the three periods evaluated. The data indicate that all CMs participated in some type of programme (Figure 16). What can indeed be evaluated is the degree of usefulness of these programmes, in which it is observed that all CMs thought that they had been useful and this perception was maintained at the beginning, at the change of phase and at the end of the Circle.

Figure 86: Types of programmes completed during prison term before participating in Circles programme



- *Prison visits*

Again, given that this is a historical variable, the evolution of this item did not change. It can be seen that families provide the most stable bond for CMs and they were all visited by them. In order of frequency, more than half were also visited by their partners and some by other friends and volunteers. All the CMs therefore received visits from some social group by an average of 3.60 (SD = 0.894; Min. = 3 / Max. = 5) of different groups.

- *Family relationships*

In terms of the nucleus of cohabitation, it can be seen that all the CMs had the expectation of living with their family (of origin or acquired) in the T1 and T2 periods, while only one CM wanted to become independent and live alone when released at the end of the Circles programme.

In terms of family relationships, a minority had a partner at both the beginning and end of the Circle. Historically, about half reported that their stay in prison would affect the romantic relationships they had at the time. Most CMs indicated no family obligations or burdens during the three periods in which they were evaluated. As for the existence of family conflicts, this is apparently most noticeable at the end of the Circle, rising from a quarter in T1 to almost half in T3 (but the CMs who responded to this question marked the “?” option in all

cases, implying that it could be a minor issue or that they might have doubts about whether it could really be considered a difficulty).

In terms of perceived support, while all CMs in T1 thought that their family was concerned about them relapsing again, a minority was not clear about receiving this support for their part in the T2 and T3 periods. But they described the relationship with their relatives as good (score higher than 5 out of a maximum of 6 points).

- *Housing difficulties*

It can be seen that the CMs thought that they would have no problems finding a place to live, although one CM believed that he would need help or depend on third parties to obtain housing at the end of the Circle.

- *Use of substances*

What can be observed is the absence of alcohol consumption problems in the three periods evaluated. What is indeed a negative result is the fact that one of the CMs reported that drugs had implied work or legal problems for him during the period of ending the Circle, which shows the presence of an emerging problem at the end of his participation.

- *Presence of chronic diseases*

More than half the CMs reported one or more chronic diseases. The evolution of these depended more on specific treatment or external factors and their specific evolution. What can indeed be seen is that they feel better at the beginning of their participation in the Circle than at the end of it. This has to do with the fact that some of these conditions are incurable or that the disease was in an early stage during the T1 period.

In relation to health status, a quarter was receiving some type of medical treatment for their illnesses at the beginning of participation in the programme (T1), almost half during the phase change (T2) and a quarter at the end (T3). From a qualitative point of view, this implies that CMs were linked to community health resources.

- *Background in system of justice and/or child and youth protection*

Change over the three periods has not been assessed, given that this is a historical variable referring to a static risk factor. In descriptive terms, what can be seen is that during their adolescence, none of the CMs had ever been in a protection or internment centre for minors. About half of them reported being first time in penal and prison matters, had been convicted and/or had been imprisoned twice and only one CM had three or more convictions or admissions since the age of 18.

- *Work and professional employment difficulties*

All CMs reported having previous job experience (m = 8.10 years; SD = 6.7; Min. = 4; Max. = 20) and thought they had been able to acquire knowledge and skills during their time in prison that would help them find work. But although only a quarter reported in T1 and T2 that they had always had sporadic and short-term jobs, half reported having been in this situation during the T3 period, indicating the difficulties of finding a job that they face. Another congruent fact in relation to this last finding can also be seen when analysing job expectations, which are more optimistic at the beginning of the Circle but drop as this progresses: although everyone in T1 believed that they would be able to find a job suitable for their profile and could thus “make a living”, this belief was present in more than half of the cases in the T3 period. With regard to the stigma associated with imprisonment, there is an improvement in terms of job expectations. While half of the CMs felt that being in prison would prevent them from finding a job when the Circle began, only a minority continued to believe this during the phase change and at the end of their participation in the programme.

- *Hobbies and leisure activities*

In terms of doing activities and hobbies during leisure time, three quarters of the CMs reported doing some type of sport in the T1 period and this activity was maintained in the T2 and T3 periods. A notable fact is that at the beginning of the Circle all the CMs stated they knew how to occupy their leisure time (when they had some), whereas almost half referred to having difficulties in this area in

the evaluation made in the change of phase and at the end of the Circle. This is also related to the replies given to this item: “In terms of leisure time and hobbies, I do nothing when I have some free time”, where it is clearly seen that they had more problems managing this time as their participation in the Circle progressed: while everyone in T1 answered that they did things in their free time, the answer of a few in T2 and T3 was in line with not doing any activity.

Finally, CMs shared their leisure time with family and friends and this trend continued throughout their participation in the Circle. It should be noted here that no CM mentioned spending this time exclusively alone.

- *Friendship*

Only one CM reported a lack of help from their friends at the time of the evaluation. In the same vein, no slightly positive evolution can be seen in the perception of support, given that half answered in the affirmative to the following question at the beginning of the programme: “Do you have friends who care about you not going back to prison?”, while affirmative answers exceeded half the cases in the change of phase and end of the Circle.

- *Religiosity*

Only a minority reported practicing some religion of the entire sample and this remained so throughout the programme.

- *Expectations and near future*

Qualitatively, no major differences were observed in any of the scores obtained in the subscales calculated from the 16 items that comprised them. Thus:

In terms of the need for support and social assistance, the initial scores were high ($m = 9.25$; $SD = 1.50$; $Min. = 7$ / $Max. = 10$), decreased slightly during the phase change ($m = 7.20$; $SD = 1.78$; $Min. = 6$ / $Max. = 10$) and increased again at the end of the Circle ($m = 9.00$; $SD = 0.83$; $Min. = 8$ / $Max. = 10$), without implying any major change.

In relation to self-esteem, an adjusted view was maintained throughout the programme, with high average scores (T1 $m = 7.25$; T2 = 7.20 and T3 $m = 4.60$), thereby indicating an adequate evaluation of their self-concept and abilities.

Finally, with reference to the self-efficacy subscale, despite higher scores observed during the T1 evaluation ($m = 9.00$; $SD = 1.15$; Min. = 8 / Max. = 10) than in phase T2 ($m = 7.00$; $SD = 1.41$; Min. = 5 / Max. = 8) and T3 ($m = 7.60$; $SD = 1.81$; Min. = 5 / Max. = 10), these also did not display any differences at a statistical level.

- *Motivation for recidivism*

Due to the size of the sample, there were not enough conditions for making comparisons of proportions with statistical tests that can help to conclude any trend. But on a qualitative level, it can be seen that CMs identified more reasons or risk factors for committing a new offence when they were at the beginning of the Circle than when it ended, especially in terms of feelings of loneliness, friendships, antisocial friendships and family or partner conflicts (which most CMs identified in the T1 period). According to the CMs, other factors for recidivism, considered in the category of “others”, would be related to “feeling rejected” and “falling back into depression”. Financial precariousness became a risk factor that acquired greater importance at the end of the Circle for almost half of the CMs compared to the initial time of the programme.

- *Feelings and situational evaluation*

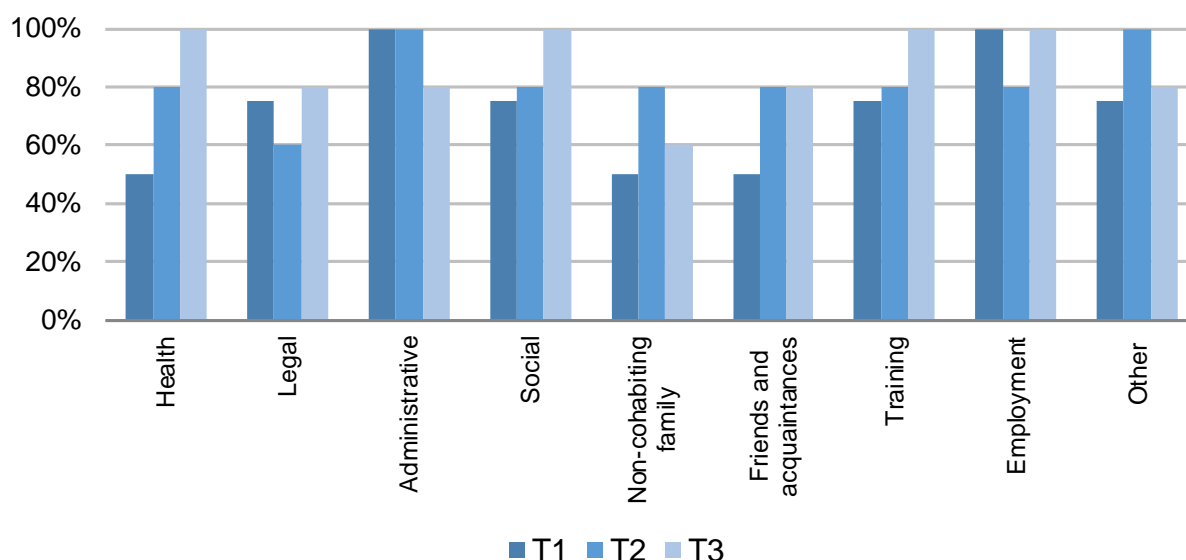
The situations of CMs during their stay in an open regime can change quickly, depending on circumstances they may or may not control. In this sense, it can be seen that as time went by, most of the CMs believed that their current situation was optimistic and they were determined about changing and improving it. Only one CM experienced negative feelings at the end of the Circle, with a more pessimistic view of when he was in prison, doubts about the future and misplacement. It is striking that CMs thought that their lifelong friendships had accepted them easily, but that almost half believed that they did

not want to know anything about them, in the sense that their relationships were scarce or absent.

- *Voluntary attendance of community care and support services*

This is an important indicator of the degree of social and community involvement of CMs with respect to their environment. The average of community resources or social ties visited by the CMs was high: in the initial phase of the programme, it was $m = 6.50$ ($SD = 1.91$; Min. = 4 / Max. = 8) and at the end of the Circle, it was $m = 7.80$ ($SD = 1.30$; Min. = 6 / Max. = 9), although no differences can be established at a statistical level. The distribution and frequency with which these services were used are presented in Figure 17. What is observed is that the frequency with which some services were used increased over time, especially health, social, training and other types of services. Administrative procedures took up a lot of time at the beginning of contact with the community, but this resource was less used as the situation became more regular. Nonetheless, a significant use of existing resources can be observed and these can promote the maintenance of socialisation, community bonding and criminal desistance.

Figure 9: Services and resources visited or used (T1, T2 and T3)



- *Self-evaluated probability of recidivism*

In terms of the subjective perception of the risk of criminal recidivism, it can be seen how all the CMs thought that they would not commit any offence again at the beginning of their participation in the programme. However, this perception changed in a minority of cases ($n = 1$), especially during the phase change and it returned to initial levels when the Circle ended (except in one of the cases), in which they reported having doubts about the probability of returning to offend at some point in their future life. These results may lead us to think that the CMs suffered setbacks over the 18 or 24 months in which they were participating in the programme, but that they were ultimately able to cope with risk situations in an adaptive and prosocial manner.

- *Currently coping*

The CMs displayed a positive attitude and thought that they had sufficient skills and resources to deal with current problems. This coping capacity was very high during the T1 period and changed during the T2 and T3 periods, probably influenced by the situations they had experienced throughout their participation in the Circle, which was able to readjust this more optimistic initial perception. Particularly striking is the fact that as time went on (T3) half of the CMs did not feel strong enough to achieve their goals, nor did they believe that things would improve despite being optimistic at the beginning (T1).

- *Therapeutic progress*

The scores obtained show that the CMs experienced a medium degree of well-being, indicating the presence of certain problems or symptoms and moderate overall functioning. It is notable that the risk subscale of self-aggression and hetero-aggression also indicated low scores.

- *Ability to adapt to everyday life*

In general terms, the CMs displayed a good ability to cope with the demands of daily life. The scores obtained on the items that measured this variable also remained stable throughout the period of the Circle (T1 $m = 24.00$; $SD = 3.55$; $Min. = 20$ / $Max. = 27$; T2 $m = 24$, 20 ; $SD = 2.86$; $Min. = 20$ / $Max. = 28$; T3 $m =$

23.60; SD = 3.36; Min. = 18 / Max. = 28). The main daily difficulties at the beginning of the Circle, valued by half of the CMs as “less easy”, referred to travelling by transport from one point to another in their community, participating in community activities, maintaining a good state health and fitness, managing their finances and making decisions. All or most of them also had difficulty participating in recreational or leisure activities with other people and relating to people who were not part of their core cohabitation. Of note in this T1 period is that half considered “less easy” and a quarter valued as “difficult” the fact of communicating their personal needs to other people. Once the Circle was over, some of these initial difficulties persisted and others were exacerbated, such as participation in community activities (becoming difficult for more than half of the CMs) or maintaining emotional well-being (also up to half valued it as “less easy”). They generally appeared to have more difficulty adapting to those situations that involved some kind of interaction with the community. On the other hand, a positive trend was detected during the T3 period with respect to the T1 period, in terms of the ability to communicate their needs to their environment, access community public services, financial management and decision-making, as well as a greater ease of relating to people who do not coexist with CMs.

- *Agency*

It is notable that all the CMs evaluated showed high confidence and expectations in themselves for criminal desistance ($m = 47$ out of 50) both at the beginning ($M = 47.50$ of a maximum of 50 points) of their participation in the programme and at the end of it.

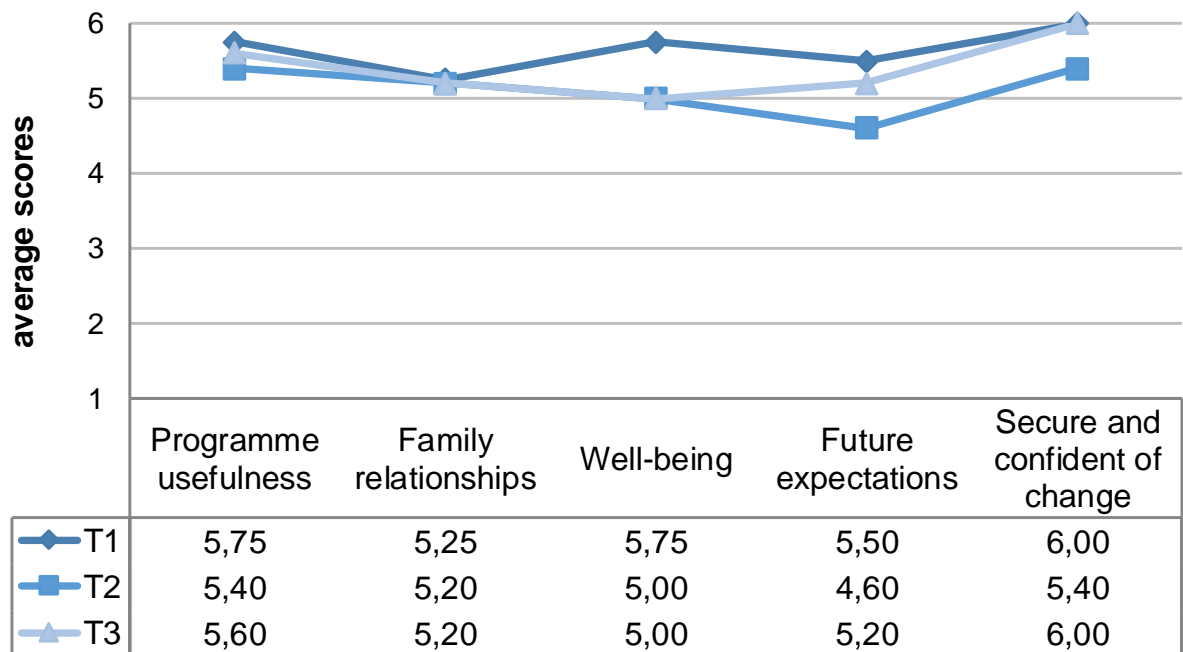
- *Analogue scales*

Over the three evaluation periods, the mean scores obtained by the group of CMs were greater than 5 (over a range of 1 to 6 points). In this sense, it can be seen that CMs thought that (Figure 18):

- The programmes carried out in prison had been very useful to them.
- Family relationships throughout the life of the Circle had been good.

- They perceived that things had generally been going well for them since they left the prison in a closed regime.
- Their expectations were optimistic about their future once they were finally released.
- They displayed a high level of security and confidence in their own change in terms of recidivism or returning to prison.

Figure 10: Average scores on analogue scales (T1, T2 and T3)



4. Quality indicators

4.1 *CerclesCat* management system

A quality management system based on the ISO 9001:2015 standard fosters the management of processes, the interaction among these and follow-up indicators that facilitate service control. ISO standards help organisations to obtain a structured document and follow-up system that facilitates knowledge for all the people involved and all the activities of a service or project. *CerclesCat* is committed to creating a quality system based on the principles of these international standards and provides continuous improvement and specificness in the service that is offered.

The principles of the ISO standard are:

- aimed at interest groups
- leadership
- engagement of people
- process approach
- continuous improvement
- evidence-based decision-making
- relationship management

On the other hand, the latest trends in quality systems have promoted new versions of ISO standards that emphasise the following aspects being worked on in the *CerclesCat* programme:

- Greater emphasis on building a quality management system tailored to the particular needs of each organisation or project.
- Involvement by organisation executives and their responsibility in the strategy of incorporating the quality system into the project.
- Risk-based approach throughout the standard so that the entire management system becomes a preventive tool and encourages continuous improvement.

- Fewer mandatory requirements for documentation: the organisation or project can decide what information has to be documented and what format it must take.
- Alignment with other basic rules of quality management systems by employing a common structure and form of the text.
- Inclusion of knowledge management principles.

4.1.1 Documentation system

Based on a strategic policy and objectives, a process map is defined that includes all the actions to be carried out within *CerclesCat* that are specified in a documentation system based on protocols and forms. The strategic lines and objectives that were defined in the 2017 project can be seen in Table 10.

Table 10: Strategic lines and objectives of *CerclesCat* quality system for 2017

Strand	Objectives
Volunteers	To establish circuit for obtaining penal record certificate To link volunteer to a third sector entity To motivate active volunteers (more actions over time)
Core member	Need to redefine criteria (e.g. psychopathy), at what point in the evaluation is ruled out
Coordinators	To redefine use of Moodle by coordinators
External Communication	To increase presence on social media and actions in the press To promote dissemination of <i>CerclesCat</i>
Quality	To improve organisation and efficiency of project by implementing a quality management system

All of these objectives are the foundation for leading the continuous improvement of the quality system and they have been planned on the basis of actions, responsibilities and deadlines in order to achieve this. The objectives help to incorporate improvements into the processes and to work together among departments and interest groups. These goals can be transformed into a three- or four-year strategic plan in the future to introduce the concept of medium-term and more ambitious goals.

All of the aforementioned processes have been described in protocols that are available to the staff involved and specify how to implement the established guidelines, listing the responsibilities and what documentation or work formats should be implemented. The protocols are the documents specifying the quality standards to be achieved and these are then measured through quality indicators.

The list of protocols prepared to date of this report is as follows:

- recruitment and selection of volunteers
- recruitment and selection of coordinators
- supervision and support of volunteers
- supervision and support of coordinators
- recruitment and evaluation of core members
- setting up Circle
- operation of Circles
- disengagement of volunteers
- continuing education
- mentoring of Circle
- evaluation of satisfaction
- revalidation of coordinators
- management of spaces
- application of LOPD
- dissemination of programme
- human resources
- management of non-conformities
- control of documents and records
- audit

4.1.2 Quality indicators

All identified processes are associated with quality indicators that provide us with information about the effectiveness of the process and whether decisions have to be made based on the results. The indicators are mostly quantitative, although certain qualitative elements have been identified that are extracted from reports and coordination.

