



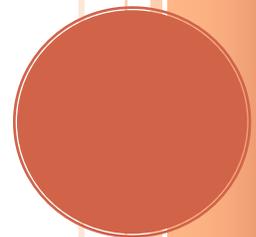
SILENCE THE VIOLENCE

HMYO Isis

This brief report explores the short-term impact of the Silence the Violence (STV) behavioural change programme on a sample of male inmates in HMYO Isis. Overall the study found reductions in anger, hostility and physical aggression, with the latter reduction being large. There was no increase in the use of helpful coping styles and but there was reductions in unhelpful coping.

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Silence the violence

HMYO Isis

This report presents analysis of a cohort of adult male inmates aged between 18 -21 years all with a history of violent behaviour. Seven men took part in the STV behaviour change programme and completed the psychometric assessments.

MEASURING BEHAVIOURAL CHANGE

The inmates completed measures of coping with stress (The Coping Styles Questionnaire, CSQ Roger, Jarvis & Bahman, 1991) and aggressive tendencies (The Aggression Questionnaire, AQ Buss & Perry, 1992). Both measures were completed at two time-points, immediately prior to embarking on the behaviour change programme (pre) and then again after completion of the programme (post).

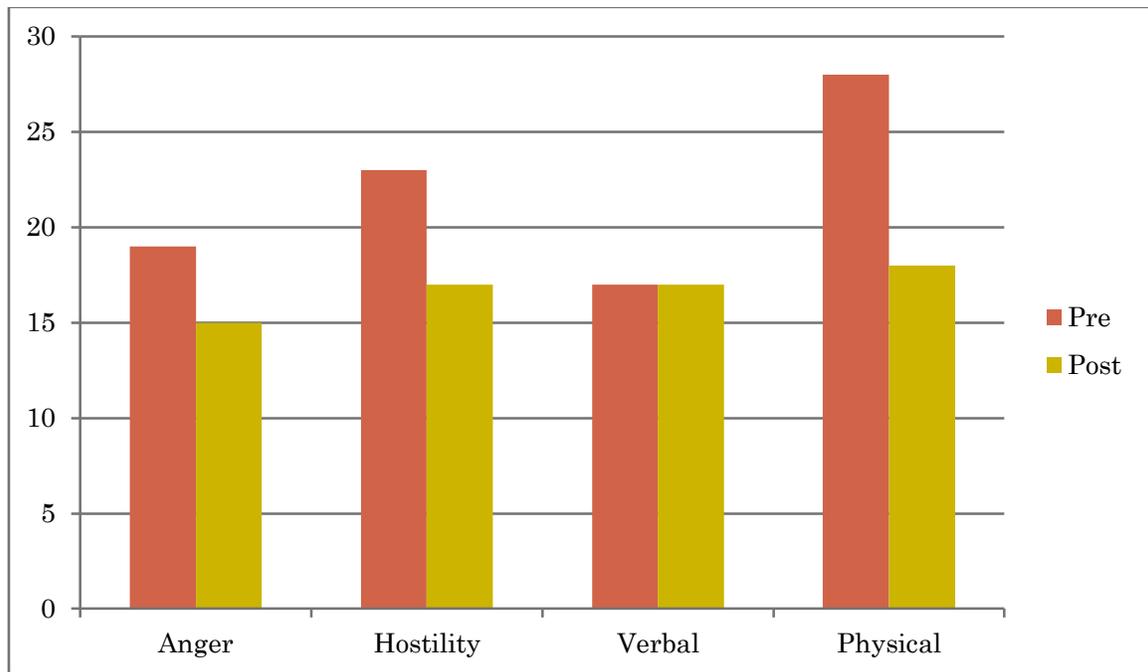
To explore the impact of STV on aggressive tendencies the AQ results were summed into four subscales: anger, hostility, verbal aggression and physical aggression. The pre- scores were compared to the post-treatment scores to assess change. The mean scores are presented below in Figure 1.

To explore the impact of STV on the participants' coping styles the CSQ results were summed into four subscales: avoidant coping, emotional coping, detached coping and problem focused coping. The pre- scores were compared to the post-treatment scores to assess change. The mean scores are presented in Figure 2.

CHANGES IN SELF-REPORTED AGGRESSIVE TENDENCIES

There were reductions in anger, hostility and a large reduction in physical aggression from pre- to post-programme. There was no change in verbal aggression.

Figure 1: Changes to Aggressive Tendencies



CHANGES IN SELF-REPORTED COPING STYLES

In regards to unhelpful coping styles, there was reductions in both emotional coping and avoidant coping.

For helpful coping styles, there was also a reduction in problem-focused and detached coping.

Figure 2: Change scores in unhelpful (avoidant and emotional) and helpful (detached and problem focused) coping styles

