

# Kent Academic Repository

## Full text document (pdf)

### Citation for published version

Tyler, Nichola and Gannon, Theresa A. and Lockerbie, Lona and Hales, Samuel and Sambrooks, Katie (2018) Evaluation of treatment programmes for adult perpetrated deliberate firesetting. In: *Offending Behaviour Treatment Programmes: Where do we go from here?*, 06 Sep 2018, Canterbury, UK. (Unpublished)

### DOI

### Link to record in KAR

<https://kar.kent.ac.uk/75479/>

### Document Version

Other

#### Copyright & reuse

Content in the Kent Academic Repository is made available for research purposes. Unless otherwise stated all content is protected by copyright and in the absence of an open licence (eg Creative Commons), permissions for further reuse of content should be sought from the publisher, author or other copyright holder.

#### Versions of research

The version in the Kent Academic Repository may differ from the final published version.

Users are advised to check <http://kar.kent.ac.uk> for the status of the paper. **Users should always cite the published version of record.**

#### Enquiries

For any further enquiries regarding the licence status of this document, please contact:

[researchsupport@kent.ac.uk](mailto:researchsupport@kent.ac.uk)

If you believe this document infringes copyright then please contact the KAR admin team with the take-down information provided at <http://kar.kent.ac.uk/contact.html>



# Evaluation of treatment programmes for adult perpetrated deliberate firesetting

Nichola Tyler<sup>1</sup>, Theresa Gannon<sup>1,2</sup>, Lona Lockerbie<sup>2</sup>, Samuel Hales<sup>1</sup>, & Katie Sambrooks<sup>1,2</sup>

<sup>1</sup> CORE-FP, School of Psychology, University of Kent, <sup>2</sup> Kent and Medway NHS and Social Care Partnership Trust

## INTRODUCTION

- There have been few published evaluations of treatment programmes for firesetters. Those evaluations that have been published are either case studies (e.g. Clare, Murphy, Cox, & Chaplin, 1992) or have small sample sizes (e.g. Swaffer, Haggett, & Oxley, 2001; Taylor et al., 2002; 2004)
  - Difficult to draw meaningful conclusions.

## TWO NEW SISTER PROGRAMMES

- The FIPP and FIP-MO are standardised – yet highly flexible – treatment programmes for adult firesetters
- The programmes are primarily cognitive behavioural in nature
- Underpinned by contemporary theories of offender rehabilitation
  - The *Risk Need Responsivity Model* (Andrews & Bonta, 2014)
  - The *Good Lives Model* (Ward & Stewart, 2003)
 as well as the latest comprehensive theory of firesetting – the *Multi-Trajectory Theory of Adult Firesetting* (Gannon et al., 2011).
- The FIP-MO is for use with both male and female mentally disordered firesetters, while the FIPP is for use in prisons.
- The original evaluations of these programmes were undertaken to examine their effectiveness in reducing key treatment targets/deficits associated with firesetting.

## UPCOMING EVALUATION

- Initial evaluations only focused on short-term treatment gains.
  - Not possible to draw any conclusions about long-term benefits from engaging in these specialist treatment programmes as evidenced by actual behavioural change (e.g., reduction in firesetting and fire risk-related behaviours).
- The proposed study aims to extend previous research in two ways:
  - conducting the first ever longitudinal examination of the effectiveness of specialist treatment for adult deliberate firesetters (i.e., the FIPP and the FIP-MO)
  - examining any differences in treatment outcomes when the specialist treatment programmes are delivered in a group versus individual format (i.e., one-to-one).

