



<p>Crane and Joyce (1991). Brief report: Cool down: A procedure for decreasing aggression in adults with traumatic head injury. <i>Br J Psychiatry</i>, 6(1): 65-75.</p>	<p>RoBiNT score - 10/30</p>
<p>Method / Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> • Study Type: SCD. AB design (A – baseline, B – intervention). • Population: n=2, both high rates of verbal and physical aggression. <ul style="list-style-type: none"> ○ Jeff, male, age 24, 9 months post injury. ○ David, male, age 49, 1 year post injury. • Setting: post-acute facility for adults with TBI. <p>Target behaviour measure/s:</p> <ul style="list-style-type: none"> • Frequency of physical and/or verbal aggression. <p>Primary outcome measure/s:</p> <ul style="list-style-type: none"> • No other standardised measure. <p>Results: Visual analysis of graphed data showed the number of physical aggressions decreased in conjunction with the introduction of the intervention and remained below baseline levels for the duration of the study. No statistical analysis performed.</p>	<p>Aim: To reduce frequency of verbal and physical aggression.</p> <p>Materials: Point cards, electromyography (EMG) biofeedback machine</p> <p>Treatment Plan:</p> <ul style="list-style-type: none"> • Duration: 80 days. • Procedure: 1hour role playing sessions twice a week, plus weekly training sessions. • Content: <p><u>Cool down:</u></p> <ul style="list-style-type: none"> • Role playing sessions - each session included biofeedback, covert behavioural rehearsal, and relaxation techniques • Modified training program in the test situation. Steps in staff instruction: <ol style="list-style-type: none"> 1. Empathetic understanding statement to the client 2. Prompt the client to cool down immediately or after 10 seconds or 5 seconds of agitated behaviour, depending on the behaviour and the condition. 3. Ignore continued increases in client agitation 4. Provide verbal praise for any decrease in agitation 5. Prompt the client to use the relaxation techniques once the client has demonstrated signs of de-escalation 6. Provide the client with verbal praise for initiation of relaxation techniques 7. Provide the client with verbal praise for completion of 2 to 7 minutes of relaxation. 8. Prompt the client to identify behaviours that function as an alternative to the target behaviour 9. Reinforce the client for identifying any socially acceptable alternative behaviours. <p>Points were earned on point cards, contingent on non-occurrence of target behaviour for each 1 hour interval.</p>