

# **Batterer Intervention Programme**

**A Pilot Project of the  
Social Welfare Department**

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**「家暴不再—男士成長小組」**

**Project of the  
Social Welfare Department**

**May 2008**

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# **EXECUTIVE SUMMARY**

## **Introduction**

This project aims to design, implement and evaluate an indigenous Batterer Intervention Programme (BIP) of 13 sessions for batterers served by the Family and Child Protective Services Units (FCPSUs) and Probation Offices of the Social Welfare Department (SWD). It started in late 2005 and is scheduled to complete in early 2009. This Interim BIP Report was written in April 2008 after the implementation of Stages 3 & 4 BIP groups. A final report will be written after the completion of the 12-month follow-up of all Stages 3 & 4 groups.

## **Methods**

A quasi-experimental design was used in this project. A comparison group was included in the present study along with the experimental group. By definition, the experimental group refers to batterers who had participated in the BIP in addition to regular social work intervention. The 54 comparison group subjects only received regular social work intervention. Twenty groups were carried out in four stages to test out the BIP design developed by the SWD. During Stages 1 & 2, six intervention groups with a total of 52 subjects were carried out to pilot the programme content and evaluation tools. During Stages 3 & 4, a total of 14 intervention groups were implemented and included in the evaluation.

For all four stages, there were a total of 171 batterers who were divided into three groups—the Non-statutory, Bind Over and Probation (PO) cases (see supplementary information for explanation of these terms). The sample for the final analysis consisted of 119 batterers involved in Stages 3 & 4 BIPs. The overall completion (nine sessions or above) rate for all four stages was 78% with 76% completion rate for Non-statutory, 77% for Bind Over and 83% for PO cases. As for Stages 3 & 4, the number of Completers (those attended nine sessions or above) was 96 (81%) and 85% of participants had attended 11 out of 13 sessions.

Both quantitative and qualitative analyses were conducted on the outcome. Measuring tools used were the Revised Conflict Tactic Scale (CTS-2), Dyadic Adjustment Scale (DAS), University of Rhode Island Change Assessment – Domestic Violence and the Client Satisfaction Questionnaire-8. Data were collected at



pre-group, end of group, as well as six and 12 months after group treatment. Their partners were also administered the CTS-2 and DAS. There was an 80% rate of partners' compliance with data collection.

As for the qualitative study, there were three parts, namely, a group evaluation by participants, multiple case studies and a focus group for caseworkers and group facilitators.

## **Results**

BIP Completers (those completed more than 9 out of the 13 sessions) had a very positive appraisal of the BIP service. They demonstrated statistically significant positive changes in reducing their violent behaviour and enhancing their marital relationship after joining the group programme. These results were reflected in both the men and their partners' ratings.

- For the Non-Statutory cases of the BIP Completers, they demonstrated the same statistically significant positive changes in reducing their violent behaviour and enhancing their marital relationship after joining the group programme. Again, the findings were consistent between the men and their partners' ratings.
- For the Bind Over cases of the BIP Completers, statistically significant positive changes were found in the men's marital relationship (as rated by both the men and their partners) but not in their use of violence against their partners.
- For the PO cases of the BIP Completers, statistically significant positive changes were found only in the men's ratings of marital satisfaction.
- For any of the 0-3 month changes in terms of violence reduction and improvement of marital satisfaction, no significant difference was found among the three categories of the BIP Completers (that is, Non-statutory, Bind Over and Probation cases).

In comparison, men in the Comparison Group also demonstrated statistically significant positive changes over the three-month period but mainly in terms of controlling their violent behaviour (as rated by both the men and their partners).

- For the Non-Statutory Cases of the Comparison Group, they demonstrated over the three-month period statistically significant positive changes in reducing their violent behaviour (as rated by both the men and their partners) and enhancing their marital relationship (but only as rated by the men's partners).

- For the Bind Over cases of the Comparison Group, statistically significant positive changes were found only in the men's own ratings of their use of violence against their partners.

No statistically significant difference was found between BIP Completers and the Comparison group in controlling their violent behaviour. However, the BIP Completers tended to show more positive changes than the Comparison Group in enhancing their marital relationship. Although members of both groups showed control over their violent behaviour, the BIP Completers, having gained more positive changes in their marital relationships should stand a better chance in continuing with their non-violent ways as conflicts in marital relationships are important factors leading to violence.

The qualitative study echoed the positive results of the outcome study. The group participants perceived the BIP as a useful means for them to achieve their goal of stopping violence and improving marital relationship. The group facilitators and caseworkers also believed that the BIP had achieved more than casework service although individual casework could handle specific problems. They concluded that group work should become a key component of treatment in the Social Welfare Department.

## **Conclusion**

In conclusion, both the results of the outcome and qualitative studies demonstrated that the BIP was effective in reducing partner violence and enhancing marital relationship. Although the comparison group also demonstrated a reduction of violence, the BIP Completers (experimental group) showed that the BIPs had produced an additional benefit of improving marital relationship. Other forms of intervention for partner abuse such as couple's group, parallel group for victims and an advanced BIP were suggested and would need to be further considered. Follow-up service to sustain the motivation of the batterers to change such as Family Support Programmes and Men's Support Groups were also suggested.

## **SUPPLEMENTARY INFORMATION**

### **Bind Over Cases**

Bind Over cases are those cases that were bound over by the court. In accordance with Criminal Procedural Ordinance, Cap 221, Section 109I, a judge, a District Judge or a magistrate shall have, as ancillary to his jurisdiction, the power to bind over to keep the peace, and power to bind over to be of good behaviour, a person who or whose case is before the court, by requiring him to enter into his own recognizances or to find sureties or both, and committing him to prison if he does not comply.

### **Probation Cases**

Probation cases are those cases with Probation Orders. In accordance with Probation of Offenders Ordinance, Cap 298, the court may make a Probation Order to place an offender under the supervision of a probation officer for a period of one to three years. The court may require the probationers to comply with some special requirements that are considered necessary for securing good conduct of the probationers or for prevention of re-offending, for example, curfew order, residential training and employment training, drug treatment, urine tests, etc.

### **Non-statutory Cases**

Non-statutory Cases mentioned in the report refer to those cases join the Batterer Intervention Programme of SWD on voluntary basis, without any court order.

### **Family and Child Protective Services Unit (FCPSU)**

Family and Child Protective Services Units (FCPSUs) are specialised units manned by social workers who render an array of services to victims, abusers and/or families of child abuse and spouse battering, as well as children and their families affected by matrimonial, guardianship, or international child abduction matters and referred by the Court, the Secretary for Justice, or other concerned authorities in accordance with the relevant Ordinances. Services provided include public enquiries, outreach, social investigation, crisis intervention, casework counselling, group treatment, statutory supervision to children with court orders, housing assistance, referrals to other appropriate services (e.g. clinical psychological services and refuge centres, etc.) and public education programmes.

# **CHAPTER ONE**

## **Introduction**

### **Increasing Incidence of Domestic Violence**

1.1 The rapid demographic, social and economic changes in Hong Kong have undermined family solidarity such that there is an increasing incidence of family violence. According to the Central Information System on Battered Spouse Cases over the past few years, the number of newly reported battered spouse cases rose from 1,009 in 1998 and 4424 in 2006 to 6404 in 2007. While these rising figures may only reflect an increasing community awareness of the problem, nonetheless they remind us that our concerted effort to combat partner violence is urgently needed.

1.2 It is well recognized that spousal battering is a highly complex family problem. While a great deal of work has been done in developing protective and counselling services for the victims of battered spouse cases, few would disagree that helping professionals in Hong Kong are still at a very early stage of developing treatment programmes for batterers. With a view to promoting this development, the SWD decided in 2005 to develop a basic batterer intervention programme which would contribute to an early identification and intervention of battered spouse cases in the community. It is envisaged that the project would take approximately three years to complete.

### **Setting up Structures for the Batterer Intervention Programme**

1.3 In order to facilitate the development of this project, several structures were established within SWD. After a few months of preparation, a Task Group on Batterer Intervention Programme (BIP) was set up in November 2005 (see membership list in Pp. 1-2). Its mission is to develop and implement an effective intervention group for batterers served by the FCPSUs and Probation Offices of the Department. In December 2005, a Working Group on Programme Contents, comprising clinical psychologists and social work officers, was formed with the aims of designing the structure and contents of the BIP and developing a user manual. A Working Group on Recruitment was also convened in early 2006 to discuss strategies

for the recruitment of batterers. Another group, Working Group on Evaluation, consisting mainly of clinical psychologists, was formed in January 2006 to work out the sampling, outcome indicators, measuring tools and research design of this BIP project. An Advisory Group (see Pg. 1) was later set up with its first meeting held on 18 July 2006. This group of experts provided technical and professional advice on the implementation, development and evaluation of the BIP project. Lastly, a Working Group on BIP Interim Report comprising mainly clinical psychologists was established in late 2007 to coordinate the writing of the present report.

1.4 It is worth noting that despite the time line of the project, batterer intervention is a task beyond a three-year project. After we have finished the implementation and evaluation of the BIP, development of other advance programme contents or modalities might be considered. More importantly, we hope that alongside the development of this project, a unique platform can be built and maintained for our frontline colleagues from both the social work and clinical psychology professions to reflect more deeply on and consolidate our experiences in handling domestic violence cases, to identify the unique characteristics and needs of batterers we serve and to launch other effective intervention programmes for batterers.

1.5 With these thoughts in mind, let us turn to our second chapter, which is a literature review of studies and programmes on batterer intervention conducted both overseas and locally.

## CHAPTER TWO

### Literature Review

#### Conceptualization of Domestic Violence

2.1 In developing intervention strategies, there is in the first place a need to have an integrated conceptualization of the problem. While the study of domestic violence in general and batterers in particular has a short history of less than ten years in Hong Kong, abundant western literature is available for reference. In the literature, three studies, namely, Holtzworth-Munroe & Stuart's (1994) typology of male batterers, Virginia Goldner's (1999) stance of "multiplicity", and Donald Dutton's (1995) "nested ecological theory" are especially informative for building the conceptual framework on battering and the intervention group programme for this project.

2.2 *Typology of male batterers.* Holtzworth-Munroe & Stuart (1994) identified three dimensions which are consistently found to differentiate between subtypes of batterers: severity of violence, generality of violence, and psychological functioning. On the basis of these dimensions, three main types of male batterers are suggested, namely, *family-only*, *dysphoric/borderline*, and *generally violent/antisocial*. The findings of the 1994 study were replicated in another follow-up study by Holtzworth-Munroe et al. (2000).

2.3 Based on our research (Social Welfare Department, 2003 & 2005) as well as practice experiences in the Department, the majority of the men in the battered spouse cases managed by the FCPSUs conform to the type of "family-only" batterers and a small proportion to that of "dysphoric/borderline" batterers. In other words, in the majority of our battered spouse cases, the use of violence by the men is mostly restricted to their family members, the severity of violence used is mostly mild-to-moderate, and they present either none or only mild psychopathology. Moreover, in spite of violent incidents, a large majority of these men are still keeping their marriage and living with their partners and children.

2.4 *Stance of "multiplicity"* Virginia Goldner (1999) advocated a stance of "multiplicity" in approaching violence cases. In the analysis of violence in intimate

relationships, she suggests to draw on multiple theoretical perspectives. The adoption of multiple perspectives is “intellectually necessary” for understanding partner violence in view of the observation that violence and victimization take multiple discourses and are not reducible to a single cause or explanation. Moreover, a clinician’s ability to adopt a stance of multiplicity enables him/her to encompass beliefs and experiences even when they are contradicting one another. In applying multiple perspectives, Goldner calls for a “both-and” vis-à-vis an “either-or” position.

2.5            **“Nested ecological theory”** Donald Dutton’s (1995) “nested ecological theory” provided a theoretical structure to conceptualize the multitude of social and psychological characteristics of the batterers. Dutton posited that there are four levels of analysis for the characteristics of the batterers:

- (1)    The macrosystem - refers to broad cultural values and belief systems.
- (2)    The exosystem – refers to the formal and informal social structures imposed on the immediate environment of an individual and thereby influences his behaviour. Exosystem factors of relevance to wife/partner assault include job stress, low income, unemployment, and the presence or absence of social support systems.
- (3)    The microsystem –refers to the immediate context in which wife/partner assault takes place and studies factors such as the couple’s communication and interaction pattern, their conflict issues, their power differential, and the process of assault.
- (4)    The ontogenetic level – refer to the individual’s developmental experiences with violence that shape his responses to the three-level social context.

2.6            **Integrated account for male battering.** In the light of Goldner’s (1999) and Dutton’s (1995) findings, we have ventured to provide an integrated framework for understanding the battered spouse cases. On the one hand, this framework takes into consideration the different accounts reviewed in the literature. On the other hand, it allows a dynamic interplay of the various factors that are evident in the battered spouse cases. Essentially, there are three clusters of factors that account for the men’s temper and violent outbursts in an intimate relationship, and they vary in their individual significance from one case to another.

2.7            The first cluster refers to the broad cultural values and belief systems and includes the following factors:

- (1) Traditional patriarchal value which emphasizes the superiority of men over women both in the society and in the family; it may legitimize men's resort to violence in overpowering women.
- (2) Rigid gender socialization which has to do with the stereotype of men as the breadwinner and women as the household and child manager of the family. Moreover, in terms of emotional control, men are socialized to be "strong". They inclined to deny those "feminine" feelings such as weakness, inadequacy, jealousy, being overpowered, etc.
- (3) Relationship and family value which attaches greater importance to a family relationship vis-à-vis the status of being single, separated or divorced.

2.8 The second cluster refers to the interpersonal context of the couple and includes the following factors:

- (1) Marriage pattern between the couple which is related to the partners' different expectations and the likely course of relationship development. For example, one significant pattern that has emerged in our clientele is the intermarriage between a Hong Kong man and a woman from Mainland China.
- (2) Power and control struggle between the couple which is about the types of conflicts between them and the tactics used by each partner in managing these conflicts. The relationship conflicts are mostly contentious issues related to money, sex, in-laws, extramarital sex, social life, employment, etc. While the man is usually the one who resorts to violent behaviour, women can have strong negotiation power in the relationship and have their own tactics in managing the relationship issues.
- (3) Relationship enhancement which is about the basis of the couple's current relationship and how they enjoy or benefit from their life together.

2.9 The third cluster refers to the intrapsychic experiences of the man and includes the following factors:

- (1) Developmental experiences / traumas are factors related to men's experiences of being abused in their childhood, their exposure to parental violence, their miserable family experiences such as parental divorce or family disintegration, past failures in developing an intimate relationship, and so forth. These experiences often foster the development of the men's reparative expectations towards the relationship and therefore their

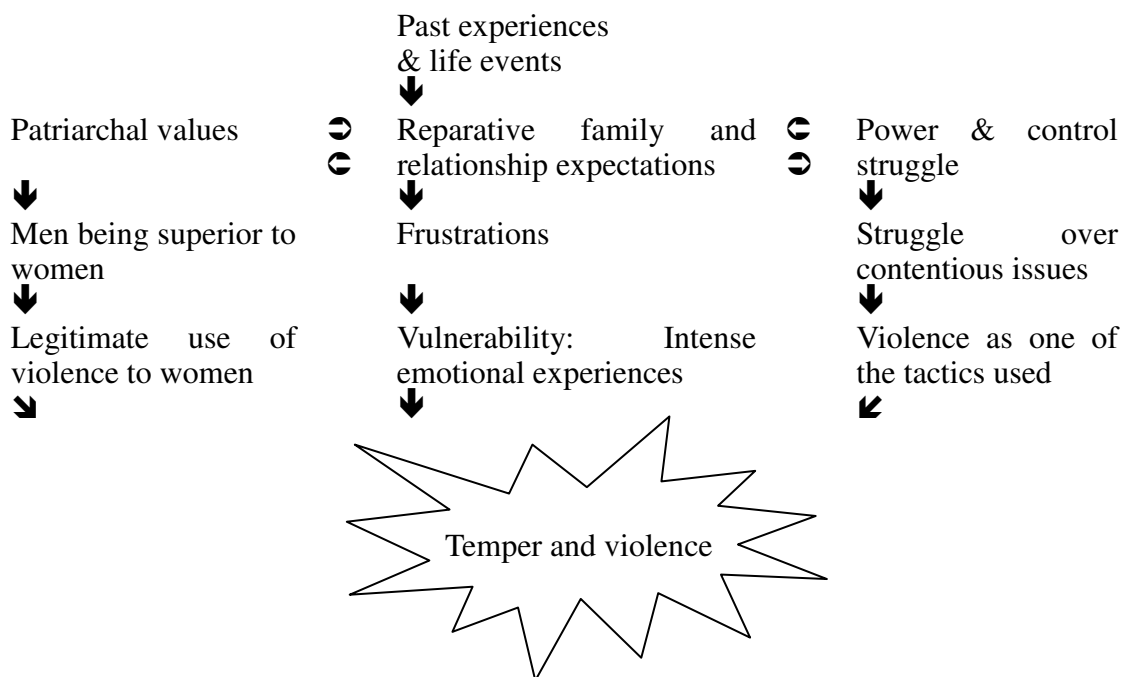


strong reactions at times when their expectations are frustrated.

- (2) Life events refer to men's unemployment, health deterioration, indulgence in gambling, death of family members, and so forth. Not only do these events strain the often tense couple relationship, they may also add to the men's expectations and therefore frustrations towards their partners.
- (3) Emotional control is about how men manage the intense emotions of anger, hurt, shame, sadness, and so forth at times of frustrations resulting from their life events and conflicts in the relationship.

2.10 A schematic representation of the three clusters discussed above is given in Figure 1. It should be noted that there are significant variations in the manifestation of these factors and also in their interplay in accounting for the violent outbursts from one man to another.

**Figure 2.1: A schematic representation of the integrated account for the men's use of violence in the intimate relationship**



2.11 In applying these pathways in understanding partner violence cases, we have made the following observations.

- (1) The three pathways provide only a skeletal framework to track the development of violence in an intimate relationship. In order to acquire a

meaningful understanding of each individual case, we have to fill in the unique details of each couple's story.

- (2) All three pathways can be found in each case, but the significance of each one varies from one case to another and as circumstances change. It follows that the three pathways may have a dynamic interplay in accounting for a partner violence case. For example, in one case in which the man has prominent patriarchal values, it is likely that his patriarchal beliefs will also have a dominant influence on the other two pathways – shaping his expectations for subservience from his partner and justifying his use of violence in managing their relationship issues.

### **Literature on BIP: Popular models of BIPs and current standards of care in the United States**

2.12 Babcock & La Taillade (2002) pointed out that “while many batterers’ treatment models and formats exist, only a few have been empirically tested with scientific rigor” (Pg. 38). These include feminist psycho-educational men’s group, cognitive-behavioural men’s groups (including anger management group), and couple therapy. Some intervention models that exist without being rigorously studied include insight-oriented approaches and individual therapy for batterers.

2.13 **Feminist psycho-educational group approach.** This approach, as exemplified by the Duluth model (Pence & Paymar, 1993), is by far the most widely-used type of batterers’ intervention in the United States. With this approach, the primary cause of domestic violence is patriarchal ideology and the implicit or explicit social sanctioning of men’s use of power and control over women. In other words, violence is used to control people’s behaviour and each abusive act is intentional and being part of a pattern of behaviours rather than isolated incidents of abuse or cyclical explosions of pent-up anger, frustration or painful feelings. Using a didactic and confrontational approach, consciousness-raising exercises would be conducted to challenge men’s “right” to control or dominate their partners. The goal of this approach is to end abusive behaviour, rather than to heal the batterer (i.e., the psychotherapeutic goal) or improve his relationship with his partner (i.e., the couple therapy goal). The Duluth group curriculum derives from eight themes, namely, (1) Non-threatening behaviour, (2) Respect, (3) Trust and support, (4) Honesty and accountability, (5) Responsible parenting, (6) Shared responsibility, (7) Economic partnership, and (8) Negotiation and fairness. The themes represent different aspects of non-violent and respectful relationships. Each theme covers a three-week period

and hence the total number of sessions for the Duluth programme is 24. Teaching tools include: (1) Check-Ins, (2) Action Plan, (3) Control Log, and (4) Use of Video Vignettes and Role Plays. Other exercises being employed are time-outs, acknowledgement of women's fear, acceptance of women's anger, recognizing anger cues, using positive self-talk, using assertive behaviour, being aware of nonverbal cues, communicating feelings and thoughts, and fighting fairly, etc.

2.14 Apart from the Duluth Programme, another popular programme that is being informed by feminist perspective and the battered women's movement is the "Emerge Batterers Intervention Group Programme" (Adams, 1988; Emerge, 2000). Indeed, this Emerge programme, founded in Massachusetts in 1977, was the very first programme for abusive men in the United States. The central tenet for this programme is that battering is a learned behaviour as well as a social problem requiring change at the individual, institutional and cultural levels. The act of battering in men is taken as a controlling behaviour that serves to create and maintain an imbalance of power between the battering men and the battered women. As such, the programme focuses on challenging men to take responsibility for stopping violence through its two-stage group curriculum. The First Stage Group is an eight-session curriculum. The topics covered include: (i) what count as violence; (ii) negative versus positive self talk; (iii) effects of violence on women; (iv) quick fixes versus long term solutions; (v) psychological, sexual and economic abuse; (vi) abusive versus respectful communication: Part I; (vii) abusive versus respectful communication: Part II; and (viii) effects of partner abuse on children. The second stage group consists of 32 two-hour weekly sessions. It works on group members' individual relationship histories and aims to develop their personal goals of change. The major activity in the group session is "Individual Turn", during which members take turns to go through five "core educational activities", namely, (i) getting a relationship history, (ii) goal setting; (iii) receiving feedback from other members on their abusive and controlling behaviour, (iv) role-playing their past behaviour and the change they wish to make in future, and (v) self-evaluation.

2.15 **Cognitive-behavioural group treatment approach.** With this approach, violence is seen as a learned behaviour and it continues because it is functional for the one who uses it (i.e., the batterer) to achieve victim compliances and put a temporary end to an uncomfortable situation (Sonkin, Martin & Walker, 1985). The primary focus of intervention in this approach is on violence rather than the patriarchal ideology. Skills training and anger management techniques, such as time-outs, relaxation training, and assertiveness training would usually be taught with the aim of

helping the batterers find alternatives to violence.