Quality indicators are tools that help to assign a quality value to a process based on analysing various parameters. Indicators have to provide demonstrable data collected through statistics or follow-up reports and must help to have available at all times the values indicating that the project is being developed according to the protocols and requirements.

The indicators defined in the *CerclesCat* programme respond to two types:

- indicators that were defined in the project
- quality indicators

As these processes are under constant review and evolution and certain quality indicators have been amended and integrated with respect to those initially defined. Table 11 presents an updated summary of the *CerclesCat* quality indicators associated with each of the processes.

Table 11: Indicators of CerclesCat quality

Process	Indicators defined in European Project	Quality indicators
Recruitment and selection of VOLUNTEERS	Existing procedure	% candidates meeting requirements (recruitment) Degree of usefulness of initial training received Degree of effectiveness of selection process (2 months after volunteer has joined Circle)
Supervision and support of VOLUNTEERS	Number of continuing education courses per year Number of individual interviews with volunteers Number of group meetings of volunteers (without CM)	
Recruitment and selection of COORDINATORS		% candidates meeting requirements (recruitment) Degree of usefulness of initial training received
Supervision and support of COORDINATORS	Existing procedure	Number of individual interviews with supervisor Number of group meetings with coordinators (without CM)
Recruitment and evaluation of CORE MEMBERS (CMs)		% CMs evaluated with RisCarvi, Static-99, SVR-20, PCL % CMs meeting requirements (moderate or high recidivism risk, moderate or low psychopathy) % CM interviewees signing confidentiality commitment
Setting up CIRCLE		Degree of suitability of volunteer for Circle set up
	Existing procedure	% CMs creating/expanding social network % CMs commencing work activity
	Result of evaluation of dynamic risk factors	% CMs initiating links in social or leisure activities % CMs whose dynamic risk decreases at end of Circle % CMs completing Circle for achievement of objectives % CMs requesting to leave a Circle % CMs not fulfilling commitments or not making correct use of Circle % CMs committing a new offence % CMs committing a new offence and continuing in Circle
Operation of CIRCLES		

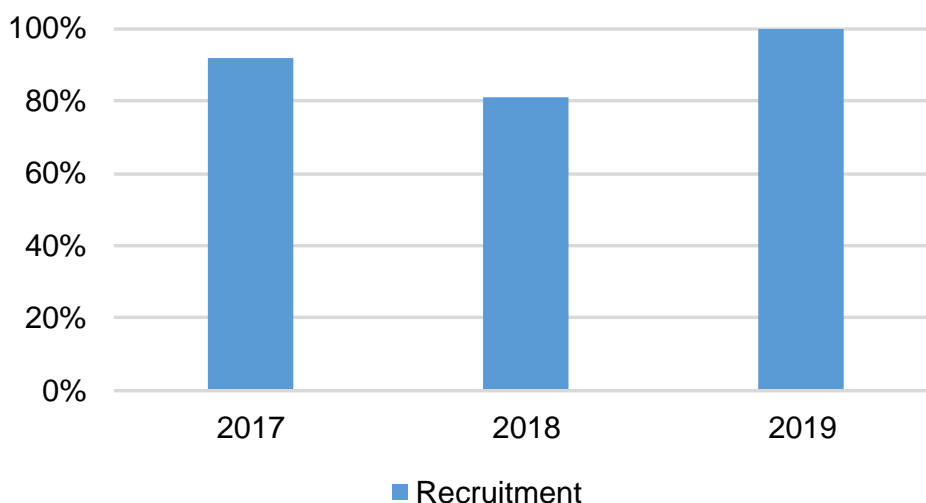
4.2 Evolution and comparison of quality indicators: 2017 – 2020

This section presents the results obtained from the various quality indicators collected between 2017 and the first three months of 2020. The tables presented here include the following variables to provide a comprehensive reading:

- Q indicators: operationalised quality indicators.
- Standard: minimum or cut-off value to consider that the processes are conducted effectively and requirements of Circle operating model are met.
- Year and/or quarter to which the quality indicators collected and analysed correspond.

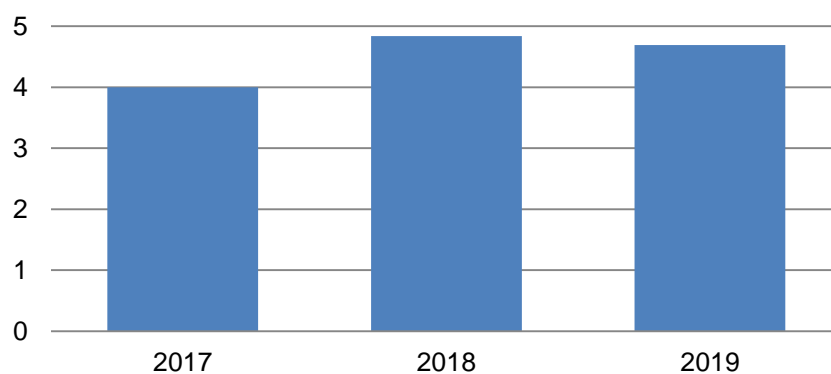
Regarding the process “Recruitment and selection of volunteers” in relation to the indicator “Percentage of candidates meeting requirements”, we can see in Figure 19 that the standard or minimum criterion of 70% was surpassed over the different years. These results indicate that the process of recruitment and selection of volunteers was done carefully and responds to the needs of the project, understanding how to specify the necessary behavioural evidence of the selection criteria guiding the professionals who are suitably conducting recruitment and selection.

Figure 19: Degree of suitability of volunteer candidates



Continuing with the process of “Recruitment and selection of volunteers”, this time in relation to the indicator “Degree of usefulness of initial training received”, the standard establishes a minimum score of 4 out of 5 and we can again see that the results obtained in the different years reach or even surpass this figure, observing excellent results that almost approach the maximum score of 5 (Figure 20). These results indicate that the volunteer candidates in the inner Circle believed that the initial training they received was very useful in order to later exercise their role in the project. Several notable comments about this training include the very useful role-playing exercise, the number of practical cases worked on and the participatory dynamics maintained throughout the selective training.

Figure 20: Degree of usefulness of training received (out of a maximum score of 5)



Regarding the process “Recruitment and selection of coordinators”, the final initial selective training was conducted in 2017 and we obtained the following results from this: in terms of the indicator “Degree of usefulness of initial training received”, the result obtained was 5 out of 5, with the standard being 4 out of 5. These results tell us that the coordinator candidates attending the selective training found it very useful in order to perform their role in a Circle. Some of the notable comments about this training include the number of case studies worked on that help to put oneself in real scenarios where decisions must be made and the different aspects of a Circle must be managed (complex situations with core member, conflicts between volunteers, etc.). They also highlight the participatory nature maintained throughout the selective training. A new initial selective training was planned for the end of 2020.

In terms of the “Degree of suitability of selected coordinator after 6 months”, this was an indicator introduced in 2018 in order to improve the evaluation of this process. In addition to the usefulness of the training, we needed to know if it has been effective in relation to its objective: to recruit and select coordinators of Circles who are suitable for the task they have to perform. It was therefore assessed in such a way as to include the evaluation of the degree of suitability of the selected coordinators after a time period of performing their role (6 months) as evidence of the effectiveness of selective training. No results have been obtained so far, given that no selective training has been done again since 2017 (scheduled for the end of 2020).

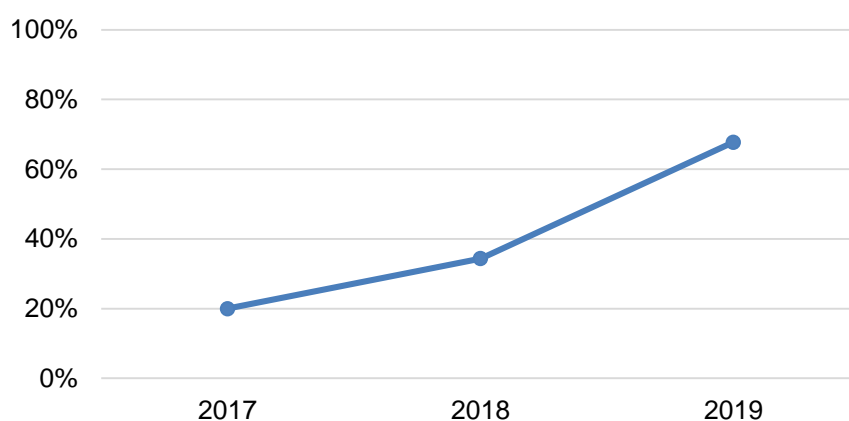
If we focus on the process of “Recruitment and evaluation of core members” in the indicator “Percentage of core members evaluated with the established instruments (RisCanvi, Static-99, SVR-20, PCL)”, we obtain 100% over the various years, except in 2017, during which 98% achievement was obtained (Figure 20). Although it is not a significant deviation from the set standard, it had to be met by 100% because it is a requirement of European programme regulations. It is for this reason that the protocol “PC-05: Recruitment and evaluation of core members” was changed in 2018, setting its evaluation with all the specified instruments (and returning those cases in which any of these instruments were missing) as an acceptance criterion of the case. This action made it easier for referring people to naturally incorporate all the assessment tools required when it came to referring a case. Subsequent results corroborated this (with 100% achievement in all subsequent years).

In terms of the “percentage of core members meeting requirements (moderate or high recidivism risk, moderate or low psychopathy)”, we obtained 100% in the results of each year (from 2017 to the first four months of 2020), with 100% being the standard to be achieved. It is worth noting that this indicator was set after 2016 (during which quality indicators had not yet been collected), because it was observed that some of the cases arising as candidates for core members did not meet these criteria and presented a low recidivism risk. Setting this indicator has helped us to focus on adequate recruitment and on the cases that *CerclesCat* is truly targeting, discounting those who do not require the help and support of the project given its profile.

In relation to the “Operation of Circles” process, only the indicator “Number of core members committing a new offence” has a set standard, as it is a crucial project goal. Given that *CerclesCat* has been operating in Catalonia for a few years, it has been deemed necessary to collect information on the results obtained over time in order to establish realistic standards that take into account all relevant variables: territory, culture, project operation, etc.

With regard to the indicator “Number of core members creating/expanding social network” (Figure 21), it can be seen that the results obtained increase as the years go by (20% in 2017 and 67.77% in 2019; we only have data relating to the first three months of 2020 and these would therefore not yet be significant). Even though the results have improved over the years, the perception of achieving this goal is complex and difficult. It is also true that the team of coordinators has emphasised the importance of taking it very much into account from the beginning of the Circle and thus transmitting it to the volunteers, as well as beginning to work with the core member at the very beginning of the Circle. It has been noted that these specific actions have helped to achieve better results in this indicator.

Figure 21: Core Members creating or expanding social network

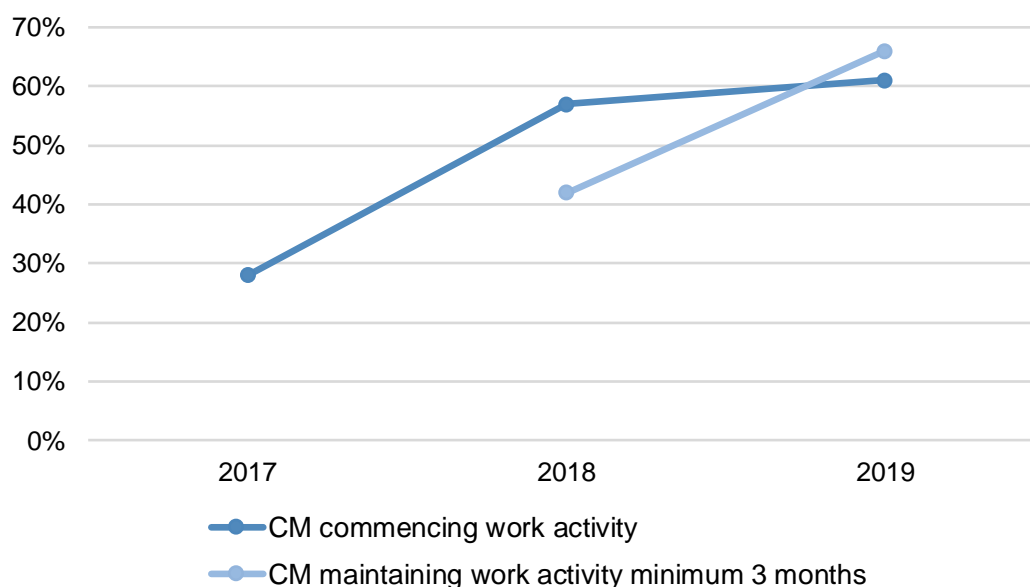


In terms of the “Number of core members commencing work activity”, it can also be seen that the results obtained improved over the years (28% in 2017 and 60.73% in 2019; once again, we only have data relating to the first three months of 2020 and these would therefore not yet be significant). It should be noted that we have strengthened links with organisations and socio-occupational

integration services from the project over time and this has helped us to achieve good results (Figure 22).

In relation to the “Number of core members maintaining work activity for at least three months”, it must be noted that this indicator was added in 2018 because it was thought to be important not only for evaluating the fact that the core members found work but that they also maintained it (Figure 22). This indicator is more closely related to the ability to maintain a structure and commitment, as well as the ability to organise in the workplace. In terms of results, there is a slight increase over the years (42.25% in 2018 and 65.83% in 2019), although it is still early to draw conclusions.

Figure 22: CMs commencing and maintaining work activity

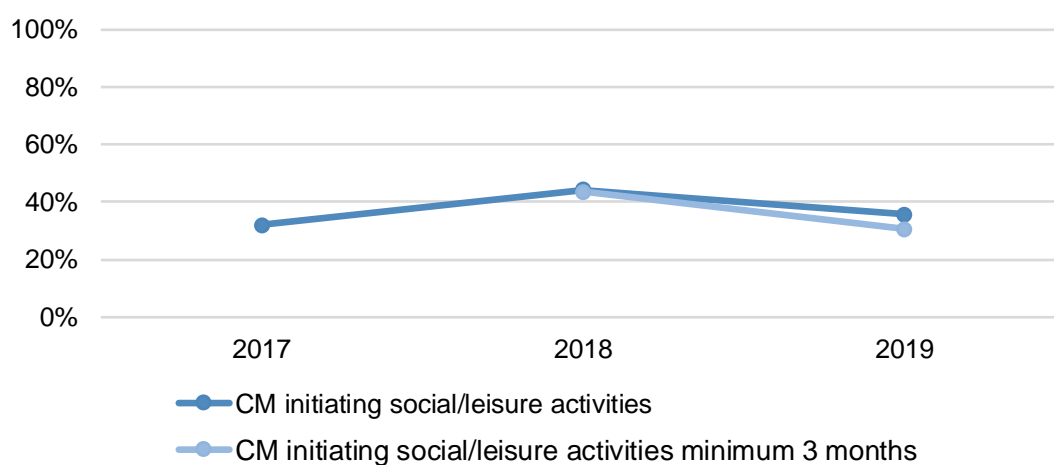


In terms of the “Number of core members initiating links in social or leisure activities”, no major differences are observed in the results obtained throughout the different years (32% in 2017, 44.19% in 2018 and 35.55% in 2019). It is an indicator that is difficult to achieve, given the characteristics of many core members: reluctant to start new leisure activities out of fear, shame, lack of skills, etc. at a more social level. It is something that is very much taken into account by the Circle and both the coordinators and the volunteers focus their actions on encouraging them and trying to achieve this, given that it can in

some way contribute to expanding their prosocial network (very important aspect in order to reduce the risk of recidivism).

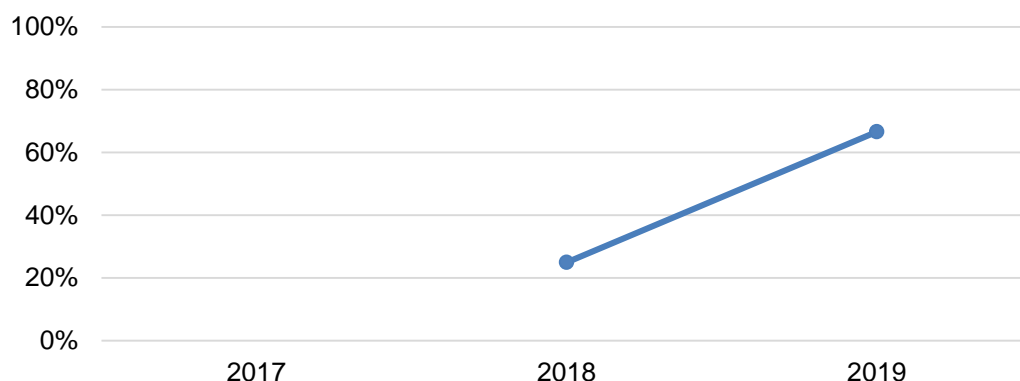
With regard to the “Number of core members maintaining a link in social or leisure activities for a minimum of three months”, it should also be mentioned that this indicator was included in 2018, because it was considered important to assess the fact that the core members maintained the social or leisure activities they initiated. This indicator is related to the ability to maintain a structure, commitment and skills to relate to other people. For example, a core member may start an activity and attend only a couple of times, but this behaviour would become an indicator related to the aforementioned aspects if they could maintain it for at least three months. No major differences can be observed over the various years in terms of results (43.43% in 2018 and 30.63% in 2019), although it is still too early to draw conclusions in this regard.

Figure 11: CMs initiating and maintaining social or leisure activities



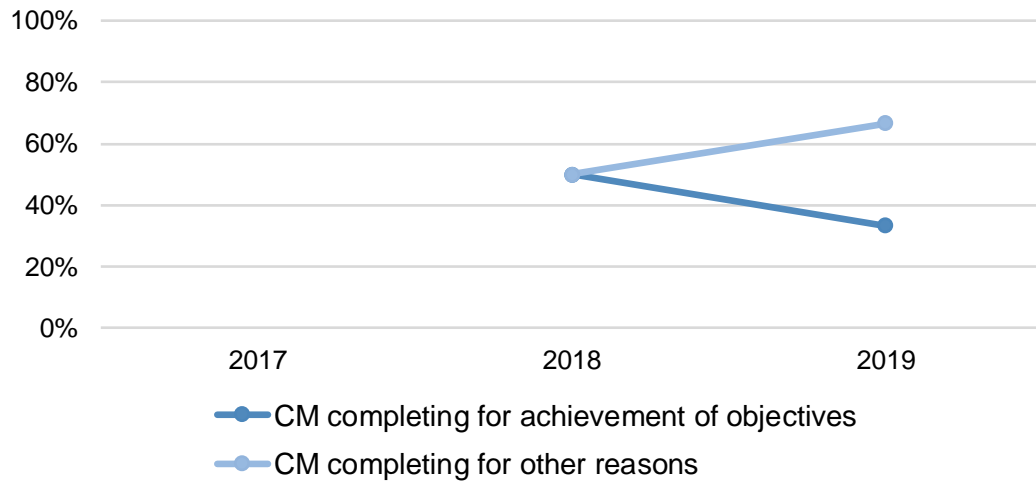
In relation to the “Number of core members in which dynamic risk decreases at end of Circle” (Figure 24), there is a significant increase in the results obtained (25% in 2018, when this indicator is set, and 66.66% in 2019, with 100% in the first four months of 2020). Although it is still too early to draw conclusions and it will probably be necessary to collect more data in order to do so, this indicator would be an objective sign that the Circles of Support and Accountability meet one of their objectives: to reduce the risk of recidivism of people who have committed a sexual offence.

