

# *Fit to Drive*

3rd International Traffic Expert Congress  
Prague from June 19th - 20th 2008

Welcome



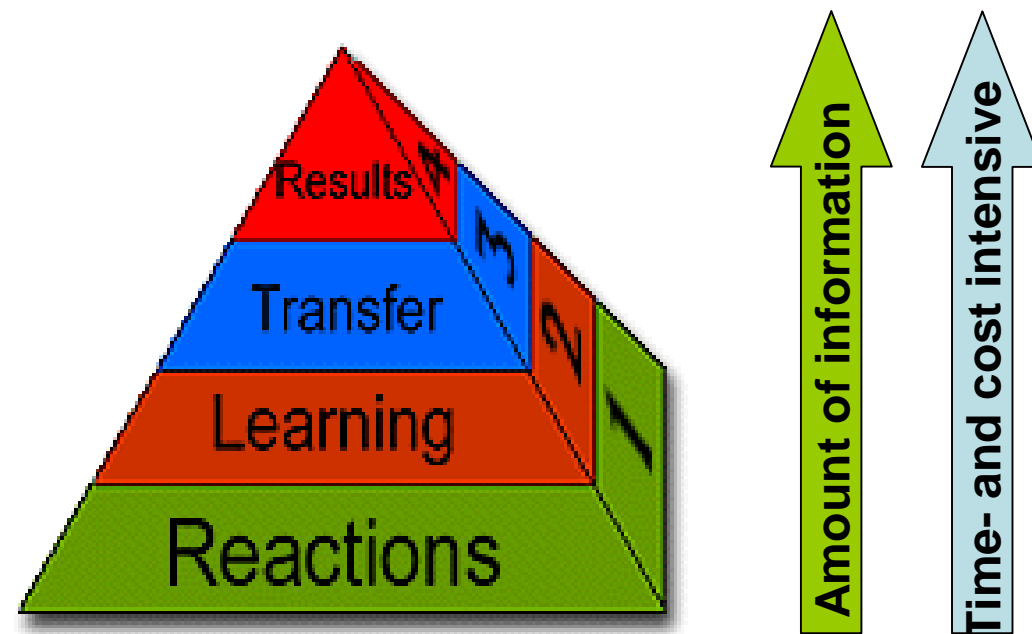
The continuously accompanied  
evaluation of rehabilitation  
programmes

Dipl.Ing. Dr.techn. Martin Nechtelberger  
AAP - Austrian Applied Psychology

- Driver improvement courses: regulated by the Austrian law
  - ... for drunk drivers, traffic offenders
  - ... for driving under the influence of drugs
  - ... for offences in the demerit point system
- DI programmes: Accreditation by Ministry Of Traffic
  - Efficiency and eligibility have to be proven and evaluated
  - DI reduces recidivism rate by 50%
  - Rate for known/unknown drunk driving 1:300
  - recidivism rate poor measurement
  - „Soft“ success criteria shall be evaluated

- Evaluation of AAP courses in 2003, 2006 and 2008
- Model of Kirkpatrick, four levels of evaluation

