# Final report for Intuitive Thinking Skills Evaluation of *This Ends Here* and *Enough's Enough*

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## Introduction and context

This Ends Here is an educational intervention designed to identify and challenge the thoughts and beliefs that support abuse within a relationship. The project also incorporates Enough's Enough which supports 'affected others' alongside the offender work. Derbyshire County Council have an agreement with Intuitive Thinking Skills to provide this intervention to support Domestic Abuse Services within Derbyshire. Original funding was provided by The Home Office. The University of Derby was contracted to evaluate the two interventions. Quantitative data was collected in the form of scales that sought to measure changes in attitude and behaviour, and in the form of incident reports provided by Derbyshire Constabulary. Qualitative data was collected in the form of observations made by those practitioners who made referrals to both programmes, and feedback provided by participants.

Statistically significant improvement was observed in scores for both programmes. A greater amount of change is shown within the scores for the *Enough's Enough* programme. There was a tendency for those participants within the *This Ends Here* programme to score themselves towards the higher end of the scale at the start of the course, which made any upward trend hard to identify (what is referred to as the ceiling effect).

Themes identified within the qualitative data to come from the *Enough's Enough* programme includes:

- Changes to insight and learning
- Increase in confidence
- Changes to the management of relationships
- Enhanced problem solving

Themes identified within the qualitative data to come from the *This Ends Here* programme includes:

- Changes to insight and learning
- Changes to levels of engagement
- Changes to behaviour
- Changes to relationships with children and family

Incident reporting data provided by Derbyshire Constabulary suggests that there a significant change to the level of reported incidents for those who participated in the *This Ends Here*. There was 59% drop in overall reported incidents, including a 73% drop in incidents where the participant was a suspect.

## Methodology

Intuitive Thinking Skills have developed evaluation and monitoring tools for the Enough's Enough and This Ends Here programme. These have been developed in conjunction with Derbyshire County Council, Derbyshire Constabulary and the University of Derby. The data for these two projects will be collected between January 2019 and March 2020. Utilising Theory of Change concepts and taking account of guidance set out by those with experience of designing the evaluation of services addressing domestic violence and abuse, a quantitative evaluation tool was constructed that combines questions related to attitude and to behaviour. The questions are designed in a way to ensure that responsibility for behaviour related to risk is appropriate to the project being evaluated (for example those at risk of being victims of domestic abuse should not perceive that the questions are holding them responsible for the behaviour change of perpetrators). The scales developed were administered by those delivering the intervention, with the resultant data statistically analysed by a statistician at the University of Derby. Qualitative data was collected in the form of observations made by those who referred individuals to either of the two programmes. Most of those referrers were Social Workers. Qualitative data was also collected in the form of feedback from those individuals who attended either of the programmes. Qualitative data was deductively analysed using a thematic analyse that was primarily led by the stated objectives of the interventions.

Finally, data has been supplied by Derbyshire Constabulary that reports on the number of reported incidents – including crime and non-crime incidents – related to those participants of the *This Ends Here* programme. The final set of incident reports was provided in June 2020.

## Statistical Analysis of Quantitative Data

Prior to the conduct of statistical test of difference, normal distribution of data was examined. The results (not presented here) indicate that the assumption of normality was violated. Therefore, non-parametric test, Wilcoxon Signed Rank test, was used to test for inferential statistics. To account for multiple testing Bonferroni correction method was used to minimise the likelihood of committing Type I error. To do so, the p-values were multiplied by 16, i.e. number of questions. The p-values reported in the result tables are Bonferroni corrected values. The boxplots of the start-end score are also presented.

#### Affected others

The results indicate that the course significantly improved all questions related to the affected others' attitudes except 'I believe I will allow the abuse to continue' and 'I constantly feel nervous, anxious and on the edge', Table 1 and Figure 1. The scores on behaviour questions also showed a significant increase at the end of the course for all domains except 'I have no interest in new things' and 'The safety of my children is bothering me', Table 2 and Figure 2.

## Learners

In contrast to the results for the affected others, the difference between start and end scores were not significant for the majority of the attitude and behaviour questions in learners' group. Improvement was significant in only three questions: attitude question 'I don't think clearly', and behaviour questions 'I feel unable to deal with problems rationally' and 'I become easily annoyed, irritable or angry' (see: Table 3; Table 4; Figure 3; Figure 4)

**Note**: A major concern in the data is the 'ceiling effect'; that is the variance above a certain level is not measurable. This resulted in bunching of scores towards the upper level of both attitude and behaviour questions at the start and end of the course. This is more prominent in learners' group (please see box plots). A downside of ceiling effect is that the effect of the intervention (here the

course) could be obscured. Clearly the course improved scores in those who did score low at the start; however, the difference between the start and end in learners' group did not reach significance level possibly due to the ceiling effect.