2.16 **Couple work.** As noted by Babcock & La Taillade (2002), most states in the United States set standards, guidelines or mandates that discourage or prohibit the funding of any programme that offers couple or family therapy as a primary mode of intervention for domestic violence. Such restriction and prohibition is related to the concern and criticism that couple treatment might place women at increased risk, as the woman's disclosures in the presence of her partner may lead to later "retribution". Besides, while one implicit goal of couple treatment is relationship preservation, this might be contraindicated in violent relationship where divorce/dissolution is the recommended notion. Despite these concern and criticisms, some practitioners and researchers (e.g., Goldner, 1999; Holtzworth-Munroe, Beatty and Anglin, 1995) contended that couple therapies might still have some role to play for families inflicted with domestic violence. For instance, if both partners wish to remain in the relationship and they experience less severe or pervasive violence, and the woman still has some agency and power within the relationship and the man shows capacity to take responsibility, couple therapy might then have some potential utility. One example of couple work for domestic violence is Geffner's Psychoeducational approach for individuals and couples (Geffner & Mantooth, 2000). The first goal of this approach is to educate the batterers or the couples about various issues including family violence, communication, self-management and intimacy. Besides stopping violence, it also aims at dealing with the complexities of guiding abusive men and abused women to a healthy, stable situations individually or in the relationship for the long term.

2.17 **Current group practice.** More and more batterers' intervention groups tend to incorporate different theoretical approaches and intervention strategies. Most are a fusion between the feminist psycho-educational model and utilization of the cognitive-behavioural ingredients and techniques like anger control and stress management. The recommended duration of intervention ranges from 12 to 52 weeks (Babcock, Green & Robie, 2004).

### **Do Batterer Intervention Programmes (BIPs) work?**

2.18 Does the flourish of different modalities of BIPs over the past twenty years imply that BIPs really work? Do we know which intervention modality is the most effective? Unfortunately, there is still no empirically supported or verified answer to these questions. As Babcock & La Taillade (2002) criticized, notwithstanding the

rapid development of various strains of batterer intervention programme in the United States, most programmes or practice guidelines have been based more on ideologies regarding the causes and course of domestic violence than on empirical research.

2.19 Nonetheless, more empirical studies have been conducted over the past few years to examine the effectiveness of BIPs (e.g., Gondolf, 2004), including meta-analytic review studies (e.g., Babcock, Green & Robie, 2004). The findings of such studies and reviews, however, are not that encouraging. Even for those which have been empirically studied, the answer to the question ‘Do they work?’ appeared to be, “somewhat, for some people, but the overall effect size is small” (Babcock & La Taillade, 2002, p. 59). Similar conclusion was asserted by Babcock et al (2004) in their meta-analytic review examining the findings of 22 studies evaluating treatment efficacy for domestically violent males.

2.20 Notwithstanding such findings of small effect of batterers’ interventions on violence abstinence, Babcock et al (2004) cautioned that it did not imply that the current battering intervention programmes should all be abandoned. They indicated that after all, ethical and safe ways of intervening with batterers had been developed basing on 20 years of collective clinical experience and rational thinking and this was already a strong foundation to any legitimate intervention. Rather, they asserted that the energies of treatment providers, advocates, and researchers alike might best be directed to finding ways to improve batterers’ treatment. They also suggested the following approaches:

- Adding components or tailoring the interventions to specific clientele, rather than rigidly adhering to any one curriculum in the absence of empirical support of its superior efficacy; and
- Matching treatment to batterer type as different types of batterers may benefit from specific forms of interventions.

2.21 Apparently, the design of intervention programme to help eradicate men’s battering problem is a complicated and difficult task that might involve addressing issues within and across different systems. There is no one-size-fits-all magic intervention program for this social problem. It is important in the development of a BIP to have both a thorough conceptual understanding of the batterer and his behaviour and a good awareness of the limitation of this type of intervention programmes.

## **Local experiences**

2.22 In contrast to the wealth of American experiences, Hong Kong is still in its early stage of developing batterer intervention programmes. In 1995 and 1997, Hong Kong Family Welfare Society (HKFWS) pioneered two treatment groups for male batterers. Basing on that experience, Chan & HKFWS (2001) together with the agency designed a group therapy project called “IMAGO” which was launched in 1998 and 2000 with two groups of male batterers. It was an eight-session group serving the family-only batterers. It was a psycho-educational group with cognitive-behavioural approach. It covered topics like masculine gender stress and gender role expectations, learning to show empathy with other members, and building respectful beliefs identification of anger-provoking situations and related thoughts and skills training in respectful listening. Apart from HKFWS, Harmony House had also launched its batterers’ group programme, namely “The Third Path”, in 2000. It basically adopted the curriculum of the Emerge programme (Chan, 2007).

2.23 Prior to this Pilot Project, our Department had also started a few batterers’ groups in the past few years. Since mid-2002, colleagues of Clinical Psychology Unit (1) and FCPSU (EK) of our Department had collaborated to develop the group counselling services for the batterers. To a great extent, that programme was modelled on the two-stage design as well as the programme contents of the Emerge curriculum. The First stage had seven weekly sessions, covering topics like the nature, causes and impact of partner violence and controlling violence through learning of stress and anger management and gender equality principles. The second stage consisted of eight to 14 bi-weekly sessions. Unlike the First Stage, the focus of the Second Stage was not so much on the men’s violence per se but on its underlying mechanisms. The problems or issues brought up in this stage were thorny personal and relationship issues without any clearly defined solution. From these experiences, the following elements were found to be important in facilitating group work with the men: (1) sharing and confirming the men’s wish to preserve their own family, (2) genuine concern and support for individual participations, not accepting their violence but empathizing with their struggles in the relationship, (3) individual interview with the men and their partners outside the group in order to gain comprehensive and first-hand information of their experiences, (4) continuing liaison with the caseworker about any changes of the men and their family, (5) open discussion on the various relationship issues and active listening to the men’s views, (6) thorough preparation of the materials for the purpose of education and discussion on individual issues, (7) using video materials as much as they are available on a

particular issue. Such experiences and findings were informative for the development of the BIP curriculum for this Pilot Project. The details of the BIP group finally devised are presented in the next chapter.

## CHAPTER THREE

### **Design of BIP**

#### **Design of BIP for this project**

3.1 The development of the BIP group programme for use within FCPSUs is based on: (1) our conceptual framework on men's battering within intimate relationship; (2) literature review mentioned in Chapter Two; and (3) our experience of working with the batterers and their family within the local context.

3.2 **Expected functions of the BIP group programme.** First, we cannot overstate the fact that domestic violence is a complex issue involving different contributing and maintaining factors, which are located within or across various systems. Each individual client or family might be affected by the factors in different ways or to different extents. Second, batterers are notoriously difficult to be engaged into intervention programme. The attrition rate of such clientele for any intervention programme is also high. How to facilitate the batterers to develop genuine motivation for change, or at least not to heighten their resistance and rejection, is a difficult issue to be addressed by the service provider. Taking these into account, it would be overly ambitious, if not completely unrealistic, to propose a single programme aiming to address all the complex and interweaving factors of domestic violence within a reasonable period of time that would not be perceived by the batterers as too demanding to commit, especially if their involvement is not compulsory. As an alternative, it is deemed more practical and desirable to first develop a basic programme of batterer intervention, with due coverage of some essential components as informed by the literature, our integrated conceptual framework, and our clinical experience in working with such clientele. Primarily, this basic BIP is hoped to both hold the batterers accountable to and responsible for their violent behaviours and at the same time motivate and invite them to develop alternative behaviours and skill repertoire to abstain from battering. After consolidation of the experience of implementing and evaluating this basic BIP, further development of other advance programme contents or modality might be considered.

3.3 **Choice of target clientele.** As already noted, researchers generally advocate matching treatment to batterers' type rather than having a "one-size-fit-all"



model. Taking this into consideration, the basic BIP is designed primarily for male batterers served in FCPSUs or Probation Offices who fit the following conditions:

- (1) conform to the types of “family-only” and “dysphoric/borderline” batterers according to the typology of Holtzworth-Munroe & Stuart (1994);
- (2) choose to remain in marriage or cohabitation with their partners and do not opt for divorce or separation at the time of recruitment; and
- (3) do not present any psychopathology that may seriously hamper the progress of the intervention group.

3.4 **Partners’ involvement.** The BIP in this project serves the batterers primarily but the safety and well-being of the victims should be the first consideration in designing the programme. Hence, partner involvement throughout the programme is essential. Regular contact with the partners should be kept, and they should be informed of what is happening in the men’s programme. The partners’ feedback and concerns should be regularly checked.

3.5 Finally, the psycho-educational approach and CBT methods are known to be quite effective for most existing BIPs in the literature (Healey, Smith & O’Sullivan, 1998; Babcock, Green & Robie, 2004; Fedder & Wilson, 2005). They are therefore applicable in our case because our subjects are not those with severe psychopathology.

### 3.6 **Details of the BIP**

#### (1) Target population

- (i) Men, age of 21 or above, who had battered their partners, but who wish to keep the relationship ( as mentioned in paragraph 3.3);
- (ii) Source of clients: cases taken up by FCPSU workers or Probation Officers;
- (iii) Exclusion criteria:
  - ◆ Those whose mental illness, mental retardation, personality disorder/traits, or substance abuse may hamper their participation in the group;
  - ◆ Those with criminal history of severe physical injuries to others (not limited to those within the family) or having criminal investigation underway in relation to their violent behaviours. It was believed that those with criminal history might be disruptive to other group members. Moreover, we did not have the necessary security/resources to cope with cases that have high propensity for violence.

(2) Programme objectives

- (i) To control the use of physical violence and other forms of partner abuse;
- (ii) To promote gender equality values, emotional control and relationship enhancement; and
- (iii) To lay the groundwork for further individual/group/couple work.

(3) Modality & Types of Activities

- (i) 13-session psycho-educational group
- (ii) Types of activities include:
  - ◆ Video shows
  - ◆ Mini-lectures with power point presentation
  - ◆ Structured games
  - ◆ Expressive art work
  - ◆ Group discussion and sharing

(4) Components of the group curriculum, themes and activities of each session

- (i) The group curriculum consists of four components. Each component would be covered in three sessions and one last session would be held for review and consolidation of group learning. As such, the whole curriculum would have 13 sessions.
- (ii) Basically, the themes of these four components, as well as the related activities and issues addressed in each session, were selected with reference to the various BIP curricula presented in Chapter Two and the consensus of clinical psychologist (CP) and social work colleagues specializing in domestic violence within our Department. Moreover, the components and contents of each session and their arrangement (as well as some operational steps, which would be described in Chapter Four) were also devised basing on our thinking about the process and mechanism of change to be entailed in our BIP group. In sum, we envisioned that our group might engage the participants and facilitate their change in the following ways:
  - a. Motivation enhancement and ventilation of the men's pent-up emotions
    - Rapport building—familiarizing with them and their stories

- Education on HK society's values regarding partner violence
  - Promoting awareness of consequences of partner violence
  - Invitation to accept own responsibility and external help to change—to control violence and find alternative ways to manage the various individual cum relationship problems
- b. Monitoring of violence and enhancing behavioural control
- Monitoring of violence
    - session check-in: in each session, sharing of recent conflicts, violent incidents, and management;
    - Continuous contact with women partner and caseworker
  - Skills training and building
- c. Understanding self and gender socialization
- Exploring one's own past experiences—miserable experiences, vulnerabilities, family expectations
  - Gender socialization—family sex roles, emotional awareness and management
  - Reflection on own violence development
- d. Adjusting into changing societal and family circumstances
- Challenging traditional family and gender values; enhancing gender equality values and flexibility of family sex roles
  - Using equality principles and non-violent tactics in handling relationship conflicts
- (iii) The four components and their main themes are:
- a. Component One: Understanding the various forms and impacts of Domestic Violence
  - b. Component Two: Understanding emotions and learning of emotion (especially anger) regulation strategies.
  - c. Component Three: Self understanding regarding the influence of family of origin, expectation and values towards personal development, marriage and family relationship.
  - d. Component Four: Learning of conflict resolution and relationship enhancement skills
- (iv) The objectives and activities of the group's 13 sessions are

presented in Table 3.1:

**Table 3.1 : Themes and activities of BIP group sessions**

Session	Themes	Activities
<b>Component 1</b>		
One	1 Engagement with group members 2 Sharing of expectations toward the group	◆ Ice-breaking exercise ◆ Video-viewing ◆ Sharing on personal background & expectations of the group
Two	1 Introduction of different types of partner abuse 2 Disclosure of abusive behaviours and acceptance of responsibility for change	◆ Video viewing ◆ Guided sharing & discussion on previous practice of partner abuse ◆ Exercise to facilitate members to commit to take first step in eradicating violence at home.
Three	1 Understand the impact of domestic violence (DV) to children, partner and self 2 Non-violence Contract	◆ Video-viewing ◆ Guided reflection and discussion on impact of DV to children, partner and self ◆ Exercise of signing Non-violence Contract
<b>Component 2</b>		
Four	1 Understand stress & emotions 2 Highlight the importance of emotional management 3 Introduce some emotional management strategies	◆ Experiential exercise to illustrate impact of stress ◆ Mini-lecture ◆ Guided sharing and discussion on source of stress and coping ◆ Relaxation exercise
Five	1 Understand anger's functions and need for its regulation 2 Understand the signs and process of anger escalation 3 Introduce anger management	◆ Mini-lecture on anger's functions and need for regulation ◆ Guided sharing and discussion on anger

	strategies, in particular time-out plan	<p>escalation &amp; attempted management</p> <ul style="list-style-type: none"> <li>◆ Role-play and discussion on time-out strategy</li> <li>◆ Relaxation exercise</li> </ul>
Six	<p>1 Introduce positive self-talk as a strategy to prevent escalation of anger into explosion of violence</p> <p>2 Introduce constructive communication skills to express anger and other underlying emotions and needs</p>	<ul style="list-style-type: none"> <li>◆ Mini-lecture on positive self-talk and constructive communication skills</li> <li>◆ Role-play and discussion</li> <li>◆ Relaxation exercise</li> </ul>
<b>Component 3</b>		
Seven	1 Understand possible influence of family of origin in the development of particular beliefs or practice of violence, gender role expectations and conflict management	<ul style="list-style-type: none"> <li>◆ Lead-in exercise: reviewing the life of plant</li> <li>◆ Guided meditation and review of upbringing experience and clay work exercise</li> <li>◆ Guided sharing and discussion</li> </ul>
Eight	<p>1 Reflect on any change or modification of personal characteristics before and after marriage</p> <p>2 Review on the development of marital relationship and identify factors/ events adversely affecting it</p>	<ul style="list-style-type: none"> <li>◆ Exercise to facilitate review &amp; sharing of personal characteristics and development of marital relationship</li> <li>◆ Guided sharing and discussion</li> </ul>
Nine	<p>1. Reflect on personal and family values &amp; expectations</p> <p>2. Identify any compatibility or discrepancy of the values and expectations between members and their partners</p> <p>3. Ponder on the need to adjust or compromise</p>	<ul style="list-style-type: none"> <li>◆ Exercise to list out personal and family values and expectations</li> <li>◆ Guided sharing and discussion on compatibility or discrepancy between couples and necessity to adjust and compromise</li> </ul>
<b>Component 4</b>		

Ten	<ol style="list-style-type: none"> <li>1 Reflect on patriarchal values, decision on family matters &amp; their impact on family relationship</li> <li>2 Introduce principles of gender equality &amp; respect in family relationship as a basis for conflict resolution</li> </ol>	<ul style="list-style-type: none"> <li>◆ Check in- emotions/conflicts &amp; their management over last week</li> <li>◆ Exercise to facilitate sharing on decision making on family matters</li> <li>◆ Video- viewing: illustrate v patriarchal values and its influence of marital relationship as well as a more equalitarian relationship between the couple.</li> <li>◆ Guided sharing and discussion</li> </ul>
Eleven	<ol style="list-style-type: none"> <li>1 Understand unhelpful patterns of facing conflict and dispute</li> <li>2 Identify different levels or types of conflicts and disputes &amp; corresponding management considerations</li> </ol>	<ul style="list-style-type: none"> <li>◆ Role-play to explain unhelpful patterns of facing conflicts</li> <li>◆ Mini-lecture to explain different levels and types of conflicts and corresponding management considerations</li> <li>◆ Guided sharing and discussion on members' own family conflicts and their handling</li> </ul>
Twelve	<ol style="list-style-type: none"> <li>1. Reflect on members' current relationship with partners &amp; their motivation, if any, to improve.</li> <li>2. Identify need and strategies to enhance marital relationship</li> </ol>	<ul style="list-style-type: none"> <li>◆ Exercise to rate current marital relationship</li> <li>◆ Exercise to brainstorm what strengthens and what weakens the relationship</li> <li>◆ Video-viewing: stating some tips to improve marital communication and enhance relationship</li> <li>◆ Guided sharing and discussion on whether and what members would like</li> </ul>

		to do to enhance marital relationship
<b><i>Concluding session</i></b>		
Thirteen	<ol style="list-style-type: none"> <li>1. Reflect and consolidate group learning</li> <li>2. Collect members' feedback on the group</li> <li>3. Celebrate the completion of the group</li> </ol>	<ul style="list-style-type: none"> <li>◆ Exercise to facilitate members' reflection and sharing of what they found helpful and useful in the group</li> <li>◆ Guided sharing and discussion on members' feedback about their group experience &amp; expectations on how to proceed with their life and family life, in particular</li> <li>◆ Group completion ceremony</li> </ul>

## CHAPTER FOUR

### BIP Operation: Implementation and Recruitment

4.1 While the details of the BIP can be seen from Chapter Three, the present one will focus on how the BIP was implemented and how the batterers were recruited for the present project.

#### Operation: Four Stages of Implementation

4.2 For this project, a series of BIPs were held in the FCPSUs from Mar 2006 to Jan 2008. These treatment groups were carried out in four stages to test out the BIP design developed by the SWD. During Stage 1 & 2, six treatment groups were carried out to serve as pilot groups to test the programme content and evaluation tools of the BIP. Experiences from these groups eventually led to a revision of the content and evaluation design of the BIP. During Stage 3 & 4, a total of 14 treatment groups were implemented and included in the evaluation. To coordinate the recruitment, implementation and evaluation of the BIP, a social worker was assigned as a liaison person for each FCPSU. The stages of operations are illustrated below:

**Table 4.1 Stages of Operation**

<b>Stages</b>		<b>Period of Implementation</b>
1 <sup>st</sup> Trial run	Test run programme curriculum without evaluation package	Mar. 06 – July 06
2 <sup>nd</sup> Trial run	Whole evaluation package carried out with BIP participants only; no comparison group	Sept. 06 – Dec. 06
3 <sup>rd</sup> Test run	Whole evaluation package carried out with BIP participants and comparison group	Mar. 07 – Aug. 07
4 <sup>th</sup> Test run	Whole evaluation package carried out with BIP participants and comparison group	Sept. 07 – Jan. 08



## **Recruitment Statistics and Case Nature**

4.3 In this project, a total of 171 male batterers participated in 20 treatment groups. The average number of participants in each group was 8.5. The recruited batterers included non-statutory cases, Bind Over (BO) cases and Probation Order (PO) cases. Out of the total of 171 participants, 92 (54%) were Non-statutory cases, 38 (22%) were Bind Over (BO) and 41 (24%) were Probation Order (PO) cases. PO cases could be further broken down into cases with or without specific requirements written in the Probation Order that the batterer should undergo treatment or rehabilitation programmes as directed by the Probation Officers. Thirty-two batterers (19%) were PO cases with specific requirements whereas the other 9 (5%) were those without specific requirements. It is to be noted that one of the BIP groups was aborted due to the exceedingly poor and irregular attendance of group members. This was caused by the fact that the time of the group clashed with some members' work engagement while some other members had low motivation and strong resistance to attend the group. The statistics of case nature are presented below and the percentage is round off to whole number:

**Table 4.2 Statistics of Case Nature**

	<b>Total (Average per group)</b>
<b>Total no. of participants (20 groups)</b>	171 (8.5)
<b>Non-statutory cases</b>	92 (54%)
<b>Bind over cases</b>	38 (22%)
<b>PO cases – <u>with</u> specific requirement</b>	32 (19%)
<b>PO cases –<u>without</u> specific requirement</b>	9 (5%)

## **Recruitment Sources**

4.4 Batterers participated in the BIP were referred from the FCPSUs and PO offices' pool of active battered spouse cases. As batterers were usually not ready to admit their own problems and are unmotivated for services, it is necessary to promote the BIPs to the batterers as well as potential referrers in the recruitment process.

## **Promotion Means**

4.5 In order to promote BIP to our potential referrers, a series of briefings were conducted for social workers of the FCPSUs and PO offices, as well as for judges in

the judiciary system. Information about the programme content, inclusion and exclusion criteria of participants, referral procedures, operations of the BIP, as well as the cooperation between group facilitators and referrers were introduced to them. Moreover, pamphlets of the programme were delivered to batterers and victims by their caseworkers to introduce BIP and to encourage them to join.

### **Referral-making**

4.6 Caseworkers of FCPSUs and Probation Officers were invited to identify and approach potential participants after considering whether they were suitable for the BIP and ready to join. After some motivational work, batterers who were willing to join would be referred to the liaison persons of each FCPSUs. To make referrals, the caseworkers provided the liaison persons with the batterers' personal information and case background by filling in a standard referral form.

### **Screening**

4.7 Upon receiving the referral forms, the liaison persons contacted the referrers for case discussion to decide whether the batterers were suitable to join the group. One key consideration was whether the batterers would benefit from the group or sustain their participation and involvement in the group. For PO cases who might have low motivation for services, it was essential for the liaison person to see if they had a high possibility to disrupt the participation of other group members or a high tendency to drop out. Batterers who had practical difficulties such as having had to work night shift were usually screened out because they were likely to attend poorly or eventually drop out.

### **Pre-group Interview**

4.8 After initial screening, the group facilitators who were usually the liaison persons contacted the batterers by phone to confirm their participation and to invite them and/or their partners for pre-group interviews. During the pre-group interview, the group facilitators introduced to them the group content and aims, increased their motivation for treatment, enhanced understanding of their case background and violence conditions, and informed them that their partners would be contacted to gather collaborative information about the family and conditions of violence.

## **Feedback Channel between Group Facilitators and Referrers**

4.9 Throughout the implementation of the BIP, individual counselling and/or crisis management of the family members by the caseworkers were maintained. The group facilitators' regular contact with the referrers served as a feedback channel between group work and casework services. On occasions when the participants failed to attend the session, showed poor attendance, disclosed violence or family crisis, the referrers were informed for follow-up individual casework. Sometimes, the referrers informed the group facilitators about changes and progress of the case, or their partners' reaction to their progress. Upon the completion of the group, the referrers were provided a feedback report by the group facilitators on each participant's attendance, punctuality and involvement in the group. Sometimes, the referrers could also be the group facilitators and vice versa. Role conflicts between the referrers and group facilitators were not observed. In fact, it was beneficial if the referrers were also the group facilitators since they would have a better understanding of the batterers and could therefore facilitate their learning in the BIP.

