ISRCTN76248831 https://doi.org/10.1186/ISRCTN76248831

Anger Management, a randomised, controlled trial

Submission date	Recruitment status
12/09/2003	No longer recruiting
Registration date	**Overall study status**
12/09/2003	Completed
Last Edited	**Condition category**
16/07/2009	Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N0230117542

Study information

Scientific Title

Study objectives

To assess the effectiveness of anger management by employing a cognitive behavioural framework.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Anger management

Interventions
Study subjects will be selected from those referred to the Anger Management group run at the Department of Psychiatry, Royal South Hants Hospital. It will compare a cognitive behaviour therapy based anger management program with a control group of patients on the waiting list. The study will last for 9 months. <p>Questionnaires will be used at the start, end of group therapy (3 months after the start) and again at 6 months follow up.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Anger will be measured using the Navco Anger Assessment Scale (NAS) and State-Trait Anger Expression Inventory (STAXI). The Clinical Outcomes in Routine Elevations (CORE) scale will be used to measure the well-being and life functioning of the subjects. Depression and anxiety will be measured using the Hospital Anxiety and Depression Scale. Evaluation belief scale will be used to measure the beliefs about self and others. Other variables to be collected include: age, gender, ethnicity, marital status and employment status.

Key secondary outcome(s))
Not provided at time of registration

Completion date
01/03/2004

Eligibility

Key inclusion criteria
30 Subjects within age range 16-65 from patients referred for Anger Management training.
<p>Inclusion criteria: a history of being unable to manage anger with or without a history of mental illness.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. excessive use of drugs and/or alcohol
2. significant cognitive impairment
3. active psychosis.

Date of first enrolment
01/03/2003

Date of final enrolment
01/03/2004

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Dept of Psychiatry
Southampton
United Kingdom
S014 0YG

Sponsor information

Organisation
Department of Health (UK)

Funder(s)

Funder type
Research council

Funder Name
West Hampshire Consortium (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/03/2009		Yes	No