Table 1: Results of Wilcoxon signed rank test on Attitude of affected others before and after the programme

Affected Others'	Start						End					Wilcoxon Signed Ranks Test	
Attitude	N	Mean	SD	Min	Max	N	Mean	SD	Min	Max	Z	P- value*	
I feel down, depressed & hopeless	25	5.24	3.32	1	10	25	8.48	1.69	4	10	-3.280	0.001	
I am a failure and probably deserve this abuse	25	6.44	4.03	1	10	25	9.72	0.68	7	10	-3.086	0.019	
I have no optimism for the future	25	6.72	3.30	1	10	24	9.50	0.78	8	10	-3.116	0.037	
I don't think clearly	24	4.42	2.73	1	10	25	8.64	1.85	3	10	-4.027	0.033	
I am a bad parent	25	6.88	3.49	1	10	25	9.28	1.31	5	10	-2.882	0.001	
I believe I will allow the abuse to continue	25	7.32	3.20	1	10	25	9.68	0.99	6	10	-2.977	0.071	
I constantly feel nervous, anxious and on the edge	25	4.44	3.72	1	10	25	8.20	2.02	5	10	-3.822	0.052	
I have lots of insecurities about myself	25	3.68	2.94	1	10	25	7.32	2.69	1	10	-3.937	0.002	
I am / feel worthless	24	5.75	3.48	1	10	24	8.96	1.71	3	10	-3.203	0.001	

Table 2: Results of Wilcoxon signed rank test on Behaviour of affected others before and after the programme

Affected Others' Behaviour					End	1			Wilcoxon Signed Ranks Test			
	N	Mean	SD	Min	Max	N	Mean	SD	Min	Max	Z	P- value*
I can't change/ have no control over this situation	24	5.54	3.93	1	10	25	9.40	1.58	3	10	-3.350	0.015
I feel unable to deal with problems rationally	25	4.96	3.05	1	10	25	8.76	1.92	3	10	-3.861	0.002
I have limited or no access to help or support	25	5.76	3.65	1	10	25	8.84	1.62	5	10	-3.534	0.007
I don't think clearly	25	4.52	2.73	1	10	25	9.12	1.17	6	10	-4.147	0.001
I have no desire to improve my employment status	25	6.48	3.55	1	10	25	8.84	2.32	1	10	-2.990	0.050
My connection / contact with others is minimal	25	5.76	3.61	1	10	25	8.52	2.00	4	10	-3.031	0.044
I have no interest in new things	25	6.20	3.52	1	10	25	8.60	2.27	1	10	-2.501	0.223
I have no motivation	25	4.88	3.07	1	10	25	8.72	1.86	3	10	-3.873	0.002
The safety of my children is bothering me  *Bonferonni corrected p-	25	6.84	3.50	1	10	23	9.17	1.64	4	10	-2.755	0.106

<sup>\*</sup>Bonferonni corrected p-values. Bold values indicate significant difference between start and end scores.

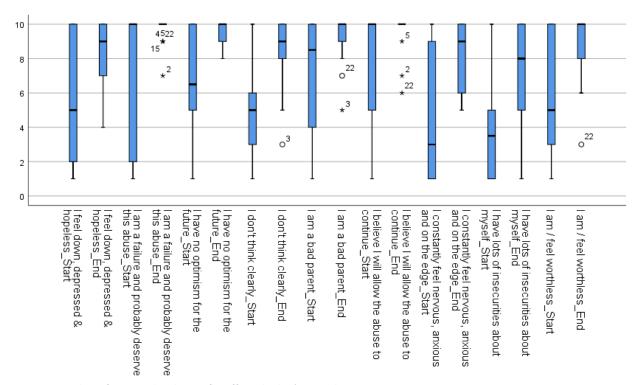


Figure 1: Box plots of start and end score for affected other's attitudes.

