

# A treatment program for violent forensic psychiatric patients

**Almar J. Zwets (Ph.D. student) & Ruud H.J. Hornsveld  
(Ph.D.)**

[Almar.Zwets@Kijvelanden.nl](mailto:Almar.Zwets@Kijvelanden.nl)

[www.Agressiehanteringstherapie.nl](http://www.Agressiehanteringstherapie.nl)



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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**



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*"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:**

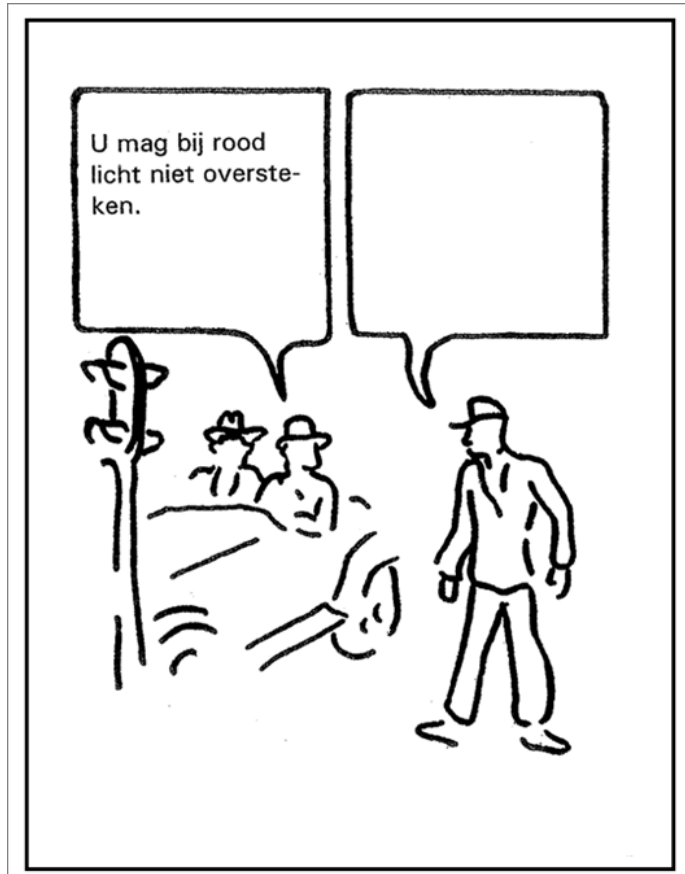
- **Psychopathy Checklist-Revised (PCL-R):  
Psychopathy**

**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)**

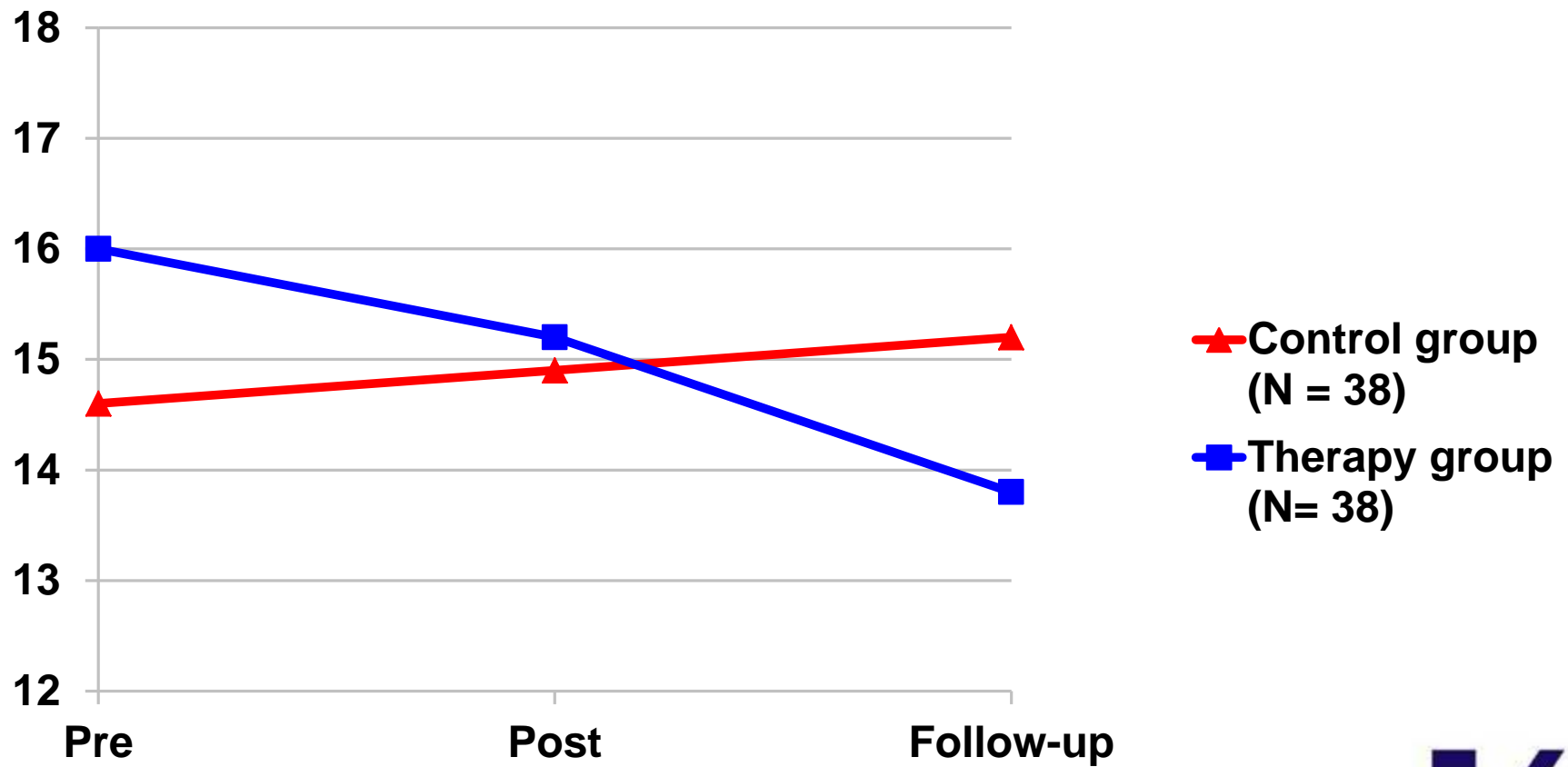
**Scoring: Behavior on the ward during past week**