## ORIGINAL FIPP EVALUATION

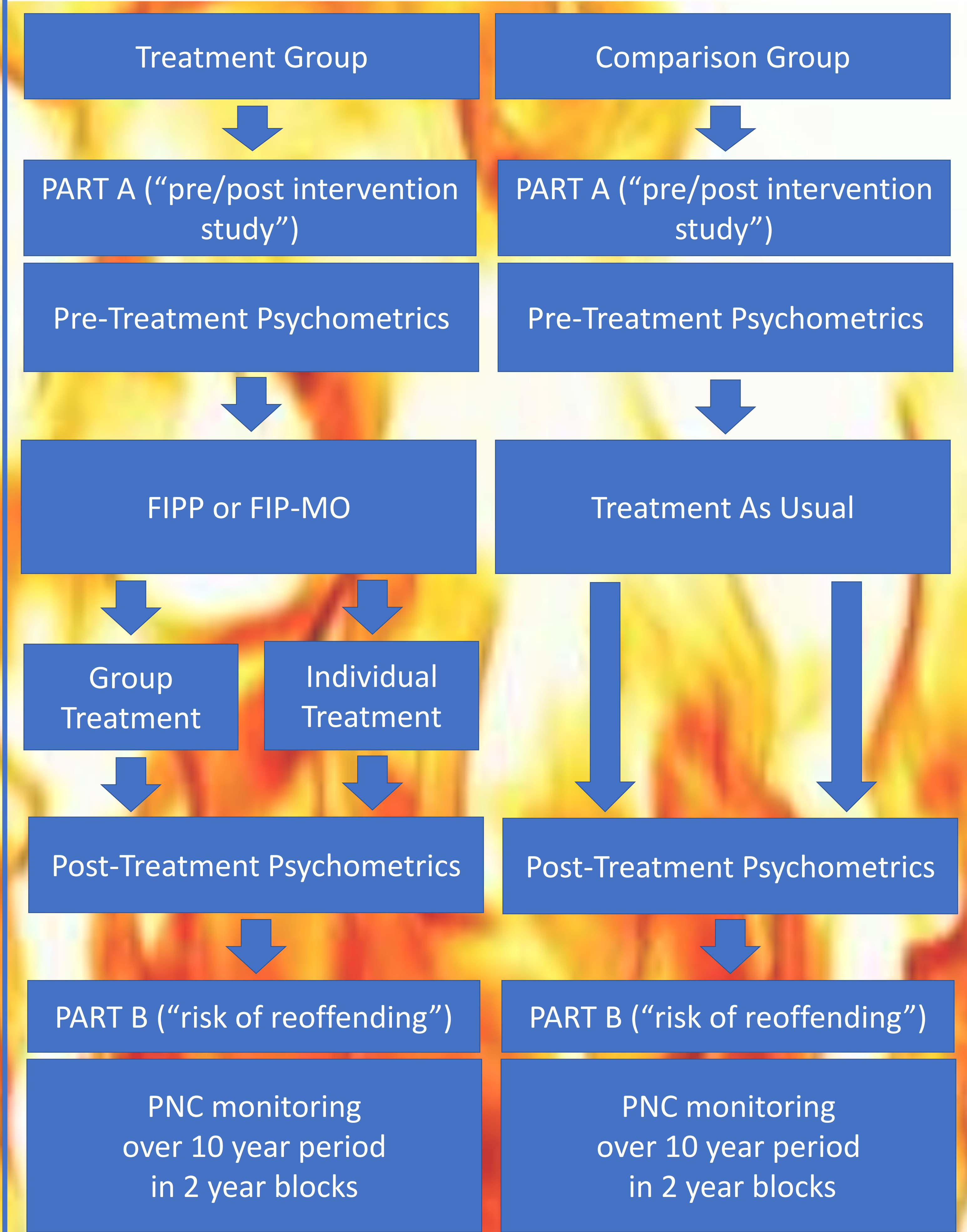
(Gannon et al., 2015)

- 54 male prisoners referred for FIPP treatment
- Psychologically assessed at:
  - baseline
  - immediately post treatment
  - 3 months post treatment
- Compared to Treatment as Usual group (n=45), the FIPP programme significantly improved firesetting prisoners':
  - Problematic fire interest and associations with fire
  - Attitudes towards violence
  - Antisocial attitudes
- All key improvements maintained at three month follow up

## ORIGINAL FIP-MO EVALUATION

(Tyler et al., 2018)

- 52 male and female patients complete FIP-MO treatment
- Psychologically assessed at:
  - baseline
  - immediately post treatment
- Compared to Treatment as Usual group (n=40), the FIP-MO programme significantly improved firesetting patients':
  - Self-reported interests, beliefs and attitudes about fire
  - Anger expression
- Effect size calculations showed that the treatment group made larger pre-post treatment shifts on the majority of outcome measures compared to the Treatment as Usual group.



## REFERENCES

- Andrews, D. A., & Bonta, J. (2014). *The psychology of criminal conduct*. Routledge.
- Clare, I. C., Murphy, G. H., Cox, D., & Chaplin, E. H. (1992). Assessment and treatment of fire-setting: A single-case investigation using a cognitive-behavioural model. *Criminal Behaviour and Mental Health*, 2(3), 253-268.
- Gannon, T. A., Alleyne, E., Butler, H., Danby, H., Kapoor, A., Lovell, T., ... & Ó Ciardha, C. (2015). Specialist group therapy for psychological factors associated with firesetting: Evidence of a treatment effect from a non-randomized trial with male prisoners. *Behaviour research and therapy*, 73, 42-51.
- Swaffer, T., Haggett, M., & Oxley, T. (2001). Mentally disordered firesetters: a structured intervention programme. *Clinical Psychology & Psychotherapy: An International Journal of Theory & Practice*, 8(6), 468-475.
- Taylor, J. L., Thorne, I., & Robertson, A. (2004). Development and evaluation of a cognitive behavioural treatment approach for fire-setting in people with intellectual disabilities (ID). *Journal of Intellectual Disability Research*, 48(4), 467.
- Taylor, J. L., Thorne, I., Robertson, A., & Avery, G. (2002). Evaluation of a group intervention for convicted arsonists with mild and borderline intellectual disabilities. *Criminal Behaviour and Mental Health*, 12(4), 282-293.
- Tyler, N., Gannon, T. A., Lockerbie, L., & Ó Ciardha, C. (2018). An evaluation of a specialist firesetting treatment programme for male and female mentally disordered offenders (the FIP-MO). *Clinical psychology & psychotherapy*, 25(3), 388-400.
- Ward, T., & Stewart, C. A. (2003). The treatment of sex offenders: Risk management and good lives. *Professional Psychology: Research and Practice*, 34(4), 353.