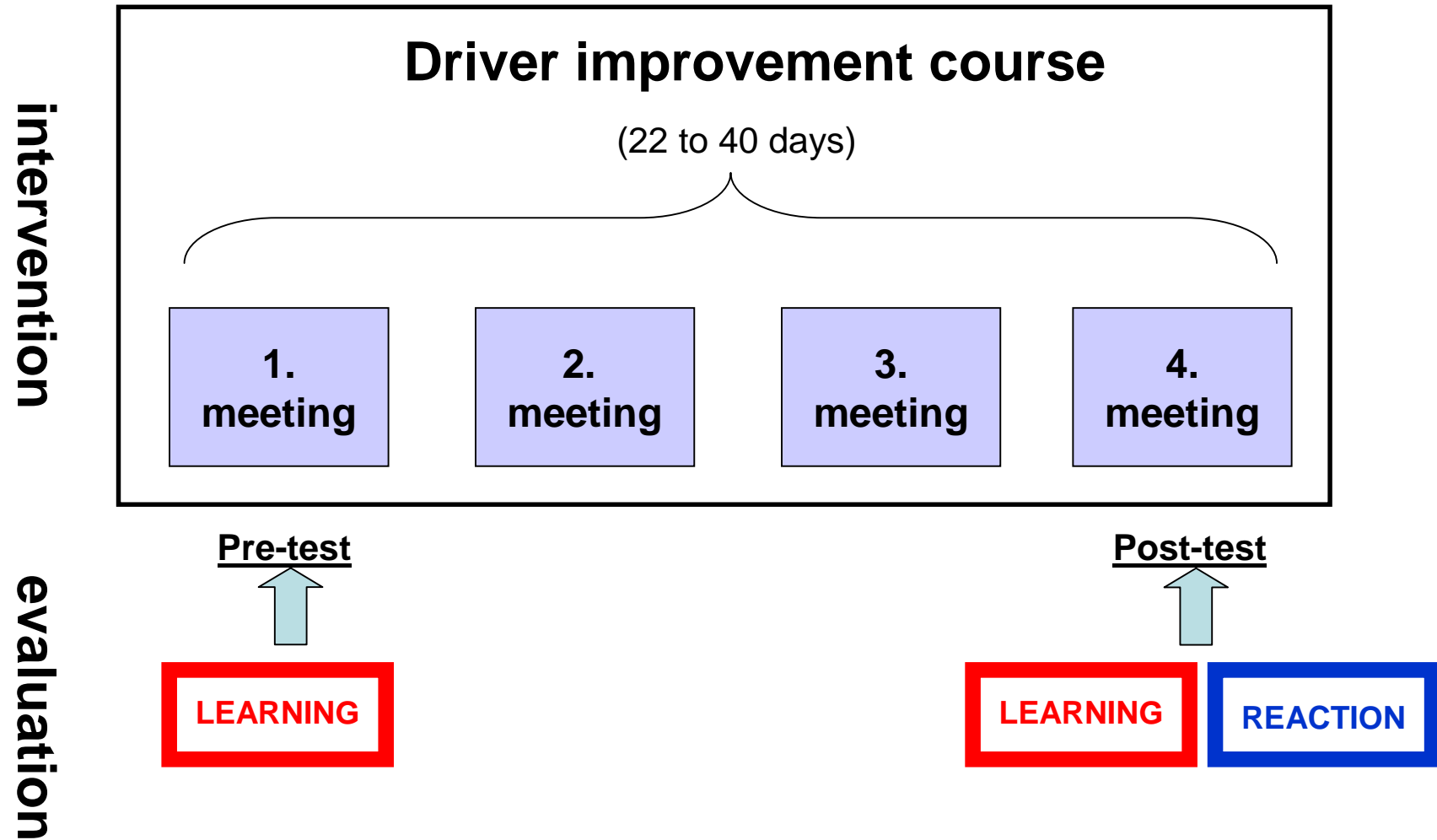
- (1) Reactions
- (2) Learning
- (3) Transfer
- (4) Results



- Preceding stages important for next stage

- Evaluation 2003 (University of Vienna)
  - 248 participants nationwide
  - Questionnaire at beginning/end and six week after the course
- Results:
  - significant increase in knowledge
  - more positive attitude (laws, DI programmes)
  - higher advocacy of guilt
  - advocacy of lower BAC limits
  - change in attitude towards more realistic views
- **DI programmes have a positive impact on the participants**

- Evaluation 2006 (University of Vienna), goals:
  - Change of attitude and increase of knowledge?
  - Differ repeat offenders and first time offenders?
  - How do participants rate the course and the trainer?
- Pre-test (course beginning) and post-test (end of course)
- 285 participants, 87% male, 17 % female, aged 18-71
- Scales of interest:
  - Self-concept of own abilities, internality
  - Internality (socially caused, fatalistic)
  - Self awareness (general, specific), knowledge