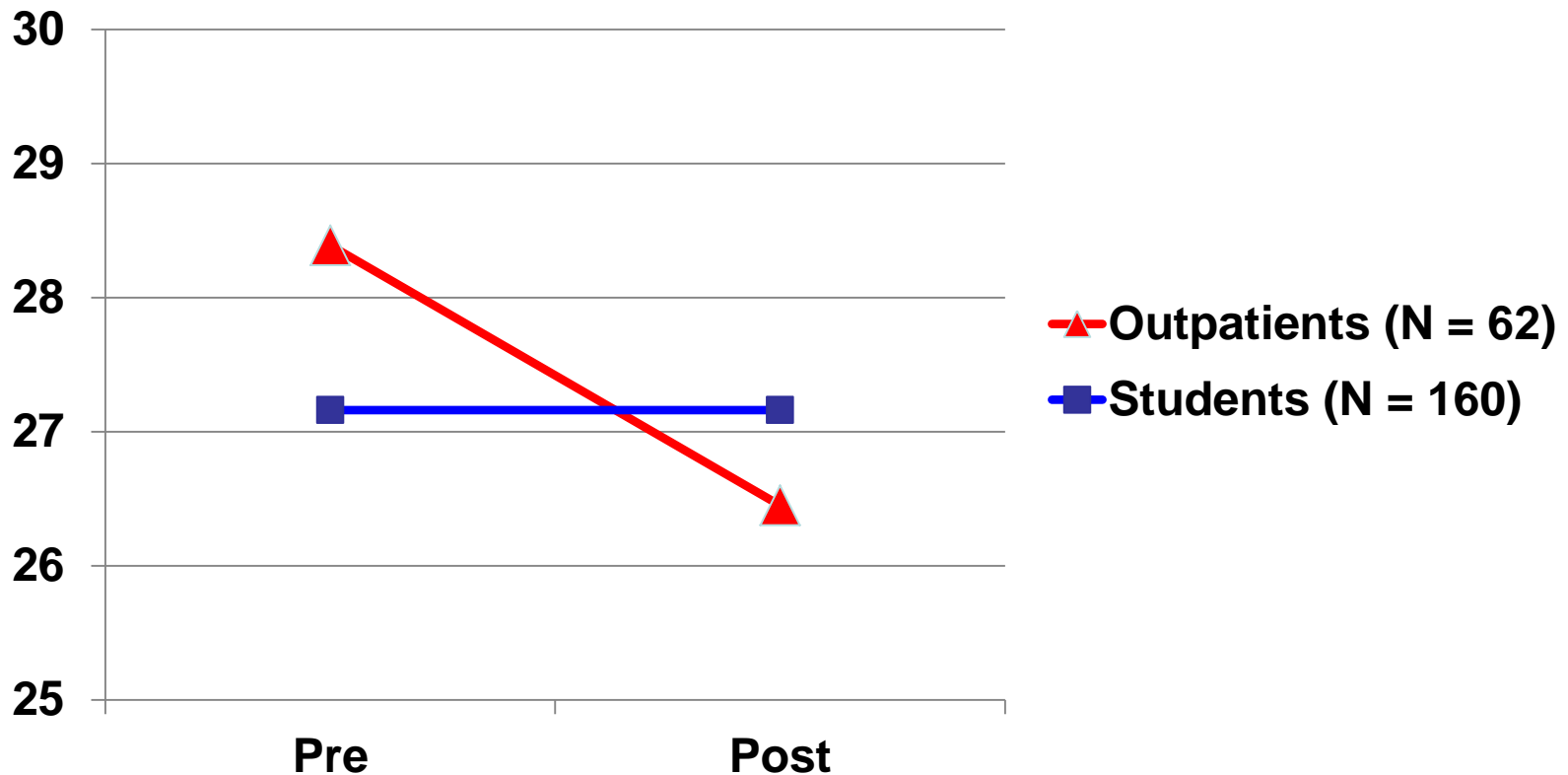
# Evaluation of program (short version)