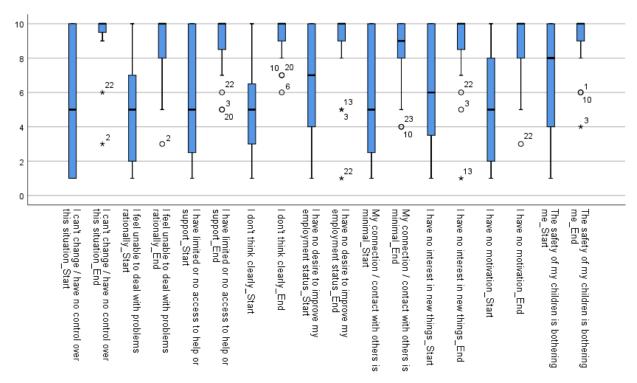


Figure 2: Figure 1: Box plots of start and end score for affected other's Behaviour.

Table 3: : Results of Wilcoxon signed rank test on Attitude of learners before and after the programme

	Star	Start						Wilcoxon Signed Ranks Test				
	N	Mean	SD	Min	Max	N	Mean	SD	Min	Max	Z	P- value*
I feel down, depressed & hopeless	19	7.58	3.10	1	10	19	9.16	1.64	4	10	-1.651	0.99
I am a failure	19	7.21	3.31	1	10	19	9.21	1.44	6	10	-2.605	0.165
I have no optimism for the future	19	8.21	2.68	1	10	19	9.63	0.83	7	10	-2.714	0.120
I don't think clearly	19	6.63	2.91	2	10	19	9.47	1.02	6	10	-3.235	0.022
I am a bad parent	19	7.42	3.79	1	10	19	9.68	0.75	8	10	-2.527	0.207
I believe I will continue to abuse	19	8.21	3.43	1	10	19	9.74	0.93	6	10	-2.003	0.814
I constantly feel nervous, anxious and on the edge	19	7.00	3.21	1	10	19	8.63	2.31	3	10	-2.251	0.439
I have lots of insecurities about myself	19	6.95	3.52	1	10	19	9.26	1.45	4	10	-2.352	0.336
I am / feel worthless	19	6.95	3.26	1	10	19	9.37	1.42	4	10	-2.844	0.080
*Bonferonni corrected p	-value	s. Bold v	alues ii	ndicate	signif	icant c	differenc	e betwe	een sta	art and	end score	es.

Learners' Behaviour	Start					End					Wilcoxon Signed Ranks Test	
	N	Mean	SD	Min	Max	N	Mean	SD	Min	Max	Z	P- value*
I can't change my behaviour	19	8.58	2.29	3	10	19	9.47	2.06	1	10	-1.367	0.99
I feel unable to deal with problems rationally	19	7.21	2.90	2	10	19	9.68	0.67	8	10	-3.128	0.032
I have limited or no access to help or support	19	6.42	3.17	1	10	19	8.79	2.20	2	10	-2.85	0.079
I don't think clearly	19	6.89	2.60	2	10	19	8.74	2.21	1	10	-2.432	0.270
I have no desire to improve my employment status	19	7.47	2.87	2	10	19	9.89	0.32	9	10	-2.763	0.103
My relationship with my children has deteriorated	19	7.68	3.02	1	10	19	9.05	1.78	4	10	-2.094	0.653
I have no interest in new things	19	7.63	2.63	2	10	19	9.16	1.42	6	10	-2.204	0.495

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I have no motivation	19	7.53	3.24	1	10	19	9.26	1.28	6	10	-2.053	0.721
I become easily annoyed, irritable or	19	5.74	2.86	1	10	19	9.16	1.50	5	10	-3.186	0.001
angry												

<sup>\*</sup>Bonferonni corrected p-values. Bold values indicate significant difference between start and end scores.

## Analysis of Qualitative Feedback

Qualitative observations were collected from referrers, who were mostly Social Workers, and those individuals who participated in the Enough's Enough and This Ends Here Programmes. From an analysis of the qualitative data a number of themes have been identified. The analysis is framed within the context of the original objectives of the two programmes. These themes are presented below, divided into the two programmes, with example comments from referrers and participants used to illustrate those themes. These are presented in such a way that where referrers and participants are both expressing thoughts about the same theme these are presented side by side.

## Enough's Enough (affected others)

**Insight and learning** – participants' development of insight into the nature of domestic abuse was frequently observed as increasing by referrers, but with some observation of a lack of change in insight. Given that strong focus upon rational thinking within the programme it is helpful to see a predominantly positive appearance of this theme. Referrers refer to insight and learning more frequently than participants do. Several participants refer to Critical Thinking and IT and it can be assumed that these are terms introduced to participants within the programme, with 'Critical Thinking' referring to cognitive processes and 'IT' referring to coercive and controlling behaviour.