## **Contact with the partners**

4.10 As the individual casework on the partners was still maintained by the caseworkers, the group facilitators kept up contacts with the caseworkers to understand the partners' conditions and the family situations or contacted the partners directly if necessary. The need to contact the partners occurred during the mid-term of the BIP so as to obtain their reports and often when there were family crises. The response of the partners was very good, with an 80% rate of compliance.

## **Options for follow-up work after completion of group work**

4.11 After the group work, in order to sustain a momentum for the batterers to improve, the group facilitators and/or case workers sometimes encouraged some participants to join booster sessions of BIP, Family Support Programmes and Self-help groups. However, this practice varied among different FCPSUs.

## **Participants' attendance and completion status for all stages**

4.12 For all the four stages, there were a total of 171 participants with 133 completers, 25 non-completers and 13 drop-outs. In general, an attendance rate of 70% (9 out of 13 sessions) is regarded as good attendance for groups; therefore those

who had attended nine sessions or above were regarded as Completers. Non-completers were participants who had attended four to eight sessions. Drop-out participants were those who had attended three sessions or less. The cut-offs for non-completers and drop-outs were arbitrarily determined by the group facilitators. The tables below provides an analysis of their attendance.

**Table 4.3 Attendance of Participants**

	<b>Statistics for the Stage 1,2,3,4</b>
<b>Total no. of participants</b>	171 (100%)
<b>no. of completers</b>	133 (78%)
<b>no. of non-completers</b>	25 (15%)
<b>no. of drop out</b>	13 (8%)

	<b>Statistics for the Stage 3 &amp; 4</b>
<b>Total no. of participants</b>	119 (100%)
<b>no. of completers</b>	96 (81%)
<b>no. of non-completers</b>	16 (13%)
<b>no. of drop out</b>	7 (6%)

4.13 The breakdown of the completion (nine sessions or above) rates for all four Stages is shown in the table below. It can be seen that the completion rate of the PO cases was slightly higher than the two other types of cases.

**Table 4.4 Breakdown of Completion Rate for Stages 1,2,3,4.**

<b>Type of Cases</b>	<b>Total no. of participants recruited</b>	<b>Total no. of participants completed BIP</b>	<b>Completion Rate</b>
<b>Non-statutory</b>	<b>91</b>	<b>69</b>	<b>76%</b>
<b>Bind over</b>	<b>39</b>	<b>30</b>	<b>77%</b>
<b>Probation Order (PO)</b>	<b>41</b>	<b>34</b>	<b>83%</b>
<b>Total</b>	<b>171</b>	<b>133</b>	<b>78%</b>

### **Attendance, punctuality and involvement**

4.14 As for Stages 3 & 4, the number of Completers (nine sessions or above) was 96 (81%) and 85% of participants had attended 11 out of 13 sessions. With a rating of four as the highest, their average punctuality and involvement in the group were rated as three. These were subjective ratings by the group facilitators. Please see the table below:

**Table 4.5 Attendance, Punctuality and Involvement of Participants in Stages 3 & 4**

	<b>Statistics for the Stages 3 &amp; 4</b>
<b>Average Attendance (out of 13 sessions)</b>	11 sessions (85%)
<b>Average Punctuality (rating from 1 to 4 in an ascending order)</b>	3
<b>Average Involvement (rating from 1 to 4 in an ascending order)</b>	3

### **Adherence to Programme Content**

4.15 The implementation of the BIP groups should be standardized and all groups should conform to the design of the programme as described in Chapter Three. Nonetheless, minor variations such as a combination of some sessions or durations were allowed. Two clinical psychology trainees and two doctoral candidates from the University of Hong Kong were invited to assess the programme adherence of these groups. Each rater looked at one tape recorded session from each of the four components. They made their ratings on a standardized form that specified all activities of that particular session. All group facilitators of the Stage 3 groups were thus rated using this method. One of the assessors rated the programme adherence as above 90% while the other three rated it as between 71 to 90%. Moreover, group facilitators who acted as internal evaluators on average rated the programme adherence at above 71%. These results showed that the overall programme adherence of BIP was up to international standard of above 70%.

**Table 4.6 Ratings of Programme Adherence**

	<b>Rating of Programme Adherence</b>	
	<b>71% – 90%</b>	<b>90 or above</b>
<b>External evaluators from HKU:</b>		
<b>1</b>		✓
<b>2</b>	✓	
<b>3</b>	✓	
<b>4</b>	✓	
<b>Internal evaluators being group facilitators (average)</b>	✓	

4.16 Now let us turn to the next chapter which provides a description of the methodology for evaluation. For evaluation of the usefulness of the BIP, both quantitative and qualitative approaches were used.

## **CHAPTER FIVE**

### **Methodology for Evaluation**

#### **Rationale of the Study**

5.1 During the past two decades, researchers in North America spent much time on evaluating the effectiveness of group intervention for male batterers. The results were however mixed, with some studies (e.g., Palmer, Brown, & Barrera, 1992) indicating that it was effective while others suggesting that the experimental groups fared no better than the control groups (e.g., Dunford, 2000) regarding violence recidivism. There is still a great need for more studies to assess the effectiveness of group treatment programme (Palmer, Brown & Berrera, 1992). Nonetheless, group intervention still remains a standard form of treatment for male batterers in North America after a history of more than 20 years, possibly due to the fact that more people are served with a lower running cost and hence it is relatively more cost effective as compared to other modes of individual treatment.

5.2 As mentioned in Chapter One, the SWD began to develop a BIP that caters for the needs of local clients of domestic violence in late 2005. The basic question is whether such a psycho-educational group works. In other words, after completion of the group, are the participants able to stop, or to substantially decrease their physical violence against their partners? Furthermore, will the therapeutic effect of the group last, at least for some months? These are the two basic questions that we seek to answer in this study.

#### **Sample**

5.3 In this study, the sample consisted of male batterers who were physically violent to their spouses/partners but who chose to remain in the relationship. As mentioned in Chapter Four, 171 male batterers participated in a BIP at four different stages from March 2006 to January 2008. These participants were active cases taken up by FCPSU social workers or Probation Officers. Most participants joined the BIP voluntarily. There were a number of involuntary recruitments from the Probation Offices and a few Bind Over cases. Data collection was carried out in stages. Stages 1 & 2 groups with a total of 52 batterers were pilot groups run to test

out the programme content and evaluation tools. Therefore only 119 batterers from Stages 3 & 4 groups were involved in the final evaluation.

### **Quantitative Evaluation: Outcome Indicators and Measuring Tools**

5.4 **Abusive behaviours.** In order to measure physical assault, injury, psychological and sexual abuse in intimate partner relationships, the Revised Conflict Tactics Scale (CTS2) of Straus et al. (1996) was chosen as a measuring tool. CTS2 is a world renowned tool for identifying cases of maltreatment between couples. A local study also demonstrated that the Chinese translation of the CTS-2 had satisfactory reliability (Chan K.L., 2000). Four subscales, namely physical assault, psychological aggression, sexual coercion and injury, were used, with each subscale divided into several levels of abuse. According to Straus et al. (1996), physical assault referred to using physical force against partners to resolve conflicts; psychological aggression was defined as verbal and nonverbal aggressive acts; sexual coercion was defined as behaviours ranging from verbal insistence to physical force intended to compel one's partner to engage in unwanted sexual activities; and injury subscale measured physical injury inflicted by the partner. In order to shorten the tool, questions on the negotiation subscale in the original version of CTS2 were eliminated after seeking approval from the test publisher. We believe that our male clients would be less resistant to complete the test if it was shorter.

5.5 Two separate forms, each consisted of 33 items, were filled out by the batterers and their partners correspondingly. The partners' data were used to compare with the batterers' self-report. Although mutuality of violence was fairly common (Straus, & Douglas, 2004), this study would not take this into account and would only measure the abusive acts inflicted by the batterers against their partners. This was because our present study only focused on the effect of the BIP on the batterer. The issue of mutuality of violence was, however, discussed in the BIP groups.

5.6 **Dyadic adjustment.** Spanier (1976) defined dyadic adjustment as a process of which the outcome was a determinant of dyadic satisfaction, dyadic cohesion, consensus on matters of importance to dyadic functioning, troublesome dyadic differences, and the interpersonal tensions and personal anxiety. To gauge changes in the marital satisfaction of the participants and their partners, the Dyadic Adjustment Scale (DAS; Spanier, 1976) was used in pre and post BIP assessment. This test was adapted to measure the marital quality, represented by the concept of



dyadic adjustment, of both the batterers and their partners in their married or unmarried cohabiting relationships. In the local validation study by Shek (1994), factor analysis showed that four factors were identified in parallel to the original English version, namely dyadic satisfaction, dyadic consensus, dyadic cohesion, and affectional expression.

5.7 In this study, a short version of the Chinese DAS translated by Shek (1994) was used. It had 16 items, with items from the original dyadic satisfaction subscale, and others from the dyadic consensus and cohesion subscales (Hunsley, Pinsent, Lefebver, Tanner, & Vito, 1995; Kurdek, 1992 and Sharpley & Rogers, 1984). Two global indices could be calculated to assess the marital adjustment of both the batterers and their partners, of which the scoring scale was adopted from Spanier's (1976) study. The larger the global index was, the better the marital quality or adjustment would be.

5.8 **Stages of change.** To measure the stages that batterers moved through the group intervention programme, a Chinese version of the University of Rhode Island Change Assessment – Domestic Violence (URICA-DV) (Levesque, Gelles & Velicer, 2000) was used to chart the participants' readiness to change their problematic behaviours. Based on the Transtheoretical Model of Change, four factors, namely precontemplation stage, contemplation stage, action stage and maintenance stage, were identified, whereas the preparation factor was excluded after factor analysis. However, there was very little research on this instrument and local validation was not yet available. There were also problems with scoring as discrepancy existed between computer and manual scorings. Eventually a computer scoring programme provided by the author was adopted instead of using two raters to manually score the test results. Despite the above problems with the test, it was used in the present project due to time constraint in developing an alternative instrument. This 20-item questionnaire was administered only to the participants and not to their partners.

5.9 **Client's level of satisfaction.** To measure the participants' satisfaction with the BIP, the Client Satisfaction Questionnaire-8 (CSQ-8; Larson, Attkisson, Hargreaves & Nguyen, 1979) was employed in this study. It was an 8-item measure of general satisfaction that had been used in diverse mental health settings in Hong Kong and overseas. Questions in the CSQ-8 were rated on four-level scales. They included items on eight aspects, such as the general quality of services and the extent to which the service meets the participants' needs. Possible scores range from 8 to 32, with a higher score indicating a higher degree of satisfaction. In our study,

questions were asked relating to the general satisfaction of the group treatment service received by the participants at the 13<sup>th</sup> session. The CSQ-8 was administered only once at the end of each group.

## **Research Design**

5.10 In order to study the effectiveness of the BIP group intervention, a quasi-experimental design was used. A comparison group was included in the present study along with the experimental group. By definition, the experimental group referred to batterers who had received the BIP psycho-educational group service in addition to regular social work intervention. The comparison group subjects only received regular social work intervention. Because of the limitations in our casework setting and the unavailability of a large number of batterers who wished to join a BIP around the same time, random assignment of men into the experimental and comparison groups was impossible. We considered two types of comparison group arrangement: one using drop-out as control or one using wait-list as control. Each arrangement had their own problems. Men who dropped out of group treatment were likely to be uncooperative in completing the questionnaires at the second or third stages of assessment. There were also difficulties associated with the wait-list control design. Some batterers might be unwilling to be put on the waiting list. Also, in such a design, the batterers on the waiting list would eventually join a BIP once it was available after waiting for a few months. Thus all men would have undergone a group intervention programme within a matter of months. Without a no-treatment control group as a comparison, the questions of whether the group intervention had any effect and whether the desired effect would last remain largely unanswered.

5.11 In order to form a comparison group, each FCPSU eventually decided to gather a pool of batterers who were unable to join the BIP for various reasons. Fifty-four batterers were finally selected to form the Comparison Group. This group should not be regarded as an unmotivated group because many of them had wanted but could not join due to long working hours in their jobs or shift duties. With this arrangement, the problem arising from using drop-outs or wait-list methods as described in 5.10 were solved.

## Procedures

5.12 Each participant and their partners completed assessment at four different time points (pre-group treatment, end of group treatment, six months after group treatment and 12 months after group treatment) to evaluate the changes of the above outcome variables over time. The data were collected by several pencil-and-paper self-report instruments mentioned earlier. The data-gathering procedures are illustrated below:

5.13 *At pre-group treatment stage.* As mentioned in Chapter Four, batterers of FCPSUs were recruited to the BIP on a voluntary basis while probation cases were referred to the BIP by their Probation Officers. Consents for participation in the BIP and partner contact were obtained from each participant. Referrers completed referral forms which provided information about the participants and their partners' demographic background, the nature of the abusive behaviour and how it might have developed. The group facilitators then invited the participants for pre-group individual interviews to obtain a more comprehensive understanding of their abusive history and psychosocial background. In addition, all three measuring tests—CTS2, URICA-DV, DAS—were administered to them. Their partners were also invited for a pre-group interview for the purposes of (1) explaining the aim of the treatment group; (2) understanding more about their family conditions; and (3) completing the CTS2 and DAS.

5.14 *At the end of group treatment stage.* Upon group completion, the participants and their partners were invited to complete the tests and outcomes measures again to compare their changes as a result of the treatment. The batterers completed the CT2, DAS, and URICA-DV as well as CSQ-8. Their partners were administered the CT2 and DAS only.

5.15 *Six months after group treatment stage.* For Stage 3 BIPs, the participants and their partners would be followed up six months after group completion, with administration of the tests and outcome measures again (same as the protocol administered at the end of group treatment stage). In case the participants failed to turn up, their partners' report would be another source of data for evaluation purpose. The six-month follow-up of Stage 4 BIP has yet to be done and results will not be reported in this interim report but in the final one.

5.16 **Twelfth months after group treatment stage.** By the time this interim report was written, none of the groups had reached this stage. However, it was planned that participants and their partners would be followed up 12 months after group completion, with administration of the tests and outcome measures again (same as the protocol administered at the end of group treatment stage). Their partners' report would be another source of data for evaluation purpose if the participants fail to turn up. The 12 month after group treatment evaluation will be presented in the final report.

## **Quantitative Data Analysis**

5.17 At the time of writing this interim report, data collection has been completed for two different time points, viz. pre-group treatment stage (0-mth) and at the end of group treatment stage (3-mth) for both Stage 3 & 4 BIPs. Similar data has also been collected and analyzed for the non-treatment Comparison Group in Stages 3 & 4. Statistical analysis was then conducted using data combined from both stages. For various testing purposes, different statistical methods were applied in the analysis of demographic variables and outcome measures. Please refer to Appendix 1 for details of statistical methods used.

## **Qualitative Study**

5.18 Besides quantitative evaluation, it was decided to conduct a qualitative study to complement the outcome results obtained from the measuring tools. This qualitative study was carried out to analyze experiences of the men who attended the BIP, their partners, the group facilitators and referring case workers. The analysis was expected to lead to a deeper understanding of the operation and effectiveness of the BIP. It would also help to consolidate what had been learned from the project.

5.19 The study consisted of three parts: (a) a group evaluation by the participants; (b) multiple case studies; and (c) a focus group for caseworkers and group facilitators.

5.20 **Group Evaluation by Participant** A 45-minute evaluation was conducted in the last session of six of the BIP groups. It was based on an interview guide. Participants' views were solicited on the operation and usefulness of the group programme.

5.21 **Multiple Case Studies** A total of three successful cases were selected at the end of the Stage 3 BIP by the FCPSU Liaison Persons based on their subjective estimate of the batterers' degree of improvement. These three cases were selected also because they had very positive results when their pre- and post-group test scores were compared. A semi-structured interview, based on a pre-determined interview schedule, was conducted separately with each man, his partner, his caseworker and his group facilitator; thus there were a total of twelve interviews. The interviews were conducted by four group facilitators consisting of two social workers and two clinical psychologists. The duration of each interview was about 1.5 hours. The interview focused on the man's changes and each respondent's attributions of his changes. An analysis of the respondents' narratives was expected to shed light on what account for these men's positive changes in the BIP.

5.22 **Focus Group for Caseworkers and Group Facilitators** A focus group was conducted to solicit the views of the caseworkers and group facilitators towards the usefulness of BIP and the differences in the usefulness of the group programme vs. casework services. A total of 11 frontline clinical psychologists and social workers were involved. The focus group was led by two facilitators, a Senior Clinical Psychologist and a senior social worker. A number of predetermined interview questions were used. Both facilitators were very experienced clinicians who had not been involved in the running of the BIPs.

### **Data analysis of the Qualitative Study**

5.23 All case interviews and group discussion were tape recorded and transcribed. From the transcribed material, a set of categories (that would help us to organize the essential aspects of what was written) were identified. After creating categories, further abstraction was then performed in order to organize these specific categories into more general themes. Examples to illustrate these themes are given in Chapter Seven and selected comments from participants and group facilitators are shown in Appendix Two. These examples were picked because they reflected majority views and/or helped to illustrate the reported themes. However, it needs to be emphasized here that our qualitative study was only exploratory and had not advanced to a process of theorizing the data.

## CHAPTER SIX

### Results of Outcome Study

6.1 This chapter presents the profiles and outcome data which were collected in the third and fourth test-runs of the BIP project (see Chapter 4, paragraph 4.1). There are altogether 119 subjects from the BIP Group and 54 subjects from the Comparison Group.

#### Profiles analysis

6.2 **Age:** The mean age for the men was 45.34 (range: 25 – 75) and 45.81 (range: 23 – 80) for the BIP Group and Comparison Group respectively, and that for their partners was 39.24 (range: 21 – 71) and 37.93 (range: 22 – 72) respectively. The men (for both the BIP and the Comparison Groups) were on average 6 – 8 years older than their partners.

6.3 **Years of living in Hong Kong:** The majority of the men (95.8% for the BIP Group and 92.6% for the Comparison Group) were either born in Hong Kong or had immigrated to Hong Kong for more than ten years. In contrast, a significant proportion of the men's partners (39.8% for the BIP Group and 50.0% for the Comparison Group) had immigrated to Hong Kong for not more than six years.

6.4 **Educational attainment:** The majority of the men had primary to lower secondary education (70.6% for the BIP Group and 68.5% for the Comparison Group). The picture was similar for their partners (63.3% for the BIP Group and 68.5% for the Comparison Group).

6.5 **Economic activity status:** The men remained the breadwinners in the family and more than half of them had employment at the time they attended the BIP (63.9% for the BIP Group and 57.4% for the Comparison Group). As for their partners, over half of them were homemakers (54.6% for the BIP Group and 53.7% for the Comparison Group) and a proportion of them (42.9% and 35.2% for the BIP Group and Comparison Group respectively) had employment.

6.6 **The men's use of violence against their partners:** In general, the men's report of their use of violence was less severe than that reported by their partners. For the BIP Group, the mean number of violent acts committed by the men in the three months prior to joining the group programme was 18.40 and 36.36 as rated by the men and their partners respectively. As for the Comparison Group, the mean number of violent acts perpetrated by the men against their partners three months prior to joining the Comparison Group was 17.14 and 32.95 as rated by the men and their partners respectively

6.7 **Psychosocial problems:** Problems of "anger management" (44%), "financial stress" (64%), "domination over partner" (52%), and "interpersonal communication" (44%) were most frequently noted (by the referring caseworkers) in the men. Meanwhile, a proportion of the men were observed to have problems in "alcohol use" (12.1%), "drug abuse" (1.2%), "gambling" (17.3%), or "psychiatric symptoms" (10.4%).

### **Baseline comparison**

6.8 The analysis was focused on those who had completed the group programme (81% of all the participants), and these "BIP Completers" consisted of three categories, namely, "Non-statutory (NS) cases", "Bind Over (BO) cases" and "Probation Order (PO) cases". Table 6.1 shows the number of cases for the "BIP Completers" and the "Comparison Group".

**Table 6.1 : Breakdown of Cases for the BIP Outcome Study**

	<b>BIP Completers</b>	<b>Comparison Group</b>
<b>Whole sample</b>	96	54
<b>Non-statutory cases</b>	39	34
<b>BO cases</b>	28	17
<b>PO cases</b>	29	3

6.9 Comparison between the BIP Completers and the Comparison Group found no statistically significant difference (with all p-values > 0.05) in terms of the men's as well as their partners' demographic data (namely, "age", "years of living in Hong Kong", "educational attainment", and "economic activity status"). Moreover, no statistically significant difference (with all p-values > 0.05) was found between the

two groups in the three outcome measures used in this project (namely, the revised Conflict Tactics Scale (CTS2), the Dyadic Adjustment Scale (DAS) and the University of Rhode Island Change Assessment Scale – Domestic Violence (URICA-DV)) at the 0-month time-point (that is, before they joined the project).

6.10 Comparing each of the Non-statutory subgroup between BIP Completers and the Comparison Group also showed no statistically significant difference (with all p-values > 0.05) on the four demographic variables and the three outcome measures. In the same token, there was no difference between the Bind Over cases between BIP completers and the Comparison Group. Thus the baselines of the BIP Completers (experimental groups) and the Comparison Group were essentially very similar and comparable.

### **Outcome analysis – 0-3 month change**

6.11 **BIP Completers:** Table 6.2 summarizes the analysis of changes for the BIP Completers on the three outcome measures. Statistically significant improvement was found in the men's use of violence and their marital satisfaction, as rated by both the men themselves and their partners.

**Table 6.2: BIP Completers – Change from 0-mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>BIP Completers</b>	<b>CTS2</b>	Men (n=92)	16.38	9.41	Paired-Sample T	Significant (p=0.001)
		Partners (n=79)	33.65	18.79		Significant (p<0.001)
	<b>DAS</b>	Men (n=91)	41.13	45.60	Paired-Sample T	Significant (p<0.001)
		Partners (n=78)	33.80	38.03		Significant (p=0.002)
	<b>URICA-DV</b>	Men (n=94)	3.08	3.22	Wilcoxon Signed Ranks	NS (p=0.219)



6.12 No statistically significant change was found in the men's motivation for change over the three-month period.

6.13 **BIP Completers – Non-Statutory cases:** Table 6.3 summarizes the analysis of changes for the Non-Statutory cases of the BIP Completers on the three outcome measures. The pattern is the same as that for the overall BIP Completers group, that is, statistically significant change was found in the men's use of violence and their marital satisfaction.

