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ANGER CONTROL

APPROVED BY SUPERVISORY COMMITTEE:

Allen Muck
Chairman

Robert Lotbstein
Graduate Faculty Representative

Paul Thompson

James Olson

ANGER CONTROL

by

Fred Berec Ongaga, B.A.

RESEARCH PROJECT REPORT

Presented to the Graduate Faculty of Behavioral Sciences

The University of Texas of the Permian Basin

in Partial Fulfillment

of Requirements

for the Degree of

MASTER OF ARTS

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

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ABSTRACT

This study was designed to assess the efficiency of anger control training with twenty-three institutionalized male delinquents evidencing verbal and physical aggression. The study employed a two group crossover design. After an initial test session assessing anger with a variety of measures, the immediate treatment group received anger control training. Following this training both groups participated in a test session. The delayed treatment group then received training and both groups were finally tested a third time. For a number of measures, both groups showed significant differences between the first and the second testing sessions. However no significant differences could be attributed to the anger control training.