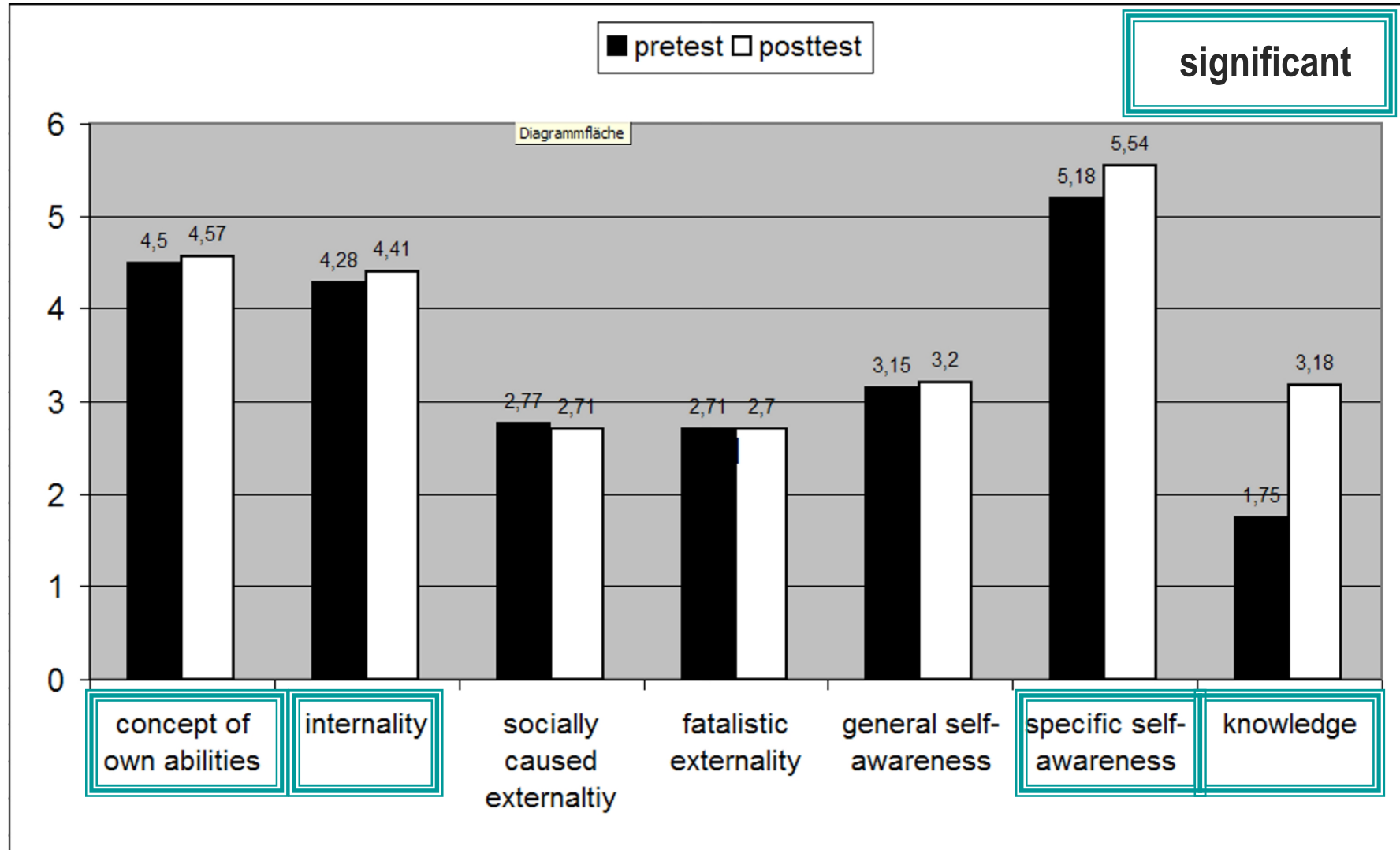


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AAP - AUSTRIAN  
APPLIED PSYCHOLOGY