Figure 124: Number of CMs completing a Circle with lower risk



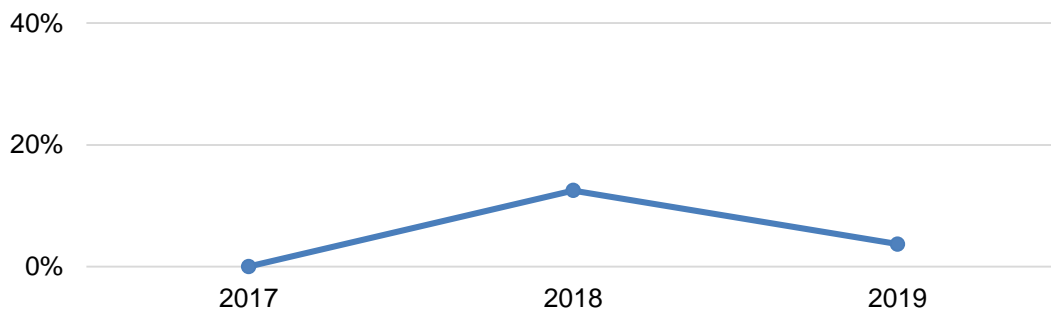
If we focus on the "Number of core members completing a Circle for achievement of objectives", an indicator included from 2018, we obtained 50% in 2018, 33.33% in 2019, and 100% in the first four months of 2020. It is worth mentioning that the other reasons for completing a Circle are related to: team decision, own decision (of CM), regression of degree and/or recidivism. These reasons are related to the indicator "Number of core members completing a Circle for other reasons (other than 'achievement of objectives')", in which we obtained 50% in 2018, 66.66% in 2019 and 0% in the first four months of 2020. Given these results, it can be said that this indicator is likely to improve (Figure 25). The fact that the core members complete the Circle by achieving objectives is a sign the Circle and programme are functioning well in terms of fulfilling the set objectives. It can be seen that 100% was achieved in the first four months of 2020, but it is still early to draw conclusions and we will have to wait to see how it evolves for the remainder of the year to determine if there has been an improvement in the result obtained with respect to previous years.

Figure 13: Number of CMs completing a Circle for achievement of objectives or for other reasons



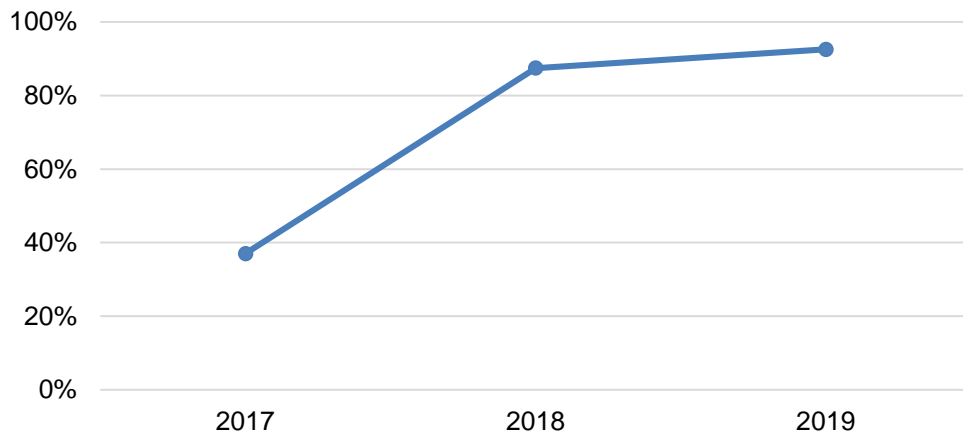
In terms of the “Number of core members requesting to leave a Circle”, the results obtained are minimal (0% in 2018, 12.50% in 2019, 3.70% in 2019 and 0% in the first four months of 2020), thereby indicating the excellent connection that core members have with the project (Figure 26).

Figure 14: Number of CMs requesting to leave a Circle



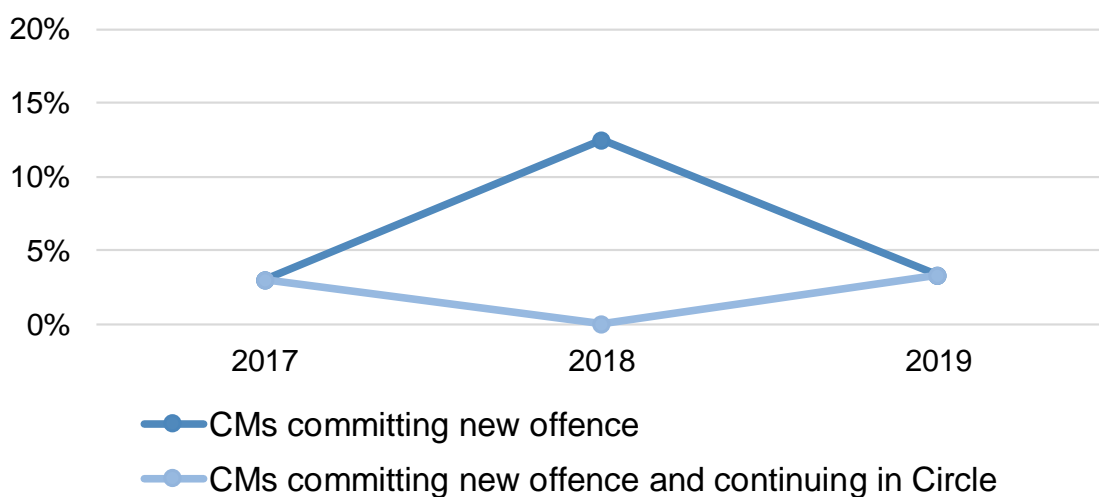
If we look at the “Number of core members making correct use of Circle”, the results we obtained increase over the years (37% in 2017 and 92.58% in 2019). This indicates an improvement in fulfilling the regulations of the project by the core members and the establishment of a good connection with the coordinators and volunteers (Figure 27).

Figure 15: Number of CMs properly using a Circle



In terms of the “Number of core members committing a new offence”, it is worth noting that the rates were not remarkably high (Figure 28). Most importantly, this indicator must be related to the “Number of core members committing a new offence and continuing in a Circle”. We thereby note that all core members who committed a new offence have continued in the Circle over the years, except one core member in 2018 who committed a new violent (non-sexual) offence that motivated his readmission into prison. The rest have been able to continue in the Circle, which has helped to work on the motivation of the offence and to analyse the situation from the assumption of responsibility.

Figure 16: Number of CMs committing a new offence and continuing in a Circle



In summary, when it comes to “Operation of Circles”, it can be seen that the results obtained improved significantly over the years in the following indicators (Table 12):

“Number of core members creating/expanding social network” (20% in 2017 and 67.77% in 2019).

“Number of core members commencing work activity” (28% in 2017 and 60.73% in 2019).

“Number of core members whose dynamic risk decreases at end of Circle” (25% in 2018, when this indicator is set, and 66.66% in 2019, with 100% in the first four months of 2020).

“Number of core members making correct use of Circle”, we obtained results that increased over the years (37% in 2017 and 92.58% in 2019).

In contrast, we did not obtain major differences in the results obtained over the years in the following indicators:

“Number of core members commencing social or leisure activities” (32% in 2017, 44.19% in 2018 and 35.55% in 2019).

“Number of core members requesting to leave a Circle” (0% in 2018, 12.50% in 2019, 3.70% in 2019 and 0% in the first four months of 2020).

“Number of core members committing a new offence” (3% in 2017, 12.5% in 2018, 3.33% in 2019 and 9.09% in the first four months of 2020).

“Number of core members committing a new offence and continuing in Circle” (3% in 2017, 0% in 2018, 3.33% in 2019 and 9.09% in the first four months of 2020).

Table 12: CerclesCat Q indicators

Q INDICATORS	STANDARD	2017	2018	2019	2020 (first 4 months)
Number of CMs creating/expanding social network		20.00%	34.37%	67.77%	45.45%
Number of CMs commencing work activity		28.00%	56.51%	60.73%	27.27%
Number of CMs maintaining work activity for at least three months			42.25%	65.83%	45.45%
Number of CMs initiating links in social or leisure activities		32.00%	44.19%	35.55%	9.09%
Number of CMs involved in social or leisure activities for a minimum of three months			43.43%	30.63%	36.36%
Number of CMs whose dynamic risk decreases at end of Circle (only respond if Circle has ended)			25.00%	66.66%	100%
Number of CMs completing Circle for achievement of objectives			50.00%	33.33%	100%
Number of CMs completing Circle for other reasons (other than "achievement of objectives")			50.00%	66.66%	0%
Number of CMs requesting to leave a Circle		0%	12.50%	3.70%	0%
Number of CMs making correct use of Circle (some factors to take into account when answering this question: they respect regulations, they establish a link with volunteers, with a coordinator)		37.00%	87.50%	92.58%	100%
Number of CMs committing a new offence	0%	3.00%	12.50%	3.33%	9.09%
Number of CMs committing a new offence and continuing in Circle		3.00%	0%	3.33%	9.09%

5. Project accountability

5.1 Case flow and management of proposals

Ever since its inception, this study has been focused from the methodology of action research to ensure a context of continuous improvement of the project. This has allowed us to identify more easily the problems that hinder the implementation of the programme, as well such as the introduction of actions and solutions in this respect.

One of the main concerns was to have a suitable number of core members that would, on the one hand, allow the viability of the *CerclesCat* programme and, on the other hand, obtain enough samples to conduct statistical analyses and comparisons of the study groups.

In this sense, a point that has been developed greatly and in which a lot of effort has been invested has been what we refer to as core member recruitment. The incorporation of a series of strategies to facilitate identifying and referring candidates as core members by the multidisciplinary reference teams has been systematised.

The various specific actions to attract potential core members therefore comprised:

Actions aimed at motivating inmates:

- a) Sessions of presenting the *CerclesCat* programme to inmates participating in the specific treatment programme in prisons for sexual offences. This is a session in which the coordinators and volunteers of the *CerclesCat* programme explained what was involved in the programme, what the benefits could be if they participated and also gave a first-hand account of their experiences in the programme. These sessions are held annually and are intended to be conducted with each new group that ends the specific programme on sexual violence.
- b) Intervention sessions during the maintenance phase of the specific intervention programme in sexual violence. This session conducts work

on the relapse prevention plan through a practical case in relation to the *CerclesCat* programme. In this way, the inmates can obtain a more accurate idea of what it would mean to participate in the programme.

Actions aimed at helping to identify possible candidates for core members by the referring professionals:

- a) Annual delivery of lists with possible candidates for core members to the corresponding prisons for evaluation by the reference teams. SGPRiS technicians and professionals assume the task of identifying inmates who could be potential core members and deliver these lists to prisons so that the reference teams assess the suitability of including them in the *CerclesCat* programme according to the inclusion criteria.
- b) Regular meetings with the reference teams to assess the cases. SMPRiAV technicians meet annually with the reference teams of the sexual violence programmes from the various prisons to review the list of inmates who have completed the specific sexual violence programme and could become core members. These meetings also serve to recall the inclusion criteria and reasons for exclusion according to the quality standards of the programme.
- c) Meeting between the technicians of the Open Regime Service and Rehabilitation Service with the technicians of the SMPRiAV Classification Service. The aim of this meeting is to jointly establish a circuit for identifying and referring potential core member candidates. When the classification technicians identify a potential core member candidate during the performance of their resolution tasks, they identify him with a code in the Catalan prison computer system (SIPC), which helps to include them in a list for subsequent evaluation.

The aim of these actions is to intensify the presence of the *CerclesCat* programme as an additional risk management tool for sex offenders, within the range of resources available to prison professionals to perform this task.

Another key strategy is the plan in 2020 to expand the implementation of the *CerclesCat* programme to other territories outside Barcelona in order to generalise this resource and cover as many cases as possible. Consequently, in addition to those operating in Barcelona, it is planned that two Circles will be set up for each of the remaining provinces (Tarragona, Girona and Lleida). Likewise, at the end of 2018, the Executive Council of the Government of Catalonia agreed to allocate a budget item to the *CerclesCat* programme, including a financial contribution for the three-year period 2019-2021. This investment will allow the Department of Justice to put into operation up to 18 simultaneous Circles each year and ensure the continuity of the programme.

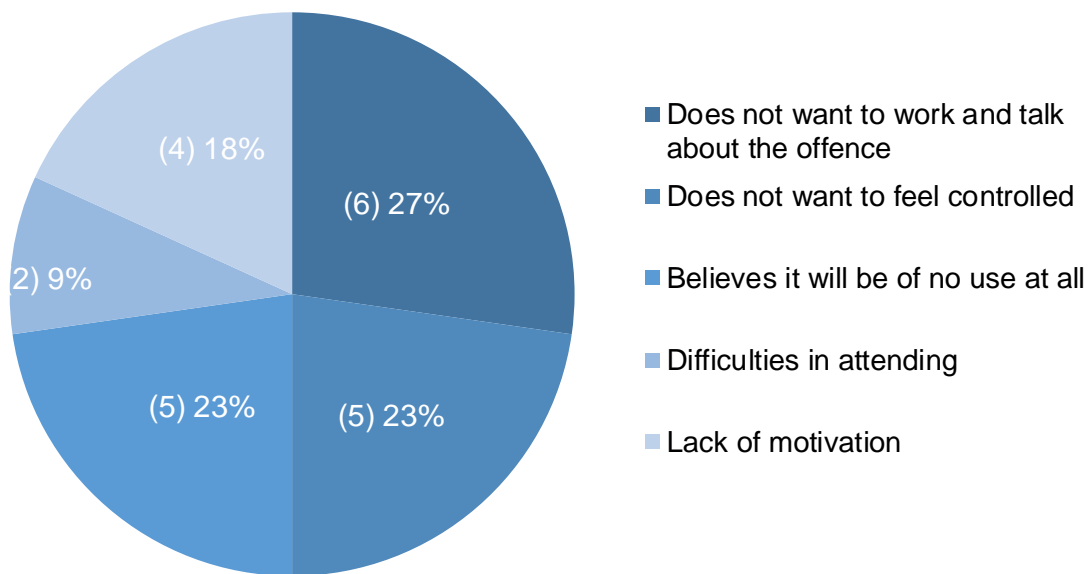
And finally, an as yet unconsolidated action has been that of analysing and following-up the *Rebuig* group. It must be remembered that the *Rebuig* group comprises inmates who, despite meeting all the requirements to participate in the *CerclesCat* programme, refuse to join it. The need arose from the beginning to understand the reasons that led them to reject this intervention. Acquiring this knowledge would help us to work on motivation for change and therefore acceptance in participating in the programme.

5.2 Specific study of *Rebuig* group cases and action taken

The annotations of the SIPC treatment agenda were used to conduct this qualitative analysis, in which professionals in the field (psychologists, educators, lawyers and social workers) collected annotations from various interviews and contacts they periodically had with the subjects. Direct consultation was also made with the referring professionals or members of the Support Unit who interviewed potential candidates whom they ultimately rejected. The *Rebuig* group specifically comprised 18 subjects and the results show that six of these 18 individuals refused to participate because they were reluctant to re-explain the offence to new people. The second most cited reason (five of the 18 cases) was the desire not to feel controlled once they were in an open regime. This same proportion (27.7%) thought that they already had enough social and family support and did not need what the *CerclesCat* programme could provide. Two of the cases analysed justified the reason for their rejection on difficulties in attending, either due to time incompatibilities or difficulties in travelling. Finally, it

is worth noting that 22.2% of cases did not give a specific reason beyond that of a lack of real motivation to participate. It should be mentioned that sometimes there are inmates who may show some interest in participating linked to their expectations of enjoying leave or being upgraded. After being interviewed by the professionals of the Support Unit, these inmates generally declined to participate in the programme due to a lack of intrinsic motivation.

Figure 179: Main reasons for refusing to participate in *CerclesCat* programme



The following is proposed in light of these results:

- Encourage the participation of a core member in the programme's presentation sessions, so that they can hear first hand the benefits that participating in the programme can bring them.
- Elaborate the survey in both the reasons for which they would participate and those that drive them away, both in the presentation session and after the relapse prevention session.
- Conduct motivational interviews by the referring professionals or even someone external not linked to the progress in prison of the inmates. These could be called motivational recruitment sessions.

5.3 Dissemination and positive recruitment of those involved

In order to ensure the continuity of the programme by making it more immediate and necessary within a social context, it was considered crucial to disseminate the project through various exchange forums. A series of local, national and international information actions were therefore designed.

5.3.1 Local actions

Figure 30 summarises all the dissemination and recruitment actions carried out since the beginning of the project, aimed at volunteers, CMs and others involved.

Figure 18: Summary of project dissemination and recruitment actions

Volunteer strand

- Dissemination talks on project: Catalan Federation of Social Volunteering, UB Faculty of Criminology, Miquel Tarradell Institute, "la Caixa" Banking Foundation, Gutmann Institute, Friends of the Elderly, Sabadell Gender Board, Official Association of Lawyers of Sabadell, Official Association of Psychologists of Catalonia (Psicoxarxa), SECOT, FAS
- Posting offers on hacesfalta.org portal
- Note on project on Xarxa.net and Catalan Federation of Social Volunteering
- Contact TEDxBcn and TEDxGràcia
- Contact head of volunteering at BBVA Foundation
- Note on project for publication in in-house journal of Department of Justice #djustícia
- Contact with solidarity bookshops (FNAC and Casa del Libro)
- Information about project posted on website and FB of Department of Justice

Core member strand

- Evaluation interviews of potential candidates
- Meetings of Support Unit (former Executive Committee) and *CerclesCat* Management to set up new Circles
- Meetings of Support Unit and Board of Directors to plan dissemination of project at prison level (inmates and professionals)
- Joint work sessions of *CerclesCat* team and treatment teams in relapse prevention: work session in intensive module
- Presentation of project in prisons

External communication strand

- Meetings with press officer of Department of Justice
- Meeting with technical staff of Department of Justice in charge of managing *CerclesCat* volunteers
- Telematic contacts with person in charge of website of Department of Justice
- Management of requests for information on website of Department of Justice
- Contacts with European partners
- Conference to present reports on "Evaluation of *CerclesCat* project"
- Presenting project: Firactiva't, CirclesEurope General Meeting, Psicoxarxa

Presentations aimed at groups of very relevant stakeholders so that they can understand the viability of the project and are, if not in line with its implementation, at least informed and addressed in any of the doubts that may arise with regard to the project.

In order to maximise the transmission to these groups of influence, specific infographics were designed presenting the most relevant information of the *CerclesCat* programme, to be presented on the basis of a standardised and elaborated ad hoc discourse to facilitate their explanation. These documents have been designed with specific objectives and results to be achieved, including control indicators regarding the impact they must have before and after making the presentation, request and order to our interlocutors. Both the infographics and discourse have been adapted to the various influence groups according to their particular interest in the *CerclesCat* programme.

The first presentation of the *CerclesCat* programme was made at the Barcelona Bar Association in late 2019 using this methodology. The goal was to help lawyers understand the programme and be able to express any doubts that it raises in them and thus be able to offer it to clients that they consider opportune.

5.4 Dissemination of research and external participation

The following is a summary of all the activities aimed at disseminating both the *CerclesCat* programme and the results of the research conducted over this seven-year period (2014-2020).