**Table 6.3: BIP Completers – Non-Statutory cases  
– Change from 0-mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>BIP Completers – Non-statutory cases</b>	<b>CTS2</b>	Men (n=38)	20.97	10.40	Paired-Sample T	Significant (p<0.001)
		Partner (n=31)	41.23	15.02		Significant (p<0.001)
	<b>DAS</b>	Men (n=38)	40.78	45.25	Paired-Sample T	Significant (p=0.006)
		Partner (n=30)	33.22	38.02		Significant (p=0.010)
	<b>URICA-DV</b>	Men (n=39)	3.05	3.33	Wilcoxon Signed Ranks	NS (p=0.181)

6.14 Again, no statistically significant change was found in the men's motivation for change over the three-month period.

6.15 **BIP Completers – Bind Over cases:** Table 6.4 summarizes the analysis of changes for the Bind Over cases of the BIP Completers in the three outcome measures. Statistically significant change was found only in the men's as well as their partners' rating on marital satisfaction.

**Table 6.4: BIP Completers – Bind Over cases**  
**– Change from 0-mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>BIP Completers – Bind Over cases</b>	<b>CTS2</b>	Men (n=26)	16.36	11.72	Paired-Sample T	NS (p=0.130)
		Partner (n=26)	32.10	22.99		NS (p=0.135)
	<b>DAS</b>	Men (n=25)	41.81	45.55	Paired-Sample T	Significant (p=0.040)
		Partner (n=26)	31.90	38.04		Significant (p=0.033)
	<b>URICA-DV</b>	Men (n=27)	3.00	3.44	Wilcoxon Signed Ranks	NS (p=0.094)

6.16 Again, no statistically significant change was found in the men's motivation for change over the three-month period.

6.17 **BIP Completers – Probation cases:** Table 6.5 summarizes the analysis of changes for the Probation Order cases of the BIP Completers in the three outcome measures. Statistically significant change was found only in the men's rating on marital satisfaction.

**Table 6.5: BIP Completers – Probation Order cases**  
**– Change from 0- mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>BIP Completers – Probation Order cases</b>	<b>CTS2</b>	Men (n=28)	10.17	5.93	Paired-Sample T	NS (p=0.178)
		Partner (n=22)	24.80	19.15		NS (p=0.209)
	<b>DAS</b>	Men (n=28)	41.02	46.12	Paired-Sample T	Significant (p=0.004)
		Partner (n=22)	36.83	38.05		NS (p=0.272)
	<b>URICA-DV</b>	Men (n=28)	3.21	2.86	Wilcoxon Signed Ranks	NS (p=0.837)

6.18 Again, no statistically significant change was found in the men's motivation for change over the three-month period.

6.19 **Comparison Group:** Table 6.6 summarizes the analysis of change for the men in the Comparison Group in the three outcome measures. Statistically significant change was found only in the men's use of violence against their partners.

**Table 6.6: Comparison Group: Change from 0-mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>Comparison Group</b>	<b>CTS2</b>	Men (n=51)	17.31	8.20	Paired-Sample T	Significant (p<0.001)
		Partner (n=49)	33.00	14.43		Significant (p<0.001)
	<b>DAS</b>	Men (n=51)	43.49	43.43	Paired-Sample T	NS (p=0.525)
		Partner (n=49)	36.80	38.00		NS (p=0.166)
	<b>URICA-DV</b>	Men (n=51)	2.72	2.86	Wilcoxon Signed Ranks	NS (p=0.364)

6.20 No statistically significant change was found in the men's motivation for change over the three-month period.

6.21 **Comparison Group – Non-statutory cases:** Results for these Non-Statutory cases suggest that they shared quite similar pattern of change as that for the overall Comparison Group, except that statistically significant change was also found in the partners' rating on marital satisfaction (see Table 6.7).

**Table 6.7: Comparison Group – Non-Statutory cases –  
Change from 0-mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>Comparison Group – Non-statutory cases</b>	<b>CTS2</b>	Men (n=33)	15.14	6.42	Paired-Sample T	Significant (p=0.001)
		Partner (n=31)	40.84	15.52		Significant (p<0.001)
	<b>DAS</b>	Men (n=33)	42.79	43.36	Paired-Sample T	NS (p=0.345)
		Partner (n=31)	35.06	37.84		Significant (p=0.035)
	<b>URICA-DV</b>	Men (n=33)	2.56	2.88	Wilcoxon Signed Ranks	NS (p=0.164)

6.22 **Comparison Group – Bind Over cases:** Statistically significant change was found only in the men's rating of the use of violence against their partners (see Table 6.8).

**Table 6.8: Comparison Group – Bind Over cases  
– Change from 0-mth to 3-mth**

	Outcome Variables		0-mth	3-mth	Test	Significance of improvement
<b>Comparison Group – Bind Over cases</b>	<b>CTS2</b>	Men (n=15)	25.57	13.73	Paired-Sample T	Significant (p=0.007)
		Partner (n=15)	19.80	14.80		NS (p=0.142)
	<b>DAS</b>	Men (n=15)	44.21	42.32	Paired-Sample T	NS (p=0.856)
		Partner (n=15)	41.28	38.93		NS (p=0.836)
	<b>URICA-DV</b>	Men (n=15)	3.00	2.80	Wilcoxon Signed Ranks	NS (p=0.742)

6.23 **Comparison Group – Probation cases:** There were only three PO cases in the Comparison Group, thus making a separate analysis impossible.

### **Outcome analysis – Difference in change**

6.24 The 0-3-month change was compared among the subcategories within the BIP Completers and also between the BIP and Comparison Groups to determine whether there was any statistically significant difference between the subcategories or groups. An analysis was performed only on the changes of CTS2 and DAS.

6.25 **Comparison among the BIP Completers: Non-Statutory vs Bind Over vs Probation cases** Whether on CTS2 or DAS, no statistically significant difference was found in the 0-3-month change among the three categories of the BIP Completers (see Table 6.9).

**Table 6.9: Difference in 0-3-month change among the BIP Completers:  
Non-Statutory vs Bind Over vs Probation cases**

	<b>Men</b>				<b>Partner</b>			
	Mean change	(No. of Subjects)		Sig. diff?	Mean change	(No. of Subjects)		Sig. diff?
	Non-Statutory Cases	Bind Over Cases	Probation Cases		Non-Statutory Cases	Bind Over Cases	Probation Cases	
<b>CTS-Overall (0mth minus 3mth)</b>	10.57 (38)	4.64 (26)	4.24 (28)	NS (p=0.380)	26.20 (31)	9.11 (26)	5.64 (22)	NS (p=0.065)
<b>DAS (3mth minus 0mth)</b>	4.48 (38)	3.74 (25)	5.10 (28)	NS (p=0.886)	4.80 (30)	6.14 (26)	1.21 (22)	NS (p=0.380)

6.26 **Comparison between the BIP Completers and Comparison Group: Whole Sample** On the CTS2 for the men and their partners' ratings, no statistically significant difference was found in their 0-3-month change between the BIP Completers and the Comparison Group (see Table 6.10). On the DAS for the men, the 0-3-month change for the BIP Completers was significantly better than that for the Comparison Group; but the difference in the partners' ratings was not statistically significant.

**Table 6.10: Difference in 0-3-month change  
between the BIP completers and Comparison Group: Whole Sample**

	<b>Men</b>			<b>Partner</b>		
	<b>Mean change</b>		<b>Sig. diff?</b>  (two-tail)	<b>Mean change</b>		<b>Sig. diff?</b>  (two-tail)
	<b>BIP Completers</b>	<b>Comparison Group</b>		<b>BIP Completers</b>	<b>Comparison Group</b>	
<b>CTS-Overall (0mth minus 3mth)</b>	6.97 (92)	9.12 (51)	NS (p=0.516)	14.85 (79)	18.57 (49)	NS (p=0.548)
<b>DAS (3mth minus 0mth)</b>	4.47 (91)	-0.07 (51)	Sign. (p=0.005)	4.23 (78)	1.20 (49)	NS (p=0.107)

6.27 **Comparison between BIP Completers and Comparison Group: Non-Statutory Cases** Whether on CTS2 or on DAS, no statistically significant difference was found in the 0-3-month change between the Non-Statutory BIP Completers and Non-Statutory cases from the Comparison Group (see Table 6.11).

**Table 6.11: Difference in 0-3-month change between the BIP completers and  
Comparison Group: Non-Statutory cases**

	<b>Men</b>			<b>Partner</b>		
	<b>Mean change</b>	<b>(No. of Subjects)</b>	<b>Sig. diff?</b>  (two tail)	<b>Mean change</b>	<b>(No. of Subjects)</b>	<b>Sig. diff?</b>  (two tail)
	<b>Non-Statutory BIP Completers</b>	<b>Non-Statutory Comparison Group</b>		<b>Non-Statutory BIP Completers</b>	<b>Non-Statutory Comparison Group</b>	
<b>CTS-Overall (0mth minus 3mth)</b>	10.57 (38)	8.71 (33)	NS (p=0.647)	26.20 (31)	25.32 (31)	NS (p=0.916)
<b>DAS (3mth minus 0mth)</b>	4.48 (38)	0.58 (33)	NS (p=0.084)	4.80 (30)	2.77 (31)	NS (p=0.407)

6.28 **Comparison between BIP Completers and Comparison Group: Bind Over Cases**

Whether on CTS2 or on DAS, no statistically significant difference was found in the 0-3-month change between the Bind Over cases from the BIP Completers and those from the Comparison Group (see Table 6.12).

**Table 6.12: Difference in 0-3-month change between the BIP Completers and Comparison Group: Bind Over cases**

	<b>Men</b>			<b>Partner</b>		
	<b>Mean change</b>	<b>(No. of Subjects)</b>	<b>Sig. diff?</b>	<b>Mean change</b>	<b>(No. of Subjects)</b>	<b>Sig. diff?</b>
	<b>Bind Over BIP Completers</b>	<b>Bind Over Comparison Group</b>	<b>(two tail)</b>	<b>Bind Over BIP Completers</b>	<b>Bind Over Comparison Group</b>	<b>(two tail)</b>
<b>CTS-Overall (0mth minus 3mth)</b>	4.64 (26)	11.83 (15)	NS (p=0.250)	9.11 (26)	5.00 (15)	NS (p=0.715)
<b>DAS (3mth minus 0mth)</b>	3.74 (25)	-1.89 (15)	NS (p=0.065)	6.14 (26)	-2.34 (15)	NS (p=0.071)

6.29 **Comparison between BIP Completers and Comparison Group: Non-Statutory and Bind-Over cases combined (that is, Non-Probation cases)**

No significant difference was found in their 0-3-month change on CTS2 between the BIP Completers and the Comparison Group (see Table 6.13). As for the DAS, the 0-3-month change in the men's ratings for the BIP Completers was significantly better than that for the Comparison Group; and the difference in the partner's ratings approached statistical significance.

**Table 6.13: Difference in 0-3-month change between the BIP Completers and Comparison Group: Non-Statutory and Bind Over cases combined (that is, Non-Probation cases)**

	<b>Men</b>			<b>Partner</b>		
	<b>Mean change</b>		<b>Sig. diff?</b>	<b>Mean change</b>		<b>Sig. diff?</b>
	<b>Non-PO Completers</b>	<b>Non-PO Comparison Group</b>	<b>(two-tail)</b>	<b>Non-PO completers</b>	<b>Non-PO Comparison Group</b>	<b>(two-tail)</b>
<b>CTS-Overall (0mth minus 3mth)</b>	8.16 (64)	9.69 (48)	NS (p=0.653)	18.41 (57)	18.70 (46)	NS (p=0.966)
<b>DAS (3mth minus 0mth)</b>	4.19 (63)	-0.19 (48)	Sign. (p=0.016)	5.42 (56)	1.11 (46)	Marginally NS (p=0.053)

### **Client Satisfaction of the BIP service**

6.30 For the BIP Completers, the results in the Client Satisfaction Questionnaire (CSQ) showed that they were very satisfied with the group programme (see Table 6.14 for details). They reported that the group had effectively addressed their problems (Q. 5), that they would recommend the group to their friends who may need such service (Q. 4), and that they would also come back for the service when the need arose in future (Q.8)



**Table 6.14: BIP Completers' satisfaction rating of service received (n=86)**

Questions on the CSQ	Range	Mean
(Q1): Regarding the quality of service (Rating: from (1) very poor to (4) excellent)	2 – 4	3.30
(Q2): Comparing the service to client's expectation (Rating: from (1) certainly not to (4) certainly yes)	2 – 4	3.41
(Q3): Regarding the compatibility of service to client's needs (Rating: from (1) completely not satisfied to (4) almost completely satisfied)	1 – 4	2.94
(Q4): Whether client will recommend the service to friends (Rating: from (1) certainly not to (4) certainly yes)	1 – 4	3.53
(Q5): Regarding client's satisfaction of the help received (Rating: from (1) quite unsatisfied to (4) very satisfied)	2 – 4	3.34
(Q6): Whether the service helps client effectively address their problems (Rating: from (1) getting worse to (4) a great help)	2 – 4	3.52
(Q7): Client's overall satisfaction of service (Rating: from (1) quite unsatisfied to (4) very satisfied)	1 – 4	3.41
(Q8): Whether client will come back for help in future (Rating: from (1) certainly not to (4) certainly yes)	1 – 4	3.51
(Total)	8-32	27.0

## Summary of findings

6.31 The following summarizes the findings of the present outcome study on the BIP.

- ◆ BIP Completers had a very positive appraisal of the BIP service. They demonstrated statistically significant positive changes in reducing their violent behaviour and enhancing their marital relationship after joining the group programme. These results were reflected in both the men and their partners' ratings.
  - For the Non-Statutory cases of the BIP Completers, they demonstrated the same statistically significant positive changes in reducing their violent behaviour and enhancing their marital relationship after joining the group programme. Again, the

findings were consistent between the men and their partners' ratings.

- For the Bind Over cases of the BIP Completers, statistically significant positive changes were found in the men's marital relationship (as rated by both the men and their partners) but not in their use of violence against their partners.
  - For the PO cases of the BIP Completers, statistically significant positive changes were found only in the men's ratings of marital satisfaction.
  - For any of the 0-3 month changes in terms of violence reduction and improvement of marital satisfaction, no significant difference was found among the three categories of the BIP Completers (that is, Non-statutory, Bind Over and Probation cases).
- ◆ In comparison, men in the Comparison Group also demonstrated statistically significant positive changes over the three-month period but mainly in terms of controlling their violent behaviour (as rated by both the men and their partners).
- For the Non-Statutory Cases of the Comparison Group, they demonstrated over the three-month period statistically significant positive changes in reducing their violent behaviour (as rated by both the men and their partners) and enhancing their marital relationship (but only as rated by the men's partners).
  - For the Bind Over cases of the Comparison Group, statistically significant positive changes were found only in the men's own ratings of their use of violence against their partners.
- ◆ No significance difference was found between the BIP Completers and the Comparison Group in controlling their violent behaviour. However, the BIP Completers tended to show more positive changes than the Comparison Group in enhancing their marital relationship.

## CHAPTER SEVEN

### Results of Qualitative Study

7.1 In order to supplement the outcome study so that we have a more complete picture of what works with the BIP and the group process, a qualitative study was done. In this qualitative study, data collection consists of three parts: (1) group evaluation of participants, (2) successful participants' case studies; and (3) focus group of facilitators and caseworkers. In the group evaluation, we mainly looked at the usefulness of the group to the participants. In the multiple case studies, the changes and impact on the batterers brought about by the group was investigated. In the focus group, we concentrated on collecting comments from the caseworkers and group facilitators about the effectiveness of BIP and the comparative usefulness of group work versus casework service. In this chapter, the results of this qualitative study will be described and analyzed.

#### RESULTS OF THE GROUP EVALUATION

7.2 The BIP group evaluation was designed to collect direct feedbacks from the group participants on the usefulness of the BIP groups. Data were collected from all the eight BIP groups of the Stage 3 test run, but two groups encountered technical problems during audio recording. Therefore only the data of the remaining six groups were transcribed and analyzed. The data was analyzed in this way. Firstly, phrases and sentences in the data set that carried similar meaning were placed under the same category. Examples of these categories were commonality of group participants, negative impacts of family violence, emotional management skills and assumption of responsibility of the group participants. Secondly, further abstraction was then performed in order to organize those specific categories into more general themes. Examples of the themes included group process, knowledge acquisition, skill acquisition and attitude change. Categories used in this report were thought to be of greater significance because they were mentioned more frequently by group participants.

## **The primary goal of group participants**

7.3 The results of the present analysis seemed to indicate that the goal to improve one's marital relationship was a crucial motivating factor for the group participants to change. The majority of the participants held such expectation at the outset and they became increasingly determined to achieve this goal as the group progressed. They treasured their family and thus the group set the stage for them to achieve this goal. Examples of what the group participants and their group facilitators said are illustrated in Appendix 2, Examples 1 & 2.

## **Group Process Issues**

7.4 **The group as a comfortable environment for sharing and learning.** The group participants expressed the views that the group was a comfortable environment for sharing and learning (see Example 3 in Appendix 2). They regarded the group as a free and pleasant space for ventilating their grievances where they did not feel pressured or blamed (see Example 4). Some of them did feel slightly uncomfortable in the first few sessions because the discussions stressed more on men's responsibilities. However, they felt more relaxed when they understood that the purpose of those discussions was to help them preserve their family. In general, the participants felt at ease in staying in the groups and they liked their groups.

7.5 **Commonality of group participants.** Commonality of group participants, a factor that was present in group work but absent in casework, seemed to be rather helpful for the men. Commonality disarmed them, made them feel being accepted and empathized. They were more willing to share and thus they were more able to benefit from group discussions. Commonality also naturally fostered a sense of resonance and kinship. The participants found this special bonding consoling and rewarding (see Example 5).

7.6 **Group facilitators' factors.** Some group participants expressed their appreciation towards their group facilitators. For them, the group facilitators had the ability and the right intention to help them (See Example 6). Overall, the group facilitators established good therapeutic relationship with the participants.

## **Knowledge Acquisition**

7.7 **Negative impacts of family violence.** An important knowledge the group participants acquired from the group was the negative impacts of family violence (see Example 7). They started to realize the adverse consequences of family violence (see Example 8). This drove them to abandon violence as a way to handle marital conflict (see Example 9).

7.8 **Anger does not necessarily lead to violence.** Another knowledge that was being reinforced during the group was that anger does not necessarily lead to violence. The participants understood that it was natural to feel angry during interpersonal conflicts. Yet there were other ways to handle the situation apart from using violence (see Example 10). They realized the detrimental effects of uncontrolled negative emotions on their family lives and were thus motivated to control their negative emotions (see Examples 11 & 12).

7.9 **Both men and women contributed to the problem of marital discord.** The group participants started to realize that very often both men and women contributed to the problem of marital conflicts. As the group progressed, instead of blaming their partners entirely, they were more willing to assume responsibility for family violence and to improve themselves. This understanding helped them to shift from a blaming stance to a changing stance (see Example 13).

## **Skills Acquisition**

7.10 **Emotion management.** Once the group participants understood the detrimental effects of uncontrolled negative emotions, they were ready to acquire new skills to manage their emotions. A vast number of participants mentioned that the group helped them learn useful skills in handling negative emotions, in particular, the skills to manage their anger. Some of the skills that they mentioned included the skills to detect anger intensity, “time-out strategy”, and positive self-talk (see Examples 14 & 15).

7.11 **Conflict resolution and communication.** The group participants also regarded conflict resolution skills and communication skills as helpful (see Example 16). Practicing these skills seemed to improve the men’s quality of interaction with

their partners (see Example 17). The participants started to understand their partners' perspective and they became less critical of them (see Example 18). They were also more able to discuss issues with their partners in a calm manner (see Example 19).

### **Improvement in Attitude**

7.12 **Assumption of responsibility.** Generally, the group participants were increasingly ready to assume responsibility for violence and marital discord (see Example 20). They were willing to admit that it was their fault to use violence and they realized that they were partly accountable for their marital problems (see Example 21). Some of them even started to make active efforts to change (see Example 22).

7.13 **Softening of attitudes towards their partners.** For many group participants, attitudes towards their partners were softened. They were able to see from their partners' perspectives (see Example 23). As a result, they became more understanding, considerate and tolerant towards their partners (see Example 24). They were also more willing to show concern and love (see Example 25). It was noted that the partners' positive reactions towards the men's changes were highly reinforcing for the men (see Example 26).

### **The need for partner's collaboration**

7.14 Many group participants wished that their partners could collaborate with them through this process of change. With their collaboration, changes would be greater and faster. They thought that their partners would greatly benefit by receiving group work or casework services. A few participants, whose partners had attended women's groups, clearly stated that positive changes were apparent in their partners (see Examples 27, 28 & 29).

## **RESULTS OF CASE STUDIES**

7.15 To deepen our understanding of the BIP's effectiveness, we also use individual cases to study how the group intervention has helped to improve the men's behaviours. As mentioned before in Chapter Five, a total of three successful cases were selected at the end of the Stage 3 BIP by the FCPSU liaison persons based on their subjective estimate of the batterers' degree of improvement. These three cases were also selected because they had very positive results when their pre- and post-group test scores were compared. The following story of one of the three batterers will give us some understanding of his marital problems and how he had benefited from the BIP group intervention.

### **The case of a batterer**

7.16 Mr. Tsang was born in China. Since his childhood, he was selected as a dancer and received many privileges from his country. He was described by his wife as self-centred and obsessed with power since his early years. Their marital relationship was good initially in China. In 2003, his wife and son came to Hong Kong for reunion and took care of him as he had heart disease. Since then, marital conflicts arising from financial difficulties increased. Feeling a threat of being overpowered by his wife, he reacted by being dominating and controlling. He even used physical violence to maintain his power in the family. The case was eventually reported to the police and went on trial. He was bound over for 12 months by the court.

7.17 During the early stage of intervention, Mr. Tsang denied his violence and was aloof and distant in the first one or two sessions for fear that self-disclosure might create trouble for himself. Gradually, when emotion management was introduced in the programme, he became more attentive and expressive among the group members. It was not until the sessions on self-understanding did he start to admit and share his experience of violence. His wife also observed that he had changed a great deal in terms of better temper control and diminished male dominance. She was delighted with his new found respect for her, which allowed her to express her views and to cooperate in handling family problems together. In the past, he tended to make his wife listen to him.

## Method of Analysis

7.18 Interviews were conducted with three successful cases of BIP participants, their partners, group facilitators and caseworkers who were asked to give a verbal account of their experiences with the BIP. The man, his partner and the case worker also supplied information for the case background. Their verbal accounts were then transcribed. Firstly, the analysis was done to organize their narratives according to the story lines revealed in the transcriptions. Secondly, guided by two questions, namely “what had these men changed?” and “how did each party attribute the men’s changes?”, the narratives were further organized. Thirdly, using this framework of “change” and “attribution”, salient themes were extracted by considering the commonality and the essence in these three cases.

## Changes in the Men

7.19 In the three cases being analyzed, these men showed behavioural, attitudinal and relational changes after participating in the BIP.

