



ANGER MANAGEMENT THERAPEUTIC GROUP SUMMARY REPORT

SESSION DATE: January 12, 2015 – March 31, 2015

DATE OF REPORT: July 25, 2015

GROUP FACILITATOR: Brigitte Langlois, Social Worker

GROUP DESCRIPTION:

The Anger Management therapeutic group is designed to assist clients at Brain Injury Services in increasing their knowledge of anger management strategies and reducing anger and angry behaviours. Anger Management strategies were taught to clients in a group setting, through presentations by facilitators, weekly discussions and handouts, videotapes and role-play.

The purpose of the Anger Management group was:

- 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

Four individuals participated in the group which met every Monday morning for two hours, for a total of 10 weeks. Overall attendance for the clients in the group was at an average rate of 90%.

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-2):

This is a 57 item standardized self-report survey that provides information about an individual's perception of his/her anger experiences, expression and control of anger in comparison to the normal population.

Beck Depression Inventory (BDI):

This assessment measures the severity of self reported depression and consists of 21 items which describe common symptoms of depression. Each of the symptoms is rated on a scale of 0-3 with a maximum score of 63.

Adult-Self Report (ASR) and Adult Behaviour Checklist (ABCL):

These are parallel forms that were used to make comparisons between an individual's perceptions of their own functioning and other people's perceptions of their functioning. The Aggressive Behaviours subscale, which consists of 15 items, was completed by clients and their staff or family or family member.

Anger Management Group Survey:

This survey is a 4 item Likert scale to assess the client'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 21% correct compared to the average post-test score of 53% correct. Overall, the scores show an increase in client's knowledge of anger management strategies by an average gain of 32%.

The results from the STAXI-2 indicated no changes within the overall average group scores in relation to self-reported anger expression. The average Pre-test scores on the Anger Expression Index (AX), were in the average range, at the 64th percentile and the pre-test score was in the average range at the 50th percentile. Despite no significant change overall, three of the four participants reported significant decreases in their AX scores. In relation to Anger Control-In, the overall pre-test score was in the average range at the 40th percentile, and the overall post test score was in the low range, at the 20th percentile. This result suggests that on average, individuals reported a significant decrease in efforts to control angry feelings and calm themselves down. The average pre-test score for Anger Control-Out, was in the average range at the 26th percentile and the post-test score was in the average range at the 37th percentile. This result suggests that participants did not report change in control of their outward expression of anger.

On the ASR/ABCL, both the client and staff/family group reported no change in level of aggressive behaviours. The client group scores (ASR) reported their level of aggressive behaviours in the normal range, at the 82nd percentile on the pre-test, and in the normal range on the post-test at the 88th percentile. The staff/family member scores (ABCL) scores fell in the normal range on both the pre and post-tests at the 80th and 72nd percentiles. Scores on the self-reports indicated that one of the four participants

reported significantly lower aggressive behaviours at the end of the group, with scores decreasing from the clinical range to the normal range.

Pre and Post test scores on the BDI-II indicated that overall, there was no change in symptoms of depression. The overall average group scores remained in the minimal range with an average pre-test score of 12 out of a maximum of 63, and an average post-test score of 11 out of 63. Despite no change overall, two of the participants did report significant decreases in depressive symptoms, with scores decreasing from the Mild to Minimal range by the end of the group. One participant reported an increase from the Minimal range to the Mild range.

Each week, clients were asked to complete a feedback form. The data from the surveys indicated positive results. Overall, clients reported a rating of 4.6 out of 5 for satisfaction with the group. Participants indicated ratings of 4.7 out of 5, reporting that overall the grouped helped them and the strategies were valuable in regards to managing their anger.

If you would like more information, please contact Liana McLeod at Brain Injury Services: lmcleod@braininjuryservices.com