- Repeat offenders / first time offenders
  - Significant difference by scale „knowledge“
  - Beginning of course
    - First time offenders: M=1.02, SD=1.02
    - Repeat offenders: M=2.34, SD=1.05
  - End of course
    - First time offenders: M=3.19, SD=1.03
    - Repeat offenders: M=3.16, SD=1.04
- **Knowledge transfer is stable over a long time period**

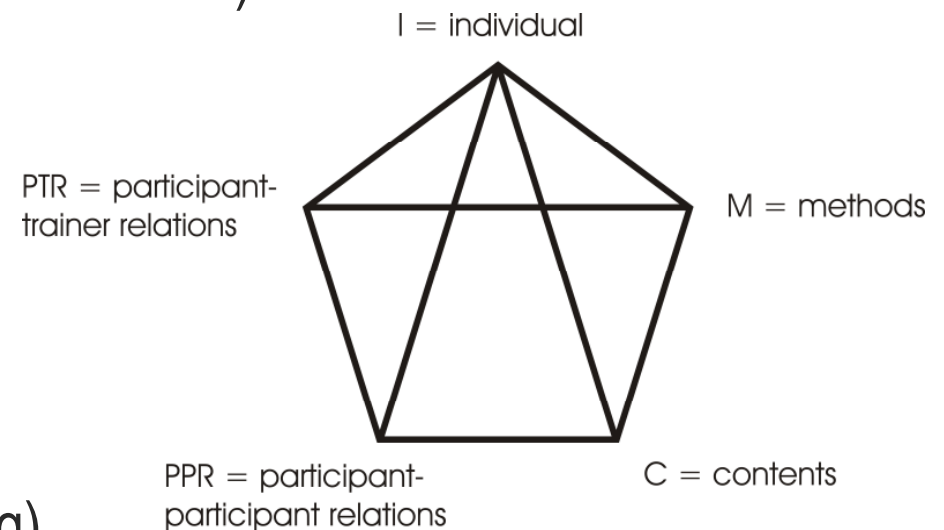
- Rating for course and trainer (1..best, 5..worst)
  - Sympathy trainer  $M=1.20$  ( $SD=0.486$ )
  - Competence trainer  $M=1.22$  ( $SD=0.473$ )
  - Training itself  $M=1.72$  ( $SD=0.759$ )
- Very good rating both for trainers and the programme
  - High acceptance and contentment by the participants
  - Important precondition for learning and changing attitudes

- Interpretation of the results
  - Basic eligibility concerning the goals (attitude, knowledge...)
  - Strengthening of self-efficacy and internal attribution
  - Increase in subjective control over own life by participants
  - Very high result in transfer of knowledge
  - Delicts out of ignorance can be avoided in the future
  - Programme as well as trainers are rated fine
  - High acceptance and contentment by course participants
  - Kirkpatrick: Important for learning and changing attitudes

- Newest research activities:
- Stages of Transtheoretical Model of Change (TTM)
  - Precontemplation stage: no problem awareness – no change
  - Contemplation stage : awareness of pros and cons of changing, ambivalence, intentions
  - Preparation stage: intention to take action in immediate future, first initiatives
  - Action stage: specific lifestyle modifications, observable steps of action
  - Maintenance: work to prevent relapse, increasing confidence of continuing change
- Participation in EU project DRUID, WP5: rehabilitation



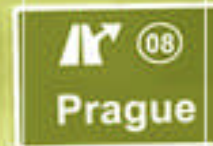
- Cognitive-affective processes
  - Consciousness raising (increasing awareness)
  - Dramatic relief (emotional arousal)
  - Environmental re-evaluation (social appraisal)
  - Social liberation (environmental opportunities)
  - Self re-evaluation (self appraisal)
- Behavioural processes
  - Self liberation (committing)
  - Stimulus control (re-engineering)
  - Counter conditioning (substituting)
  - Helping relationships (supporting)
  - Reinforced Management (rewarding)



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