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 😇

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Q1: I feel calm

Q3: I am tense

Q6: I feel upset

Q15: I am relaxed