# Inpatients, measured with OSAB subscale Aggressive behavior



# 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? .....**

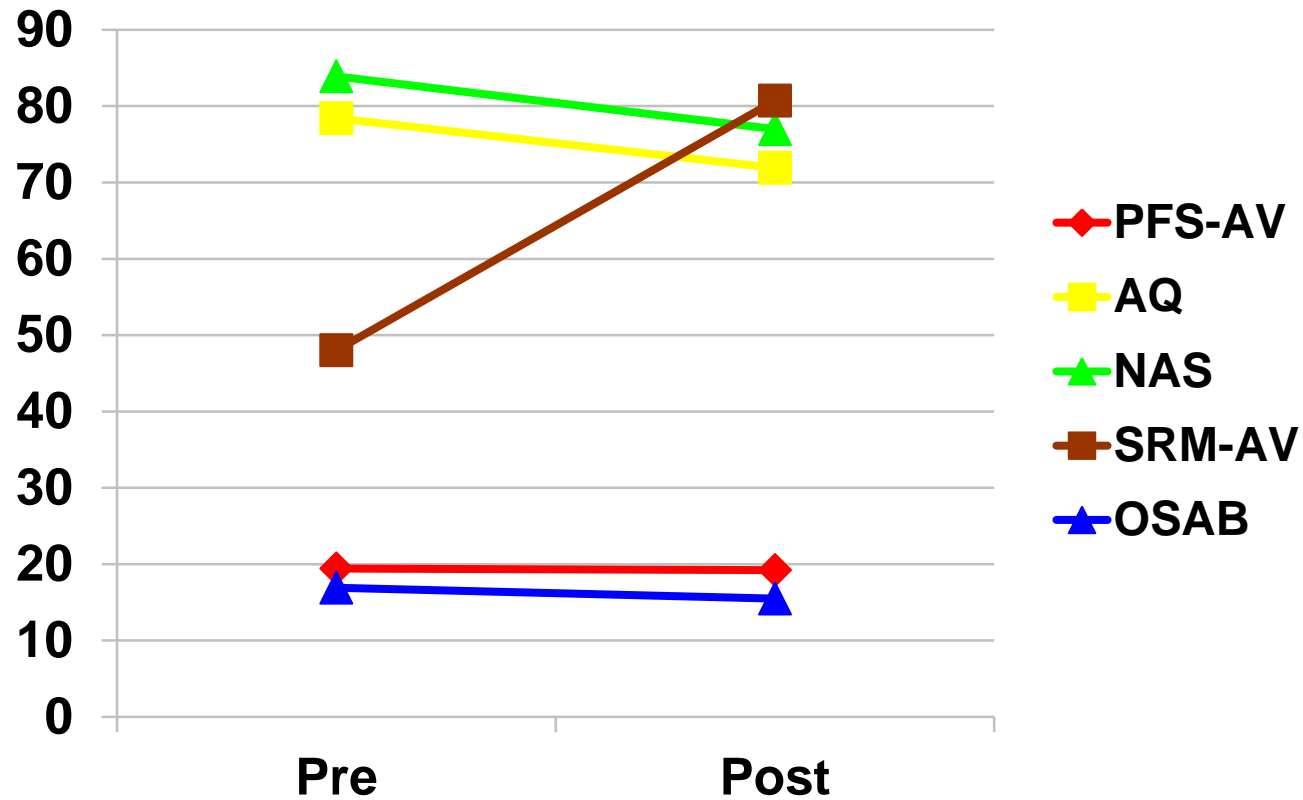
**.....**



# 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**



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