5.4.1 Publications

2020:

- Nguyen, T. & Capdevila, M. (coords.) (2020). *Avaluació del Projecte CerclesCat (3r Informe)*. Barcelona: Generalitat de Catalunya, Centre d'Estudis Jurídics i Formació Especialitzada (CEJFE).
- Nguyen, T. & Andrés-Pueyo, A. (2020). *Círculos de Apoyo y Responsabilidad: el papel de la comunidad en la reinserción de los*

delincuentes sexuales (*under preparation*). *Revista Carabineros de Chile*.

2019:

- Nguyen, T. & Capdevila, M. (coords.) (2019). *Avaluació del Projecte CerclesCat (2n Informe)*. Barcelona: Generalitat de Catalunya, Centre d'Estudis Jurídics i Formació Especialitzada (CEJFE).

2018:

- Nguyen, T. & Capdevila, M. (coords.) (2018). *Avaluació del projecte CerclesCat*. Barcelona: Generalitat de Catalunya, Centre d'Estudis Jurídics i Formació Especialitzada (CEJFE).

2014:

- Nguyen, T., Frerich, N., García, C., Soler, C., Redondo-Illescas, S. & Andrés-Pueyo, A. (2014). Reinserción y gestión del riesgo de agresores sexuales excarcelados: el proyecto “Círculos de Apoyo y Responsabilidad” en Cataluña. *Boletín Criminológico*, article 4/2014, July-September (no. 151).

5.4.2 Mentions in the media

2020:

- Interview on Xarxanet
- Cactus Media report
- Programme *El cazador de cerebros* on RTVE (09/11/2020): “Las raíces de la violencia”

2019:

- El Balcó, Cadena SER (31/01/2019)
- Ràdio Sabadell (07/03/2019)
- *La Vanguardia* (01/05/2019)
- *Diari Ara* (02/05/2019)

2017:

- *Diari Ara* (27/12/2017)

2016:

- Participation on TV3 television programme (13/11/2016): “30 MINUTS. M’atreuen els nens”
- *El Punt Avui* (04/09/2016)

2015:

- *El Punt Avui*
- *L’Illa de Robinson* (30/03/2015)

2014:

- TV3 weekend evening news (13/07/2014)

5.4.3 Participation in seminars, conferences, courses, events and activities

2020:

- Research session: “Projecte CerclesCat per a delinqüents sexuals: el paper dels voluntaris” (Centre d’Estudis Jurídics i Formació Especialitzada, Barcelona).
- 2th (Inter)National Congress of Legal and Forensic Psychology (Madrid). Talk: “Círculos de Apoyo y Responsabilidad: estado del proyecto longitudinal (2016-2020)”.

2019:

- Research session: “Cercles: delinqüents sexuals d’alt risc (2n informe)” (Centre d’Estudis Jurídics i Formació Especialitzada, Barcelona).
- Firactiva’t. Presentation of *CerclesCat* project (CEJFE).
- General Meeting CirclesEurope (London, 18/01/2019 and Den Bosch, 13/06/2019).

- Psicoxarxa. Presentation of *CerclesCat* project.
- Dissemination talks on the project to attract volunteers:
 - Catalan Federation for Social Volunteering (FCVS)
 - UB Faculty of Criminology
 - Miquel Tarradell Institute (IMT)
 - "la Caixa" Banking Foundation
 - Gutmann Institute
 - Friends of the Elderly (Amics de la Gent Gran)
 - Sabadell Gender Board (Taula de Gènere de Sabadell)
 - Official Association of Lawyers of Sabadell (COAS)
 - Official Association of Psychologists of Catalonia (COPC, Psicoxarxa)
 - SECOT

2018:

- International Association for the Treatment of Sex offenders (IATSO) Conference (Vilnius, 2018). Talk: "Evaluation of the implementation of Circles of Support and Accountability (COSA) in Catalonia: The first five years".
- 12th Spanish Congress of Criminology SEIC-FACE (Oviedo, 2018). Talk: "Cercles: reinserción de delincuentes sexuales de alto riesgo".
- Research session: "Cercles: delinqüents sexuals d'alt risc" (Centre d'Estudis Jurídics i Formació Especialitzada, Barcelona).
- 15th Seminar on Psychology of the University of the Balearic Islands (Mallorca, 2018). Talk: "Avaluació i gestió del risc dels delinqüents sexuals".
- Catalan Federation for Social Volunteering (FCVS) (2 publications).
- Social entities in Sant Cugat del Vallès.
- "la Caixa" Banking Foundation.
- Seminar on "abusers" organised by the Vicki Bernadet Foundation.
- Third Sector Congress.
- OMIE Foundation Seminar on "Sexual Violence".
- Meeting with Grant Duwe from Circles Minnesota (01/12/2018).
- Official Association of Physicians of Barcelona (COMB).

2017:

- Contact made with social entities in Cornellà de Llobregat, L'Hospitalet de Llobregat, El Prat de Llobregat and Sant Cugat del Vallès.
- Contact made with "la Caixa" Banking Foundation.
- Contact made with Friends of the Elderly (Amics de la Gent Gran).
- Contact made with FAS.
- Contact made with European partners (Efus conference), clarifying doubts.

2015:

- Presentation of *CerclesCat* presentation in the agora of experiences at 5th Third Sector Congress.

2014:

- Research session: "La reinserció social dels delinqüents sexuals. Adaptació del model Circles of Support and Accountability al sistema d'execució penal a Catalunya" (CEJFE, Barcelona).
- 1st International Conference on Circles of Support and Accountability (Barcelona, 2014). Workshop: "CerclesCat in Depth: Organisation and Development of COSA in Catalonia".

6. Discussion of results

The results obtained from analysing the variables collected by the study sample and the quality indicators during the period from 2017 to 2020 are extensively presented and discussed in the three previous points (chapters 3, 4 and 5), as are the actions carried out with regard to implementing the *CerclesCat* programme between 2013 and 2020.

Longitudinal studies focused on the rehabilitation and recidivism of sex offenders are scarce in our country. This final work, together with the second published report (Nguyen et al., 2019), contributes to feeding this body of knowledge and is the first to be carried out in Catalonia and the Spanish State that fully evaluates the implementation of the Circles of Support and Accountability programme for offenders in our territory. A mixed longitudinal study (retrospective and prospective) has consequently been carried out to evaluate the degree of implementation of the *CerclesCat* programme and its effectiveness in reducing recidivism and facilitating the social rehabilitation of people who have committed sexual offences.

This chapter discusses the results obtained and then presents in a grouped and summarised manner the conclusions and proposals arising from phase three of the research on the evaluation of the *CerclesCat* project. The main aim of this study was, on the one hand, to analyse and compare the characteristics and recurrence rates of the total sample and each of the five study groups and, on the other hand, to identify the variables associated with the rehabilitation of core members participating in the *CerclesCat* programme. The research also reviewed the degree to which quality standards were met with regard to the core members and the operation of the Circles and it also evaluated the follow-up of the project in terms of flow and case management, dissemination and recruitment.

The recidivism rate in penal enforcement (prison and APM) of the *Cercles* group is 11.8%, lower than that of the *Col·laborador* group, which is 17.6%. Although the differences are not statistically significant, perhaps due to the low number of cases and still insufficient follow-up periods. Remember that these two groups

are strictly similar at first and the only theoretical difference is the participation in the *CerclesCat* programme by the first group.

The *Cantera* group, which in principle was what should have fed the *Cercles* group, displayed a recidivism rate of 17.9%, higher than the *Cercles* group and yet not statistically significant.

All the four groups that received various types of treatment and follow-up (*Cercles*, *Col-laborador*, *Rebuig* and *Cantera*) obtained a recidivism rate in penal enforcement of 15.3% on average, 10 points lower than that of the *Refractari* group (25.7%). Although these differences are not statistically significant, they do however set a trend. Most of the people in the *Refractari* group served their full sentence in prison, moving from a first or second grade regime (91.4%). On the other hand, the *Cercles* group was the one with the highest percentage of sentences completed in the open regime (65.2%).

Focusing only on comparing the results obtained between the *Cercles* and *Refractari* groups, the CMs apparently tended to be recidivists to a lesser extent and took longer to do so than the *Refractari* group when they did.

If we compare these rates with those obtained in international studies, we can see that the *Cercles* group and, in general, the study sample have lower overall recidivism rates than the studies by Wilson et al. (2005, 2007b) and Duwe (2012, 2018) and are more in line with those obtained by Wilson et al. (2019) and Bates et al. (2014), some of whom also obtained statistically insignificant results despite having a higher number of CMs for their study. However, all reviewed publications indicate the effectiveness of the programme in reducing violent recidivism, while this fact could not be determined in our study.

The recidivism rate of the participants in the *Cercles* group was quite a high number, especially if we compare it to the latest data collected from those released in the third grade regime of imprisonment (13.5%) or on probation (9.5%), which were already the best data in 27 years of following-up recidivism in Catalonia (Capdevila et al. 2019). The data are not strictly comparable, given that the methodologies of the two studies are not identical, but they do give a

rough idea of the good results obtained by a group of sex offenders considered to have a high risk of recidivism.

It should be noted that these results may have a variety of interpretations and, above all, cannot be generalised because of the limited sample size. Nonetheless, the results obtained may partially indicate various working hypotheses by taking into account that all the cases studied initially presented a high risk of violent recidivism:

- a) that the predicted recidivism risk is overestimated with respect to the actual recidivism observed; and
- b) that the intervention and prison treatment of sex offenders works, given that recidivism rates show a trend congruent with the type of actions taken to manage cases.

Those reoffending, in more than half the cases, did so in the first year from their final release. A total of 44% of recidivists would do so again in a sexual offence; 38.9% would do so in a non-sexual violent offence and 16.7% would do so in a non-violent offence.

In terms of potentially overestimating the risk, it should be borne in mind that this evaluation was carried out using three tools: RisCanvi, SVR-20 and Static-99/Static-2002R. Remember that the RisCanvi protocol is an instrument that evaluates the risk of general violent recidivism and is not a specific tool for the risk of sexual violence. In fact, the same instrument indicates that, in certain circumstances (e.g. with sex offenders assaulting extrafamilial victims), it is advisable to administer specific tests for more careful evaluation, such as SVR-20. With regard to SVR-20, we know that it is one of the most widely used instruments internationally, but that it was created more than 20 years ago and the empirical evidence has consequently progressed since then and has demonstrated that some of the risk factors initially included in SVR-20 are not predictors of future sexual violence. In the case of Static-99 or Static-2002R, it is important to note that these two instruments are based on static risk factors, i.e. variables that cannot be modified or are subject to change through the passage of time or intervention. Let us not forget that risk is dynamic and that it

fluctuates over time. This means that Static (99 or 2002R) does not include criminogenic needs or dynamic risk factors and therefore fails to take into account how these may change over time, increasing or decreasing the risk and failing to inform us of which elements are susceptible to a therapeutic approach. Moreover, given the proliferation of new sexual offences committed through new technologies, especially the distribution or consumption of child sexual exploitation material, it has become necessary to include specific variables and instruments for their risk assessment, such as the Child Pornography Offender Risk Tool (CPORT; Seto & Eke, 2015), recently translated into Spanish by Soldino & Carbonell (2018).

No distinction was made between moderate and high risk CMs when analysing the groups, which may have influenced the results alongside this overestimation of risk.

It will therefore be necessary to keep abreast of scientific research on the risk factors empirically associated with sexual recidivism and the different types or profiles of sex offenders as well as to improve risk assessment. This involves using instruments that take into account these variables or, at the very least, include them as additional items in the protocols currently in use (specific variables on MESI in the CM's dynamic risk assessment), as well as considering the limitations of risk factors that we know are not predictors. It is also essential to generalise the use of this type of tool as an addition to RisCanvi in order to obtain a more accurate evaluation in each case that allows its effective management.

In terms of the second hypothesis, in other words, that the intervention and prison treatment of sex offenders works, we have certain data that point to this direction. According to the study carried out by Capdevila, Ferrer, Blanch, Framis, Garrigós & Comas (2017), the prison recidivism rate of high-risk sex offenders recorded during the period 2010-2013 was 41.7% in any kind of offence. While the initial results obtained from the study of high-risk sex offenders between 2014 and 2016 indicated a prison recidivism rate of 25.0% (Capdevila et al., pending publication). In the present study on *CerclesCat*, the prison recidivism rate for high-risk sex offenders was 15.3% for four of the

groups (*Cercles*, *Col-laborador*, *Rebuig* and *Cantera*) and 11.8% for the *Cercles* group. As can be seen, the evolution of the figures indicates a downward trend.

What was done by the Department of Justice during this period from 2010 to 2020 that may be linked to this fall in recidivism in the case of high-risk sex offenders?

- The Risk-Need-Responsivity model (Andrews & Bonta, 1994, 2016) and Good Lives Model (Ward & Brown, 2004) were implemented in the intervention with criminals as part of the Catalan prison context.
- RisCanvi was developed and implemented, a risk assessment tool that identifies criminogenic needs and effective case management.
- A commitment was made to manage low-risk cases in an open regime in order to promote and facilitate social rehabilitation and reintegration into the community environment. This allows the treatment professionals within the closed regime to devote more attention to higher-risk cases.
- Launch of *CerclesCat*, a specific programme for managing high-risk sex offenders in the community based on restorative justice.
- External community resources were strengthened to provide specialised therapeutic interventions for this type of group.
- Specialised prison intervention programmes were thoroughly reviewed and updated, including the former SAC programme, now renamed the Sexual Violence Group Intervention Programme.

All these actions may have had a positive impact on reducing recidivism in this high-risk group, given that they have a direct impact on managing such cases.

In terms of the two previous hypotheses, a third hypothesis can be generated that can help us to understand the lack of major differences among the *Cercles*, *Col.laborador*, *Rebuig* and *Cantera* groups. The fact is that all the subjects of these four groups participated in the sexual violence intervention programme and it is therefore possible that the effect of the treatment is more important than that of the Circles proper and this effect, added to the possible overestimation of the risk of the cases, has clouded the differences among the groups in terms of the general recidivism rate. In fact, unlike Catalonia, where

undergoing specific treatment is a requirement to participate in a Circle, it is not a mandatory criterion in other countries and in many cases, especially within the European operating model, the treatment is provided by external resources that are more focused on the end of the sentence and the approach to the outside world. The sexual violence intervention programme conducted in the ordinary grade regime therefore has a prominent role and its results may be indicating that people who undergo this type of treatment have completed good therapeutic work when they leave prison and that the *CerclesCat* programme helps them to continue the intervention. Let us also not forget that the programme is a very selective resource that focuses on a very specific, small group: high-risk sex offenders. This particularity and the features of this group do not help to obtain generalizable results in both our territory and internationally, given the limited number of empirical studies available because of the costs involved at a methodological level. Nonetheless, it is clear that without a tool like the *CerclesCat* programme, the recidivism rate would be higher, given the high risk that these individuals present and the difficulties in managing them.

In addition to guaranteeing a greater number of cases in subsequent research that allow more consistent and generalizable results, it is important to address the three hypotheses raised with a greater degree of evaluation and innovation arising from new research. In three years' time, this new research will review the Circles cases with regard to social rehabilitation, increase the number of cases in the follow-up sample of the five groups and update the results obtained in this research to compare again the two hypotheses raised.

There are some statistically significant differences among the recidivists of the five study groups in relation to eight variables: employment problems during sentencing, lack of adjusted and viable future plans, drug abuse, limited response to treatment, difficulties in coping with stressful situations and the presence of traits such as recklessness, hostility, and irresponsibility. Thus, as a group (excluding the *Refractari* group, which was not treated), recidivists, in comparison to desisters, display a more disruptive prison trajectory (e.g. more disciplinary proceedings, permit violations, breaches, conflicts, etc.), an early onset of criminal activity and problems within the personal area (such as

maladjustment in childhood, lower intelligence, autolytic behaviour and employment problems). There is also a differentiated association of risk factors depending on the type of recidivism (sexual, violent, non-sexual or general non-violent).

It therefore becomes necessary to carefully assess these criminogenic needs and adjust the intervention to each case (Risk-Need-Responsivity model). It will also be necessary to strengthen the link between inmates and available external resources in order to continue managing cases, given that the first year seems to be a period of high risk with regard to recidivism.

The study of the key elements for the desistance of sex offenders highlights the role that social factors and internal changes play in CMs. These aspects are key elements in the COSA model and *CerclesCat* programme: they promote the potential of CMs and change of identity and also access to community resources and establishment of social ties.

No solid conclusions can be drawn regarding the rehabilitation variables of the CMs, given that we only have five cases that have allowed follow-up in the three established time periods. International empirical evidence suggests that related improvements are observed in qualitative terms within the areas of education and work, personal autonomy, prosocial attitudes and behaviour, self-esteem, emotional management and coping skills, and social and affective relationships. In this sense, the variables analysed in this study demonstrate that the CMs displayed results along the same lines, given that a good state of general health was identified in the participants, as well as few antisocial attitudes, a positive evaluation of the time spent in prison, an advantageous use of their participation in the specific treatment programme, good self-esteem and greater use of the communitarian resources. At the same time, the CMs displayed a discourse and attitude of desistance both at the beginning and end of the Circle, an element that helps them stay away from crime, along with the accompaniment of the Circle. This perception was maintained throughout the three complete evaluations.

The greatest difficulties are related to the creation and maintenance of social bonds (especially in terms of interaction with strangers or interactions with the community), as well as the use of leisure time. In fact, these difficulties were already highlighted in the third report through the evaluations made by both the volunteers, coordinators and outer Circle. At the same time, these results are confirmed by quality indicators that measure aspects related to these variables.

Regarding the evaluation of the quality indicators and their evolution throughout the programme, a remarkable improvement in most of these can be observed, as well as a high degree of achievement in the processes involved. It is especially interesting to note how CMs are increasingly making better use of the Circle and compliance, as well as the fact that dynamic risk also decreased significantly from baseline evaluation. But there was a marked improvement in the variables related to rehabilitation, with more CMs creating or expanding their social network and starting a job. Another positive fact has to do with the low rate of CMs who requested to leave a Circle or who committed a new offence that continued over time. Nonetheless, one of the aspects to be improved that was revealed by analysing the quality indicators involved the need to strengthen the bond of CMs to social and leisure activities, which was not achieved in half of the cases participating in the programme.

It is clear that this high level of compliance with the standards is in line with the proper functioning of the programme and must be continued along these lines. The systematic, periodic collection of established indicators has helped to carry out this objective analysis and check whether the project for implementing and operating the COSA model in our context is in line with the European model and responds effectively to the particularities of our context. However, having protocols available to the staff involved has made it possible to specify the methodology for applying the established guidelines, determine responsibilities and the documentation or work formats to be implemented, reviewed or modified.

With regard to weaker indicators, more efforts should be made to provide CMs with a broader range of activities and prosocial resources to occupy their free time that are incompatible with a criminal lifestyle and promote desistance.

Perhaps greater support from volunteers at the start of these activities, as well as producing a guide on community resources (both leisure and other) available to all those involved in the *CerclesCat* programme could improve this quality standard. It would also be appropriate to set up a discussion group with professionals from the treatment teams to outline a specific programme to address these difficulties, especially those related to social capital and leisure time), under expert supervision at a methodological and/or sexual violence treatment level.

