Treating adult sex offenders: Safe Offender Strategies and the role of self-regulation in sex offender treatment

April 12, 2016

Jill D. Stinson, PhD
Sex offender treatment isn’t easy.
Multimodal Self-regulation Theory

- Biology & temperament
- Opportunity
- Cognitive worldview & personality
- Early learning & environment
- Self-regulation
- Reinforcement

Stinson, Sales, & Becker, 2008
Fundamental assumptions of SOS

- Where is the pathology?
Dysregulation

- Emotional
- Cognitive
- Interpersonal
- Behavioral
Treatment targets

- Dynamic predictors of risk
- Behavioral dysregulation & maladaptive self-regulatory strategies
- Risk-Needs-Responsivity concerns
SOS: An overview

- What do the modules address?
- Structure & length of treatment
- Target client populations
- Role of the treatment provider

Stinson & Becker, 2012
Empirical support: Theoretical foundation

Stinson, Becker, & Sales, 2008

$\chi^2 = 1.312$, $p = 0.519$
RMSEA = 0.000
GFI = 0.993
AGFI = 0.966
NFI = 0.982
CFI = 1.000
Empirical support: Theoretical foundation

Emotional dysregulation
- Mood d/o (.628)
- Anxiety d/o (.688)
- BPD (.601)

Cognitive dysregulation
- IDD (.807)
- FSIQ (.849)
- Special ed (.766)

Criminal behavior
- No. arrests (.780)
- ASPD (.598)
- Substance use (.744)

Sexual behavior
- Sexual arrests (.724)
- Sex offense type variability (.772)

Suicidal behavior
- Suicide hx (.819)
- No. attempts (.808)
- Self-harm hx (.597)

F = 8.571***
R² = 0.063

F = 4.760***
R² = 0.018

F = 11.480***
R² = 0.083

Stinson, Robbins, & Crow, 2011
Empirical support: SOS

**Rate of sexual offenses as a function of % groups attended over 2 yrs**

RMSEA = 0.096  
AIC = 13504.339  
BIC = 13527.236

**SOTIPS sex offense responsibility subscale**

\[ F = 65.373, p < 0.001; R^2 = 0.526 \]

RMSEA = 0.231  
AIC = 20523.557  
BIC = 20551.058

Stinson, Becker, & McVay, in press
Empirical support: SOS

$F = 33.198, p < 0.001; R^2 = 0.360$

$F = 34.801, p < 0.001; R^2 = 0.371$

Stinson, Becker, & McVay, in press
Empirical support: SOS

\[ \chi^2 = 5.452, \quad p < 0.05 \]

\[ \chi^2 = 28.883, \quad p < 0.001 \]

Stinson, McVay, & Becker, 2016
Empirical support: SOS

Stinson, McVay, & Becker, 2016
Questions?
References