Referrers observations	Participants' feedback
Sustained period of positive working	
Her knowledge around domestic abuse is much	
improved and she knows the signs and the impact	
on her children.	
There was a greater understanding of the impact of	
domestic abuse.	
I think X has massively improved her insight into	Really learnt a lot from this course.
controlling behaviour, what that looks like, how to	
identify and manage it.	
has a better understanding of domestic abuse	I have found this course one of the best
and healthy relationships	lessons I've had in my life and wish I'd have
	learnt these skills sooner.
X has learnt a lot about domestic abuse and the	
impact of this and what healthy relationships are.	
has shown a clear understanding of the impact	
domestic violence has on children and families.	
X commented that she did not feel that much of the	I have no doubt if I had had access to 'this
course was relevant to her situation and continues	voice of reason' at an earlier moment in
to say that domestic violence has not been a	time it would have helped me move
feature of relationship.	forward and into safety.
She has been very positive about the course and is	Makes you more understanding of the
using language from the course.	abuse you have suffered, it is not your fault!
reflects on her situation more positively.	I have learned that I'm being manipulated
	by my partner.
She learned a lot from all of the courses.	Critical Thinking has massively helped me.
gained a good insight into domestic abuse.	
seemed to have a better understanding of the	It has been a great course this week! I have
psychological behaviours related to domestic	learnt a lot and I'm going to be more
violence.	positive and stronger going forward.
She has a better understanding of the impact of	My thoughts have changed completely. I'm
domestic abuse on herself and the children.	now able to think rationally.

She seems more insightful into her behaviour and	
the impact that other people's behaviour has on	
her.	
She found both courses to be beneficial and opened	I have learnt to recognise IT and I and used
her eyes to the impact of her drinking and of	the Critical Thinking a lot and will continue
domestic abuse.	to use it.
She shows a greater level of insight into the impact	
of domestic abuse.	

**Increase in confidence** was observed within participants of the *Enough is Enough* several times. Participants commented upon an increase in their confidence slightly more frequently.

Referrers observations	Participants' feedback
She has certainly felt empowered by completing	
the course.	
The course has improved her confidence and now	I have learnt how to be more confident in
she is taking exams to help her increase her	the past few days which has been a problem
education.	most of my life.
this gave her a boost of confidence.	
The course gave her clarity and the confidence to	Due to the tutors having similar past
engage with the police.	experiences it makes you feel more
	confident especially when
	engaging/participating with others.
	I will definitely be reviewing a SWOT analysis
	regularly; this will be a great way to gain
	confidence and better myself.
	This course has given me more confidence
	and belief that I can go into a new group of
	people and has pushed me to want to
	achieve more in life.
	It was good also to see all the positive things
	about myself again.

**Enhanced problem solving and decision making** appeared twice within the observations of referrers, whilst it appeared twice as often within the participants' feedback. This theme can be framed as a coming together of the themes of increased confidence and improved insight that leads to an ability to make more informed and empowered choices. This shows how attitudinal and psychological progress is leading to behavioural changes within participants.

Referrers observations	Participants' feedback
she has been led by what she learnt to make the right decisions.	This course and all lessons have really opened my eyes to how bad my life was looking. It has enabled me to make some very hard decisions regarding my relationship and my home living circumstances.
now knows that she has the power herself around whether she drinks or not.	
	I really enjoyed this course; it has really helped me to understand domestic abuse a lot better and I now feel confident enough to

never put myself in that kind of situation
again.
It has enabled me to make some very hard
decisions regarding my relationship and my
home living circumstances.
I will definitely be reviewing a SWOT analysis
regularly; this will be a great way to gain
confidence and better myself. It is incredible
to give people skills to overcome 'problems'.
The fact that these skills can also be used in
so many areas of life's situations is
something to be excited about.

Changes to the management of relationships can be framed as a consequence of enhanced insight about domestic abuse and an increased confidence in being able to make decisions about the important relationships. This theme therefore can be framed as a behavioural theme. With relationships to partners, children, and professionals made reference to. This theme mostly reflected an improvement to those relationships. Referrers predominantly observed a positive change to participants' relationships, but with a few comments made about a lack of progress of engagement with professionals. Participants made reference to changes to relationships less frequently, but these were overwhelmingly positive in tone.