A total of 27 Circles have been completed ever since the implementation of the three pilot Circles in 2013 until today. The years 2017 and 2019 were periods when a greater number of these began, suggesting that the programme is beginning to be viewed in the prison context as an available and appropriate resource for managing the risk of sex offenders. Nonetheless, the health crisis arising from the COVID-19 pandemic and the measures taken accordingly have significantly affected several basic aspects of the programme. On the one hand, they have limited the commencement of new Circles and, on the other hand, they have forced these to adapt their operation to this new reality. Let us not forget that the dynamics of the programme itself involve a significant number of face-to-face meetings of the inner Circle (CMs, volunteers and coordinators) in order to forge a bond and address the specific goals of the case. Meetings had to be readapted to other formats (such as online) and other contexts throughout 2020, taking into account capacity constraints and limited availability of meeting spaces and activities. Moments of uncertainty, not only about the evolution of the pandemic, but also about the development of each Circle and the programme per se, may have had an impact on the people involved and have required new actions and more intensive support from the project's organisers.

It will therefore be necessary to determine which of the new actions and adaptations have a positive or negative affect on the operation of *CerclesCat* and its participants. It will also be interesting to assess which of these new tools and ways of working that have been generated as a result of the pandemic can be regularly incorporated into the existing project procedure in order to encourage opportunities for interaction and optimise the resources available to benefit the programme. One of the tools we have for this analysis is introducing

an evaluation of the satisfaction of the support received by the *CerclesCat* organisation during COVID-19 to the people participating in it (CMs, volunteers, coordinators and members of the Support Unit).

One of the main limitations detected in the first phase of the research was the scarcity of referrals of potential CM candidates in the initial period of the programme's implementation. In order to correct this deficit, various specific recruitment actions were launched through: a) sessions to present the *CerclesCat* programme in the intervention sessions specialised in sexual violence; b) the annual sending of lists of potential candidates to the corresponding prisons in order to evaluate their suitability; c) regular meetings with the reference teams of the prisons to evaluate cases, and d) meetings between the technicians of the open regime service and classification service for identifying and referring candidates. It is also hoped that in the coming months the presence of the programme can also be extended to other territories outside Barcelona in order to encourage a greater generalisation of the resource and address a greater number of cases.

With regard to this point, the specific study of cases refusing to participate in a Circle (*Rebuig* group) reveals that they do so for different reasons, including: a) a refusal to talk about the offence again with strangers; b) a desire not to feel controlled once they are in an open regime; c) a perception that they already have sufficient social and family support, and d) to a lesser extent, difficulties in attending, time incompatibilities, travel difficulties or lack of intrinsic motivation. In relation to the reasons for not participating in a Circle, the refusal to speak of the offence can sometimes be motivated by the shame produced by it. As noted earlier, shame can become an element in favour of criminal desistance and could partly explain the low recidivism rate observed in this group. However, it should not be forgotten that the sample that makes up the *Rebuig* group in this study was very limited and could therefore have a biased profile.

In the same vein, the *Cantera* group displayed a more maladaptive prison trajectory, greater personal and social needs and also a higher risk of recidivism that would justify more intensive and continuous work with them to motivate

them to participate in the *CerclesCat* programme with the goal of addressing some of these criminogenic needs.

It will be necessary to work more intensively and at length on these groups and further explore the reasons for accepting or refusing such participation. In this regard, a template has been created to record the reasons why candidates do not want to participate in the programme despite meeting the conditions to do so. This systematic collection of information will help to develop more closely the actions aimed at attracting future CM candidates. It will be important to recover the cases that fall within the *Rebuig* group and strengthen the professionals working with these profiles so that they can continue to work on their motivation for change, given that it is possible that CM candidates are still in the pre-contemplation or contemplation phase when offered to participate in the Circles programme.

It will be important to encourage the participation (face-to-face, virtual or by audiovisual means) of the CMs themselves in the presentation sessions of the programme, both in ordinary and open regime, so that they can act as a “mirror” and set a better example for candidates of the actual benefits of their participation in the programme. Another key aspect will be to conduct motivational sessions by the referring professionals to promote the recruitment of candidates and maintain previous recruitment actions.

The Catalan operating model of the *CerclesCat* programme contains a series of specific innovations and actions in comparison to the European model and these help to improve its integrity and are better adapted to the particularities of our context. Highlights include the creation of specific material for the different groups involved (e.g. infographics, assessment manual for skills for the selection processes), new quality indicators and the implementation of evaluation questionnaires of the satisfaction of the programme by its participants.

We believe that it is important to continue along this line of innovation, although ensuring that they conform to the standards of the European operating model in order to make the most of the programme based on the opportunities and

limitations that our context can offer. It is necessary to systematise its use (assigning responsibilities and accountability) and also to evaluate its results based on the quantitative and qualitative indicators already introduced (for example, in selecting volunteers or training and introducing others, such as the number of queries made online, number of requests submitted to participate, to receive information, etc.).

As with other international studies that have conducted evaluations of the effectiveness of the COSA model, methodological limitations do not allow us to state for the time being that the *CerclesCat* programme is effective in reducing recidivism. Trends are observed that point towards a positive direction, but these require a more robust methodological design. Despite the inconsistency of the results on their effectiveness in reducing recidivism, the small number of studies and methodological limitations of some studies, the evidence accumulated over the years through international publications agrees that the operating model of Circles of Support and Accountability is a useful and viable tool to promote the community rehabilitation of groups or collectives that are particularly vulnerable or have a significant number of needs.

A much broader sample and longer follow-up periods are required, as well as replications in other studies in order to achieve statistically significant results and draw more conclusive results. We must also continue in the line of other more recent research and focus not only on those aspects that work well within the programme and positive results, but also on the most problematic difficulties and issues. This comprehensive approach is a learning opportunity and will help us to obtain a more accurate view of the programme and establish more objective performance indicators. It is therefore necessary to continue promoting the consolidation of the *CerclesCat* programme and the creation of a greater number of Circles within our context, as well as promoting the quantitative and qualitative research that allows us to establish consistent and generalizable conclusions.

The approach focused on action research methodology has enabled a context of continuous improvement of the project and this has allowed us to identify more easily the problems hindering the implementation of the programme, as

well as incorporating actions and solutions in this regard. The inclusion of quality indicators also provides valuable information on the effectiveness of the process and has made it possible to assess the need to make decisions regarding the results obtained.

Dissemination of the project and participation in exchange forums are key to its improvement and at the same time to make it more present and necessary within the social context. This is one of the outstanding tasks established as an initial proposal throughout the research that has only been partially achieved. Despite having designed specific material (infographics, standardised discourse and indicators to control the impact of the presentation) to present the *CerclesCat* project among groups of people involved, only one presentation was able to be carried out through this methodology in 2019. It must be said that the current circumstances have not allowed any face-to-face, collective outreach actions.

However, as already shown in the second report published, we believe that the exchange of international experiences, the generalisation of good practices and the dissemination of the results obtained is guaranteed by Catalonia's entry as a member of CirclesEurope (the European association for suppliers of Circles of Support and Accountability, set up in 2018).

It is nonetheless necessary to continue disseminating the programme in the media, at scientific dissemination events and within the groups of people involved in order to reaffirm the objectives achieved and ensure the continuity of the programme.

We have seen how the COSA model has clear advantages in other countries, not only social but also economic. While these represent an annual saving of almost £24,000 (Elliot & Beech, 2013) in the UK, they can triple or quadruple the initial investment in North America (Chouinard & Riddick, 2014; Duwe, 2018), becoming a programme with high economic profitability. If we take into account that committing a new sexual offence directly and indirectly impacts on many levels (for the victims, their relatives, their acquaintances and society in general, health care services, penal justice system and incarceration, among

other levels) and that studies indicate there are between five and seven undetected victims for every official victim, the impact that the prevention of sexual violence has through programmes such as *CerclesCat* is incalculable.

7. Conclusions and proposals

Before proceeding, a series of clarifications that help to position readers and understand the scope of the results is recommended.

First, let us remember that this is the first research carried out in Catalonia to evaluate the early years of implementation of the programme, from 2013 to 2020. The systematic collection of information and analysis variables began in 2017 because of the design of the research, which means that the study has very limited data, a relatively short period of follow-up of cases and a very small study sample.

Second, the follow-up of the cases has not been consistent, with significant differences in the time elapsed between final release and closing date of the study for registering the recidivism rate in penal enforcement. This variability has also been affected by the fact that, given that this is a study based on action research, new cases have been included until 2019 and these have not been able to be fully evaluated. In addition, many of the protocols and new actions have been developed during the duration of the research, with various implementation deadlines in each case, thereby not helping to determine what its real influence has been on the project.

Third, there is still a major lack of implementing the *CerclesCat* programme throughout Catalonia, so that evaluating the project is based on the work carried out in a limited number of prisons (primarily Brians 1, Brians 2, Quatre Camins and Centre Obert 2 in Barcelona, with specific cases in Lledoners).

Given this fact, it is impossible to establish the degree of effectiveness of the programme because of the methodological limitations present throughout the research. Thus, all the conclusions presented here in relation to the effectiveness of the programme in reducing recidivism and promoting rehabilitation are not generalizable and only indicate trends. In fact, international research on this issue is not yet well established and studies show disparate results in this regard. Greater time and more studies are needed to draw firm conclusions. However, we consider that this study was necessary and that the

effort, time and resources invested during these almost five years of research and the results arising from it have made it an additional contribution within the body of knowledge on the COSA operating model internationally and constitute the first step within our context for future research on the effectiveness of the *CerclesCat* programme.

The conclusions were based on the results obtained from the analysis of the data collected. In order to differentiate them, each conclusion is identified with the letter C in front of them and proposals with the letter P. The number that accompanies each letter corresponds to the order of presentation that relates the conclusion to the proposal.

7.1 Conclusions

Related to the programme and processes:

- The *CerclesCat* programme can be considered a consolidated programme within the curriculum framework programme of treatment and rehabilitation offered by Catalonia's prison model. It is known and accepted as a specific, community-based system for treating people convicted of sex offences with a high risk of committing a new recidivism of a violent offence.
- Despite this knowledge and acceptance, it still has a long way to go to be more used by all the operators involved, without the need to take additional actions to attract, motivate and raise awareness among those having to manage it. Moreover, the health crisis arising from COVID-19 and the measures taken accordingly have significantly affected some basic aspects of the programme. On the one hand, they have limited the commencement of new Circles and, on the other hand, they have forced them to adapt their operation to this new reality. Let us not forget that the dynamics of the programme itself involve a significant number of face-to-face meetings of the inner Circle (CMs, volunteers and coordinators) in order to forge a bond and address the specific goals of the case. Meetings had to be readapted to other formats (such as online) and other contexts throughout 2020, taking into account capacity constraints and limited availability of meeting spaces and activities. Moments of uncertainty, not only about the evolution of the

pandemic, but also about the development of each Circle and the programme per se, may have had an impact on the people involved and have required new actions and more intensive support from the project's organisers. We must be very careful to resume the parameters of action and quality if we want to maintain the level of results obtained so far.

- Circles is a programme that has great potential, but it is not a widespread resource available to everyone. Nonetheless, it complements very well all the actions that are being performed to manage sex offenders, both in the ordinary and in the open regime, and has been proven to be effective in preventing sexual recidivism.
- The evaluation of the quality indicators and their evolution throughout the programme helps to conclude that the programme conforms to the standards of the European operating model. Over the course of this evaluated 2016-2020 period, a significant improvement can be observed in most of these indicators, as well as a high degree of achievement in the processes involved. The following are notable in terms of improvement: a) variables related to rehabilitation, with a greater number of CMs creating or expanding their social network and commencing work activity, and b) low rate of CMs requesting to leave a Circle or committing a new offence. There still needs to be improvement in strengthening the bond of CMs to social and leisure activities, given that this fails to occur in half of the cases.
- The Catalan operating model of the *CerclesCat* programme contains a series of specific innovations and actions in comparison to the European model and these help to improve its integrity and are better adapted to the particularities of our context. Highlights include the creation of specific material for the different groups involved (e.g. infographics, assessment manual for skills for the selection processes), new quality indicators and the implementation of evaluation questionnaires of the satisfaction of the programme by its participants.
- It is clear that this high level of compliance with the standards is in line with the proper functioning of the programme and must be continued along

these lines. The systematic, periodic collection of the established indicators has helped to carry out this objective analysis and check whether the project for the implementing and operating the COSA model in our context is in line with the European model and responds effectively to the particularities of our context. However, having protocols available to the staff involved has made it possible to specify the methodology for applying the established guidelines, determine responsibilities and the documentation or work formats to be implemented, reviewed or modified.

Related to the subjects (evaluating the efficiency of promoting social rehabilitation and effectiveness of reducing criminal recidivism):

- The recidivism rate in penal enforcement (prison and APM) of the *Cercles* group is 11.8%, lower than that of the *Col·laborador* group, which is 17.6%. Although the differences are not statistically significant, perhaps due to the low number of cases and still insufficient follow-up periods. Remember that these two groups are strictly similar at first and the only theoretical difference is the participation in the *CerclesCat* programme by the first group.
- All the four groups that received various types of treatment and follow-up within the prison context (*Cercles*, *Col·laborador*, *Rebuig* and *Cantera*) obtained an average recidivism rate in penal enforcement of 15.3%, 10 points lower than the *Refractari* group (25.7%), whose members did not want to have any specific treatment and most had served their full sentences in prison, being released in first or second grade regime (91.4%). On the other hand, the *Cercles* group was the one with the highest percentage of sentences completed in open regime (65.2%). Although the differences in rates are not statistically significant, they do however set a trend.
- If we compare these rates with those obtained in international studies, it can be seen that the *Cercles* group and, in general, the study sample have lower overall recidivism rates than the studies by Wilson et al. (2005, 2007b) and Duwe (2012, 2018) and are more in line with those obtained by

Wilson et al. (2019) and Bates et al. (2014), some of whom also obtained statistically insignificant results despite having a higher number of CMs for their study. However, all reviewed publications indicate the effectiveness of the programme in reducing violent recidivism, while this fact could not be determined in our study.

- It is necessary to place the recidivism rate of the *Cercles* group and those of other groups that received treatment in the prison environment as very outstanding data if we compare them to those obtained in the data collected in the study by Capdevila et al. (2019), referring to those released in the third grade regime of prison (rate of 13.5%) or on probation (9.5%), which were already the best obtained in 27 years of follow-up studies of prison recidivism in Catalonia. The data are not strictly comparable, given that the methodologies of the two studies are not identical, but they do give a rough idea of the good results obtained by a group of sex offenders considered to have a high risk of recidivism.
- It once again becomes clear that the year after release is key to preventing recidivism, given that half of recidivists will do so within this first year.

It also confirmed that a person released can already be viewed as a desister from five years (the individual who took longest to reoffend was four years and 10 days).

- In terms of those reoffending, 44.0% would do so again in a sexual offence, 38.9% would do so in a non-sexual violent offence and 16.7% would do so in a non-violent offence.
- The most significant variables among the recidivists of the five groups studied were eight: 1) employment problems during sentencing; 2) lack of adjusted and viable future plans; 3) drug abuse; 4) limited response to treatment; 5) difficulties in coping with stressful situations and the presence of traits such as 6) recklessness; 7) hostility, and 8) irresponsibility.
- Recidivists (excluding the *Refractari* group that did receive treatment), in comparison to desisters, display a more disruptive prison trajectory (e.g.

more disciplinary proceedings, permit violations, breaches, conflicts, etc.), an early onset of criminal activity and problems in the personal area (such as maladjustment in childhood, lower intelligence, autolytic behaviour and employment problems). There is also a differentiated association of risk factors depending on the type of recidivism (sexual, non-sexual violent or general non-violent).

- The specific study of cases refusing to participate in a Circle (*Rebuig* group) and the specific analysis of the group on which the new proposals should be fed (*Cantera* group) provides another conclusion for the treatment teams of the prison centres. It is necessary to work more closely with high-risk sex offenders on their refusal to participate for the following reasons: a) refusal to talk about the offence again with strangers; b) the desire not to feel controlled once they are in an open regime; c) a perception that they already have sufficient social and family support, and d) the presence of other major criminogenic needs of the subjects that can also be worked in the open, as proven by the evidence.
- No solid conclusions can be drawn in terms of the rehabilitation variables of CMs, but the results are in line with international empirical evidence, in which related improvements can be observed in the area of education and employment, personal autonomy, prosocial attitudes and behaviour, self-esteem and emotional management and coping skills, as well as social and affective relationships. At the same time, the CMs display a desistant discourse and attitude at both the beginning and end of the Circle, an element that helps them stay away from crime, along with the accompaniment of the Circle. This perception is maintained throughout the three evaluations performed.

The greatest difficulties are linked to the creation and maintenance of social bonds (especially in terms of interaction with strangers or those with the community) and use of leisure time. Both the study through rehabilitation variables and the analysis of quality indicators point in the same direction: building and expanding the social network is a goal that is very difficult to achieve within the framework of the *CerclesCat* programme.

- The results obtained can be partially explained by various working hypotheses: on the one hand, that the predicted recidivism risk is overestimated with regard to the actual recidivism observed and, on the other hand, the intervention and prison treatment of sex offenders works.

Regarding the first hypothesis, which is that of overestimating risk, the usefulness of RisCanvi is demonstrated as a basic, although not sufficient selective tool, given that it is not a specific tool for the risk of sexual violence and must be complemented with others that are, such as Static-99/Static-2002R, based on static risk factors, i.e. variables that cannot be modified or are susceptible to change over time. Given that risk is a dynamic factor that fluctuates over time, it is advisable to administer other specific tests, such as SVR-20, one of the most widely used instruments throughout the world, even though it was created more than 20 years ago. In this regard, empirical evidence has advanced and shown that some of the risk factors initially included in SVR-20 are not predictors of future sexual violence. On the other hand, new sexual offences committed through new technologies are proliferating, especially the distribution or consumption of child sexual exploitation material and this has made it necessary to include specific variables and instruments for their risk assessment, such as the Child Pornography Offender Risk Tool (CPORT; Seto & Eke, 2015), which was recently translated into Spanish by Soldino and Carbonell (2019). It will therefore not be possible to reduce the risk overestimation unless an effort is made to keep up to date with scientific research on the risk factors empirically associated with sexual recidivism and the various types or profiles of sex offenders.

With regard to the second hypothesis, which is that of intervention and prison treatment of sex offenders working, recidivism rates show a trend in line with the types of actions taken to manage cases. In two studies on the evolution of high-risk recidivists (Capdevila, Ferrer, Blanch, Framis, Garrigós & Comas, 2017, and Capdevila et al., pending publication), a constant decline in this has been noted over this past decade and this can be attributed to the result of various actions undertaken by the Department

of Justice in the period from 2010 to 2020, as already explained in the discussion of the results.

Related to research (justifying the continuity of the *CerclesCat* programme, funding and institutional support):

- As with other international studies that have conducted evaluations of the effectiveness of the COSA model, methodological limitations do not allow us to state, for the time being, that the *CerclesCat* programme is effective in reducing recidivism. Trends can be observed that indicate a positive direction, but these require a more robust methodological design.
- In terms of cost-benefit, international studies indicate that the COSA programme can quadruple the return on initial investment, not to mention the moral, social, personal and financial cost savings involved in avoiding new victims of sexual assaults. If we look at the data of Lussier & Beauregard (2018), the seven people that the *CerclesCat* programme prevented from recidivism saved a range of between 49 and 70 victims.
- Disseminating the project and its results has become a key factor to ensure the continuity of the project and its innovative improvement. The exchange of international experiences, generalisation of good practices and dissemination of the results obtained are guaranteed by the entry of Catalonia as a member of CirclesEurope (the European association for suppliers of Circles of Support and Accountability, set up in 2018). However, institutional support for the *CerclesCat* project is still extremely local and depends excessively on the personal involvement of project participants or private grants. It will be necessary to guarantee the institutional, legal and budgetary framework in which it is developed in order to make it last beyond the people carrying it out at a specific time.
- The approach focused on action research methodology has facilitated a context of the project's continuous improvement, which has allowed us to more easily identify the problems that hinder the programme's implementation, as well as introducing actions and solutions in this regard. The inclusion of quality indicators also provides valuable information on the

effectiveness of the process and has helped to assess the need to make decisions regarding the results obtained.

