A treatment program for violent forensic psychiatric patients

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Development of program (short version)
Aggression Control Therapy - Short Version

Framework

- Anger management (session 1-5)
- Social skills (session 6-10)
- Moral reasoning (session 11-15)
- Self-regulation skills (session 6-15)
- Follow-up, evaluation, and report
Anger management

• Observing behavior of others
• Interpreting behavior of others
• Lowering heightened arousal
• Differentiating between emotions
• Realizing short-term and long-term consequences of behavior
"Listen to me going on, I meant to ask - How's the anger management classes going?"
Social skills

- Choosing by patients of five skills from twelve
- Making an inventory of relevant problem situations for patients
- Modeling of skill by therapist
- Training of problem situations by patients
- Anticipating on future problem situations
- Follow-up, evaluation, and report
Moral reasoning

- Practicing of virtual situations with a moral dilemma
- Practicing of a moral dilemma by means of role-playing
Self-regulation skills

- Making programs for learning new behavior
- Lowering high aspiration level
- Reinforcing oneself for making progress in learning new behavior
- Completing program in five to ten sessions
Measurement instruments
Measurement instruments for program evaluation

Scores available for all patients:
• Psychopathy Checklist-Revised (PCL-R): Psychopathy

New assessment instruments:
• Adapted version of Rosenzweig Picture-Frustration Study (PFS-AV): Hostility
• Observation Scale for Aggressive Behavior (OSAB): Behavior on the ward
Adapted Version of Rosenzweig Picture-Frustration Study (PFS-AV): Hostility

You are not allowed to cross the street when the light is red.
Observation Scale for Aggressive Behavior (OSAB; Hornsveld et al., 2007)

Six subscales:
- Irritation/Anger (5 items)
- Anxiety/Gloominess (4 items)
- Aggressive behavior (10 items)
- Prosocial behavior (12 items)
- Antecedents (6 items)
- Sanctions (3 items)

Scoring: Behavior on the ward during past week
Evaluation of program (short version)
Inpatients, measured with OSAB subscale
Aggressive behavior

- Control group (N = 38)
- Therapy group (N = 38)
Adolescent outpatients during treatment, measured with the (AQ, Physical aggression)
Extension of the program (long version)
Aggression Control Therapy-Long version (38 sessions)

• Anger management
• Social skills
• Moral reasoning
• Prosocial thinking
• Character formation
• Prosocial network
• Attitudes towards women
• Evaluation
New modules

Prosocial thinking
• Changing antisocial cognitions in prosocial cognitions

Character formation
• Differentiating between consequences of behavior in the short and long run

Prosocial network
• Making new prosocial contacts and terminating antisocial contacts

Attitude towards women
• Dealing with women in contacts with different levels of intimacy
Prosocial thinking

Distorted cognitions:
• Not putting yourself in the place of the other
• Egotism
• Trivializing
• Presuming the worst
• Blaming others
Character formation (Sara Salmon)

Theme’s:
• Responsibility
• Servitude
• Respect
• Cooperation
• Honesty
Prosocial network

Skills:
• Making acquaintance
• Making an appointment
• Intensifying contact
• Informing somebody about your offense
• Reacting on a rejection
Attitude towards women

- Showing need for intimacy
- Reacting on a woman who rejects
- Reacting on a woman who makes overtures
- Discussing sex
- Intensifying intimacy
New measurement instruments
New measurement instruments for program evaluation

- Adapted Version of the Sociomoral Reflection Measure (SRM-AV)
- Attitudes towards Women Scale (HVL)
- Kijvelanden Aggression List (KAL)
Adapted Version of the Sociomoral Reflection Measure (SRM-AV): Moral awareness

20 statements, scoring on seven points scale: four phases and three transitional phases (Gibbs et al., 1992)

Example of statement:
Suppose: Two lesbian women kiss each other in public. How important is it that lesbian women are not discriminated? ..........................................................
Evaluation of program (long version)
First results with ACT-L ($N = 30$)
Extension of long program with psychomotor therapy
Psychomotor therapy (PMT)

A form of therapy in which bodily sensations are central

Method: Physical exercises

Goal: Raising consciousness of the body

Goals in relation to aggression:
• More consciousness of the body (bodily arousal)
• New coping techniques to reduce bodily arousal
• Better prediction of bodily arousal
PMT effect study

Does addition of Psychomotor therapy to Aggression Control Therapy (long version) enhances the results of the program?

**Treatment group**
- Aggression Control Therapy (38 sessions)
- Psychomotor therapy (25 sessions)

**Control group**
- Aggression Control Therapy (38 sessions)
- Sports (25 sessions)
New measurement instrument

Kijvelanden Bodily Sensations Scale (KLS): Self-report questionnaire:

- 24 items

- Five-points-scale runs from 1 = “is not applicable at all” to 5 = “is completely applicable”

- Goals of PMT in relation to aggression:
  - Consciousness of bodily sensations
  - Coping with bodily sensations
  - Prediction of bodily sensations
Kijvelanden Bodily Sensations Scale

Examples:
• My level of bodily arousal reduces when I breath more slowly.
• I get bodily aroused when I make an appointment with an attractive person.
• I start sweating when I am angry.

11 items were deleted due to low alpha levels or insufficient test-retest reliability. Consequently, a scale with 13 items remained
Factor structure

Factor 1: Consciousness of bodily sensations (4 items). Correlation with Somatic Awareness Questionnaire: .24, $p < .01$.

Factor 2: Coping with bodily sensations (5 items). Correlation with Utrecht Coping List: .46, $p < .01$.

Factor 3: Prediction of bodily sensations (4 items). Correlation with Inventory of Interpersonal Situations: .39, $p < .01$. 
Preliminary results

- KLS is useful in measuring the contribution of PMT
  - Good reliability
  - Good validity
  - Easy to use (relatively short)

- KLS-Revised
  - More items focused on bodily sensations
  - A new section with all sorts of physical responses to anger
References