- (1) **Behavioural Changes.** Caseworkers and the batterers’ partners reported that these men’s violent behaviours had ceased and that there were obvious changes in their emotional management and conflict resolutions ability. Increased awareness of their emotions was a noticeable change mentioned. The three men generally applied time-out plans when they felt irritated or likely to have temper outbursts (see Example 30). In addition, higher frustration tolerance level was also noted (see Examples 31).
- (2) **Attitudinal Changes.** Regarding attitude towards violence, the three men all agreed that violence could not help resolve problems and alternatives had to be sought to replace violent acts. Example 32 shows that one man realized that he had to find an alternative to violence after joining the group. The second most essential change in the attitude towards violence was their admission to having used it. Some even changed from a denial of using violence to admitting it following participation in the sessions on self-understanding.



- (3) **Relational Changes.** Relational changes in marital interactions were also observed. The partners were most pleased that their men had become more verbally expressive. For instance, they disclosed more about their lives outside their home and their plans. The partners felt that their marital relationship had improved. The batterers were seen to start re-examining their patriarchal values, for instance, ideas that men presumably have exclusive power or that men should be the breadwinner without responsibilities to share other household duties. Examples 33 & 34 illustrate that their partners felt positive change had occurred in their relationship as a result of the BIP. A summary of the men's changes along the behavioural, attitudinal and relational dimensions can be seen in Table 7.1 below:

**Table 7.1 Summary of the Three Men's Changes along the Behavioural, Attitudinal and Relational dimensions**

<b>Individual Behavioural Changes</b>	<b>Individual Attitudinal Changes</b>	<b>Relational Changes</b>
*Stopping violence	*Realizing violence is not an effective way to solve problems	*More verbal expression and increased self-disclosure
*Increased awareness of emotions	Admittance of violence	*Less tense marital relationship
*Applying time-out plan		Less patriarchal in decision-making and more division of family duties with partner
Increased frustration tolerance		

Key: \* Essential factors that were commonly found in all three cases' transcripts

### **Attribution: Impact of Group Intervention**

7.20 In these three cases, their partners and the case workers attributed the men's behavioural, attitudinal and relational changes to the following five factors:

- (1) **Usefulness of group content.** Various factors seemed to have contributed to the above changes observed in the three cases. The contents of the BIP were rated as very useful by the men. They were more impressed by the session on temper control than self-understanding and conflict resolution. The teaching of temper control helped them understand more about their patterns of temper and learn more anger de-escalation skills. They even practise the time-out technique in their daily lives because they found it effective in managing their temper. One group facilitator commented in Example 35 that anger management was useful to one of the men and he had actually used the technique.
- (2) **Impact of group process.** The three men received support and help through sharing with other participants in the group who had similar problems. In this sense, they motivated one another to deal actively with their problems and they acted as mentors for each other. They were stimulated and supported to reflect on their own behaviour patterns. This helped to create an insight for change. Example 36 showed that the men helped one another to solve problems in the group. The support they received from their group facilitators in analyzing their problems was also helpful.
- (3) **Men's internal motivation.** At heart the three men were consistently driven by their wish to preserve their family (see Example 37). To some extent, these men's willingness to compromise was noticed by their partners.
- (4) **Partner's collaborative effort.** The partners also played an important and complementary role in facilitating the men's changes. Generally, the partners were aware that improving their own temper control could diminish provocation of the men's emotions (see Example 38). With the partners' willingness to reconcile, it seemed to instil some hope for the men to do something to preserve the family.
- (5) **External intervention.** For external intervention, all men underwent legal procedures which boosted their alertness in ending violence. In Example 39, one man said that the police was instrumental in stopping his violent behaviour. The caseworkers also served a significant function in alleviating the men's practical difficulties in daily living and helped them to find ways to resolve marital conflicts.

## **The Men's Will and Way to Change**

7.21 We now take a further step to summarize how these three men had changed. What contributes to a person's change involves the will (determination/motivation) and the way (know-how and skills). To achieve/maintain the behavioural, relational and attitudinal changes of these three men, there are two main groups of factors. Firstly, there are those having to do with the will (determination/motivation). Under this group, we have the wish to preserve the family, the alertness to avoid re-offending, their partners' willingness to reconcile and the support and sharing they received from others in the group. Secondly, there are those having to do with the way (know-how and skills). Under this group, we have temper control skills, time-out skills, anger management skills, marital interaction skills and skills in communicating with their partners. Due to these essential factors and through self-understanding, reflections, and realizations, these men were able to improve in temper control, stopping violence, marital relationship and communication. To a certain extent, a compromising and less blaming attitude towards their partners also helped smooth out their marital relationships.

## **Comparison with Overseas Studies**

7.22 When reviewing overseas studies, we noted that the BIP evaluative study by Silvegleid & Mankowski (2006) had a close parallel to our present case studies. It revealed four levels of therapeutic factors in the process of change from the viewpoint of the participants and facilitators. On the community level, the criminal justice system together with the threat of losing the family posed an impact on the men. On the group level process, our study converged with their findings on most factors such as support, sharing, manhood, trust, sense of commonality, accountability of problems, mentoring, learning strategies to change, modelling, and resocialisation. On the facilitator level, their supportive role was indicated in both studies. On the individual level, both studies found that new skills, an increase in the level of awareness and a decision to change were essential.

## **RESULTS OF THE FOCUS GROUP FOR CASEWORKERS AND GROUP FACILITATORS**

7.23 A Focus Group was organized on 13 August 2007 so as 1) to solicit workers' views towards the usefulness of BIP, and 2) to obtain their views towards the

effectiveness of group work versus casework service. The Focus Group involved a total of 11 frontline workers—3 Clinical Psychologists (CP) and 6 social workers who were BIP group facilitators plus 2 caseworkers who had referred clients to the BIPs. The Focus Group was facilitated by a Senior Clinical Psychologist and a senior social worker who were not group facilitators. The focus group discussion was video- and audio-taped and then transcribed into Chinese to facilitate data analysis. From the transcribed material, major findings were extracted and presented here with examples of the members' words to illustrate them.

7.24 In the discussion, members were first asked whether the BIP was useful or not and why. There was consensus among all workers that the BIP was useful for the group participants. The following were reasons (in descending order of frequency of mention) given by them:

- (1) **BIP provided support, sharing and ventilation to the batterers.** This was a much agreed point among the focus group members and had been mentioned most frequently. Examples 40 and 41 showed that members believed the group had provided an opportunity for the batterers to ventilate and to support one another.
- (2) **BIP helped to improve the batterers' self-understanding, insight and self awareness.** Members felt that group participants had started to rethink what marriage was and to rebuild their expectations (see Example 42). They were also helped to examine their personal development in the group (see Example 43).
- (3) **BIP was useful because it helped to improve the skills of the batterers.** Members believed that because skills were taught and explained systematically in the group, the men could get something out of the BIP (see Examples 44 and 45).
- (4) **BIP helped the batterers to recognize and take responsibility for their past abuse.** Members said that the group participants tended to blame their partners initially, but after the group facilitators' encouragement, they learned to internalize rather than externalize their own problems (see Example 46).
- (5) **BIP was useful in helping the batterers understand that using violence did not work in a marital relationship and then they decided to learn other ways.** Members noticed that the men had realized the need to stop violence (see Example 47) and thus began to listen to others for alternative ways to handle marital conflicts (see Example 48).

- (6) **BIP helped to reduce the batterers' dependency.** Although not many members had mentioned this point, it was nonetheless one of the benefits of the BIP. From the group, the men learned to depend on one another to solve problems. Eventually, they believed that they had the power to help themselves instead of depending on the caseworkers (see Example 49).

7.25 Members were then asked whether casework or group work was more effective for creating positive change in the batterers. Their responses were as follows:

- (1) They tended to agree that group work seemed to have achieved more. The BIP group provided a platform for mutual learning and sharing (see Example 50). Moreover, some group participants rather listened to other group participants than to their caseworkers (see Example 51).
- (2) However, some agreed that individual casework could handle specific problems that were inappropriate to discuss in a group setting. Some members also felt that batterers who had undergone individual counselling could benefit more when they joined a BIP (see Example 52).
- (3) Many believed that the BIP was helpful to the caseworker (see Example 53) and that casework and group work should complement each other (see Examples 54 & 55). Some members suggested that group work should become a key component of treatment (see Example 56). Family Support Programmes, Men's Support Groups and summer programmes for the batterers and their families were also suggested as follow-up services to sustain the batterers' motivation to change.

## **SUMMARY OF QUALITATIVE STUDY**

7.26 To sum up, results of the group evaluation, case studies and focus group shared much in common. They all indicated that the men perceived the BIP group as a useful means for them to stop violence and achieve their goal of improving their marital relationship. The BIP participants and their group facilitators experienced the group as a comfortable space for sharing and learning. Commonality among group participants, and the group facilitators' professional attitudes and knowledge, rendered the group an even more valuable venue for learning. In terms of

knowledge acquisition, the participants had a clear understanding of the adverse impacts of violence and unmanaged negative emotions. They also learned more about the dynamics of marital discord, in which both partners usually contributed to the emergence and maintenance of marital problems. With such knowledge in mind, they were more willing to shift from a blaming to a changing stance.

7.27 As regard skills acquisition, the participants who were motivated by their wish to preserve the family, wanted to acquire more adaptive skills to handle their negative emotions so that they could abandon violence. They commented that the group taught them useful skills to tame their anger. It also taught them how to communicate and resolve conflicts with their partners. Some of them were making active efforts to apply these new skills such as time-out in their family lives.

7.28 Regarding their attitudes, both group participants and the group facilitators said that the men were more ready to assume responsibility for self-change after joining the BIP. Their attitude towards their partners softened. These changes in the men brought about positive reactions from their partners and this seemed to be highly reinforcing for the men.

7.29 However, all three cases reported that confrontation was not a useful technique to help them change. They preferred support and encouragement from their group facilitators.

7.30 One common suggestion from the group participants was that they wished their partners could collaborate with them during this process of change. They believed their partners could benefit from like services such as a parallel women's group or couple group. When both the men and their partners are working on the marital problems together, they can expect quicker and bigger improvement in their marital relationship.

7.31 Some group participants expressed their appreciation towards their group facilitators. For them, the group facilitators had the ability and the right intention to help them and had good therapeutic relationship with the participants.

7.32 In addition, the group facilitators and caseworkers believed that the BIP group had achieved more than casework service although individual casework could handle specific problems. Many believed that the BIP was helpful to the caseworkers and that casework and group work should complement each other. They concluded that group work should become a key component of treatment in the Department. They also suggested some follow-up services to sustain the batterers' motivation to change.

## **CHAPTER EIGHT**

### **Discussion and Conclusion**

8.1 The BIP in this pilot project was a 13-session group programme targeted at those family-only male batterers who wished to preserve their marital relationship in spite of conflicts with their partners. The BIP aimed to help the men control their violence, manage their emotions, and learn alternative ways to resolve their marital conflicts. The effects of the BIP was at this stage evaluated by comparing the men's changes over two time points (that is, 0- and 3-month of the programme) and with a Comparison Group. Moreover, the men's experiences in joining the BIP were studied with the hope of shedding some light on the characteristics of the programme.

#### **Effects of the BIP: Comparison between the BIP and Comparison Groups**

8.2 Analysis on the outcome measures for the 0-3-month period indicated that the BIP was effective in reducing the men's violent behaviour as well as enhancing their marital satisfaction. However, in comparison with the Comparison Group who received mainly casework service and had not attended the group programme, the BIP Group did not demonstrate any advantage in terms of reducing the men's use of violence. Instead, results suggested that the BIP Group had shown more positive change than the Comparison Group in terms of enhancing their marital relationship in the 0-3-month period, but the robustness of this relative advantage for the BIP Group has yet to be examined with further data analysis for the 9- and 15-month time points.

8.3 There were three subcategories in BIP and Comparison Groups, namely, Non-Statutory, Bind Over, and Probation cases. It should be noted that in a separate analysis on the two categories of Non-Statutory and Bind Over cases, no significant difference was found between the BIP and Comparison Groups; p-values were all greater than 0.05 on the difference of 0-3-month change in CTS2 and DAS, irrespective of the ratings by the men or by their partners. Such an occurrence may be due to (a) the relatively smaller sample size for each category in the BIP and Comparison Groups (Non-Statutory cases: 38 vs 33; Bind Over cases; 26 vs 15); and (b) stronger evidence being required to compensate for the increased variability when making inter-group comparison. However, when the Non-statutory and Bind Over cases were combined together (to form the "Non-Probation" cases) for further



investigation and the sample size of the two groups was thus increased (64 vs 48), a significant difference in the change of DAS for men ( $p < 0.05$ ) was observed between the two groups for the 0-3-month period, and the p-value for the change in DAS outcome for their partners had also improved though yet to reach significance (with p-value still greater than 0.05).

### **Effects of the BIP: Comparison within the BIP Groups**

8.4 The majority of the participants in this BIP pilot project were recruited on a voluntary basis from the clientele of the FCPSUs. These Non-statutory or “voluntary” participants as a group demonstrated good participation in the BIP groups and showed statistically significant positive changes on completing the BIP. In contrast, the Bind Over cases presented significant positive changes in their marital satisfaction but not in their violence control; and the Probation cases showed little significant change on all outcome measures. Although the changes over the 0-3-month period were not statistically significant among the three categories on all the outcome measures, there were some evidence from the present study that the voluntary participants (Non-statutory and BO cases) showed better improvement than the involuntary ones (PO cases).

8.5 Overseas studies (e.g. Begun, Murphy, Bolt, Weinstein, Strodthoff, Short and Shelley, 2003) suggest that court-referred clients are less motivated to change when compared with voluntary clients. Observations from the facilitators of BIP groups did suggest that the Probation cases who were directed by court to attend the follow-up presented the greatest challenge to them in running the group, and existing data also suggested that Probation cases as a group did not benefit from the BIP in its present design. However, it is worth mentioning that the completion rate of the PO cases was slightly higher than the Bind Over and Non-statutory cases, suggesting that Court Order did have some binding effect on the PO cases to attend the BIP regularly. In order to serve these Probation cases and to maximize their gain from the BIP, further study of their needs, exploration of ways to motivate them to change, to lower their anger, and corresponding adjustment of the BIP operation and/or contents are required.

### **What contributes to the effects of the BIP and who may benefit from the BIP?**

8.6 Preliminary post-group qualitative study has identified several interlocking factors that might contribute to the effects of the BIP, namely, (a) participants’

motivation, (b) BIP's group process, (c) programme design, and (d) back-up from casework service.

8.7        **Participants' motivation**        It was evident that participants' wish to preserve their marriage/family was a strong motivating factor for the men to accept external intervention and to seek help to correct their behaviour. This family value appears to be rather unique in the Chinese culture. In this regard, the partners' willingness to reconcile, their emotional support for the men's change, and their collaborative attempts to address their own problems in the relationship were highly encouraging for the men and reinforced their motivation to change. However, this wish of the batterer to preserve the family should not become a pressure for his partner to stay in the marriage if that is not her wish.

8.8        **BIP's group process**        A favourable group process had clearly contributed to the effects of the BIP. To many participants, the group was a useful means to help them achieve their goal and equip them with the essential knowledge, skills and attitudes for remedying their marital relationship. As mentioned in Chapter Seven, the group was regarded by the participants as a comfortable, free and pleasant space for them to share openly. A unique characteristic of group work as compared with casework was the grouping together of persons with common problems, and as such it fostered a sense of commonality and coherence. It also created an atmosphere of acceptance, empathy and trust among the participants who were eager to express themselves and benefit from the group discussion. Group participants also found the facilitators' professional skills and attitudes useful in developing an environment conducive to sharing and learning.

8.9        Although confrontation was one of the commonly used tactics the facilitators employed during the group process, the group participants reported that it was not a useful technique. This finding was echoed by overseas studies (Miller et al., 1993; Patterson & Forgatch, 1985). For example, Murphy & Baxter (1997) found that confrontations might increase rather than decrease resistance whereas supportive strategies could increase motivation to change in resistant batterers. Taft et al. (2004) also suggested a strong therapeutic alliance between the therapists and the batterers would enhance motivational readiness to change. Thus both overseas studies and the present result suggested that we should use more supportive strategies than confrontations in our future BIPs.

8.10 **Programme design** The BIP participants confirmed the usefulness of the programme content and that it had helped them to improve their ability to handle their violent behaviours and marital conflicts after attending the BIP group. Enquiry with individual couples also showed that changes of communication pattern were evident after participating in the BIP group; the men had become more open and expressive and such changes were welcomed by their partners. The men also reported a reduction of patriarchal values and became more compromising and empathetic with their partners. As a whole, the new learning acquired from the BIP led to a less conflicting interaction and hence improved the couples' relationships.

8.11 **Back-up from casework service** The group facilitators and caseworkers believed that although the BIP group had achieved more than casework service, individual casework could handle specific problems which the men would not discuss in a group setting. Moreover, the group participants felt that the caseworkers helped to solve their practical difficulties in daily living and thus helped to resolve marital conflicts. In the focus group, many group facilitators and caseworkers recommended that casework and group work should complement each other. They concluded that group work should become a key component of treatment in the Social Welfare Department. Family Support Programmes, Men's Support Groups and summer programmes for the batterers and their families were also suggested as follow-up services to sustain the batterers' motivation to change.

8.12 These four interlocking factors have in turn provided the answer to the question, "**Who may benefit from the BIP?**". Participants who present the following characteristics may benefit most from the BIP: (a) their use of violence is mild and restricted in the family; (b) they do not exhibit any serious psychological or personality problems but have apparent problems in anger management and marital relationship, with some harbouring of patriarchal values; (c) they have good motivation to preserve / improve their family and marital relationship; (d) their partners are supportive to them and also willing to change themselves; and (e) casework service provides the necessary back-up for their follow-up.

### **Limitations of the outcome study**

8.13 This pilot project has found the CTS2 and the DAS to be useful instruments in gauging the men's change in their use of violence and marital satisfaction over time. However, the URICA-DV did not seem to be a sensitive instrument in reflecting the change in the men's motivation over time and also the difference across various

categories of the BIP and Comparison Groups. In contrast to the non-significant results of URICA-DV, anecdotal observation from BIP's group facilitators suggested that the men had good participation in the group sessions and as the group moved on, there was an apparent increase in their interest in attending the group and seeking strategies for enhancing their family relationship. Reports from their partners also echoed this observation in that the women witnessed change in the men and their interest in joining the group; and in response to this observed change in the men, the women showed support for the men's participation in the group as well as their change. This discrepancy between the test findings and anecdotal observations seems to point to the limitation of self-report measures for this clientele and the need to resort to clinical observations or structured interviews (such as the Treatment Readiness, Treatment Responsivity, and Treatment Participation and Gain Scale by Serin, Mailloux & Kennedy, 2007) in gauging the motivation of men involved in partner violence. This is consistent with the latest literature review on URICA-DV which suggests that while "the stages of change construct can be fully applied to the IPV (intimate partner violence) area, more research and evaluation are needed on how to accurately assess abuser readiness to change" (Eckhardt & Utschig, 2007, pg. 319)

8.14 An important component in the BIP is to facilitate the men's acquisition of better emotional control and alternative management strategies towards violence. However, an assessment of the men's emotional control and its change over time was not carried out in the present study. Future outcome study of the BIP may need to include this in its evaluation.

### **Challenges for the development of BIP**

8.15 The BIP project is a pioneering project of this kind in the Social Welfare Department and is a significant step forward in the development of the batterer intervention service in Hong Kong. It is an attempt to develop an indigenous programme (both in terms of its design and its operation) for cases involved in partner violence. In the course of its development, the importance of casework support and collaboration among professionals (in our case, clinical psychologist and social workers) are highlighted. Colleagues involved in the BIP project are in the process of consolidating their experience in test-running the group programme with the hope of sharing their work (in relation to the design of the group programme and its detailed operation) with interested colleagues in the future.

8.16 The present project has generated questions for further consideration in order to improve the service for batterers and their partners. One such question is how the men's partners could be involved in the change process, which has been consistently proposed by the participants as well as workers involved in the project. In fact, current literature (e.g. Stith et al., 2003; Stith et al., 2004) showed that couple treatment, multi-couple therapy and individual couple therapy had appeared to be at least as effective as traditional treatment of domestic violence and did not place women at greater risk of injury. We can, therefore, explore the possibility of such treatments as well as victim's groups and parallel groups for our domestic violence clients. Another question is how the BIP should be adapted or modified for use with other types of batterers not targeted in the present study, for example, batterers who are leaving their partners and not seeking any reconciliation in the marriage.

8.17 This interim report has presented a preliminary analysis of the pilot project. Further analysis of the men's long term changes (six and 12 months after the BIP groups) and of the qualitative data to be collected has yet to be conducted and is expected to be completed by 2009. A full report will be compiled when all the data have been collected and analyzed.

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# **APPENDIX 1**

## **Statistical Methods Used**

The following statistical methods are applied for demographic variables and outcome measures:

- (a) Chi-Square test of independence – Commonly used on a contingency table of size (2 x c) for testing statistical difference between the BIP group and the comparison group for variables which are either of nominal or ordinal scale of measurement.
- (b) T-test – For testing statistical difference between BIP group and comparison group for the CTS2 and DAS outcome measures.
- (c) Mann-Whitney U test – A non-parametric test for testing statistical difference between BIP group and comparison group for the URICA-DV outcome with scores representing ordinal measurement.
- (d) Paired T-test – For testing any significant improvement between two different time points (herein, pre-group treatment stage (0-mth) versus end of group treatment stage (3-mth)) for the CTS2 and DAS outcome measures for the two different groups.
- (e) Wilcoxon Signed Ranks test – Another non-parametric test for statistical improvement in the URICA-DV score between two different time points for each of the two groups.

