

DESIGN AND PARTICIPANTS

- Prison sites across Midwest and Eastern U.S.
- Questionnaires pre- and post-workshop
- Inmates: N=254 (192 male, 54 female)
 - 39 Hispanic, 129 African-American (many not reported)
 - Mean age: 33.7 ± 10.1
- Staff members: N=28 (17 male, 5 female)
 - 19 Hispanic, 6 African-American
 - Mean age: 43.2 ± 6.9

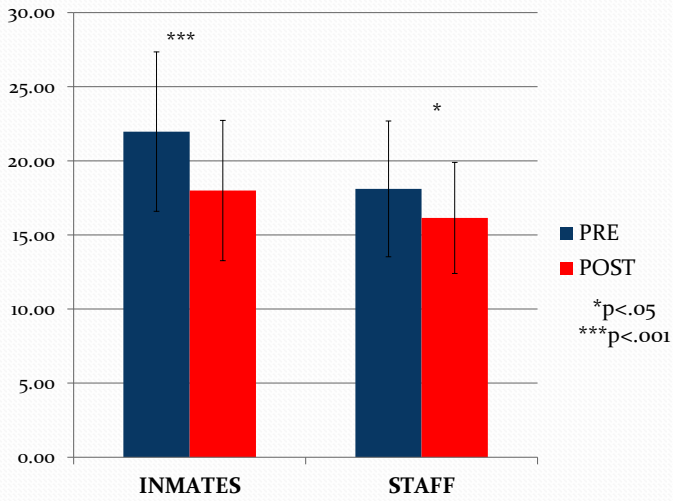
SELF-REPORT MEASURES

- **CES-D-10**
 - 10-item version of the Center for Epidemiological Studies Depression scale (Radloff, 1977)
 - Higher score = more depressed ☹️
- **LOT-R**
 - Life Orientation Test-Revised (Scheier et al., 1994)
 - Higher score = more optimism 😊
- **STAI**
 - State-Trait Anxiety Inventory (Spielberger et al., 1970)
 - Higher score = more anxiety ☹️

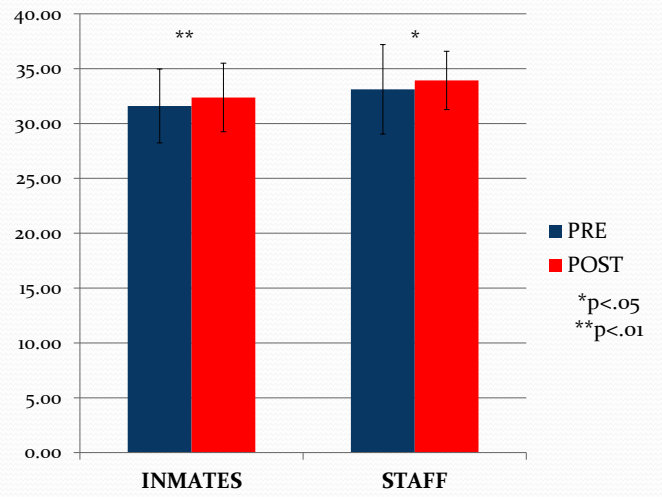
SELF-REPORT MEASURES

- **CES-D-10**
 - 10-item version of the Center for Epidemiological Studies Depression scale (Radloff, 1977)
 - Higher score = more depressed ☹️
- **LOT-R**
 - Life Orientation Test-Revised (Scheier et al., 1994)
 - Higher score = more optimism 😊
- **STAI**
 - State-Trait Anxiety Inventory (Spielberger et al., 1970)
 - Higher score = more anxiety ☹️

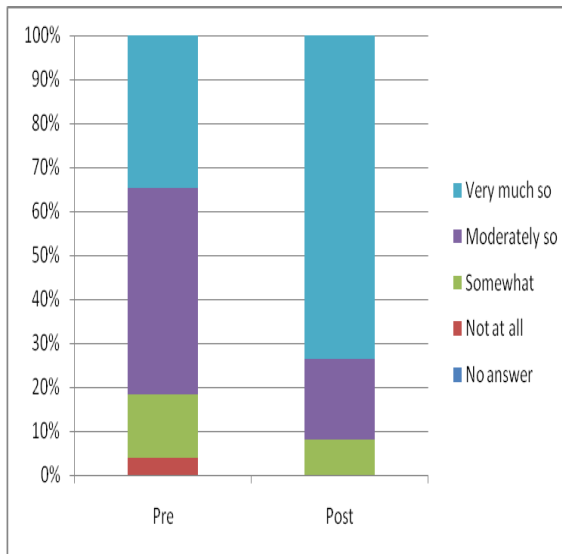
CES-D



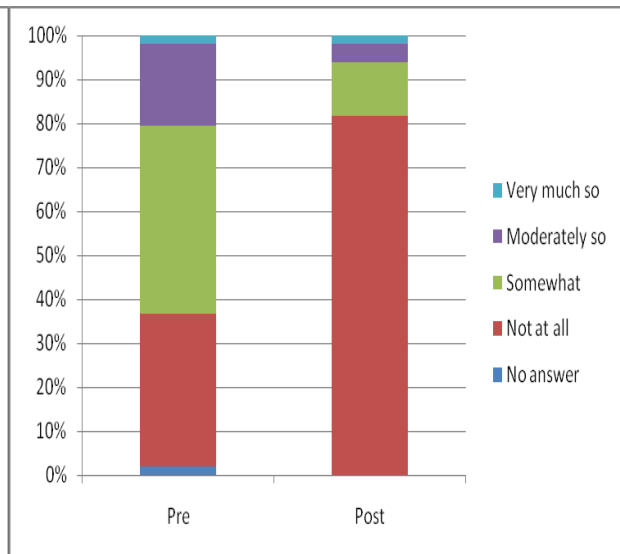
LOT-R



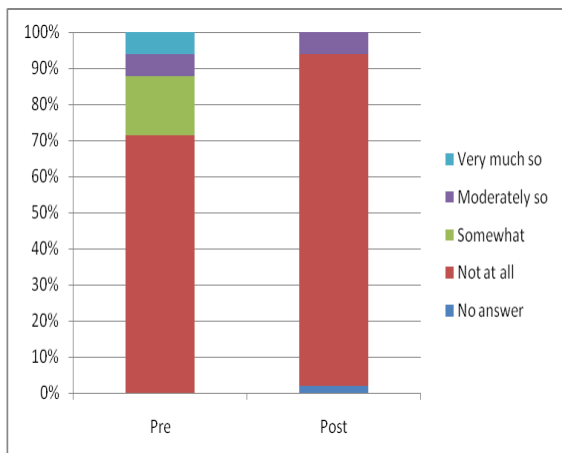
Q1: I feel calm



Q3: I am tense



Q6: I feel upset



Q15: I am relaxed

