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The effects of anger management programs on anger expression in psychiatric inpatients

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The purpose of this study was to evaluate the effect of anger management programs based on cognitive behavioral therapy (CBT) in psychiatric inpatients. This study used a nonequivalent control group, non-synchronized, and quasi-experimental design. In this study, 31 subjects were recruited. The experimental group (n=16) received 5 sessions of 2 weeks program. The control group (n=15) could receive the same program as the experimental group after completion of the 1st and 14th day questionnaire. The collected data were analyzed using SPSS for Windows. The results of homogeneity verification of preliminary investigation data showed that there was no significant difference between the experimental and control group. Compared with the control group, patients on treatment showed significant reduction in scores of anger-out ($U=19.50$, $p<0.001$), and anger-expression ($U=40.50$, $p=.001$). This present trial results demonstrated that anger management programs significantly reduced anger-out and anger-expression. These results can suggest that anger management programs contribute to controlling anger-expression of psychiatric inpatients.

Biography

Eun Young Kwak has completed her MSN from Seoul National University, South Korea. She is an APN in Psychiatric Mental Health Nursing and also a Unit Manager in Seoul National University Hospital.

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