## APPENDIX 2

### Examples of Qualitative Study

<i>Example Number</i>	<i>Paragraph Number</i>	<i>Content</i>
1	7.3	One group participant said, 「家庭係需要去珍惜嘅，我就覺得呢個對我嚟講好重要。」 (“We need to treasure our family. This is very important for me.”)
2	7.3	One group participant said, 「你嚟呢度最緊要知道自己最終嘅目的係乜嘢。咁我個目的係想維持好個家庭嘛。唔想嘈團巴閉，唔想離婚，唔想掙煲，而係想箍煲㗎嘛。因為我地個煲要維持番，所以我要俾心機學，學到呢就係自己嘅。」 (“It is important that you know what the ultimate purpose of being here is. For me, my purpose is to preserve my family. I do not want arguments and divorce. I do not want to break up with my wife, but to keep my wife. I am therefore determined to learn well from this group.”)
3	7.5	One group participant said, 「在座的，個個都覺得每個禮拜上嚟傾吓計，吐吓苦水都會減到壓，情緒都會平伏返啲。」 (“These weekly gatherings allow us to chat and ventilate. They help to reduce our stress and calm down our emotions.”)
4	7.5	One group participant said, 「抒發就好自由呀，冇乜覺得被禁制。」 (“We can share freely, without the feeling of anything being barred.”)
5	7.5	One group participant said, 「如果大家都有同一樣嘅病痛，你講起上嚟就會感同身受，知道我究竟係點樣。咁樣講述同埋傾嘅過程，本身就係舒緩你問題嘅一個方式嚟。你得到同一種發洩亦都得到同一種安慰，即係互相之間會好自然有一種安慰。咁你亦都係關心人地或者得到人地關心嘅同時，會有開心嘅感覺囉。」 (“If we are suffering from the same problem, we would have greater empathy towards each other. So when we share with each other, we are relieving our own pain at the same time. We are ventilating the same kind of grievances and receiving the

		same kind of consolation. That is to say, we find mutual comfort in one another. Thus while we are showing our care for others or receiving support from others, we also feel happy.”)
6	7.5	One group participant said,「第一佢地心態好健康嘅,即係嚟住幫人嘅心態;第二,佢地有能力啦,各自有唔同嘅分工啦咁去做一啲野;第三呢,佢地用嘅方法就係呢經過考慮,咁每一個遊戲或者係一啲練習呢都有目的有幫助嘅,就唔係行形式化。」 (“Firstly, their intention is very wholesome; they want to help others. Secondly, they have the ability to help us and there are good collaboration among them. Thirdly, they designed the program thoughtfully; every game or exercise has an aim and is helpful, and thus does not become formalized.”)
7	7.6	One group participant said,「自己學咗家暴嘅害處。」 (“I learned the adverse effects of family violence.”)
8	7.6	One group participant said,「諗到暴力個後果,自己接唔接受得到先。」 (“I would ask myself first whether I can bear the effects of violence.”)
9	7.6	One group participant said,「以前覺得自己係啱晒,無錯。參加呢個小組,現在覺得自己用暴力係唔啱。通過呢個小組,學識點樣把家庭攞得和諧啲,唔好去打打殺殺、吵吵鬧鬧,對我嘅影響好緊要。」 (“Previously, I thought I did nothing wrong. After joining this group, I learned that using violence is not right. Through this group, I learned how to create a more harmonious family, and to stop quarrels and violence. This is very important for me.”)
10	7.6	One group participant said,「有時太太做得唔啱嘅地方,我會好勞氣,要用其他方法處理,但一定唔會用暴力。」 (“I feel irritable when my wife did something wrong. Instead of using violence, I would try to handle the situation in other ways.”)
11	7.6	One group participant said,「學習點樣控制自己嘅情緒,唔好等啲野惡化左。」 (“I would try to control my emotion so as not to make the situation worse.”)
12	7.6	One group participant said,「同太太復合期間喺街上有吵鬧,佢作挑釁性言語想打架。幸好自己想起小組嘅片段,學到嘅野,使自己可以控制自己,心情平靜咗,反而叫佢安靜。事後很高興,慶幸自己能控制情緒,不然會令事變壞。」 (“During the period

		of reconciliation, my wife once provoked me on the street, saying that she wanted a fight. Fortunately, I remembered what I have learned in the group. I tried to control my emotion and asked my wife to calm down. Afterwards, I felt very happy because I could handle my own emotion and had successfully prevented the situation from getting worse.”)
13	7.6	One group participant said, 「以前覺得自己好多事都係啱晒, 對方好多地方都係錯嘅。但上完呢啲堂, 覺得女方就算有咩唔啱嘅地方, 自己都需要檢討自己。忍咗先, 之後才去處理問題。唔好經常認定自己啱晒。」 (“In the past, I thought I was right and my wife was wrong. After attending these sessions, I realized that although my wife may be wrong, I need to pay attention to my own faults as well. I would try to calm myself down before attempting to handle the problem. I no longer believe that I am always right.”)
14	7.7	One group participant said, 「學習點樣控制自己嘅情緒, 唔好等啲野惡化左, 而家變左有矛盾果時呢, 自己就會有個警號, 就提醒自己, 呀, 係, 而家自己情緒就有啲問題, 要注意, 唔好俾佢惡化落去, 要冷靜佢, 呢個第一啦。第二, 就會有咁容易去鑽牛角尖。」 (“First of all, I learned to control my own emotion, so as to avoid things getting worse. At present, when I have conflict with my wife, I would signal myself to cool down so that my emotion would not escalate. Secondly, I tend not to preoccupy myself with negative thoughts.”)
15	7.7	One group participant said, 「處理衝突, 控制情緒。學習多了, 對人好了。所學的可應用, 有時更不夠用, 常用『停止』。其實自己之前亦有用過, 不過不懂好好善用。」 (“I learned to handle conflicts and manage my emotions. I also learned the proper way to “time-out” myself.”)
16	7.7	One group participant said, 「我都係學咗多啲溝通囉, 最緊要了解佢內心嘅世界呀, 同埋將自己嘅感受話俾佢聽呀, 即係大家多啲溝通、了解下囉! 唔會擺太多嘢喺個心度, 多啲溝通好啲嘅。」 (“For me, I realized the importance of communication. It is important to understand her internal world, and it is essential to communicate my thoughts and feelings to her as well. This mutual communication is good.”)

17	7.7	One group participant said, 「問題大家要講出來去解決, 因為大家有很多矛盾, 通過呢個過程, 建立和諧家庭。」 (“Since there are a lot of disagreements between us, we should talk about it openly. We would be able to build a harmonious family through this process.”)
18	7.7	One group participant said, 「都要聽下太太講乜嘢心聲囉, 要了解佢呀, 或者唔好講埋晒啲批評嘅嘢呀。」 (“I should listen to my wife more, to understand her, and not to criticize her.”)
19	7.7	One group participant said, 「其實喺呢個課程學到嘅呢, 就係包容同埋愛心囉, 互相了解同協商囉, 咁我就體會到呢樣嘢。」 (“From this group, I learned the importance of tolerance and love, mutual understanding and negotiation.”)
20	7.8	One group participant said, 「喺小組最初幾節, 當社工說唔可以用暴力時, 我嘅感覺係內疚。」 (“In the first few sessions, when the social worker said that we should not use violence, I felt regretful.”)
21	7.8	One group participant said, 「個心態有啲變咗。以前就成日覺得佢囉唆呀, 樣樣嘢都係佢引起。而家知道有時自己都有用心去做, 譬如冇去氹吓佢呀, 適當嘅時候又冇去幫佢呀, 佢有時講嘢叫我, 好多時我都係唔睬佢呀。即係以前做得唔夠, 真係做得唔夠。」 (“My attitude has changed. Previously, I thought that my wife was nagging and she was the one to be blamed. Now, I realized that I failed to care about her, help her, and to listen to her. I did not do enough for her in the past.”)
22	7.8	One group participant said, 「你上呢個課程唔係要你認錯, 而係你自己真係想有改變。」 (“The group sessions do not force you to admit your mistakes, but rather it is that you really want to change yourselves.”)
23	7.8	One group participant said, 「去掉換角色去諗, 而家可以諗多啲囉, 以前唔會嘅, 只會諗自己個面。」 (“I will try to see my wife’s perspective. In the past, I would not do so, I would only think about myself.”)
24	7.8	One group participant said, 得益嘅係, 學識容忍, 遷就, 少咗吵鬧。」 (“What is beneficial is that I learned to be more tolerant and considerate. There is less arguments.”)

25	7.8	One group participant said, 「對伴侶多啲關懷，多啲照顧同愛心，關係就會好。」 (“I try to show concern, care and love for my partners and our relationship will improve.”)
26	7.8	One group participant said, 「𨾏吓佢呀，而家乜都肯做囉，嘻嘻！所以咪有回報囉！而家真係用心付出。」 (“I try to please her and it repays.”)
27	7.9	One group participant said, 「另一半都參加，大家學習。」 (“My wife also join a similar group. We both learn together.”)
28	7.9	One group participant said, 「我認為呢兩個人去見，可以解決既問題多啲。」 (“If both of us receive therapy, more problems can be resolved.”)
29	7.9	One group participant said, 「我太太上過呢啲堂，佢上完堂之後，我感覺到佢同我嘅相處係變咗架！」 (“After my wife has attended similar sessions, I feel that our interaction has changed!”)
30	7.13	A caseworker said, 「改變係先生大聲罵太太佢知衰，自己又這樣發脾氣，後來停了，走入廚房食煙飲凍水，就冷靜自己」 — 個案社工 (“The change was evident when the men became aware of his temper tantrums. He knew that scolding his wife fiercely was wrong. He then stopped, walked into the kitchen, smoked a cigarette, and drank some cold water to calm himself down.”)
31	7.13	A batterer’s wife said, 脾氣都好了，他現在能夠抑壓住，他上堂識這些，以前唔會」 — 太太 (“His temper has become better. He can tolerate frustrations. He learned these in the groups, while he did not know these in the past.”)
32	7.13	One group participant said, 「因為俾我好緊要既嘢，打係唔得，你用其他辦法能夠去解決問題。」 (“The group taught me a very important issue that we could not batter our spouse; alternatives should be considered to solve problems”)
33	7.13	A batterer’s wife said, 「他現在多說話了，不會抑壓自己，最後都很多說話同我講...講孩子將來讀書的事...好咗好多，咩事都會講出來」 — 太太 (“He expresses more and no longer suppresses himself. He now talks a lot to me, about children’s study in the future, etc. A lot

		better, we talked about everything.”)
34	7.13	A batterer’s wife said, 「大家都有商有量，有得交談，即係好似一般人家家庭生活咁正常，再唔會係緊張，緊張好辛苦」 – 太太 (“We can negotiate and discuss with each other, like other normal family. Our relationship is no longer tense. Tension is hard to bear.”)
35	7.14	One group facilitator said, 「我覺得係憤怒控制，聽到他每次都講到點樣做，或者有有難處，你會發覺他不是只是聽，真的應該有試過，有地方佢覺得唔得，他會告訴你」 – 小組輔導員 (“Anger management was useful to him. He could verbalize step by step how it was carried out. He was not just listening but actually applying them. When he found that they are not working, he would discuss with you.”)
36	7.14	One of the cases said, 「傾好多事情，我們都互相幫助，這個組，有咩事大家想不通，大家都講出來，如果大家能夠幫到你就幫，不能幫我們就找方法來解決這個問題」 (“We talked a lot and we helped each other. In this group, we told each other whatever we could not understand. If we could help, we would. If not, we tried to think of some other ways to solve the problems.”)
37	7.14	One group participant said, 「錯就錯咗，唯有承擔呢個責任...自己想點樣以後補救段婚姻到好為止，始終要自己補救。除非唔想有番個家庭，有番個家庭就要留心聽，唯有做多一點」 (“I have already done something wrong, but what I can do is to take responsibility...I try to see how I can improve our marriage. What is important is that I myself have to do something. If I do not want to give up the family, I have to listen and do something.”)
38	7.14	The wife of a man remarked, 「若他發脾氣，我會先不和他說話...以前有時會繼續講...有時不和他說免得吵架會行開...盡量不要和他吵架，不要煽動他」 (“If he throws lose his temper, I would not talk to him...In the past, I kept on arguing with him...Now I would walk away to avoid conflicts...I try not to argue with him or provoke him.”)
39	7.14	One of the cases said, 「警察...唸深一層如果佢唔告我又反思唔到，沒咗呢個結局，可能仲錯落去。」 (“Police...if they do not charge me, I would not reflect on what I have done. Without this consequence, I might continue to batter.”)
40	7.18	A group facilitator said, 「在這裡講，雖然大家故事不同，但是大



		<p>家可以明白大家的感受。同時分享得咁上下，大家建立了關係，佢地覺得可以互相提醒，互相批評。我地覺得呢方面幫到佢地好多。」</p> <p>(“Here, although their stories were different, they could understand each other’s feelings. Through sharing, they could develop a relationship. They felt that they could suggest things to each other or even criticize one another. We feel that in this way, they are helped a lot.”)</p>
41	7.18	<p>A group facilitator expressed, 「佢係佢地平時呢班男士好少有人聽下佢講心底話，有機會成班男士呻下，所以其實佢地都幾享受這樣。」</p> <p>(“Normally, very few people listened to these men. This was an opportunity for them to ventilate; thus they quite enjoyed the group.”)</p>
42	7.18	<p>A group facilitator said,「同時有些組員亦開始睇返婚姻是什麼？然後開始重新建立一個新的期望。」</p> <p>(“At the same time, some group participants started to rethink what marriage is. Then they began to rebuild their expectations.”)</p>
43	7.18	<p>A caseworker said,「又有另一個個案，本身都肯講多少少，在小組裡因為比較有系統，又可以檢視下佢自己的成長經歷，同時又有 skills 教佢，因此變了 individual 傾的時候，傾的話題更加深入。對於那些有心的 client 更會進一步幫到。」</p> <p>(“There was a client who was quite willing to express himself. The BIP was systematic; it helped him to examine his own development. Also he was taught some skills. Therefore in our individual sessions, we could have more in- depth discussions. We could be more helpful to those clients who were motivated to change.”)</p>
44	7.18	<p>A group facilitator said, 「佢有些 educational element , skill 的 sharing , 佢都有 get 到一些。」</p> <p>(“It has some educational element, skills sharing; thus he can get something out of the group.”)</p>
45	7.18	<p>A group facilitator said,「其實小組處理事情會比較有系統，並不是社工沒有教小組裡所教的事，但是他們覺得現在講得清楚很多，之間的來龍去脈清楚很多、有條理很多，而令佢地覺得小組很有用。」</p> <p>(“The BIP was more systematic. Not that the caseworker had</p>

		not taught what was taught in the group session, but the batterers felt that what was taught was clearer in the group, more explanations, more systematic, and thus they felt that the group was very useful.”)
46	7.18	<p>A group facilitator said, 「我個小組好特別，男士話點解叫我來，佢地認為應該女士來，罰就罰女士，跟住講返件事，打個陣個種唔公平。我地那一組 XX 帶得幾好，話你地有兩個茶煲，你要先處理自己那個茶煲，另一個遲點再說，令佢地唔會將件事 externalize，internalize 返處理自己個茶煲先。跟住去到中間佢地都有承認自己係大男人，對太太唔好。睇到佢地在這段時間慢慢將佢地的 externalize 的問題 internalize，睇到個 progress。」</p> <p>(“My group was very unusual. The men asked why they should come to the BIP. They believed that their wives should come instead. The women should be punished when the men recalled how they fought with their wives; they thought they were unfairly treated. In our group, XX (name of CP) was a good facilitator. He said there were two tea pots; they should first look after their own tea pot before handling those of others. This was to encourage them to internalize rather than externalize their own problem. Then when they came to the middle of the sessions of the BIP, they began to admit that they were male chauvinists and was not good to their wives. We could see that they had gradually changed from externalizing to internalizing their own problems, thus showing progress.”)</p>
47	7.18	<p>A group facilitator said, 「大家一齊去講返自己的經驗，其實，已經好肯定呢個唔係一個做法。有小量組員都會覺得其實自己個太太的行為是否真係咁唔合理呢？咁就變了多了一個人際之間一個互相學習機會。」</p> <p>(“They all talked about their own experience. In fact, they were sure that this (violence) would not work. A number of participants felt that their wives were really not that unreasonable. Thus the BIP also provided an opportunity for the batterers to learn from one another.”)</p>
48	7.18	<p>A group facilitator said, 「而家連身邊很多男人都發覺這方法是不行的，在他們家裡都行不通，所以佢地覺得有個空間，開始想聽下除了這樣還可以怎樣？」</p> <p>(“Now that many men around them had discovered that this method (using violence) did not work in their home, they began</p>

		to listen if there were other ways of relating with their spouses instead.”)
49	7.18	<p>A caseworker said, 「我覺得小組可以發揮到成長的功效。有些男士一條唔聽你講，一些聽你講的可能好依賴。我有什麼唔掂，就返來問下姑娘意見，或者要同佢傾好耐。但係小組就可以互相幫忙，佢就覺得自己是有力量。比起單對單，佢地覺得係有力量可以互相幫忙，互相解決問題，或者面對個問題。」</p> <p>(“I felt that the group could help the men grow. Some men would not listen to you, but for those who listen, they could be very dependent. They would consult the caseworkers whenever they had problems and would talk for a long time. But in the group, the men helped each other. The batterer would think that he had power to help himself. Compared to individual counselling, they felt in a group they could help each other to face and solve problems.”)</p>
50	7.18	<p>A group facilitator said, 「有小量組員都會覺得其實自己個太太的行為是否真係咁唔合理呢？咁就變了多了一個人際之間一個互相學習機會。呢樣係靠單對單個案工作冇辦法做到。係 worker 講佢聽都唔及組員講佢聽。」</p> <p>(“Some group participants wondered if their wives’ behaviours were really that unreasonable. The group provided a way for mutual learning. This could achieve what individual counselling could not achieve. They would rather listen to the words of fellow group participants than to those of the worker.”)</p>
51	7.18	<p>A group facilitator said, 「因為不單只 worker 有聲音，其他男人，其他組員都可以有聲音。有時佢會 buy 一些其他組員說的話，未必 buy 個 worker。但 anyhow 又幫到佢唔用 violence 的方法就可以解決婚姻破裂的問題。」</p> <p>(“In the group, there was not only the voice of the caseworker, but also those of other male participants. Sometimes they would accept the words of other participants, but not those of the worker. Anyway, these words had helped them not to use violence in handling their marital problems.”)</p>
52	7.18	<p>A caseworker said, 「我覺得 individual 有 individual 好，因為 individual 處理過，去到 group 有咁易攪亂檔。另一些就是佢有些問題好 specific，在 group 是處理不到。」</p> <p>(“I felt that individual casework had its own merit. A client who had received individual counselling was able to participate</p>

		more in a group. Moreover, he might have some specific problems that could not be dealt with in a group situation.”)
53	7.18	<p>A caseworker said, 「如果我身為一個 case worker，如果有個組長可以幫我照顧，同我講些事，而這些事我每個 case 都會重新講一次，我希望我個服務會 cost efficient，唔需要咁多同事都要講同一個台詞，當然唔係每個男人肯去參加組，但係肯去參加組的就飛了同事一些。我亦覺得同事有個心聲，對於同事來講，去了這個組之後，呢個 case 幾個月靜了，咁就好了。」</p> <p>(“As a caseworker, if there is a group facilitator who can help me say something to the client so that I do not have to repeat the same words to each client, I would welcome it. I hope that our service will be cost efficient and that our colleagues do not have to repeat the same ‘speech’ to every client. Of course not every man will be willing to join the group. For those who have joined the group, they would not require the caseworker’s service for a while. I felt that colleagues believe that if their clients join the group, they would have a few months of quiet and they like it.”)</p>
54	7.18	<p>A group facilitator said, 「其實我已經攞了幾次組，開始覺得個案和小組是相輔相成。其實整個 program 十三節是 standardize 了，其實這件衫並不是個個合穿。如果個案社工熟識整個十三節，咁不如去負責小組會否更加好？我有感覺個案同小組大家各自做，有些脫節，拿不出 interactive 的 effect 出來，這些是我初步的猜測。不過我開始覺得是<u>相輔相成</u>。」</p> <p>(“Actually, I have conducted the BIP several times. I begin to think that casework and group work are mutually beneficial. The BIP consists of 13 standardized sessions, but it is not suitable for every batterer. If the caseworker is very familiar with all 13 sessions, wouldn’t it be better if she/he becomes the group facilitator? I start to feel that if individual casework and the BIP are conducted separately with little interactions between the workers, then the interactive effect of the two activities will not come about. I begin to feel that they are mutually beneficial.”)</p>
55	7.18	<p>A group facilitator said, 「變了有些教唔得囉或者組 pick up 唔囉，而這些是這個 case 的，我便給了 case worker，在這裡我都便利到 case worker 有個 follow up，我覺得這是我們社署試驗相</p>

		<p>輔相成的方法。」</p> <p>(“For those materials that I cannot finish teaching or participants cannot pick up quickly enough, I will give to the caseworker. This will facilitate the caseworker to follow-up on the client. I feel that this is how we can be mutually beneficial at SWD.”)</p>
56	7.18	<p>A group facilitator said,「是否每一位同事明白除了個案工作，我地核心工作係包括小組工作。是否當它是核心工作是很重要。」</p> <p>(“Does every colleague realize that besides casework, group work is also a key component of treatment? It is very important to regard it as a key component of our work.”)</p>

# **OUTCOME STUDY OF THE BATTERER INTERVENTION PROGRAMME**

**Final Report  
of the BIP Project  
「家暴不再 — 男士成長小組」**

**Social Welfare Department**

**November 2009**

## **ABSTRACT**

The Batterer Intervention Programme, an indigenous group programme for the men of partner violence cases, was piloted in the Social Welfare Department in 2006-08 and this outcome study was conducted to evaluate the effects of the group programme in comparison to the casework service alone. The BIP Completers and the Comparison Group were compared in terms of their violence reduction and improvement in marital satisfaction. Variations in the subgroups of Non-statutory, Bind Over and Probation Order cases were also examined. The BIP groups had a high completion rate of 78%. In terms of violence reduction, both the BIP Completers and the Comparison Group maintained statistically significant improvement in the one-year follow up, and their relapse rates (14.3% and 17.1% respectively) were comparable. However, only men and their partners from the BIP groups reported statistically significant improvement in their marital relationship. There were methodological limitations in the study and no definitive attribution of the BIP's positive outcomes can be made. Research with a more rigorous methodological design is needed in further establishing the efficacy of the group programme.

## **ACKNOWLEDGEMENTS**

The Batterer Intervention Programme (BIP) Pilot Project marked the beginning of a true scientist-practitioner era of work for the social workers and clinical psychologists of the Social Welfare Department. The positive effects of the BIP were documented in the May 2008 interim report of the pilot project. In this final report, we are pleased to see that the good results stood up to the test of time.

The BIP Pilot Project has been a rich learning experience and no doubt hard work for the colleagues involved in the past 4 years. On behalf of the Department, we must express our heartfelt thanks to all colleagues for the professionalism, perseverance and dedication that they demonstrated during the project. Our warmest thanks also go to colleagues of the Department's Research and Statistics Section for their advice and support in the statistical analyses of the study.

Last but not least, we wish to express our gratitude towards members of the Advisory Group for their staunch support and guidance throughout the BIP project. The generous sharing of their expertise and the substantial advice they gave throughout the project were indispensable in its success.

