



ANGER MANAGEMENT THERAPEUTIC GROUP SUMMARY REPORT

SESSION DATE: April 3, 2008 – June 19, 2008

DATE OF REPORT: August 6, 2008

GROUP DESCRIPTION:

The Anger Management therapeutic group was designed to assist participants in increasing their knowledge of anger management strategies and reducing anger and angry behaviours. Anger Management strategies are taught to participants through presentations by facilitators, weekly discussions and handouts, videotapes and role-play.

Goals include:

- To increase knowledge and understanding of the causes and development of anger
- To increase knowledge and understanding of physical and emotional coping strategies to deal with anger in an appropriate manner
- To learn behavioural and cognitive alternatives to anger
- To learn new strategies for communicating anger to others
- To improve knowledge of collaborative problem solving

Eight individuals participated in the group which met every Thursday morning for two hours, for a total of 11 weeks. Overall attendance for the participants in the group was high at an average rate of 75%.

EVALUATION OF PROGRAM:

To evaluate program outcome the following tests were used:

Program Knowledge Test:

This test consisted of 17 short-answer and multiple-choice questions based on the program curriculum.

State-Trait Anger Expression Inventory (STAXI):

This is a 44 item standardized self-report survey that provides information about an individual's perception of his/her anger difficulties and ability to control anger in comparison to the normal population.

Anger Management Group Survey:

This survey is a 4 item Likert scale to assess the participant's satisfaction with different components of the group.

RESULTS FROM PRE AND POST TESTING:

Data confirms a positive result to the program. The total average pre-test score on the knowledge test was 29% compared to the average post-test score of 68%. Overall, the scores show a significant increase in participant's knowledge of anger management strategies by an average gain of 39%.

The scores from the anger survey (STAXI) indicated improvements for both anger expression and anger control. The participants rated their overall expression of anger as having decreased from the Very High range at the 98th percentile on the pre-test to the High range at the 87th percentile on the post-test. The pre-test group scores for Anger Control remained in the Low range; however, increased from the 4th percentile on the pre-test to the 16th percentile on the post-test. These results indicate that on average, the participants perceived themselves to have less frequent expressions of anger and increased attempts to control anger by the end of the program.

The data from the group survey also indicated positive results. On average the participants endorsed the statement "usually true" as they reported they had fewer incidents of angry outbursts since joining the group. They also endorsed the statement "always true" for finding the strategies taught in the course to be helpful in controlling their anger and for improved ability to control anger.

It is important to note that these results correspond very closely with results from previous groups since 1999.

If you would like more information, please contact Brain Injury Services at:
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