Referrers' observations	Participants' feedback
She has become more positive towards social care.	
There was relatively good engagement anyway, but	
it is slightly more open.	
but is still in a relationship that has domestic	
abuse.	
has had the ability to understand and reflect on	
this and even show her ability to protect her child	
moving forward.	
she does prioritise her relationship with her	
partner above her children.	
School have noted an improvement in children's	
behaviour.	
She has become a little bit more open with me.	
She appears to be much more protective of her	
child.	
engagement remains limited.	
her engagement stayed the same.	
was able to use the skills she obtained from the	Before the course I would of (sic) started
course to manage her partner to prevent further	arguments for not understanding my new
incidents of domestic violence.	partner, I will now put my foot down and
	stick to my decisions.
she has a better understanding of the things	
which she needs to change in her relationship.	
Social Care remain very unclear as to whether her	
attendance on the course has had any short-term	
impact on whether it will be helpful in the long-	
term.	

Also learnt I need to change, but so does (partner). I've learnt to trust again.
I have found this course very helpful I have learnt new skills which I have already used in my relationship and I feel it is going to get better. It has been excellent all week, the skills I have been taught I know I can use in all my future/now relationships and I intend to use them continually.
Learning everybody's stories more makes you aware how to spot the signs in future. I need to be aware how people treat me and play my strings.

# This Ends Here (learners)

**Insight** into what domestic abuse means and the learner's part within it appeared frequently and is similar to the theme of insight that appears within the observations and feedback of the *Enough's Enough* programme. Participants referred to this theme less than referrers did. It appears that insight is leading to a change in thinking and to a change in behaviour. Animal Brian is referred to twice by participants and perhaps reflects a term used within the programme. Two participants refer to the changes to thinking leading to changes in choices and having more control.

Referrers' observations	Participants' feedback
appears to have a better awareness of what	This course has helped me to stop being
constitutes domestic violence and is able to reflect	paranoid and has totally changed my
on how this has previously been a feature of	thinking pattern.
relationship.	
He has taken on board what he has learnt and there	My tutors were great, and I will use all
has been a positive change in his views and	techniques learnt in everyday life.
understanding.	
appears to have increased confidence and	
awareness of domestic violence and the potential	
impact on his children.	
I think he has developed an awareness into the	
control that he has in situations and confrontations	
– he realises he can influence the outcomes in that	
he can avoid or diffuse them so that's been good.	
he is now able to reflect due to the skills he has	I've learnt about thinking in a better way
obtained from the course and able to consider the	and the animal part of my brain and how to
feelings of his partner.	help control and to make choices that are
	not selfish to myself whilst trying to be
	respectful and thoughtful to others as
	possible.
they found this very useful and said they have	
learnt a lot from this course.	
	I will use the skills gained on this course at
	all times. Very helpful to be able to
	recognise when my animal brain is trying to
	wind me up. I am in control of so don't let
	thoughts escalate and become irrational.

**Engagement** with the course and with referrers themselves was an important theme to appear within the referrer's observation. This was primarily observed to improve but with some observation of lack of progress of engagement. Given that a lack of engagement with longer form perpetrator programme, the frequent appearance of comments on engagement by referrers is not surprising. Only one participant makes a comment that can be labelled as fitting within the theme of engagement.

Referrers observations	Participants' feedback
has worked well with me throughout my	
involvement.	
Has engaged positively with me since completing	
the course.	
he will pick and choose when he wants to	
engage.	
Got a full time job and used this as a way to not	
engage with any services identified.	
has not engaged well and continues this.	
A longer course would be beneficial to show	
commitment and demonstrate change.	
His engagement has been fairly ok anyway and	
hasn't deteriorated.	
He does engage with us and there have been no	
further reported incidents.	
The engagement did not improve – he was of the	
view all along that he was the victim in the situation	
rather than the perpetrator and so the course	
caused tension.	
he and his partner were both engaging but were	
more positive and understanding of our	
involvement.	
he has definitely made progress during the 6	
months in terms of engagement and working with	
the plan.	
	Really enjoyed it, glad I came now, was
	putting it off for ages.

**Behaviour** related aspects formed part of a number of observations made by referrers. Participants made reference to changes to behaviour an equal number of times. Whereas referrers' observations about changes to behaviour were a mixture of positive and neutral, participants feedback was all positive.