- The model developed in the search for collaboration between the University of Barcelona, the Centre for Legal Studies and Specialised Training, the Secretariat of Criminal Sanctions, Rehabilitation and Victim Support and the Health and Community Foundation has become a model of success that should be maintained and replicated in projects of this complexity.

7.2 Proposals

- Develop a curriculum proposal to accompany cases of high-risk release during the first year after release, regardless of the group to which they belong, given that 50% relapse during this period.

Given that the open regime and gradual release from prison have proven to be the best effective formula for giving up crime, encourage this whenever possible. We also observed evidence of improvements in many of the areas worked on by the *CerclesCat* programme, replicating and adapting these to other cases.

In the case of *Cercles*, this curriculum proposal involves working with CMs in a more innovative manner, the use of leisure time and interaction with strangers and the community (social capital). The idea is to include the participation of CMs in the programme presentation sessions so that they can act as a “mirror” and set a better example for the candidates of the real benefits of participating in the programme as well as to motivate them.

It would be necessary to undertake a more careful assessment of the difficulties of CMs in expanding their social network or leisure activities, given that they become a key point to strengthening the objectives of the programme as a tool not only for prevention but also for rehabilitation. One strategy would be to expand the CMs overall satisfaction questionnaire and introduce objective indicators that explore the difficulties associated with this particular area. Correctly identifying needs will help us to intervene in

these deficits (e.g. training in social skills) in an additional manner to that of the programme.

- Improve risk assessment by incorporating updated, variable instruments that allow a more accurate evaluation of risk based on the different profiles of CMs participating in the programme, such as the inclusion of specific items in the protocol of dynamic risk assessment of persons convicted of the consumption or distribution of child sexual exploitation material.
- Conduct further work to attract people from the *Rebuig* group and *Cantera* group to *Cercles*. A template has been created to record the reasons why candidates do not want to participate in the programme, despite meeting the conditions to do so. This systematic collection of information will help to develop more closely the actions aimed at attracting future CM candidates. It is also important to continue working on their motivation for change throughout their sentence, despite initial resistance, not just at the time we suggest that they participate in the programme.
- It is necessary to continue disseminating the programme in the media, scientific dissemination events and also in groups of stakeholders (interest groups) in order to increase efficiency, strengthen the objectives achieved and ensure the programme's continuity.
- Given that institutional support for the *CerclesCat* programme is still highly local and depends excessively on the personal involvement of the participants in the project or public grants, it will be necessary to create its structure and guarantee its institutional, legal and budgetary framework so that it can continue beyond a specific conjuncture of people or particular time period. Cost-benefit assessment will need to be improved to socially demonstrate its effectiveness.
- Update the results of *CerclesCat* in three years by conducting new research that responds to the following objectives: a) to expand the sample of the *Cercles*, *Col·laborador* and *Rebuig* groups to obtain more consistent and generalizable results; b) to trace the social rehabilitation of *Cercles* cases for the same purpose; c) to re-evaluate the quality and maintenance of

European standards, as well as adapting them to the Catalan context, and d) to continue to improve the specific diagnostic tools that help to identify and manage high-risk cases in the corresponding areas (personal, social, therapeutic, etc.).

In this sense, the interdisciplinary and multi-agency model used has been very efficient and complementary and should be maintained in the future.

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9. Appendices

Appendix 1: Description of variables template

Identification Variables	Description	Coding
ID	Identification number	Numeric variable
NIS	NIS number	Numeric variable
Nom	Full name	Text
TIPUSORTIDA	Type of open regime release	1 = 3rd grade 2 = Definitive release (2nd or 1st grade) 3 = In 2nd or 1st grade
SITUACIÓ ACTUAL	Prison situation at time of data collection or update (will vary depending on year)	1 = Convicted return 2 = Provisional return 3 = 1st grade 4 = 2nd grade 5 = 3rd grade 6 = Released on probation 7 = Definitive release
TEMPS_SEGUIMENT_ARGUPAT	Follow-up time from open regime release presented in a grouped manner	1 = Up to 1 year 2 = Up to 2 years 3 = Up to 3 years 4 = Up to 4 years 5 = Up to 5 years 6 = More than 5 years
GRUPSESTUDI	Study group for this research	1 = <i>Cercles</i> group 2 = <i>Col·laborador</i> group 3 = <i>Cantera</i> group 4 = <i>Refractari</i> group 5 = <i>Rebuig</i> group
TEMPS_SEGUIMENT2_AGRUPAT	Follow-up time from final release presented in a grouped manner	1 = Up to 1 year 2 = Up to 2 years 3 = Up to 3 years 4 = Up to 4 years 5 = Up to 5 years 6 = More than 5 years
Personal Variables	Description	Coding
NACIONALITAT	Nationality of origin	See Appendix 1: Country Codes
ESTRANGERS	Spanish or foreign nationality	1 = Spanish 2 = Foreigner

AREAGEOG	Geographical area of origin. Constructed from nationality	1 = Spain 2 = EU 3 = Rest of Europe 4 = Maghreb 5 = Rest of Africa 6 = Central and South America 7 = Asia 8 = Rest of the world
RESIDENCIA	Lack, or not, of residence in Catalonia (because does not have one or because resides abroad)	1 = Resides in Catalonia 2 = No fixed abode / Outside Catalonia
ESTUDIS	Maximum level of education obtained	1 = Primary school 2 = Secondary school and equivalent 3 = Bacallaureate and equivalent 4 = University and equivalent
CATALA	Knowledge of Catalan language	0 = Can't understand 1 = Can understand 2 = Speaks it
CASTELLA	Knowledge of Spanish language	0 = Can't understand 1 = Can understand 2 = Speaks it
NFILLS	Number of children claims to have and collected in SIPC	Numeric variable
FILLS	Any children?	0 = No 1 = Yes
EXPULSIO	Any type of open expulsion file, regardless of processing situation?	0 = No 1 = Yes 2 = N/A
X16.DESAJUSTAMENTINFA NTIL2	Behavioural problems in childhood or pattern of habitual misconduct (e.g. fights with peers or misbehaviour at home). Poor school performance (with many failures), truancy or dropping out of school	1 = Yes 2 = No
X18NIVELLEUCATIU2	Academic degree obtained, level of studies completed	1 = Low (primary school) 2 = Medium (secondary or vocational) 3 = High (higher or university)
X22ANTECEDENTSPFAMÍLI A2	First or second grade regime relatives (or similar) who have displayed antisocial or criminal behaviour	1 = Yes 2 = No
X23.SOCIALITZACIOPROBL EMATICAFAMILIA2	Family relationships in family of origin have been characterised by indifference, hostility or frequent use of punishment	1 = Yes 2 = No
X25.PERTINENÇABANDES2	Is a member of an organised gang related to criminal activities or links to criminal networks. Has friends with a criminal record and is involved in criminal activities	1 = Yes 2 = No

X26.PERTINENÇAGRUPSOCIALRISC2	Belongs to social groups that may be at risk of committing criminal acts	1 = Yes 2 = No
X27.ROLDELICTIUDESTACAT2	Immediate environment or circle of family, friends, acquaintances and neighbours is notable for its crimes and is respected in the criminal subculture	1 = Yes 2 = No
X28.VICTIMAVIOLÈNCIADEGÈNERE2	Inmate is a victim of physical, sexual or psychological violence by partner or former partner	1 = Yes 2 = No
X29.CARREGUESFAMILIARSACTUALS2	Subject is responsible for the care of relatives, e.g. minors, elderly parents or sick relatives	1 = Yes 2 = No
X32.TRASTORNMENTAL2	Subject being assessed has at some point in his life been diagnosed with a severe mental disorder, according to DSM-IV (APA, 1994), ICD-10 (WHO, 1992) or their updated versions	1 = Yes 2 = No
X35.TRASTORNPERSOALITAT2	Meets the DSM-IV or ICD-10 criteria for a Cluster B personality disorder or exhibits habitual, general anger, impulsivity or violent behaviour	1 = Yes 2 = No
X37.CONDUCTESAUTOLESIVES2	Autolytic behaviour, such as self-harm or suicide attempts, that have endangered own life or physical integrity, regardless of intent	1 = Yes 2 = No
X39.BAIXCI2	Inadequate performance in new tasks and processes that require learning. Poor command of language, although knows the language spoken in the centre. Does not display good reading comprehension and does not effectively follow written instructions	1 = Up to 85 2 = More than 85 3 = ?
X19.PROBLEMESOCUPACIÓ3	Chronic unemployment, job instability or many previous jobs that last a short time. Difficulties in finding employment. Refuses to look for work, is fired or leaves easily	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X20.MANCARECURSOSECONÒMICS3	Sufficient financial level in past year or before admission in the event of having been in prison for more than 12 months	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X21.ABSÈNCIAPLANSFUTUR3	Unrealistic or unviable future plans, lack of medium- and long-term planning (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X24.MANCASUPORTFAMILIARSOCIAL3	Lack of social networking, satisfying relationships and support or regular contact with family and friends (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low

X30.ABÚSDROGUES3	Legal or illegal drug use that negatively interferes with various aspects of subject's life (family, work and social) or physical health (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X31.ABÚSALCOHOL3	Alcohol consumption that negatively interferes with various aspects of subject's life (family, work and social) or physical health (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X33.COMPORTAMENTSEXUALPROMISCU3	High-risk sexual promiscuity, irresponsible hypersexuality, violent sexual behaviour, as well as deviation, anomaly, sexual perversion or disorder of sexual preference	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X34.RESPOSTALIMITADATRACTAMENT3	Subject has received psychological or psychiatric (or pharmacological) treatment or for substance abuse, and has shown no adherence or results have been poor (difference between the two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X36.AFRONTAMENTESTRES3	Tendency to experience a high level of stress, lack of cognitive and behavioural resources to cope (reduce, minimise, dominate or tolerate) internal and external demands of a given stressful situation (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X38.ACTITUDSPROCRIMINALS3	Displays antisocial attitudes typical of criminal subcultures that explicitly support or justify the use of violence and criminal behaviour; considers sadistic, homicidal, paranoid, xenophobic, misogynistic or sexist attitudes that do not result from a mental disorder (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X40.TEMERITAT3	Temperamental disposition that causes an apparent chronic need to perform high-risk activities, have new experiences and reject routine or isolated activity; preference for group activities and having peers similar to subject (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X41.IMPULSIVITATINESTABILITATEMOCIONAL3	Willingness to display dramatic fluctuations in mood or behaviour in general; propensity to react in an exaggerated, sudden and explosive manner, both behaviourally and emotionally; leads a lifestyle characterised by instability in interpersonal relationships, work or subject's residences (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low

X42.HOSTILITAT3	Unfavourable disposition and attitudes and aggressive behaviour towards others; feels easily attacked and becomes angry aggressive because of trivial things (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
X43.IRRESPONSABILITAT3	Willingness not to comply with obligations or commitments to others; difficulties in making decisions and in acquiring and fulfilling the commitments and responsibilities of own age; may display a parasitic lifestyle about immediate environment; does not accept responsibility for own actions, including criminal activities for which subject has been prosecuted or convicted (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low

Penal Variables	Description	Coding
INGRESOSANTE	Are there prison admissions prior to base sentence?	0 = No 1 = Yes
DELICTEPB	Crime listed as principal in base sentence	See Appendix 2: Offence Codes
TEMPSCONDEMAGRUP2	Total years of sentence grouped into 2 categories	1 = Less than 10 years 2 = More than 10 years
TEMPSCONDEMAGRUP	Total years of sentence grouped into 3 categories	1 = Up to 3 years 2 = From 3 to 6 years 3 = More than 6 years
TIPUSPENA	Type of sentence to serve	1 = Prison 2 = Prison + probation
RESPCIVIL	Subject has civil liability imposed	1 = Yes 2 = No
OPV	Has victim protection order been activated on subject?	1 = Yes 2 = No
X1.DELICTEVIOLENT2	Use of physical violence, coercion or threats at time of committing base crime	1 = Yes 2 = No
X2.EDATENEDELICTE2	Age at crime	1 = Up to 22 years 2 = From 23 to 28 years 3 = More than 28 years
X3.INTOXICACIÓDELICTE2	Individual had consumed a significant amount of drugs or alcohol at a time close to commission of base crime (e.g. between an hour and a few minutes before) or during commission of crime itself	1 = Yes 2 = No
X4.VICTIMESAMBLESIONS2	Number of victims with moderate or severe physical or psychological injuries, i.e. those who have required professional care	1 = More than 1 victim 2 = 1 victim 3 = No victim

X5.DURADADELAPENA2	Total length of current effective sentence subject is serving together (which may be the result of accumulation of several convictions)	1 = Up to 2 years 2 = From 2 to 6 years 3 = More than 6 years
X6.TEMPSINIMTERRUMPUTP RESO2	Sum, in days, of time spent in prison from last release, voluntary entry or return of leave/exit, until date of evaluation	1 = Up to 1 year 2 = From 1 to 3 years 3 = More than 3 years
X7.HISTÒRIADEVIOLÈNCIA2	History of violent conduct in community prior to base crime; violence defined as action that causes actual harm or attempt or threat to harm one or more persons; this definition includes sexual and/or physical aggression, clear threatening behaviour and destruction of objects	1 = Yes 2 = No
X8.INICIACTIVITATDELICTIVA 2	Age of subject at time of first known crime or violent incident	1 = Up to 16 years 2 = From 17 to 30 years 3 = More than 30 years
X9.INCREMENTGRAVETAT2	Increase in frequency, severity and diversity of crimes; e.g. committing a larger number of crimes in less time, various types of crimes or aggravating non-violent crimes to violent crimes.	1 = Yes 2 = No
LLIBERTATVIGILADA_POST	Is subject serving post-prison probation?	1 = Yes 2 = No
Prison Variables	Description	Coding
PREVENTIU	Has subject been in pretrial detention for base sentence?	1 = Yes 2 = No
LLP	Is subject on provisional release?	0 = No 1 = Yes
TRASLLATFORA	Transfer to prison outside Catalonia during base sentence	0 = No 1 = Yes
INGRESPENAT	Type of admission to serve sentence	1 = Imprisonment 2 = Voluntary admission 3 = Other type of admission
CLASINICIAL	Initial classification of base sentence	1 = 1st grade o art. 10 LOGP 2 = 2nd grade 3 = 3rd grade 4 = Unclassified
UBICACIONS_AGRUPADES	Various grouped units	1 = More than 40 units 2 = Between 20 and 40 units 3 = Between 11 and 20 units 4 = Up to 10 units
UBICACIONSCONFL	Has subject passed through base sentence in special supervision modules?	1 = Yes 2 = No

EXPEDIENTS_DISCIPLINARIS	Serious or very serious disciplinary proceedings noted during enforcement of base sentence	1 = Yes 2 = No
TRENCAMENT	Evasion, non-return or detention during leave on base sentence	1 = Yes 2 = No
REGRESSIONS1R	Subject has had 1st grade downgrade during base sentence	1 = Yes 2 = No
REGRESSIONS2N	Subject has had 2nd grade downgrade during base sentence	1 = Yes 2 = No
PERMISOS	Enjoyment of ordinary leave during base sentence	0 = No 1 = Yes
TERCERGRAU	Has subject ever been classified in open regime during base sentence?	0 = No 1 = Yes
TIPUSLD	Prison status at time of release (last classification)	1 = 1st grade definitive release 2 = 2nd grade definitive release 3 = 3rd grade definitive release 6 = Released on probation
SAMCD_VALORACIÓ	Percentage of SAM CD rating	1 = Negative evaluations 2 = Positive evaluations
SAC_motivacional	Has subject been enrolled in a behavioural motivation programme (sex offences) while serving base sentence?	0 = No 1 = Yes
SAC_basic	Has subject been enrolled in a sexual offences short programme while serving base sentence?	0 = No 1 = Yes
SAC_intensiu	Has subject been enrolled in a sex offender long-term programme while serving base sentence?	0 = No 1 = Yes
SAC_manteniment	Has subject been enrolled in a sex offender reminder programme while serving base sentence?	0 = No 1 = Yes
SAC_extern	Has subject been enrolled in a sex offender enforcement programme while serving base sentence?	0 = No 1 = Yes

		0 = None 1 = Only Motivational programme 2 = Only Basic programme 3 = Only Intensive programme 4 = Only Maintenance programme 5 = Only External programme 6 = Motivational (Mo) + Basic (B) 7 = Motivational + Intensive (I) 8 = Basic + Intensive 9 = (B) + (I) + Maintenance (Ma) 10 = Basic + Maintenance 11 = Basic + External 12 = Intensive + Maintenance 13 = Intensive + External (E) 14 = (I) + (Ma) + (E) 15 = (B) + (I) + (Ma) + (E) 16 = (Mo) + (B) + (I) 17 = (Mo) + (B) + (I) + (Ma) + (E)
RECORREGUTSAC	History of specific treatment programmes for sexual offences in which inmate has been included during enforcement of base sentence	
X10.CONFLICTESAMBINTERN S2	Subject generates arguments or fights, provokes or receives provocations or pressures from other colleagues or uses inappropriate strategies to relate to other inmates	1 = Yes 2 = No
X11.INCOMPLIMENTMESURE S2	Subject has breached an imposed penal measure or supervision established during enforcement.	1 = Yes 2 = No
X12.EXPEDIENTSDISCIPLINARIS2	Serious or very serious disciplinary offences and other problems of institutional adjustment in prison	1 = Yes 2 = No
X13.EVASIONS2	Evading or escaping from a prison	1 = Yes 2 = No
X14.REGRESSIONS2	Negative evolution during prison treatment, consider any moment in subject's history	1 = Yes 2 = No
X15.TRENCAMENTDEPERMISOS2	Inmate has been granted permits and has violated compliance rules	1 = Yes 2 = No
X17.DISTÀNCIARESIDÈNCIAC P2	Residence where subject goes (on the occasion of his release, leave, etc.) is far from the prison	1 = More than 300 km 2 = From 100 to 300 km 3 = Up to 100 km
VIAU3	Algorithmic assessment of items related to possibility of displaying autolytic behaviour (self-directed violence, difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low

VIIN3	Algorithmic assessment of items related to possibility of displaying intra-institutional violent behaviour (within prison, difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
REVI3	Algorithmic assessment of items related to possibility of committing a new violent crime when leaving prison (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
TRCO3	Algorithmic assessment of items related to possibility of non-compliance with prison permits or other benefits if granted (difference between two measurements)	1 = Worsened 2 = Has remained moderate/high 3 = Improved 4 = Has remained low
STATIC99	Evaluation of risk of sexual recidivism according to ACTUARIAL assessment tool	1 = Low 2 = Low - Moderate 3 = Moderate - High 4 = High
SVR_20	Evaluation of risk of sexual recidivism according to this STRUCTURED CLINICAL assessment tool	1 = Low 2 = Moderate 3 = High
PRESOHOMESBCN	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOBRIANS1	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOBRIANS2	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOQUATRECAMINS	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOLLEDONERS	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOJOVES	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOBERT1BCN	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOGIRONA	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOFIGUERES	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOTARRAG	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOOBERTTARRAG	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOPONENT	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
PRESOOBERTLLEIDA	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes

PRESOALTRES	Has subject spent any time in this centre during base sentence?	0 = No 1 = Yes
Numeric Variables	Description	Coding
EDATDELICTE	Age subject was at time of main event	Numeric
EDATSORTIDA	Age subject was at time of release from prison	Numeric
EDAT1RINGRÉS	Age subject was at time of first admission	Numeric
TEMPSCONDEMNA	Total days of effective punishment subject has accumulated	Numeric
TEMPS_SEGUIMENT	Follow-up time from open regime release	Numeric
TEMPS_SEGUIMENT2	Follow-up time from final release	Numeric
SUMADELICTESPB	Total number of base sentence offences	Numeric
NSEXUALS	Number of sexual offences for which subject is serving base sentence	Numeric
NVIGE	Number of crimes of gender violence served in base sentence	Numeric
NNOVIOLENTS	Number of other non-violent crimes for which subject is also serving base sentence	Numeric
NINGRESANTERIOR	Total number of previous prison admissions	Numeric
NINGRESPOSTERIOR	Number of prison admissions following base sentence	Numeric
NUBICACIONS	Total number of various units (cells) during base sentence	Numeric
NUBICACIONSCONFL	Total number of special supervision modules subject has passed through during base sentence	Numeric
NUBICACIONSSUMA	Total number of days subject has been in special supervision modules	Numeric
NINCIDENTMOLTGREU	Number of very serious incidents (art. 108 RP) during the serving of base sentence	Numeric
NINCIDENTGREU	Number of serious incidents (art. 109 RP) during the serving of base sentence	Numeric
NREGRESSIONS1R	Number of downgrades to 1st grade during base sentence	Numeric
NREGRESSIONS2R	Number of downgrades to 2nd grade during base sentence	Numeric
NPERMISOSSOL	Number of ordinary permits requested by inmate during base sentence	Numeric
NPERMISFAVORABLE	Number of ordinary permits granted favourably by Treatment Board	Numeric

NAGENDAEDUCA	Number of interviews collected at SIPC with educator	Numeric
NAGENDAJURIST	Number of interviews collected at SIPC with lawyer	Numeric
NAGENDAPSICO	Number of interviews collected at SIPC with psychologist	Numeric
NAGENDATS	Number of interviews collected at SIPC with social worker	Numeric
NNIVELLSAM	Number of evaluations made of MAS (Motivational Assessment System) in base sentence	Numeric
NNIVELLSAMCD	Number of evaluations made by MAS with a low (C) or very low (D) level of motivation in base sentence	Numeric
NIVELLSAMCDPERCENTUAL	Percentage weight of negative evaluations in set of SAM assessments in base sentence	Numeric
NACTIVITATSTOTAL	Total number of activities of all kinds (sports, education, culture, work, etc.) registered during enforcement of base sentence	Numeric
NACTDROGUES	Total number of drug treatment activities given while serving base sentence	Numeric
NACTSM	Total number of mental health treatment activities given while serving base sentence	Numeric
NACTVIDO	Total number of gender/domestic violence treatment activities given while serving base sentence	Numeric
NACTDEVI	Total number of violent crime treatment activities given while serving base sentence	Numeric
Static99 Variables	Description	Coding
EDATENCARCERACIO		
CONVIVENCIA		
ALTRESCONDEMNESNOSEX		
CONDEMNESPREVIESNOSEX		
N_CONDEMNESANTERIORS		
CONDEM_SEX_SENSECONT AC		
VICTIMA_NOFAMILIAR		
VICTIMA_DESCONDEGUDA		
VICTIMA_MASCULINA		
PUNTIACIO_FINAL		
RISC		

Variables Dates	Description	Coding
DATANAIX	Date of birth	Date variable
DATAPRIMINGRES	Date of first admission to a prison, either as pre-trial measure or prison sentence	Date variable
DATADELICTEPB	Date on which subject committed main offence of base sentence	Date variable
DATAPREVENTIU	Date of pre-trial entry (if admitted as such)	Date variable
DATATERCERGRAU	Date of first classification in 3rd grade	Date variable
DATAINICIPB	Date of commencement of compliance with base sentence	Date variable
DATACONDICIONAL	Date of release on probation	Date variable
DATAPERMIS	Date of first ordinary leave of base sentence	Date variable
DATATANCAMENT	RisCanvi closing date	Date variable
DATATANCAMENT2	RisCanvi2 closing date	Date variable
DATAINGRESREINSIPC	Date of admission/detention readmission (SIPC)	Date variable
DATAREINVIOL	Date of violent recidivism	Date variable
DATAFI_TREBALLCAMP	Date of last review of fieldwork	Date variable
DATASORTIDAMEDIOBERT	Release date in open regime	Date variable
DATASORTIDA_LD_PB	Date of final release of base sentence	Date variable
DATADELICTEREINSIPC	Date of readmission offence (SIPC)	Date variable
DATADELICTEREINMPA	Date of readmission offence (APM)	Date variable
DATADELICTEREINCIDENCIA GOBAL	Date of readmission offence (in penal enforcement)	Date variable
Recidivism Variables	Description	Coding
REINDELANTERIOR	Return to prison for previous crime	0 = No 1 = Yes
DELICTEREINSIPC	Main crime recidivism of SIPC (Catalan prison computer system)	See Appendix 2: Offence Codes
CATDELICTEREINSIPC	Main offence of recidivism grouped by category	1 = Against individuals 2 = Sexual offence 3 = Property offence 4 = Drugs 5 = Traffic 6 = Other
TIPUSPENAREINSIPC	Type of readmission sentence	1 = Custody 2 = Security measure 3 = Subsidiary personal liability 4 = Weekend house arrest
DELICTEREINMPA	APM main readmission offence	See Appendix 2: Offence Codes

MPAPROGRAMA	APM programme applied for crime committed	1 = Work for benefit of community 2 = Outpatient treatment (TTA) 3 = Training programme 4 = Mediation 5 = Counselling 6 = Other
NSEXUALSENTENCIAPOST	Number of total sexual offences in sentence after release (referring to crime of recidivism)	Numeric
NREINPOSTERIOR	Number of CP admissions after release for base sentence	Numeric
REINCIDENCIA_SIPC	Crime of recidivism carries a prison sentence, subject has rejoined SIPC	1 = Yes 2 = No
REINCIDENCIA_MPA	Crime of recidivism involves an alternative penal measure	1 = Yes 2 = No
TEMPSREINCIDIR	Time taken to reoffend in penal enforcement (SIPC + APM) since release for base sentence	Numeric
TEMPSREINCIDIRAGRUPADA	Time taken to reoffend in penal enforcement grouped by years	1 = Up to 1 year 2 = From 1 to 2 years 3 = From 2 to 3 years 4 = From 3 to 4 years 5 = 4 or more years
VIOLDELICTEREINSIPC	Violence in crime of readmission into SIPC	1 = Violent 2 = Non-violent
Reincidència_sexual	Recidivism in sexual crime in penal enforcement	1 = Yes 2 = No
Reincidència_violenta	Recidivism of non-sexual violent crime in penal enforcement	1 = Yes 2 = No
TIPUSVIOLENCIAREINCIDENCIA	Type of crime of recidivism in penal enforcement	1 = Sexual offence 2 = Violent offence 3 = Non-violent offence
REINCIDÈNCIA_EXECUCIÓ PENAL	Has subject reoffended in penal enforcement? Consider commission of crimes involving imprisonment or application of an alternative penal measure	1 = Yes 2 = No

Appendix 2: Country Codes (in Catalan)

Code	Country	Code	Country	Code	Country	Code	Country
0	Espanya	279	Dubai	455	Jordània	331	República Dominicana
404	Afganistan	210	Egipte	118	Kazakhstan	255	República Centreafricana
102	Albània	441	Emirats àrabs	224	Kènia	160	Regne Unit
103	Alemanya	333	Equador	123	Kirguizistan	208	República Benin
201	Algèria	125	Eslovènia	458	Kuwait	207	República de Burundi
107	Andorra	0	Espanya	461	Laos	134	República Eslovaca
257	Angola	336	Estats units	226	Lesotho	204	República Ruandesa
305	Antilles britàniques	108	Estònia	110	Letònia	206	República del Zaire
301	Antilles franceses	213	Etiòpia	464	Líban	132	República Txeca
302	Antilles holandeses	512	Fiji	225	Libèria	260	Reunion
600	Apàtrida	473	Filipines	228	Líbia	266	Rhodèsia (nul)
407	Aràbia saudita	121	Finlàndia	143	Liechtenstein	157	Romania
304	Argentina	124	França	111	Lituània	203	Ruanda (nul)
116	Armènia	253	Gabon	140	Luxemburg	179	Rússia
501	Austràlia	215	Gàmbia	129	Macedònia	178	Rússia (nul)
109	Àustria	114	Geòrgia	468	Mahé - Seychelles	368	Saint-Pierre i Miquelon
117	Azerbaidjan	219	Ghana	467	Malàisia	261	Sàhara
352	Bahames	154	Gibraltar	239	Malawi	371	Salvador
410	Bahrain	338	Granada	230	Madagascar (república)	170	San marino
471	Bangladesh	127	Grècia	231	Mali	369	Santa Lucia
303	Barbados	342	Guaiana Francesa	199	Malta	285	Sao Tomé i Príncipe
175	Bèlgica	339	Guatemala	234	Marroc	264	Senegal
347	Belize	222	Guinea Bissau	350	Martinica	128	Sèrbia i Montenegro
306	Bermudes	229	Guinea Conakry	235	Mauritània	265	Sierra Leone
105	Bielorússia	221	Guinea Equatorial	351	Mèxic	479	Singapur
413	Birmània	220	Guinea, nul	259	Moçambic	482	Síria
307	Bolívia	341	Guyana	113	Moldàvia	263	Somàlia
131	Bòsnia-Herzegovina	345	Haití	141	Mònaco	422	Sri Lanka
202	Botswana	348	Hondures	283	Namíbia	273	Sud-àfrica
310	Brasil	434	Hong Kong	423	Nepal	267	Sudan
469	Brunei	130	Hongria	353	Nicaragua	163	Suècia
112	Bulgària	403	Iemen	237	Nigèria	166	Suïssa
276	Burkina Faso	491	Iemen nord (nul)	236	Níger	374	Surinam
419	Cambotja	401	Iemen sud (nul)	142	Noruega	274	Swaziland
256	Camerun	414	Illes Maldives	510	Nova Zelanda	122	Tadjikistan
313	Canadà	227	Illes Maurici	460	Oman	483	Tailàndia
280	Cap Verd	281	Illes Seychelles	145	Països baixos	428	Taiwan
319	Colòmbia	437	Índia	470	Pakistan	282	Tanzània
254	Congo Brazzaville	440	Indonèsia	450	Palestina	269	Togo
432	Corea del nord	443	Irak	356	Panamà	373	Trinitat i Tobago
433	Corea del sud	446	Iran	511	Papua Guinea Nova	270	Tunísia
223	Costa d'ivori	133	Irlanda	359	Paraguai	119	Turkmenistan
322	Costa rica	136	Islàndia	362	Perú	172	Turquia
126	Croàcia	161	Islas Channel	148	Polònia	205	Txad
325	Cuba	449	Israel	151	Portugal	299	Txad (nul)
999	Desconegut	139	Itàlia	327	Puerto rico		
115	Dinamarca	181	Iugoslàvia	411	Qatar		
209	Djibouti	349	Jamaica				
		452	Japó				

Code	Country
169	Txecoslovàquia (nul)
104	Ucraïna
238	Uganda
377	Uruguai
120	Uzbekistan
380	Veneçuela
487	Vietnam
435	Xangai (nul)
316	Xile
425	Xina
431	Xipre
262	Zàmbia
277	Zimbabwe
278	Zomba

Appendix 3: Offence Codes (in Catalan)

V = Violent offence

Code	Offence
9262	Alteració de preus en concursos i subhastes
3003	Abandó destí
1203	Abandó família
609	Abandó funcions públiques
1204	Abandó nens
3004	Abandó residència militar
3001	Abandó servei militar
8020	Abandó. destí o residència militar
9226	Abandó familiar menors o incapacitats
9407	Abandonament de destinació
3900	Abastiment
8016	Abús autoritat militar
612	Abús contra l'honestedat
902	V Abús deshonest
9448	Abús funcionari e. seva funció
9183	V Abús o agressió sexual a menor 13 anys
9443	V Abús sexual del funcionari en ús seves funcions
9181	V Abusos sexuals
90181	V Abusos sexuals de violència de gènere
124	Activitat lucrativa per càrrec pub.
9182	V Actes sexuals contra menors de 13 a 16 anys
9456	Acusació o denúncia falsa
907	Adulteri
5908	Afavoriment i tràfic drogues
9470	Afavoriment de l'evasió
304	Afavoriment d'evasió
9178	V Agressió sexual
90178	V Agressió sexual de violència de gènere
912	V Agressions sexuals
9257	Aixecament de béns
1306	Alçament bens
9169	V Amenaça
2806	V Amenaça autoritats militars
1207	V Amenaces
90171	V Amenaces de violència de gènere
94903	Amenaces, calúmnies i injúries a la Corona
607	Anticipació funcions públiques
5900	Aplicació llei perillositat social
5800	Aplicació llei ociosos i malfactors
152	Apologia de la rebel·lió
9252	Apropiació indeguda
112	Arrogació atribucions judicials
8041	Art.2 l.o.8/84 objecció de consciència
9139	V Assassinat
90139	V Assassinat de violència de gènere
9184	V Assetjament sexual

Code	Offence
91830	V Assetjament sexual cibernètic a menors de 13 anys
90184	V Assetjament sexual de violència de gènere
160	Associació il·lícita
110	Associació il·lícita (fins 17/7/83)
9515	Associació il·lícita
126	Atac independència judicial
8008	V Atemptat contra autoritat miliars
8040	Atemptat contra medis i recursos
132	V Atemptat
2805	V Atemptat autoritats militars
9572	V Atemptat banda armada
9550	V Atemptat contra l'autoritat
8004	Atemptat contra medis o recursos defensa nacional.
144	V Atracament mà armada
804	V Auxili o inducció al suïcidi
9143	V Auxili o inducció al suïcidi
2802	Auxili rebel·lió
9144	V Avortament
90144	V Avortament de violència de gènere
9146	V Avortament per imprudència
149	V Bandes armades
4101	V Bandidatge
4100	V Bandidatge i terrorisme
9154	V Baralla tumultuària
810	V Batussa tumultuària
9301	Blanqueig de capitals
135	Blasfèmia
9368	Contra elaboració tràfic drogues
104	Contra forma de govern
300	Contra l'administració de justícia
8036	Contra l'administració de justícia militar
103	Contra altres organismes de l'estat
8007	Contra sentinella, autoritat militar, força armada o policia militar
9510	Contra drets fonamentals i llibertats públiques.
8034	Contra deures comandament buc o aeronau
3606	Contra deures del càrrec a bord
8035	Contra deures del servei o ajuts na
120	Contra dret a lliure emissió pensament
3703	V Contra dret de gents
1100	Contra estat civil de les persones
3000	Contra fins i mitjans acció exèrcit
8037	Contra hisenda en àmbit militar
2807	Contra l'honor autoritat militar
9536	Contra la integritat de les comunicacions
9535	Contra la integritat de la correspondència
9379	Conducció sota influència begudes o anàlogues
9492	Contra institucions de l'estat
8033	Contra la integritat buc o aeronau militar
119	Contra la inviolabilitat de correspondència
118	Contra la inviolabilitat del domicili
8006	Contra la nació espanyola i institucions
2700	Contra la seguretat de la pàtria

Code	Offence
5	Contra la seguretat exterior de l'estat
3603	Contra llei i usos int. tràfic naval
1211	Contra la llibertat i seguretat en el treball
150	Contra la llibertat sindical i dret de vaga
9522	Contra la llibertat de consciència
9539	Contra la llibertat d'associació
121	Contra el lliure exercici dels drets cívics
600	C. per func. púb. en exercici del càrrec
8023	Contra la prestació del servei militar
9527	Contra la prestació social substitutòria
9325	Contra recursos naturals i medi ambient
420	Contra la salut pública i el medi ambient
2800	Contra la seguretat de l'estat i l'exèrcit
8000	Contra la seguretat i defensa nacional
100	Contra la seguretat interior de l'estat
4202	Caça
9336	Caça o pesca amb mitjans destructius
9334	Caça o pesca d'espècies amenaçades
9335	Caça o pesca no autoritzada
9205	Calúmnia
9504	Calúmnies, injúries i amenaces al Govern, T.S. i T.C.
116	Can. il. l. domicili o residència
1103	Celebració matrimoni il·legal
9538	Censura prèvia
123	Clausura il·legal establiment ensenyament
9172	V Coacció
90172	V Coacció de violència de gènere
9576	V Col·laboració banda armada
95761	V Col·laboració amb organització o grup terrorista
2	Comprometre la pau o independència Estat
9329	Concessió llicències il·legals
1308	Concurs o insolvència punible
93792	Conducció influència begudes o anàlogues
9384	Conducció sense permís
412	Conducció sota influència de begudes
9381	Conducció temerària
93791	Conducció velocitat superior a la permesa
1213	Conspiració o acon. llocs detenció il·legal
9141	V Conspiració homicidi o assassinat
125	Conspiració provocació o inducció a delinquir
3705	Contra autoritat Aèrea
101	Contra cap d'estat o successor
8030	Contra decòrum militar
3002	Contra deures sentinella
8025	Contra deures de comandament
8022	Contra deures de presència
8017	Contra deures del servei
8011	Contra disciplina militar
3602	V Contra dret de gents
9311	Contra dret dels treballadors
700	Contra economia pública
8028	Contra eficàcia del servei

Code	Offence
9605	V Contra el dret de gents
9526	Contra el respecte als difunts
9318	Contra els drets dels ciutadans estrangers
9523	Contra els sentiments religiosos
9310	Contra hisenda pública en comptabilitat obligatòria
900	Contra honestedat
1000	Contra honor
2903	Contra honor militar
3607	Contra integritat del buc
9175	Contra integritat moral
3605	Contra interès del servei
3100	Contra interessos de l'exèrcit
9534	Contra inviolabilitat domicili
9485	Contra la corona
9305	Contra la hisenda pública
90175	Contra la integritat moral de violència de gènere
9529	Contra la llibertat individual
9359	Contra la salut pública
9307	Contra la seguretat social
9537	Contra l'assistència d'advocat
148	Contra llibertat d'associació
128	Contra llibertat de consciència
147	Contra llibertat de reunió
108	Contra llibertat d'expressió
1200	Contra llibertat i seguretat
9540	Contra llibertat reunió
910	V Contra llibertat sexual
3604	Contra ordre i disciplina buc
9589	Contra pau independència de l'estat
800	V Contra persones
9608	Contra persones béns conflicte armat
9604	Contra prestació servei militar
2200	Contra propietat
3701	Contra seguretat d'aeronau
411	Contra seguretat del tràfic
475	Contra seguretat en el treball
3702	Contra tràfic aeri
9800	Contraban
4301	Contraban màxima quantia
4302	Contraban menor quantia
4303	Contraban mínima quantia
92860	Corrupció entre particulars
905	V Corrupció menors
9445	Corrupció transaccions comercials internacionals
414	Creació greu risc per circular
1323	Dany
3610	Dany naval
9263	Danys
9265	Danys a medis de forces armades o seguretat
3601	Danys cables submarins
9264	Danys informàtics
9267	Danys per imprudència greu

