

University of Texas of the Permian Basin

FalconCommons

---

College of Arts & Sciences

Dissertations & Theses

---

Spring 5-1998

## Anger Management for Adults

Gary L. Heath

*University of Texas Permian Basin*

Follow this and additional works at: <https://falconcommons.utpb.edu/utpb-cas>



Part of the [Behavior and Behavior Mechanisms Commons](#), and the [Cognitive Behavioral Therapy Commons](#)

---

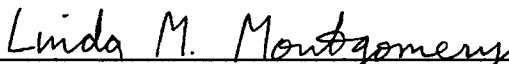
### Recommended Citation

Heath, Gary L., "Anger Management for Adults" (1998). *College of Arts & Sciences*. 24.  
<https://falconcommons.utpb.edu/utpb-cas/24>

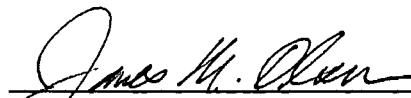
This Thesis is brought to you for free and open access by the Dissertations & Theses at FalconCommons. It has been accepted for inclusion in College of Arts & Sciences by an authorized administrator of FalconCommons. For more information, please contact [pappas\\_j@utpb.edu](mailto:pappas_j@utpb.edu).

ANGER MANAGEMENT FOR ADULTS

Approved by Supervisory Committee:

  
\_\_\_\_\_

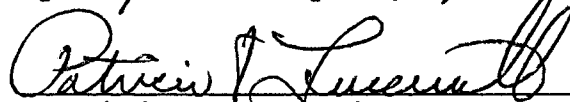
Linda M. Montgomery, Ph.D.  
Chair

  
\_\_\_\_\_

James N. Olson, Ph.D.

  
\_\_\_\_\_

Spencer K. Thompson, Ph.D.

  
\_\_\_\_\_

Patricio T. Jaramillo, Ph.D.  
Graduate Faculty Representative

ANGER MANAGEMENT FOR ADULTS

by

Gary L. Heath, M. S., B. S.

THESIS

Presented to the Graduate Faculty of Psychology

The University of Texas of the Permian Basin

in Partial Fulfillment

for the Degree of

Masters of Art

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

May 1998

## Abstract

Eight adults participated in a 2 part anger management course in a quasiexperimental within-subjects outcome study. Anger was described with the Anger Cycle<sup>®</sup>. Cognitive, relaxation and social skills training were used to teach alternative strategies for expressing anger. The Anger Information Test (AIT) and the State Trait Anger Expression Inventory (STAXI) were administered at pretreatment, posttreatment and follow-up (2 weeks later). Seven subscales of the STAXI were used: Trait Anger, Anger Temperament, Anger Reactivity, Anger In, Anger Out, Anger Control and Anger Expression. An overall significant within-subjects difference was found on changes from both tests. Two of the 4 hypothesized changes were supported. The anger information level was significantly increase and Trait Anger was significantly reduced. Anger Out and Anger Control were not significantly changed. Nonhypothesized significant reductions were noted in Anger In, Anger Expression and Anger Temperament.