



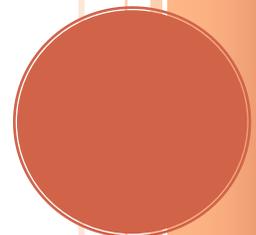
# SILENCE THE VIOLENCE

*Newham College*

This brief report explores the short-term impact of the Silence the Violence (STV) behavioural change programme on a mixed-sex sample of 15-16 year old children. Overall the study found positive change with reductions in hostility, verbal aggression and physical aggression. There were decreases in unhelpful coping styles and increases in the helpful coping style of problem focused coping-

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## Silence the violence

### *Newham College*

This report presents analysis of a mixed-sex cohort of college students aged between 15 and 16 years old. The participants were identified prior to embarking upon the programme as experiencing a variety of difficulties including poor achievement, behavior problems, aggressive behaviour and truancy. Some of the cohort had also had contact with the criminal justice system. Others struggled to engage and succeed due to language and/or cultural barriers. Ten students took part in the STV behaviour change programme and 11 completed the all of the psychometric assessments.

### MEASURING BEHAVIOURAL CHANGE

The participants 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).

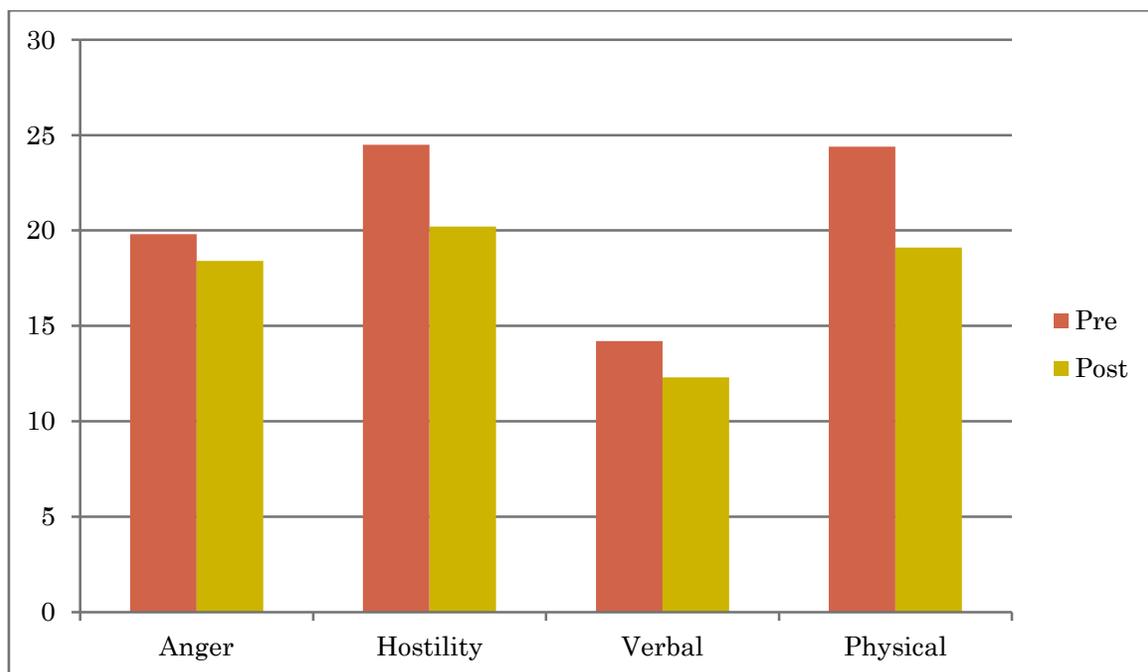
To explore the impact of STV on aggressive tendencies the AQ results were summed into four subscales: anger, hostility, verbal aggression and physical aggression. The pre- scores were compared to the post-treatment scores to assess change. The mean scores are presented below in Figure 1.

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

The participants showed substantial positive change from pre- to post-programme in both hostility (18%) and physical aggression (20%). Reductions in verbal aggression were smaller (13%) and there was no change in self-reported anger (see figure 1 below).

Figure 1: Changes to Aggressive Tendencies



## CHANGES IN SELF-REPORTED COPING STYLES

In regards to unhelpful coping styles, there were substantial positive changes with a decrease of 32% in the use of emotional coping and a decrease of 17% for avoidant coping.

For helpful coping styles, there was a modest increase in problem-focused coping (10%), but no change in detached coping (see figure 2 below).

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

