



Universiteit
Leiden
The Netherlands

Reward systems in prison

Elbers, J.M.

Citation

Elbers, J. M. (2024, June 19). *Reward systems in prison*. Meijers-reeks. Retrieved from <https://hdl.handle.net/1887/3763901>

Version: Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/3763901>

Note: To cite this publication please use the final published version (if applicable).

Reward Systems in Prison

Reward Systems in Prison

PROEFSCHRIFT

ter verkrijging van
de graad van Doctor aan de Universiteit Leiden,
op gezag van Rector Magnificus prof.dr.ir.drs. H. Bijl,
volgens besluit van het College voor Promoties
te verdedigen op woensdag 19 juni 2024
klokke 15.00 uur

door

Jan Maarten Elbers

geboren te Zwolle

in 1991

Promotoren: Prof.Dr. P. Nieuwbeerta
Prof.Dr. M.M. Boone

Copromotoren: Dr. E.F.J.C. van Ginneken
Dr. J.M.H. Palmen

Promotiecommissie: Prof.Dr. J.W. de Keijser
Prof.Dr. M.J.F. van der Wolf
Prof.Dr. K. Beyens (Vrije Universiteit Brussel, België)
Dr. P. Jacobs (Tilburg University)

Dit proefschrift is onderdeel van de *Life in Custody Study*. Dit project werd financieel ondersteund door de Dienst Justitiële Inrichtingen (DJI) en de Universiteit Leiden.

Lay-out: AlphaZet prepress, Bodegraven
Printwerk: Ridderprint, Alblasserdam

© 2024 J.M. Elbers

Behoudens de in of krachtens de Auteurswet van 1912 gestelde uitzonderingen mag niets uit deze uitgave worden verveelvoudigd, opgeslagen in een geautomatiseerd gegevensbestand of openbaar worden gemaakt, in enige vorm of op enige wijze, hetzij elektronisch, mechanisch, door fotokopieën, opnamen of enig andere manier, zonder voorafgaande schriftelijke toestemming van de auteur.

No part of this book may be reproduced in any form, by print, photoprint, microfilm or any other means without written permission of the author.

Table of Contents

1	GENERAL INTRODUCTION	1
1.1	Background	1
1.2	The Dutch Prison Context	4
1.3	The Dutch Reward System in Prison	5
1.3.1	The Original Policy (2014)	5
1.3.2	The Revised Policy (2020)	7
1.3.3	The Expanded Policy (2021)	8
1.4	Prior Empirical Studies	8
1.4.1	International Studies	9
1.4.2	National Studies	11
1.4.3	Limitations of Prior Studies	13
1.5	Theoretical Framework	16
1.5.1	Theoretical Objections	16
1.5.2	Prison Compliance Theories	16
1.5.3	Models for Effective Correctional Interventions	17
1.5.4	Contrasts and Limitations	20
1.5.5	Self-Determination Theory	21
1.6	Current Research	23
1.7	Method and Data	24
1.7.1	Research Question 1	24
1.7.2	Research Question 2	24
1.7.3	Research Questions 3 and 4	25
1.7.4	Impact of the Covid-19 Pandemic	26
1.8	Relevance of the Current Study	27
1.8.1	Scientific Relevance	27
1.8.2	Societal Relevance	28
1.9	Study Outline	29
2	THE PROGRAMME THEORY OF THE DUTCH REWARD SYSTEM IN PRISON	33
2.1	Introduction	33
2.1.1	The system of Promotion and Demotion	34
2.1.2	Contingency Management	35
2.1.3	Prior Research	36
2.2	Methods	37
2.2.1	Reconstruction of Programme Theory	37
2.2.2	Data Collection	38
2.3	Results	40
2.3.1	Target Group	40

2.3.2	Means and (Intermediate) Goals	41
2.3.3	Causal Assumptions	42
2.3.4	Scientific Test	46
2.3.5	Policy Consistency and Coherence	51
2.4	Conclusion and Discussion	52
2.4.1	Methodological Remarks and Implications	54
	Appendix A	57
3	PRIOR STUDIES ON THE EFFECTS OF REWARD SYSTEMS IN PRISON	59
3.1	Introduction	59
3.1.1	Rationale of Contingency Management Systems	62
3.2	Methods	63
3.2.1	Identification of Possibly Relevant Publications	63
3.2.2	Screening Title and Abstract	64
3.2.3	Screening Full-texts	65
3.2.4	Synthesis	65
3.2.5	Quality Assessment	67
3.3	Results	68
3.3.1	Characteristics of Studies on RSP Effectiveness	68
3.3.2	Effectiveness of RSPs	69
3.3.3	Type-1 Studies	69
3.3.4	Type-2 Studies	70
3.3.5	Type-3 Studies	72
3.4	Conclusion and discussion	74
3.4.1	Limitations	77
3.4.2	Implications for Theory, Policy, and Practice	78
	Appendix B	80
4	PREDICTORS OF PROGRESSION IN THE DUTCH REWARD SYSTEM IN PRISON	87
4.1	Introduction	87
4.1.1	Dutch System of Promotion and Demotion	88
4.1.2	Reward Status Predictors: Behaviour, Self-Governance Ability and Motivation	88
4.1.3	Prior Research on Reward Status Predictors	90
4.2	Methods	91
4.2.1	Life in Custody Study (LIC)	91
4.2.2	Instrument	92
4.2.3	Procedure	92
4.2.4	Sample	93
4.2.5	Measures	93
4.2.6	Analytical Strategy	95
4.3	Results	95
4.3.1	Behaviour	95
4.3.2	Self-Governance Ability	96
4.3.3	Motivation	97
4.4	Conclusion and Discussion	100
4.4.1	Limitations and future research	101

Appendix C	103
5 EFFECTS OF REWARD STATUS ON AUTONOMY	105
5.1 Introduction	105
5.1.1 The Dutch Reward System in Prison	107
5.1.2 Theory	109
5.1.3 Prior Research	110
5.2 Methods	112
5.2.1 Data Collection	112
5.2.2 Instrument and Participants	113
5.2.3 Variables and Analyses	113
5.3 Results	116
5.3.1 Reward Status and Objective Autonomy	116
5.3.2 Objective Autonomy and Subjective Autonomy	116
5.3.3 The Role of Self-Governance Ability	117
5.4 Conclusion and Discussion	121
5.4.1 Remarks	123
5.4.2 Implications for Policy and Practice	124
6 GENERAL DISCUSSION	129
6.1 Introduction	129
6.2 Summary of Main Findings	130
6.2.1 Main Conclusions	130
6.2.2 Plan Evaluation (Chapter 2)	131
6.2.3 Systematic Literature Review (Chapter 3)	132
6.2.4 Process Evaluation (Chapter 4)	132
6.2.5 Impact Evaluation (Chapter 5)	133
6.3 Implications for Theory on Reward Systems in Prison	134
6.3.1 Contribution of Self-Determination Theory	134
6.3.2 Refining the Programme Theory	135
6.3.3 Conceptual Analysis of Self-Governance Ability	138
6.4 Limitations and Future Research	139
6.4.1 Limitations	139
6.4.2 Future Research	142
6.5 Implications for Policy and Practice	143
6.5.1 Increase System Responsivity	143
6.5.2 Limit External Pressures to Comply	145
6.5.3 Facilitate Intrinsic Motivation	147
6.5.4 Reconsider Criteria for External Freedoms	148
SAMENVATTING (SUMMARY IN DUTCH)	151
REFERENCES	161
NAWOORD	183
CURRICULUM VITAE	185

