



<p>O’Leary (2000). Reducing aggression in adults with brain injuries. <i>Behav Intervent</i>, 15(3): 205-216.</p>	<p><b>RoBiNT score</b> - 8/30</p>
<p>Method / Results</p>	<p>Rehabilitation Program</p>
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>• <b>Study Type:</b> SCD. ABA design (A=baseline/withdrawal, B=intervention), replicated across participants.</li> <li>• <b>Population:</b> Data not presented for individual participants: 5 males, aged 21-42 years, with brain injuries 4 months - 5 years previously. All had histories with verbal and physical aggression, with 2/5 additionally being aggressive pre-injury.</li> <li>• <b>Setting:</b> Inpatient rehabilitation unit.</li> </ul> <p><b>Target behaviour measure/s:</b></p> <ul style="list-style-type: none"> <li>• Incidents of verbal aggression (e.g. yelling, cursing, threatening) or physical aggression (e.g. hitting, kicking, spitting, destroying property).</li> </ul> <p><b>Primary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>• No other standardised measure.</li> </ul> <p><b>Results:</b> Graphed data presented; no statistical analyses conducted. Treatment effects varied across participants, but were clearly effective for most participants by the end of training. Treatment effects were maintained during withdrawal.</p>	<p><b>Aim:</b> To reduce verbal and physical aggression in patients with TBI.</p> <p><b>Materials:</b> Written materials, role-plays, audiotapes, group discussion and lecture.</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>• <b>Duration:</b> 10 weeks.</li> <li>• <b>Procedure:</b> 2 sessions per week, 1 hour per session; total of 20 contact hours.</li> <li>• <b>Content:</b></li> <li>• Two themes to the program were addressed each week: the first session addressed coping skills and managing everyday stress, the second session targeted anger management strategies drawing upon the work of Goldstein and Glick (1993).</li> <li>• <u>Coping skills sessions</u> covered the following:             <ul style="list-style-type: none"> <li>• Stress and its sources.</li> <li>• Coping and its consequences.</li> <li>• Developing lists of pleasant activities.</li> <li>• Relaxation training.</li> <li>• Anger management exercises.</li> <li>• Role plays of coping strategies.</li> </ul> </li> <li>• <u>Anger management sessions</u> covered the following:             <ol style="list-style-type: none"> <li>1. Goals of anger management and the antecedent – behaviour – consequences model (ABC).</li> <li>2. Awareness of anger and training in anger reducers, use of hassle logs.</li> <li>3. Understanding anger and its triggers.</li> <li>4. Reminders.</li> <li>5. Self-evaluation (self-rewarding and self-coaching).</li> <li>6. Thinking ahead (“IF-THEN”).</li> <li>7. Identifying and changing anger-provoking behaviours.</li> <li>8. Implementing new behaviours.</li> </ol> </li> </ul>