Code	Offence
3710	Danys relatius tràfic aeri
9255	Defraudació fluid elèctric o anàloga
1305	Defraudació
1314	Defraudació de fluid
9306	Defraudació UE
3700	Delicte aeri
9290	Delicte societari
145	Denegació de prestació per discriminació
606	Denegació auxili
8027	Denegació auxili militar
9412	Denegació d'auxili
117	Deportació o exili il·legal
136	Desacatament
2808	Desacatament aut.mil.
8039	Descobriment i revelació de secrets
9197	Descobriment i revelació de secrets
1209	Descobriment secrets
3005	Deserció
8021	Deserció militar
8018	Deslleialtat
9465	Deslleialtat professional
9410	Desobediència
8015	Desobediència a superior
138	Desordre públic
9557	Desordres públics
115	Desterrament il·legal
3103	Destrucció ind. Documentació militar
114	V Detenció il·legal
1201	V Detenció il·legal particulars
9163	V Detenció il·legal
90163	V Detenció il·legal de violència de gènere
141	Dipòsit d'armes i municions
9573	Dipòsit d'armes banda armada
9566	Dipòsit d'armes o municions
5907	Ebris i toxicòmans
421	Elaboració, tinença i tràfic de drogues
9801	Electoral
9451	Encobriment
4800	Entrada clan. terri. nacional
903	Escàndol públic
3600	Especif. sanc. trib. marina
2702	Espionatge
8002	Espionatge militar
9248	Estafa
9571	Estrall o incendi banda armada
1320	Estrall
9346	Estralls
95721	Estralls o incendis organització. i grups terroristes
9347	Estralls per imprudència
904	V Estupe
9437	Exacció il·legal
9578	Exaltació del terrorisme

Code	Offence
5904	Exercici i afavoriment prostitució
217	Exercici prof. sense títol
9185	V Exhibicionisme i provocació sexual
909	V Exhibicionisme i provocació sexual
9189	V Exhibicionisme o pornografia menor o incapaç
1313	Expedició xec descobert
9541	Expropiació il·legal
9243	V Extorsió
2902	Extralimitació en l'exercici comandament
90620	V Falta d'amenaçes, coaccions, injúries violència gènere
2006	Falta relat. espectacles o obert. est.
2001	Falta afecta la policia municipal
2401	V Falta amb resultats lesius per persones
9398	Falsificació de certificats per funcionari
9397	Falsificació certificats facultatiu
9399	Falsificació certificats per particular
1802	Falsificació com mitjà pertur. altres bens jurídics
2102	V Falta contra integritat corporal
2000	Falta contra interessos generals i règim poblacional
2103	V Falta contra llibertat i seguretat individual
2004	Falta contra seguretat col·lectiva
9392	Falsificació document públic oficial o mercantil
9394	Falsificació despatxos telecomunicació
9390	Falsificació documents per funcionari
9395	Falsificació documents privats
1901	Falta d'ofensa contra sentiments religiosos i moral
2208	Falta entrada il·lícita en propietat aliena
111	Falta il·legalitat establiment. ensenyament
2300	Falta infracció reglament o ban. de govern
1903	Faltes lleus pertorbació de tranquil·litat
3303	Falta no incorporació a files temps pau
2005	Falta rel. polic. costums i responsabilitat moral pública
2002	Falsificació relativa a la circulació de moneda
1902	Falta respecte acatament o obediència a l'autoritat
9400	Fabricació o tinença d'útils per a la falsificació
5912	Facilitació entrada territori nacional
9258	Fallida fraudulenta
302	Fals testimoni
9458	Fals testimoniatge
210	Falsedat document mercantil
201	Falsedat firm. o est. cap estat
200	Falsedat
9308	Falsedat ajuts de l'Administració
204	Falsedat placa de matrícula
3708	Falsedat relacionada amb tràfic aeri
212	Falsificació document d'identitat
211	Falsificació. despatx telegràfic
213	Falsificació certificat
206	Falsificació document de crèdit
209	Falsificació documents privats
208	Falsificació documents públics
9389	Falsificació efectes timbrats

Code	Offence
202	Falsificació firma ministres
9386	Falsificació moneda
203	Falsificació segells o marques
93990	Falsificació targetes de crèdit
9630	Falta abandonament instruments perillosos
9636	Falta activitat sense assegurança
1904	Falta contra fe pública
2104	Falta contra honor
2101	V Falta contra la vida
1900	Falta contra l'ordre públic
2106	V Falta contra menors
2100	V Falta contra persones
9631	Falta custòdia animals perillós.
9633	Falta d'alteració de l'ordre
9624	Falta d'alteració de termes
9620	V Falta d'amenaçes, coacció
9625	Falta de danys
9626	Falta de danys béns immobles
9627	Falta de frau
9623	Falta de furt
9617	V Falta de lesions
90617	V Falta de lesions de violència de gènere
9632	V Falta de maltractament animals
9634	Falta de respecte autoritat
9622	Falta de sostracció d'un menor
9618	Falta del deure d'assistència
3302	Falta deserció
9621	Falta d'imprudència
2207	Falta d'incendi
9635	Falta d'invasió de domicili
9637	Falta d'ús indegut d'uniforme
2204	Falta d'usurpació
9629	Falta expedició valors falsos
1800	Falta impremta
2400	Falta imprudència
3301	Falta militar greu
3305	Falta militar lleu
6100	Falta penal genèrica
2402	Falta resultats danys
2003	Falta tipus sanitari
3300	Faltes
1801	Faltes pròpiament dites
6000	Fets casuals
220	Fiscal
9436	Frau
92820	Frau d'inversors
3101	Frau militar
3609	Frau naval
9234	Furt
9607	V Genocidi
9385	Greu risc per circular
5917	Habitualitat criminal

Code	Offence
9138	V Homicidi
90138	V Homicidi de violència de gènere
9142	V Homicidi imprudent
3800	I.altres lleis penals especial
1404	I.amb infracció regl. amb vehi.
1402	I.amb infracció reglaments
1311	I.dret propietat industrial
2804	I.f. armada
3612	I.legislació administrativa naval
5600	I.llei policia ferrocarrils
5100	I.lleis protectores de menors
401	I.lleis sobre inhumacions
4600	I.matèria emissions radioelect.
4700	I.matèria energia nuclear
4304	I.matèria gèn. o efectes estan
5400	I.matèria ordre públic (im. mult.)
6300	I.penada al codi penal (genèri.)
2600	I.penada pel cod. just. militar
5700	I.policia minera i metal·lúrgica
1405	I.punible amb vehicle de motor
1317	I.regles cases de préstecs
1403	I.temerària amb vehicle motor
9227	Impagament prestacions econòmiques familiars
6200	Impagats multes
107	Impresos clandestins
1400	Imprudència punible
1401	Imprudència temerària
9351	Incendi
9357	Incendi en béns propis
9352	Incendi forestal
9356	Incendi no forestal
5915	Inclinació delictiva
4900	Incompliment lleis laborals i prevenció social
9224	Inducció de menors a abandonament domicili
805	V Infanticidi
9416	Infidelitat custòdia documentació particular.
9413	Infidelitat contra deures funcionari
602	Infidelitat custòdia de presos
603	Infidelitat custòdia documents
9284	Informació privilegiada
4300	Infracció contraban .i defraudació
1310	Infracció drets d'autor
4500	Infracció llei d'emigració
5300	Infracció llei monts
5500	Infracció llei pesca
4200	Infraccions llei de caça
137	Injúria, insult o amenaça fun.
9208	Injúria
9206	Injúria (fora d'ús)
8010	Injúries als exèrcits
9496	Injúries Corts Generals i Assemblees Legislatives
2812	Injúries institucions armades

Code	Offence
9505	Injúries o amenaces a l'exèrcit o forces de seguretat
2901	Insubordinació
8013	Insubordinació militar
8014	Insult a superior militar
4305	Intr. territ. esp. gèn. prohibits
9403	Intrusisme
3006	Inutil. servei militar
501	Joc il·lícit
500	Jocs il·lícits
7000	L.o.11/1980 (terrorisme)
7001	L.o.11/1980 apartat a
7002	L.o.11/1980 apartat b
7003	L.o.11/1980 apartat c
7004	L.o.11/1980 apartat d
7005	L.o.11/1980 apartat e
7006	L.o.11/1980 apartat f
90148	V Lesió de violència de gènere
9147	V Lesions
9157	V Lesions al fetus
90157	V Lesions al fetus de violència de gènere
9158	V Lesions al fetus per imprudència
9152	V Lesions per imprudència
77002	V Maltractament familiar
9554	V Maltractament o resistència força armada
9337	V Maltractament d'animals domèstics o amansats
90153	V Maltractaments de violència de gènere
9432	Malversació
614	Malversació de cabdals públics
9159	Manipulació genètica
1315	Maquillar i .alteració preu coses
9217	Matrimoni il·legal
5906	Mendicitat i explotació
5914	V Menors pervertits
5909	Menyspreu normes convivència
5200	Monetari
91492	V Mutilació genital
8024	Neg.cump.serv.mil.
9383	Negativa a proves d'alcoholèmia
3011	Negativa prestació servei militar
8029	Negligència o imprudència acte servei
3010	Negligència
3707	Negligència exercici comandament aeri
9439	Negociació activitats prohibides
617	Negociació prohibida funcionaris
9999	9 No consta
9000	9 No consta cap delictes
611	Nomenaments il·legals
9408	Omissió deure perseguir delictes
9463	Obstrucció a la justícia
214	Ocupació fraudulenta béns o indústries
5901	Ociosos habituals
3102	Ocupació indeguda documentació militar

Code	Offence
9450	Omissió deure perseguir delictes
9195	Omissió deure socors
308	Omissió impediment detecció delictes
1212	Omissió socors
95700	Organització criminal
95711	Organització i grup terrorista
803	V Parricidi
2206	Pasturatge abusi
5913	Perillositat tràfic
608	Prolongació funcions públiques
5502	Pesca
96160	Pirateria
3711	Polissonatge aeri
3611	Polissonatge naval
5910	Predisposició delictiva
9406	Prevaricació
9446	Prevaricació jutges magistrats
9320	Prevaricació urbanística
5905	Promoció i comerç pornogràfic
139	Propaganda il·legal
908	Prostitució
9188	V Prostitució majors o menors amb violència
9187	V Prostitució menors o incapaços
9345	Relatiu a l'energia nuclear i radiacions
9513	Relatiu a la manifestació il·lícita
9278	Relatiu al mercat i consumidors
9273	Relatiu a la propietat industrial
9270	Relatiu a la propietat intel·lectual
906	V Rapte
306	Realització arbitratge propi dret
9455	Realització arbitratge dret propi
9472	Rebel·lió
2801	Rebel·lió militar
9298	Receptació
1318	Receptació o encobriment
113	Recl. indigudes causes criminals
9556	Resistència o desobediència
9598	Relatius a la defensa nacional
9332	Relatius flora i fauna
133	Resistència
9449	Retard maliciós en l'administració de justícia
109	Reunió o manifestació il·legal
8003	Revelació secrets o informacions
1210	Revelació secrets
410	Risc
9382	Risc greu per circular
9348	Risc provocat per explosius i altres agents
809	V Robatori amb violència o intimidació
9244	Robatori i furt d'ús de vehicles
9237	Robatori
3709	Robatori a bord aeronaus
9238	Robatori amb força de les coses

Code	Offence
808	V Robatori amb homicidi
9240	V Robatori amb intimidació
9239	V Robatori amb violència
9242	V Robatori amb violència i intimidació
9241	Robatori en casa habitada
5902	Rufians i proxenetes
9324	Sobre patrimoni artístic imprudència greu
9220	Sobre particular o alteració paternitat
9544	Sedició
8012	Sedició militar
3704	V Segrest aeronaus
90164	V Segrest de violència de gènere
9164	V Segrest
9457	Simulació de delictes
9321	Sobre el patrimoni artístic
9319	Sobre ordenació del territori i urbanisme
9289	Sostracció propietat d'utilitat social
9419	Suborn
9577	Subversió ordre Constitucional
6001	V Suïcidi
1101	Supòsit de part
37	Suspensió article 27 del codi penal
9225	V Sostracció de menors
1202	V Sostracció menors
4102	V Terrorisme
9563	Tinença d'armes
9568	Tinença d'explosius
1322	Tinença eines per robar
9173	V Tortura
151	V Tortures
9174	Tracte degradant
91770	V Tràfic d'éssers humans
9428	Tràfic d'influències
93180	Tràfic il·legal de persones o immigració clandestí
91560	Tràfic il·legal òrgans humans
9581	Traïció
8001	Traïció militar
305	Trencament de condemna de privació permís conduir
9468	Trencament de condemna
90468	Trencament de condemna o mesura d'allunyament de violència de gènere
9223	Trencament deures custòdia
8026	Trencament servei militar
9402	Ús funcions públiques
2810	Ultratge a la bandera
2809	Ultratge a la nació
2811	Ultratge a l'himne nacional
8009	Ultratge nació i símbols
9543	Ultratges a Espanya
8031	Ús indegut uniforme o distincions militars
3304	Ús indegut atributs temps pau
216	Ús indegut de nom o títol
3009	Ús indegut indumentària militar

Code	Offence
1316	Usura
9245	Usurpació
610	Usurpació atribucions
9506	Usurpació d'atribucions
9401	Usurpació d'estat civil
1102	Usurpació estat civil
215	Usurpació funcions
9232	Utilització menors per mendicitat
5911	Utilització armes o instruments intimidadors
1303	Utilització il·legal vehicle C184 motor aliè
1214	Utilització nens mendicitat
131	Vaga o coacció il·legal
1416	Vexacions injustes
901	V Violació
9202	Violació de domicili
8005	Violació dependència militar
1206	Violació domicili
604	Violació secrets
9417	Violació secrets funcionari
9418	Violació secrets particular
402	Violació sepultures
91732	V Violència domèstica habitual
91530	V Violència domestica no habitual
9153	V Violència física sobre persones
90173	V Violència habitual de gènere

Appendix 4: Variables of rehabilitation

Table 13: General Health Questionnaire (GHQ-12; Goldberg & Williams, 1988)

Variable	Description	Coding
Variables common to version A and B		
GHQ-12 1	General health	1 = Better than ever 2 = As always 3 = Less than usual 4 = Much worse than usual
GHQ-12 2	General health	1 = Not at all 2 = Same as always 3 = More than usual 4 = Much more than usual
GHQ-12 3	General health	1 = More than usual 2 = As always 3 = Less than usual 4 = Much less than usual
GHQ-12 4	General health	1 = More than usual 2 = As always 3 = Less than usual 4 = Much less than usual
GHQ-12 5	General health	1 = Not at all 2 = As always 3 = More than usual 4 = Much more than usual
GHQ-12 6	General health	1 = Not at all 2 = As always 3 = More than usual 4 = Much more than usual
GHQ-12 7	General health	1 = More capable than usual 2 = As always 3 = Less capable than usual 4 = Much less capable than usual
GHQ-12 8	General health	1 = More than usual 2 = As always 3 = Less than usual 4 = Much less than usual
GHQ-12 9	General health	1 = Not at all 2 = Not more than usual 3 = More than usual 4 = Much more than usual
GHQ-12 10	General health	1 = Not at all 2 = Not more than usual

Variable	Description	Coding
Variables common to version A and B		
		3 = More than usual 4 = Much more than usual
GHQ-12 11	General health	1 = Not at all 2 = No more than usual 3 = More than usual 4 = Much more than usual
GHQ-12 12	General health	1 = Happier than usual 2 = As always 3 = Less happy than usual 4 = Much less happy than usual

Table 14: Criminal Sentiment Scale-Modified (CSS-M; Simourd, 1997)

Variable	Description	Coding
Variables common to version A and B		
CSS-M 1 to CSS-M 50	Criminal attitudes	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)

Table 15: Ad hoc designed questionnaire

Variable	Description	Coding
Variables common to version A and B		
Impulsiveness		
Item 1 to Item 10	Impulsiveness	1 = I am not like that at all 2 = I am a bit like that 3 = I am somewhat like that 4 = I am a lot like that 5 = I am very much like that
Stay in the prison		
Item 11 to Item 18	Subjective perception of stay in prison	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Participation in prison centre programmes		
Item 19	Training	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)

Item 20	Leisure	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 21	Work	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 22	Health	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 23	Psychological	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 24 to Item 26	Social relationships	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 27	Social relationships	1 = A lot 2 = Quite a lot 3 = Somewhat 4 = A little 5 = Very little 6 = Not at all
Item 28 to Item 31	Social relationships	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Family		
Item 32 to Item 39.1	Core cohabitation on release	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 39.2	Core cohabitation on release	Variable strand
Item 40 to Item 46	Family relationships	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 47	Social relationships	1 = Very good 2 = Somewhat good 3 = Good 4 = Fair 5 = Bad 6 = Very bad
Housing		
Item 48	Access to housing	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)

Item 49	Access to housing	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Health		
Item 50 to Item 58	Problems with substance use	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 59.1	Problems with substance use	Variable strand
Item 59.2	Problems with substance use	1 = Good 2 = Fair 3 = Bad
Item 60	Problems with substance use	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Relationship with justice		
Item 61 to Item 64	Prior contact with justice or shelters	0 = Never 1 = Once 2 = Many times
Work		
Item 65 to Item 70	Profession and career	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 71.1	Profession and career	Variable strand
Item 71.2	Profession and career	Variable numeric
Leisure and hobbies		
Item 72 to Item 74	Use of leisure time and hobbies	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 75	Use of leisure time and hobbies	1 = Alone 2 = With my friends 3 = With my family
Item 76	Use of leisure time and hobbies	String variable
Friendships		
Item 77 to Item 78	Social relationships	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Religion		
Item 79	Religious practices	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)

Present and immediate future		
Item 80 to Item 120	Expectations about future and perceptions of self-efficacy	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 121 to Item 129	Use of community resources	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 130 to Item 135	Expectations about future and perceptions of self-efficacy	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 136 to Item 137	Expectations about future and perceptions of self-efficacy	1 = Very good 2 = Somewhat good 3 = Good 4 = Fair 5 = Bad 6 = Very bad
Item 138 to Item 143	Expectations about future and perceptions of self-efficacy	0 = Disagree (No) 1 = Undecided (?) 2 = Agree (Yes)
Item 144	Expectations about future and perceptions of self-efficacy	1 = A lot (Yes) 2 = Quite a lot 3 = Somewhat 4 = A little 5 = Very little 6 = Not at all (No)

Table 16: Clinical Outcomes in Routine Evaluation-Short Form B for men (CORE-SFB; Core System Group, 1998; Feixas et al., 2012)

Variable	Description	Coding
Variables common to version A and B		
CORE-SFB 1 to CORE-SFB 18	Therapeutic progress (subjective well-being, problems and symptoms, general functioning, risk)	1 = Not at all 2 = Only occasionally 3 = Sometimes 4 = Often 5 = Most or all of the time

Table 17: Personal autonomy questionnaire

Variable	Description	Coding
Variables common to version A and B		
AUTO 1 to AUTO 17	Evaluation of activities involving some degree of personal autonomy	1 = Easy 2 = Less easy 3 = Difficult

Table 18: Personal Agency for Desistance Scale (PADS; Lloyd, 2009)

Variable	Description	Coding
Variables common to version A and B		
PADS 1 to PADS 10	Criminal desistance	1 = Strongly disagree 2 = Disagree 3 = Neither yes nor no 4 = Agree 5 = Fully agree