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# 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

**Contact name**
Dr Farooq Naeem

**Contact details**
Dept of Psychiatry
Royal South Hants Hospital
Brintons Terrace
Southampton
United Kingdom
S014 0YG

## 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

### Primary study design
Interventional

### Study design
Randomised controlled trial

### 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 |