Anna MAK, Assistant Director (Family and Child Welfare)  
Helios LAU, Chief Clinical Psychologist

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## **Chapter One: Introduction**

1.1 In March 2006, Social Welfare Department (the Department / SWD) launched a BIP (Batterer Intervention Programme) Project with the mission of developing an effective group intervention programme for the male batterers of partner violence cases that were served by the Family and Child Protective Services Units and Probation Offices of the Department (see Appendix 1). A 13-session group programme was designed and targeted at those male batterers who wished to preserve their marital relationship in spite of conflicts with their partners. In the meantime, an outcome study was conducted to evaluate the effects of the group programme in the context of the casework service provided by the social workers.

1.2 The group programme was aimed to help the men control their use of physical violence and other forms of partner abuse, and to enhance their gender equality values, emotional control and marital relationship. Basing on our review of the literature on partner violence intervention and reflection on our practice experience in the local context, a group curriculum was designed to address the various factors leading to the men's use of violence. The curriculum consisted of four components and each component was covered in three sessions. The four components and their main themes were (1) Understanding the various forms and impacts of partner violence; (2) Understanding emotions and learning of emotion (especially anger) regulation strategies; (3) Self understanding regarding the influence of family of origin, expectation and values towards personal development, marriage and family relationship; and (4) Learning of conflict resolution and relationship enhancement skills (see Appendix 2).

1.3 A total of twenty BIP groups were run in the period between March 2006 and January 2008, and a total of 171 men had joined the group programme, with an average of eight participants per group. The average completion rate (which was defined as attending at least 9 out of the 13 sessions) for the 20 groups was 78%.

1.4 In May 2008, we had written an Interim Report (SWD, 2008) which detailed the theoretical background, design and operation of the BIP. The Interim Report also presented the methodology for evaluating the group

programme's outcomes and a preliminary analysis of the outcome data that were available at that time. Moreover, participants' experiences in joining the BIP were studied with a view to shedding light on the characteristics of the group programme. The Interim Report was in October 2008 uploaded to the Department's webpage.

1.5 The entire data collection for the BIP's outcome study was completed earlier this year (2009) and we had completed the analysis of all the outcome data. This Final Report presents the findings of this outcome study.

## Chapter Two: Methodology of the Outcome Study

### Design of the outcome study

2.1 In order to study the effects of the BIP groups, a quasi-experimental design was used; a comparison group was included in the study along with the experimental group (that is, the BIP). By definition, the experimental group referred to the men who had received the BIP group service in addition to regular casework service (see Appendix 1), and the comparison group referred to those men who received regular casework service only. Data were collected from the men as well as their partners at four time points – before, immediately after, six months after, and 12 months after the group programme (see Table 2.1).

Table 2.1: Outcome evaluation design

Time points	BIP group (casework service + BIP)		Comparison group (casework service only)	
	Participants	Female partners	Clients	Female partners
0-month	● Data collection		● Data collection	
0-3month	13 BIP sessions	-----	-----	-----
3-month	● Data collection		● Data collection	
9-month	● Data collection		● Data collection	
15-month	● Data collection		● Data collection	

### The sample

2.2 Although there were a total of 171 men who had joined the BIP Project, groups that were run in 2006 (with a total of six groups and 52 participants) were used as pilot to test out the programme contents and evaluation tools. Therefore only the 119 men who joined the groups (a total of 14) in 2007-08 were involved in the outcome study. Table 2.2 shows the breakdown of these 119 cases across the different categories.

2.3 For the Comparison Group, fifty-four men were recruited from the service recipients of the FCPSUs. These men were offered to join the BIP but could not join the group programme due to long working hours in their jobs or shift duties. They and their partners were however willing to participate in the outcome study.

Table 2.2 : Breakdown of Cases for the BIP Outcome Study

	BIP Group (N=119)			Comparison Group (N=54)
	Completers	Non-completers	Drop-outs	
Whole sample	96	16	7	54
Non-statutory cases	39	6	3	34
BO cases	28	5	2	17
PO cases	29	5	2	3

Note: Completion is defined as having attended 9 or more of the 13 group sessions. Non-completers were participants who had attended 4 to 8 sessions. Drop-out participants were those who had attended 3 sessions or less.

## **The evaluation tools**

2.4 The initial proposal was to study three outcomes for the BIP, namely, (1) the men's use of violence to their partners, (2) marital satisfaction of the men and their partners, and (3) the men's motivation to change. However, the "men's motivation to change", which was measured by the University of Rhode Island Change Assessment – Domestic Violence (URICA-DV) (Levesque, Gelles & Velicer, 2000), was later dropped from the analysis due to the non-significant results in all the comparisons and the literature's suggestion that there was limitation of self-report measures in this area for the clientele.

2.5 Abusive behaviours The Revised Conflict Tactics Scale (CTS2) (Straus et al, 1996; Chan, K.L, 2000) consists of five subscales, namely, physical assault, psychological aggression, sexual coercion, injury, and negotiation. In order to shorten the tool and after seeking approval from the test publisher, questions on the negotiation subscale were eliminated. Moreover, this study focused only on the abusive acts inflicted by the men against their partners. As a result, two separate forms, each consisting of 33 items, were filled out by the men and their partners correspondingly. A summary frequency was used to indicate the violence used by the men. The partners' data regarding the men's use of violence were used to compare with the men's self-report.

2.6 Dyadic adjustment To gauge changes in the marital satisfaction of the participants and their partners, the Dyadic Adjustment Scale (DAS; Spanier, 1976; Shek, 1994) was used in the pre- and post-group assessment. This test was adapted to measure the marital quality which was represented by the concept of dyadic adjustment, of both the batterers and their partners in their married or cohabiting relationships. In this study, a short version of the Chinese DAS which was translated by Shek (1994) and consisted of 16 items was used. A global index was used to indicate the marital adjustment of the respondent; the larger the global index was, the better the marital adjustment would be.

2.7 Correlation between CTS2 and DAS Although there was a tendency for the measures of CTS2 and DAS to have negative correlation with each other, the pattern was not consistent in the sample especially for the participants of the BIP group (see Table 2.3). The results suggested that “use of violence” and “marital satisfaction” did not have a simple, linear relationship across the different subgroups of the partner violence cases, and therefore the need for independent analysis for the two measures (CTS2 and DAS).

Table 2.3: Correlation between CTS2 and DAS  
(using 0-mth data points for calculating Pearson correlation coefficient)

	Men			Female partners		
	N	Corr	p-value	N	Corr	p-value
BIP Completers	93	-0.029	0.784	83	-0.408	0.000 (Sign)
Non-Statutory cases	38	-0.050	0.764	35	-0.317	0.064
Bind Over cases	27	+0.006	0.978	25	-0.370	0.068
Probation Order cases	28	-0.017	0.931	23	-0.637	0.001 (Sign)
Comparison Group	54	-0.441	0.001 (Sign)	52	-0.378	0.006 (Sign)
Non-Statutory cases	34	-0.585	0.000 (Sign)	32	-0.370	0.037 (Sign)
Bind Over cases	17	-0.345	0.175	17	-0.453	0.068
Probation Order cases	3	- - - - *	- - - -	3	-0.341	0.778

\*Cannot be computed as CTS2 scores are all zero

2.8 Valid returns The proportion of valid returns for all four time points (0-3-9-15-mths) ranged between 56% and 64% for the BIP Completers, and between 76% and 78% for the Comparison Group (see Table 2.4).

Table 2.4: Number of valid returns for CTS2 and DAS  
across all four time points (0-3-9-15-mths)

BIP Completers (N = 96)	
Men	Female partners

Type of cases	CTS2	DAS	CTS2	DAS
Non-statutory cases (N=39)	28	27	24	23
Bind Over cases (BO) (N=28)	16	15	18	17
Probation Order cases(PO)(N=29)	17	18	14	14
Total	61 (64%)	60 (63%)	56 (58%)	54 (56%)

Type of cases	Comparison Group (N = 54)			
	Men		Female partners	
	CTS2	DAS	CTS2	DAS
Non-statutory cases (N=34)	28	28	27	27
Bind Over cases (BO) (N=17)	12	11	12	12
Probation Order cases(PO)(N=3)	2	2	2	2
Total	42 (78%)	41 (76%)	41 (76%)	41 (76%)

## Relapse study

2.9 In this study “relapse” was defined as the reoccurrence of the men’s use of violence as checked by their partners at the 9-month or 15-month time point on any single item of the “severe physical assault” and “severe injury” subscales of CTS2. Relapse rates at six months and twelve months after completing the BIP group were studied. The above definition was chosen with the following considerations: (a) Women’s report was generally considered to be more reliable than the men’s self-report on their use of violence; (b) The local outcome on relapse was intended to be compared with that in the literature which employed police or criminal record to calculate the relapse rate. As not all violent incidents are reported to police or convicted eventually and those that were reported to police or convicted are expected to be more serious incidents, women’s report on the “severe” subscales on “physical assault” and “injury” of CTS2 may be more comparable to the relapse rate in the literature. (See Appendix 3 for a list of the items for the “physical assault” and “injury” subscales of CTS2.)

## Statistical analysis

2.10 The present outcome analysis was focused on those who had completed the group programme, and these “BIP Completers” consisted of three categories, namely, “Non-statutory cases”, “Bind Over cases” and “Probation Order cases” (see Table 2.2 above). As for the “non-completer” and “drop-out” cases, the sample was too small for analysis.

2.11 Baseline comparison Comparison between the BIP Completers and the Comparison Group showed no statistically significant difference (with all p-values > 0.05) in terms of the men's as well as their partners' demographic data (namely, "age", "years of living in Hong Kong", "educational attainment", and "economic activity status"). Moreover, no statistically significant difference (with all p-values > 0.05) was found between the two groups in the two outcome measures of CTS2 and DAS at the 0-month time-point. (For details of the demographic and psychosocial profiles of the BIP Completers and Comparison Group, please refer to the Interim Report (SWD, 2008).)

2.12 Comparing the Non-statutory subgroup between BIP Completers and the Comparison Group also showed no statistically significant difference (with all p-values > 0.05) on the four demographic variables and the two outcome measures (CTS2 and DAS). In the same token, there was no difference in the Bind Over or Probation Order cases between BIP completers and the Comparison Group. Thus the baselines of the BIP Completers (experimental group) and the Comparison Group were comparable.

2.13 Test of significance Given that data were collected for four time points for each subject, repeated measures analysis of variance (ANOVA) was conducted separately for the measures of CTS2 and DAS. The value of 0.05 was used as the level of significance.



## Chapter Three: Results

In this chapter, outcomes of the BIP groups were compared with the Comparison Group and among the different subgroups of Non-statutory, Bind Over and Probation Order cases. Repeated measures ANOVA method was used for the analysis and major summary results were presented here. The means and standard deviations of the outcome measures were presented in Appendices 4 and 5.

### Assessment of different effects of Group and Time Factors

3.1 The effects of group (two levels – BIP Completers and the Comparison Group) and time (four levels – 0-month, 3-month, 9-month and 15-month) for CTS2 and DAS were shown in Tables 3.1.

Table 3.1: Effects of the group and time factors for CTS2 and DAS

<b>Men</b>		
<b>Effect</b>	Measure / Dependent Variable	p-value
<b>Group</b>	CTS2	0.717
	DAS	0.674
<b>Time</b>	CTS2	0.000 (Sign)
	DAS	0.216
<b>Group X Time</b>	CTS2	0.373
	DAS	0.015 (Sign)
<b>Female partners</b>		
<b>Effect</b>	Measure / Dependent Variable	p-value
<b>Group</b>	CTS2	0.369
	DAS	0.899
<b>Time</b>	CTS2	0.000 (Sign)
	DAS	0.040 (Sign)
<b>Group X Time</b>	CTS2	0.933
	DAS	0.124

3.2 In terms of CTS2, there was no interaction effect between the group and time factors (i.e. group x time effect). The main effect of time was significant and there was a downward trend of violence as revealed by men and perceived by female partners. As shown in Table 3.1, there was however no group effect for both men and female partners, thus indicating no statistically significant difference in terms of violence reduction between the BIP Completers and Comparison Group.

3.3 In terms of DAS, there was no significant group effect for both men and female partners. However, there existed significant interaction effect between the group and time factors (i.e. group x time) for men. As for female partners, though the interaction effect was not statistically significant.

3.4 Therefore, simple effects analyses were conducted by reviewing the main effect of time for each group or sub-group separately, and further paired comparisons between the time points of 0-3, 0-9, and 0-15-month were reviewed only if significant main effect of time was found. The results were presented in the remaining parts of this chapter.

### **Main effect of Time – Comparison between the BIP Completers and the Comparison Group**

3.5 The main effect of time for CTS2 and DAS for the BIP Completers and the Comparison Group were shown in Tables 3.2 and 3.3. In terms of the men's violence reduction, significant main effect of time was found for both the BIP Completers and the Comparison Group. Moreover, both the men and their partners' ratings suggested that the control of violence was sustained throughout the 3-, 9- and 15-month time points. However, on marital satisfaction, only the BIP Completers showed significant improvement over time, and the findings was reflected by both the men and their partners' ratings. For the men from the BIP Completers, significant improvement in marital satisfaction was found at 3-month and 15-month, and significant improvement for their partners was found at 3-month and 9-month.

**Table 3.2: BIP Completers – Main effect of time for CTS2 and DAS**

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.000 (Sign)	0.023 (Sign)	0.000 (Sign)	0.000 (Sign)
<b>DAS</b>	0.001 (Sign)	0.000 (Sign)	0.362	0.038 (Sign)
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.000 (Sign)	0.000 (Sign)	0.002 (Sign)	0.001 (Sign)
<b>DAS</b>	0.026 (Sign)	0.013 (Sign)	0.035 (Sign)	0.114

**Table 3.3: Comparison Group – Main effect of time for CTS2 and DAS**

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.000 (Sign)	0.000 (Sign)	0.002 (Sign)	0.001 (Sign)
<b>DAS</b>	0.503	----	----	----
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.000 (Sign)	0.001 (Sign)	0.001 (Sign)	0.000 (Sign)
<b>DAS</b>	0.181	----	----	----

## **Main effect of Time – Comparison among subgroups of BIP Completers**

3.6 **Non-statutory cases** Table 3.4 summarizes the analysis of change for the Non-statutory cases of the BIP Completers on CTS2 and DAS. In terms of the men's violence reduction, significant main effect of time was found in both the men and their partners' ratings. In comparison, the men suggested a consistent improvement in their control of violence over the whole period of study, while the partners' report suggested that the men had significant violence reduction only at the 3- and 9-month time points. As regards marital satisfaction, significant main effect of time was found only in the partners' ratings (but not in the men's) ratings; the partners reported improvement in marital satisfaction at 9- and 15-month.

Table 3.4: BIP Completers – Non-statutory cases  
– Main effect of time for CTS2 and DAS

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.000 (Sign)	0.003 (Sign)	0.002 (Sign)	0.000 (Sign)
<b>DAS</b>	0.097	----	----	----
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.020 (Sign)	0.000 (Sign)	0.024 (Sign)	0.095
<b>DAS</b>	0.015 (Sign)	0.058	0.016 (Sign)	0.016 (Sign)

3.7 **Bind Over cases** Table 3.5 summarizes the analysis of change for the Bind Over cases of the BIP Completers on CTS2 and DAS. In terms of the men's violence reduction, significant main effect of time was found in the partners' (but not the men's) ratings. According to the partners' report, significant improvement in the men's violence control was evident only at the 15-month time point. In terms of marital satisfaction, no significant main effect was found in both the men and their partners' ratings.

Table 3.5: BIP Completers – Bind Over cases  
– Main effect of time for CTS2 and DAS

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.116	----	----	----
<b>DAS</b>	0.150	----	----	----
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.039 (Sign)	0.143	0.194	0.010 (Sign)
<b>DAS</b>	0.255	----	----	----

3.8 **Probation Order cases** Table 3.6 summarizes the analysis of change for the Probation Order cases of the BIP Completers on CTS2 and DAS. In terms of the men's violence reduction, significant main effect of time was found in the partners' (but not the men's) ratings. In terms of marital satisfaction, no significant main effect was found in both the men and their partners' ratings.

Table 3.6: BIP Completers – Probation Order cases  
– Main effect of time for CTS2 and DAS

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.350	----	----	----
<b>DAS</b>	0.160	----	----	----
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.040 (Sign)	0.106	0.007 (Sign)	0.016 (Sign)
<b>DAS</b>	0.128	----	----	----

### **Main effect of Time – Comparison among subgroups of the Comparison Group**

3.9 **Non-statutory cases** Table 3.7 summarizes the analysis of change for the Non-statutory cases of the Comparison Group on CTS2 and DAS. In terms of violence reduction, significant main effect of time was found in both the men and their partner's ratings which suggested a consistent improvement in the men's control of violence over the whole period of study. However, in terms of marital satisfaction, no significant main effect was found in both the men and their partners' ratings..

Table 3.7: Comparison Group – Non-statutory cases  
– Main effect of time for CTS2 and DAS

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.004 (Sign)	0.006 (Sign)	0.016 (Sign)	0.009 (Sign)
<b>DAS</b>	0.821	----	----	----
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.000 (Sign)	0.001 (Sign)	0.006 (Sign)	0.001 (Sign)
<b>DAS</b>	0.121	----	----	----

3.10 **Bind Over cases** Table 3.8 summarizes the analysis of change for the Bind Over cases of the Comparison Group on CTS2 and DAS. In terms of violence control, significant main effect of time was found in the men's (but not their partners') ratings. The men's report suggested a consistent improvement in their control of violence over the whole period of study. As

regards marital satisfaction, significant main effect was found only in the men's (but not their partners') ratings, but no significant change was evident in the paired comparison of 0-3, 0-9, and 0-15-month periods.

**Table 3.8: Comparison Group – Bind Over cases**  
– Main effect of time for CTS2 and DAS

<b>Men</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.029 (Sign)	0.019 (Sign)	0.026 (Sign)	0.037 (Sign)
<b>DAS</b>	0.014 (Sign)	0.162	0.050	0.232
<b>Female partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>CTS2</b>	0.091	----	----	----
<b>DAS</b>	0.157	----	----	----

**3.11 Probation Order cases** There were too few cases in this category for performing any analysis.

## Relapse Rates on the CTS2

**3.12** In terms of violence reduction on the two subscales of “severe physical assault” and “severe injury”, both the BIP Completers and the Comparison Group had significant improvement at the 9- and 15-month time points (see Table 3.9; also see Appendix 6 for the means and standard deviations of the combined CTS2 subscales).

**Table 3.9: Main effect of time for the combined CTS2 subscales of**  
“severe physical assault” and “severe injury”  
(based on Partners' report only)

<b>Report of Female Partners</b>	Main effect of time (p-value)	Paired comparison between different time points (p-values for tests of within subject contrasts)		
	0-3-9-15	0-3	0-9	0-15
<b>BIP Completers</b>	0.001 (Sign)	0.000 (Sign)	0.044 (Sign)	0.002 (Sign)
<b>Comparison Group</b>	0.000 (Sign)	0.001 (Sign)	0.001 (Sign)	0.000 (Sign)

The relapse rates for the two groups, 14.3% for the BIP Completers and 17.1% for the Comparison Group (see Table 3.10), were also comparable and did not have any significant difference statistically.

Table 3.10: Relapse rates in the 9- and 15-month time points  
(based on Partners' report only)

	Relapse either on the "severe physical assault" or "severe injury" subscale of CTS2		
	9-mth	15-mth	9- or 15-mth
BIP Completers (N=56)	6 (10.7%)	2 (3.6%)	8 (14.3%)
Comparison Group (N=41)	6 (14.6%)	1 (2.4%)	7 (17.1%)

## Summary of Results

### 3.13 Comparison between the BIP Completers and Comparison Group

According to the present study, the pattern of effects found in the preliminary analysis based on the 0- and 3-month data had sustained in the 9- and 15-month time points. Men in both the BIP Completers and the Comparison Group made consistent improvement in controlling their violence over the 15-month period, and relapse rates for the BIP Completers and Comparison Group (14.3% and 17.1% respectively) were comparable. However, only the BIP Completers showed significant change in enhancing their marital relationship.

### 3.14 Comparison among the subgroups of the BIP Completers

- For the Non-Statutory cases of the BIP Completers, they demonstrated positive changes both in reducing their violent behaviour and in enhancing their marital relationship after joining the group programme.
- For the Bind Over cases of the BIP Completers, positive change was found in the men's control of violence at the 15-month time point but only according to the report made by the partners. No significant improvement in marital adjustment was found.
- For the Probation Order cases of the BIP Completers, positive change was found in the men's control of violence at 9-month and 15-month but only according to the report made by the partners. No significant improvement in marital adjustment was found.

### 3.15 Comparison among the subgroups of the Comparison Group

- For the Non-Statutory cases of the Comparison Group, the men demonstrated positive changes in reducing their violent behaviour

but not in enhancing their marital relationship over the period of study.

- For the Bind Over cases of the Comparison Group, while positive changes were reported by the men in controlling their violence throughout the whole period of study, no significant improvement was reported by their partners. No significant improvement in marital adjustment was found.



## **Chapter Four: Discussion and conclusion**

4.1 This was an evaluation study on an indigenous group batterer intervention programme that was implemented in a casework setting. The outcomes of a 13-session BIP group in addition to regular casework service were reviewed in comparison with the effects achieved by casework service alone. In general, the 0-3 month results reported in the Interim Report (SWD, 2008) were found to sustain in the 12-month follow up. The following is a summary of the main findings (see also Table 4.1).

- (1) The average completion rate of the BIP groups was 78%, and the rates for the Non-statutory, Bind Over, and Probation Order cases were 76%, 76%, and 83% respectively.
- (2) Men from both the BIP Completers and Comparison Group had reduced their violent behaviour. The relapse rates for the BIP Completers and Comparison Group (14.3% and 17.1% respectively) were comparable.
- (3) However, only men and their partners from the BIP groups (and not those from the casework service) reported improvement in their marital relationship.
- (4) Among the subcategories of the BIP Completers, the Non-statutory cases demonstrated the outcomes of both significant violence reduction and improvement in marital relationship, whereas the Bind Over and Probation Order cases demonstrated violence reduction only.

4.2 In view of the high dropout rates of 50 to 75% from batterer treatment reported in the literature (Scott, 2004), the completion rates achieved in this project are remarkable and encouraging. It points to the importance of pre-group preparation work such as screening of cases and intake interview with participants and their partners. Moreover, as suggested by our qualitative study (SWD, 2008), the programme curriculum and the facilitators' commitment should have also played a part in sustaining the men's participation in the group, regardless of whether this participation was voluntary or court-mandated in the beginning.