Referrers observations	Participants' feedback
There are still aspects of his behaviour that are	
concerning.	

the course attendance was more about him	
recognising his behaviours in terms of possible	
controlling behaviours.	
recognises how some of his actions could be	
perceived as controlling or abusive which is	
positive.	
he did feel that the domestic abuse course gave	
him strategies in dealing with difficult situations.	
There has not been any further domestic abuse	Learnt how to understand things and deal
reported.	with things in a different way. Control my
	own thoughts. Understand my strengths and
	weaknesses.
His behaviour would say that his behaviour got	
worse – he didn't see himself as being the same or	
as bad as the others on the course.	
	I have enjoyed the course throughout the
	week and learning new skills and how
	putting them into practice to challenge my
	own thinking and to find different methods
	of managing both my past issues and any
	future ones that may arise.
	There has been some realisation about my
	own past behaviour and think it has made
	me more mindful about my own
	relationships and use of language.
	The course has really helped me and made
	me come to terms that I can change and
	better myself and I would recommend this
	course to anyone that thinks they need help.
	I think if I use and practice these skills it will
	be healthier and happier all round for
	everyone involved.

**Relationships with children and family** appeared as a theme within the observations made by referrers and participants. Both point to an improvement in those relationships.

Referrers observations	Participants' feedback
appears to have increased confidence and	
awareness of domestic violence and the potential	
impact on his children.	
School have also noticed an improvement in	
Childrens' behaviour.	
he is able to talk about the impact on his	
daughter – however he is clever enough to know	
what we want to hear from him.	
his attendance at the course led to a positive	
outcome for the risk assessment and his contact	
with the children.	
	I'm going to use my goals and targets to
	better my family life.

Feel like it has helped my confidence in		
completing things needed to better mine		
and my family's future.		
I have found the whole course enjoyable		
and hope to improve my relationship with		
my wife, which will in turn improve our		
family.		

## Presentation of Police Data

Recorded incident data for each participant, and a matched control, was provided by Derbyshire Constabulary, which covers the period from one year before participation in the programme to one year after participation. The incidents recorded here relate only to domestic abuse. The data demonstrates a significant overall reduction in the incidence of DA reported after participation in the *This Ends Here* course. Where the cohort participants were reported as suspects within recorded crime incidents there was a 73% reduction between pre and post participation, this compares to a 42% reduction for the control group. The reasons for the reduction in incidents within the control group is not fully known at this time. We do not have full information as to what other intervention the control group may have had access to. One possible reason is that we do not know the circumstances of the control group, who were those who declined to take part in the intervention. Their relationship with the abused may have ended so future incidents would be less likely, whereas those attending are likely to still be in a relationship.

COHORT group incidents from 4th Feb 2018 to 28th June 2020 (N=19)				
Domestic abuse reported to the Police	Non-crime incidents	Crime incidents before participation		Total incidents
	before participation	As suspect	As victim	before participation
Cohort 1	14	5	2	21
Cohort 2	8	5	0	13
Cohort 3	3	4	0	7
Cohort 4	10	1	0	11
Cohort 5	0	4	0	4
TOTAL for Cohort groups	35	19	2	56
before participation				
Domestic abuse reported to	Non-crime	Crime incidents after		Total
the Police	incidents after	participation		incidents
	participation	As suspect	As victim	after participation
Cohort 1	4	0	1	5
Cohort 2	3	0	0	3
Cohort 3	2	4	4	10
Cohort 4	4	1	0	5
Cohort 5	0	0	0	0
TOTAL for Cohort groups	13	5	5	23
during and after				
participation				
Percentage change	-62%	-73%	+150%	-59%

CONTROL group incidents from 4th Feb 2018 to 28th June 2020 90 (N=17)				
Domestic abuse reported to the Police	Non-crime incidents	Crime incidents before programme		Total incidents
	before programme	As suspect	As victim	before programme
Control 1	8	6	2	16
Control 2	9	4	2	15
Control 3	3	2	0	5
Control 4	9	6	1	16
Control 5	0	1	0	1
TOTAL for CONTROL groups	29	19	5	53
before programme dates				
Domestic abuse reported to	Non-crime	Crime incidents after		Total
the Police	incidents after	programme		incidents
	programme	As suspect	As victim	after programme
Control 1	4	1	3	8
Control 2	3	4	0	7
Control 3	0	2	0	2
Control 4	0	2	0	2
Control 5	0	2	0	2
TOTAL for CONTROL groups during and after Programme dates	7	11	3	21
Percentage change	-75%	-42%	-40%	-60%