Table 4.1: Comparison of main effect of time  
between the BIP Completers and Comparison Group

	Violence reduction								Improvement in marital satisfaction							
	Men's ratings				Partners' ratings				Men's ratings				Partners' ratings			
	Main effect of time	0-3	0-9	0-15	Main effect of time	0-3	0-9	0-15	Main effect of time	0-3	0-9	0-15	Main effect of time	0-3	0-9	0-15
BIP Completers	●	●	●	●	●	●	●	●	●	●		●	●	●		
Comparison Group	●	●	●	●	●	●	●	●		--	--	--		--	--	--
BIP Completers																
Non-statutory	●	●	●	●	●	●				--	--	--	●		●	●
Bind Over		--	--	--	●			●		--	--	--		--	--	--
Probation Order		--	--	--	●		●	●		--	--	--		--	--	--
Comparison Group																
Non-statutory	●	●	●	●	●	●	●	●		--	--	--		--	--	--
Bind Over	●	●	●	●		-	-	--	●					--	--	--
Probation Order	(too few cases for analysis)															

● with statistically significant change;    without statistically significant change;

4.3      The positive outcome on violence reduction in both BIP Completers and Comparison Groups indicates that conventional casework service has already established an effective basis in monitoring and controlling the violent behaviour of the men once they are referred to SWD. A review of the literature on batterer treatment has reported that approximately two-thirds of men who complete treatment avoid re-assaulting their partners (Scott, 2004), while individual studies reported a variation in the re-offending rate (for example, 14.3% in Bennett et al, 2007; 10.8% in Bowen et al, 2008). When compared with the literature, the relapse rates found in this outcome study suggest that the efficacy of our BIP (with a relapse rate of 14.3%) is at least comparable to other programmes in terms of violence reduction. However, it should be noted that there are major differences between our BIP and the programmes reported in the literature. Majority of programmes reviewed in the literature adopted a pro-feminist and/or cognitive-behavioural approach in their programme design, their participants are court-mandated to join the programme, outcome data are collected from the men only, and police and

conviction records are used to assess recidivism. In this BIP study, we adopt a multiple perspective in explaining partner violence and designing the curriculum, there are both voluntary and court-mandated participants, outcome data are gathered from both men and their partners, and we use the CTS2 data to work out the relapse rate of the men.

4.4 The BIP's additional outcome in enhancing the marital adjustment of the men and their partners may be partly attributed to the programme component on marital relationship which facilitates the men to explore their intimate relationship in a developmental perspective, re-examine their relationship values from a gender equality viewpoint, and acquire conflict resolution skills. In this regard, the mutual sharing and learning among participants in the group is also conducive to the men's changes, and the female partners may also benefit from the relationship counselling provided by the caseworker (SWD, 2008).

4.5 However, among the subgroups of BIP completers, BIP's positive outcomes apply mainly to the Non-statutory cases. For the Bind Over and Probation Order cases, the finding on the men's violence reduction was inconsistent between the reports provided by the men and their partners, and there was virtually no improvement in their marital adjustment. There could be a number of factors at play for the lack of significant findings in statutory cases of BO and PO cases and the inconsistent findings between men and women's reports on the men's violence reduction: the men may feel coerced and thus have less motivation to join the BIP; the men's violent behaviour may be more severe and their relationship problems more complicated; the criminal proceedings may already have a deterrent effect on the men's use of violence as reported at the 0-month; the men may also have a tendency to minimize or deny their violent behaviour at the outset, thus resulting in a floor effect and the difficulty of detecting any positive change in them; finally, the BIP in its present design may not be an one-size-fits-all, effective intervention for these statutory cases. There may also be some factors underlying the difference between the men and women on marital satisfaction: the men may harbour resentment towards their partners for making the report to police, thus triggering the subsequent criminal proceedings and their unpleasant or even hurtful experience in the process. In any case, the relative significance and interplay of these factors have to be further studied.

4.6 The present study had its strength in involving the partners of the batterers in the data collection, including a comparison group, and entailing a longitudinal follow-up for up to one year. However, there are limitations and room for improvement. First of all, given the ethical and practical constraints in our casework service setting, random assignment of batterers into the experimental and comparison groups was not feasible. As such, instead of adopting a rigorous experimental design, which allows more conclusive interpretation of the findings, a quasi-experimental design was used in the present study. Secondly, the present research mainly studied the effect of the BIP group on violence reduction and marital adjustment, whereas other domains being covered in the BIP group programme such as emotional control, gender equality values and conflict resolution had not been examined. Besides, if we could recruit greater number of subjects, instead of focusing on the overall frequency score of CTS2, we may conduct a more detailed analysis on the different types of violence (including physical, psychological and sexual violence) as measured by the tool. Finally, the present outcome study has focused on the statistically significant group-based change in the outcome measures. Bowen et al (2008) have suggested the need to assess the clinically significant individual change in treatment against a particular societal standard as well as the need to establish the association between any changes in treatment with re-offending. In a similar vein, Scott (2004) has also suggested that future research should expand conceptions of batterer treatment outcome by linking definitions of success with theories of change. It would be desirable if further evaluation study could be designed and conducted to examine these aspects as well.

## **Conclusion**

4.7 The outcome study of the BIP pilot project served the purpose of pioneering a systematic evaluation of a large scale indigenous group programme in casework context. Results indicated that the BIP Completers as a group had made significant improvement in terms of violence reduction and marital adjustment, and the change was sustained in the year after completing the programme. However, this change pattern was substantiated more for the Non-statutory cases than for the statutory cases with Bind Over or Probation Order. In comparison, the Comparison Group had also made significant improvement in terms of violence reduction but not in the area of marital

adjustment. In spite of the high completion rates of the BIP groups, no definitive attribution of the men's positive outcomes can be made at this stage. Further research with a rigorous methodological design is needed to establish the efficacy of the group programme. (END)

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## **Appendix 1: Notes on terms**

### **Bind Over Cases**

Bind Over cases are those cases that were bound over by the court. In accordance with Criminal Procedural Ordinance, Cap 221, Section 109I, a judge, a District Judge or a magistrate, shall have as ancillary to his jurisdiction, the power to bind over to keep the peace, and power to bind over to be of good behaviour, a person who or whose case is before the court, by requiring him to enter into his own recognizance or to find sureties or both, and committing him to prison if he does not comply.

### **Probation Order Cases**

Probation Order cases are those cases with Probation Orders. In accordance with Probation of Offenders Ordinance, Cap 298, the court may make a Probation Order to place an offender under the supervision of a probation officer for a period of one to three years. The court may require the probationers to comply with some special requirements that are considered necessary for securing good conduct of the probationers or for prevention of re-offending, for example, curfew order, residential training and employment training, drug treatment, urine tests, etc.

### **Non-statutory Cases**

Non-statutory Cases mentioned in the report refer to those cases that join the Batterer Intervention Programme of the Social Welfare Department on voluntary basis, that is, without any court order.

### **Family and Child Protective Services Unit (FCPSU)**

Family and Child Protective Services Units (FCPSUs) are specialised units manned by social workers who render an array of services to victims, abusers and/or families of child abuse and spouse battering, as well as children and their families affected by matrimonial, guardianship, or international child abduction matters and referred by the Court, the Secretary for Justice, or other concerned authorities in accordance with the relevant Ordinances. Services provided include public enquiries, outreaching, social investigation, crisis intervention, casework counselling, group treatment, statutory supervision to children with court orders, housing assistance, referrals to other appropriate services (e.g. clinical psychological services and refuge centres, etc.) and public education programmes.

## **Casework Service Provided by FCPSUs for Battered Spouse Cases**

Casework service as mentioned in the report refers to the intervention / services provided by social workers of FCPSUs to victims of battered spouse cases, batterers, and children witnessing domestic violence. The social workers of FCPSUs provide a co-ordinated package of services which may include risk and needs assessment, outreaching, escorting clients to hospital for examination and treatment, arrangement of admission to refuge centre, counselling and referral for other services.



## Appendix 2: Themes and activities of BIP group sessions

Session	Themes	Activities
<b><i>Component 1: Understanding the various forms and impacts of partner violence</i></b>		
One	1 Engagement with group members 2 Sharing of expectations toward the group	<ul style="list-style-type: none"> <li>◆ Ice-breaking exercise</li> <li>◆ Video viewing</li> <li>◆ Sharing on personal background &amp; expectations of the group</li> </ul>
Two	1 Introduction of different types of partner abuse 2 Disclosure of abusive behaviours and acceptance of responsibility for change	<ul style="list-style-type: none"> <li>◆ Video viewing</li> <li>◆ Guided sharing and discussion on previous practice of partner abuse</li> <li>◆ Exercise to facilitate members to commit to take first step in eradicating violence at home.</li> </ul>
Three	1 Understand the impact of domestic violence (DV) to children, partner and self 2 Non-violence Contract	<ul style="list-style-type: none"> <li>◆ Video viewing</li> <li>◆ Guided reflection and discussion on impact of DV to children, partner and self</li> <li>◆ Exercise of signing Non-violence Contract</li> </ul>
<b><i>Component 2: Understanding emotions and learning of emotion (especially anger) regulation strategies</i></b>		
Four	1 Understand stress and emotions 2 Highlight the importance of emotional management 3 Introduce some emotional management strategies	<ul style="list-style-type: none"> <li>◆ Experiential exercise to illustrate impact of stress</li> <li>◆ Mini-lecture</li> <li>◆ Guided sharing and discussion on source of stress and coping</li> <li>◆ Relaxation exercise</li> </ul>
Five	1 Understand anger's functions and need for its regulation 2 Understand the signs and process of anger escalation 3 Introduce anger management strategies, in particular time-out plan	<ul style="list-style-type: none"> <li>◆ Mini-lecture on anger's functions and need for regulation</li> <li>◆ Guided sharing and discussion on anger escalation and attempted management</li> <li>◆ Role-play and discussion on time-out strategy</li> <li>◆ Relaxation exercise</li> </ul>
Six	1 Introduce positive self-talk as a strategy to prevent escalation of anger into explosion of violence 2 Introduce constructive communication skills to express anger and other underlying emotions and needs	<ul style="list-style-type: none"> <li>◆ Mini-lecture on positive self-talk and constructive communication skills</li> <li>◆ Role-play and discussion</li> <li>◆ Relaxation exercise</li> </ul>
<b><i>Component 3: Self understanding regarding the influence of family of origin, expectation and values towards personal development, marriage and family relationship</i></b>		
Seven	1 Understand possible influence of family of origin in the development of particular beliefs or practice of violence, gender role expectations and conflict management	<ul style="list-style-type: none"> <li>◆ Lead-in exercise: reviewing the life of plant</li> <li>◆ Guided meditation and review of upbringing experience and clay work exercise</li> <li>◆ Guided sharing and discussion</li> </ul>
Eight	1 Reflect on any change or modification of personal characteristics before and after marriage 2 Review on the development of marital	<ul style="list-style-type: none"> <li>◆ Exercise to facilitate review and sharing of personal characteristics and development of marital relationship</li> </ul>

	relationship and identify factors/ events adversely affecting it	◆ Guided sharing and discussion
Nine	<ol style="list-style-type: none"> <li>1. Reflect on personal and family values and expectations</li> <li>2. Identify any compatibility or discrepancy of the values and expectations between members and their partners</li> <li>3. Ponder on the need to adjust or compromise</li> </ol>	<ul style="list-style-type: none"> <li>◆ Exercise to list out personal and family values and expectations</li> <li>◆ Guided sharing and discussion on compatibility or discrepancy between couples and necessity to adjust and compromise</li> </ul>
<b>Component 4: Learning of conflict resolution and relationship enhancement skills</b>		
Ten	<ol style="list-style-type: none"> <li>1 Reflect on patriarchal values, decision on family matters and their impact on family relationship</li> <li>2 Introduce principles of gender equality &amp; respect in family relationship as a basis for conflict resolution</li> </ol>	<ul style="list-style-type: none"> <li>◆ Check in- emotions/conflicts and their management over last week</li> <li>◆ Exercise to facilitate sharing on decision making on family matters</li> <li>◆ Video viewing; illustrate v? patriarchal values and its influence on marital relationship and introduce concept of a more equalitarian relationship between the couple.</li> <li>◆ Guided sharing and discussion</li> </ul>
Eleven	<ol style="list-style-type: none"> <li>1 Understand unhelpful patterns of facing conflict and dispute</li> <li>2 Identify different levels or types of conflicts and disputes and corresponding management considerations</li> </ol>	<ul style="list-style-type: none"> <li>◆ Role-play to explain unhelpful patterns of facing conflicts</li> <li>◆ Mini-lecture to explain different levels and types of conflicts and corresponding management considerations</li> <li>◆ Guided sharing and discussion on members' own family conflicts and their handling</li> </ul>
Twelve	<ol style="list-style-type: none"> <li>1. Reflect on members' current relationship with partners and their motivation, if any, to improve.</li> <li>2. Identify need and strategies to enhance marital relationship</li> </ol>	<ul style="list-style-type: none"> <li>◆ Exercise to rate current marital relationship</li> <li>◆ Exercise to brainstorm what strengthens and what weakens the relationship</li> <li>◆ Video viewing; stating some tips to improve marital communication and enhance relationship</li> <li>◆ Guided sharing and discussion on whether and what members would like to do to enhance marital relationship</li> </ul>
<b>Concluding session</b>		
Thirteen	<ol style="list-style-type: none"> <li>1. Reflect and consolidate group learning</li> <li>2. Collect members' feedback on the group</li> <li>3. Celebrate the completion of the group</li> </ol>	<ul style="list-style-type: none"> <li>◆ Exercise to facilitate members' reflection and sharing of what they found helpful and useful in the group</li> <li>◆ Guided sharing and discussion on members' feedback about their group experience &amp; expectations on how to proceed with their life and family life, in particular</li> <li>◆ Group completion ceremony</li> </ul>

### Appendix 3: CTS2 Items on the Physical Assault and Injury Scales (Straus, et al., 1996)

Physical Assault Scale	
Subscale	Item
Minor	I threw something at my partner that could hurt. 我用物件擲向伴侶，而可能會使她受傷。
	I twisted my partner's arm or hair. 我扭伴侶的手臂或扯頭髮。
	I pushed or shoved my partner. 我推撞或推開伴侶。
	I grabbed my partner. 我用手找住伴侶。
	I slapped my partner. 我掌摑伴侶。
Severe	I used a knife or gun on my partner. 我用刀或利器指向伴侶。
	I punched or hit my partner with something that could hurt. 我用拳頭重擊或以其他物件打伴侶，而可能會使她受傷。
	I choked my partner. 我扼著伴侶的頸項。
	I slammed my partner against a wall. 我把伴侶撞向牆壁。
	I beat up my partner. 我毒打伴侶。
	I burned or scalded my partner on purpose. 我故意燒傷或燙傷伴侶。
	I kicked my partner. 我用腳踢伴侶。

<b>Injury Scale</b>	
<b>Subscale</b>	<b>Item</b>
<b>Minor</b>	My partner had a sprain, bruise, or small cut because of a fight with me. 我因和伴侶打架而令她扭傷、碰瘀或割傷。
	My partner still felt physical pain the next day because of a fight with me. 我的伴侶因為和我打架，而令她造成身體痛楚，直到第二日。
<b>Severe</b>	My partner passed out from being hit on the head in a fight with me. 我的伴侶被我擊中頭部而失去知覺。
	My partner went to a doctor because of a fight with me. 我的伴侶因為和我打架而需要求醫。
	My partner needed to see a doctor because of a fight with me, but didn't. 我的伴侶因為和我打架而本來需要求醫，但最終她沒有去。
	My partner had a broken bone from a fight with me. 我的伴侶因為和我打架，而令她骨折。

## Appendix 4: Means and standard deviations of the outcome measures in the various subgroups – CTS2

	Men				Female Partners			
	0-mth	3- mth	9- mth	15- mth	0- mth	3- mth	9- mth	15- mth
<b>BIP completers</b>	N=61				N=56			
	M=18.73	M=11.70	M=6.25	M=3.30	M=34.38	M=15.26	M=17.08	M=14.18
	SD=22.28	SD=23.04	SD=11.84	SD=7.24	SD=36.51	SD=21.99	SD=29.56	SD=33.58
Non-statutory cases	N=28				N=24			
	M=23.64	M=11.79	M=6.89	M=3.25	M=41.92	M=13.94	M=22.63	M=23.00
	SD=26.69	SD=19.82	SD=10.73	SD=8.17	SD=34.54	SD=17.25	SD=33.46	SD=48.40
Bind Over cases	N=16				N=18			
	M=18.49	M=16.13	M=5.19	M=4.75	M=36.00	M=22.15	M=18.47	M=6.44
	SD=15.11	SD=31.83	SD=12.22	SD=8.31	SD=45.06	SD=28.91	SD=31.46	SD=9.77
Probation Order cases	N=17				N=14			
	M=10.85	M=7.41	M=6.18	M=2.00	M=19.36	M=8.67	M=5.79	M=9.00
	SD=18.35	SD=18.40	SD=13.76	SD=3.95	SD=22.84	SD=17.66	SD=15.02	SD=15.65
<b>Comparison Group</b>	N=42				N=41			
	M=17.15	M=7.31	M=6.63	M=5.52	M=31.42	M=13.24	M=12.67	M=8.83
	SD=23.76	SD=14.14	SD=11.58	SD=9.60	SD=34.10	SD=20.16	SD=18.86	SD=17.81
Non-statutory cases	N=28				N=27			
	M=13.68	M=4.54	M=7.75	M=5.57	M=39.48	M=13.67	M=16.30	M=11.37
	SD=16.58	SD=9.90	SD=13.51	SD=10.48	SD=37.91	SD=17.19	SD=21.70	SD=20.66
Bind Over cases	N=12				N=12			
	M=28.13	M=15.00	M=5.13	M=6.25	M=18.03	M=14.17	M=6.63	M=4.58
	SD=34.84	SD=20.27	SD=6.15	SD=8.32	SD=18.12	SD=27.45	SD=8.92	SD=9.73
Probation Order cases	N=2				N=2			
	M=0.00	M=0.00	M=0.00	M=0.50	M=3.00	M=2.00	M=0.00	M=0.00
	SD=0.00	SD=0.00	SD=0.00	SD=0.71	SD=4.24	SD=2.83	SD=0.00	SD=0.00

Note: M = Mean; SD = Standard Deviation

## Appendix 5: Means and standard deviations of the outcome measures in the various subgroups – DAS

	Men				Female Partners			
	0-mth	3- mth	9- mth	15- mth	0- mth	3- mth	9- mth	15- mth
<b>BIP completers</b>	N=60				N=54			
	M=41.42	M=46.61	M=42.72	M=44.32	M=33.89	M=38.78	M=38.00	M=36.71
	SD=12.90	SD=13.79	SD=13.78	SD=15.17	SD=13.99	SD=14.07	SD=14.31	SD=13.57
Non-statutory cases	N=27				N=23			
	M=41.28	M=46.13	M=43.07	M=43.77	M=32.72	M=37.48	M=38.29	M=38.71
	SD=11.52	SD=13.00	SD=11.06	SD=12.21	SD=11.74	SD=12.79	SD=10.86	SD=10.19
Bind Over cases	N=15				N=17			
	M=40.91	M=47.59	M=44.00	M=45.07	M=30.99	M=38.94	M=36.18	M=35.53
	SD=14.14	SD=11.30	SD=15.77	SD=19.25	SD=12.70	SD=14.18	SD=17.41	SD=16.16
Probation Order cases	N=18				N=14			
	M=42.06	M=46.50	M=41.11	M=44.51	M=39.34	M=40.71	M=39.73	M=34.86
	SD=14.46	SD=17.17	SD=16.20	SD=16.26	SD=17.92	SD=16.62	SD=15.94	SD=15.52
<b>Comparison Group</b>	N=41				N=41			
	M=42.79	M=42.17	M=44.25	M=41.85	M=35.76	M=35.95	M=37.62	M=39.24
	SD=11.72	SD=12.95	SD=12.08	SD=13.73	SD=12.76	SD=12.27	SD=12.11	SD=12.57
Non-statutory cases	N=28				N=27			
	M=43.50	M=43.61	M=43.08	M=41.93	M=34.07	M=36.67	M=35.71	M=38.88
	SD=10.89	SD=11.75	SD=12.46	SD=12.11	SD=10.52	SD=11.63	SD=12.56	SD=11.41
Bind Over cases	N=11				N=12			
	M=39.47	M=36.64	M=46.27	M=44.91	M=39.93	M=34.92	M=41.75	M=43.08
	SD=14.03	SD=15.26	SD=12.16	SD=16.86	SD=17.03	SD=14.09	SD=11.44	SD=13.55
Probation Order cases	N=2				N=2			
	M=51.00	M=52.50	M=49.50	M=24.00	M=33.50	M=32.50	M=38.50	M=21.00
	SD=7.07	SD=6.36	SD=4.95	SD=1.41	SD=12.02	SD=16.26	SD=4.95	SD=8.49

Note: M = Mean; SD = Standard Deviation

## Appendix 6: Means and standard deviations of the combined CTS2 subscales of “severe physical assault” and “severe injury” (based on Partner’s report only)

	<b>Female Partners</b>			
	<b>0- mth</b>	<b>3- mth</b>	<b>9- mth</b>	<b>15- mth</b>
<b>BIP completers</b>	<b>N=56</b>			
	<b>M=2.79</b>	<b>M=0.38</b>	<b>M=1.13</b>	<b>M=0.46</b>
	<b>SD=4.50</b>	<b>SD=1.57</b>	<b>SD=3.95</b>	<b>SD=2.69</b>
Non-statutory cases	<b>N=24</b>			
	M=3.58	M=0.63	M=1.71	M=0.92
	SD=6.16	SD=2.16	SD=4.25	SD=4.07
Bind Over cases	<b>N=18</b>			
	M=2.28	M=0.28	M=1.22	M=0.11
	SD=2.32	SD=1.18	SD=4.94	SD=0.47
Probation Order cases	<b>N=14</b>			
	M=2.07	M=0.07	M=0.00	M=0.14
	SD=3.08	SD=0.27	SD=0.00	SD=0.53
<b>Comparison Group</b>	<b>N=41</b>			
	<b>M=1.82</b>	<b>M=0.12</b>	<b>M=0.28</b>	<b>M=0.22</b>
	<b>SD=2.85</b>	<b>SD=0.46</b>	<b>SD=0.89</b>	<b>SD=0.99</b>
Non-statutory cases	<b>N=27</b>			
	M=2.30	M=0.07	M=0.41	M=0.33
	SD=3.28	SD=0.38	SD=1.08	SD=1.21
Bind Over cases	<b>N=12</b>			
	M=1.04	M=0.25	M=0.04	M=0.00
	SD=1.51	SD=0.62	SD=0.14	SD=0.00
Probation Order cases	<b>N=2</b>			
	M=0.00	M=0.00	M=0.00	M=0.00
	SD=0.00	SD=0.00	SD=0.00	SD=0.00

Note: M = Mean; SD = Standard Deviation

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