

Aggression Replacement Training (ART) Australia

Preliminary evaluation findings

What is ART?

- A 10-12 week CBT group program (6-12 youth) for aggressive youth, meeting 3 times per week.
- Facilitated by 2 ART co-trainers/coaches.
- ART is multi-modal, that is it has 3 interrelated components-

SkillStreaming (Behavioural)

- Social Skills Training aimed at increasing prosocial skill repertoire and displacing aggressive behaviours

Anger Control Training (Emotional)

- Instruction in identification and interpretation of physiological arousal cues and self-regulation techniques

Moral Reasoning Training (cognitive/values)

- Based on Kohlberg's (1969) six stage, culturally neutral theory of moral development.
- Aimed at raising moral maturity through establishing a positive peer culture and ameliorating associated cognitive distortions.

Research Design

Aim

- To evaluate the effectiveness of Aggression Replacement Training in reducing aggressive behaviours and increasing pro-social attitudes among young violent offenders.

Design

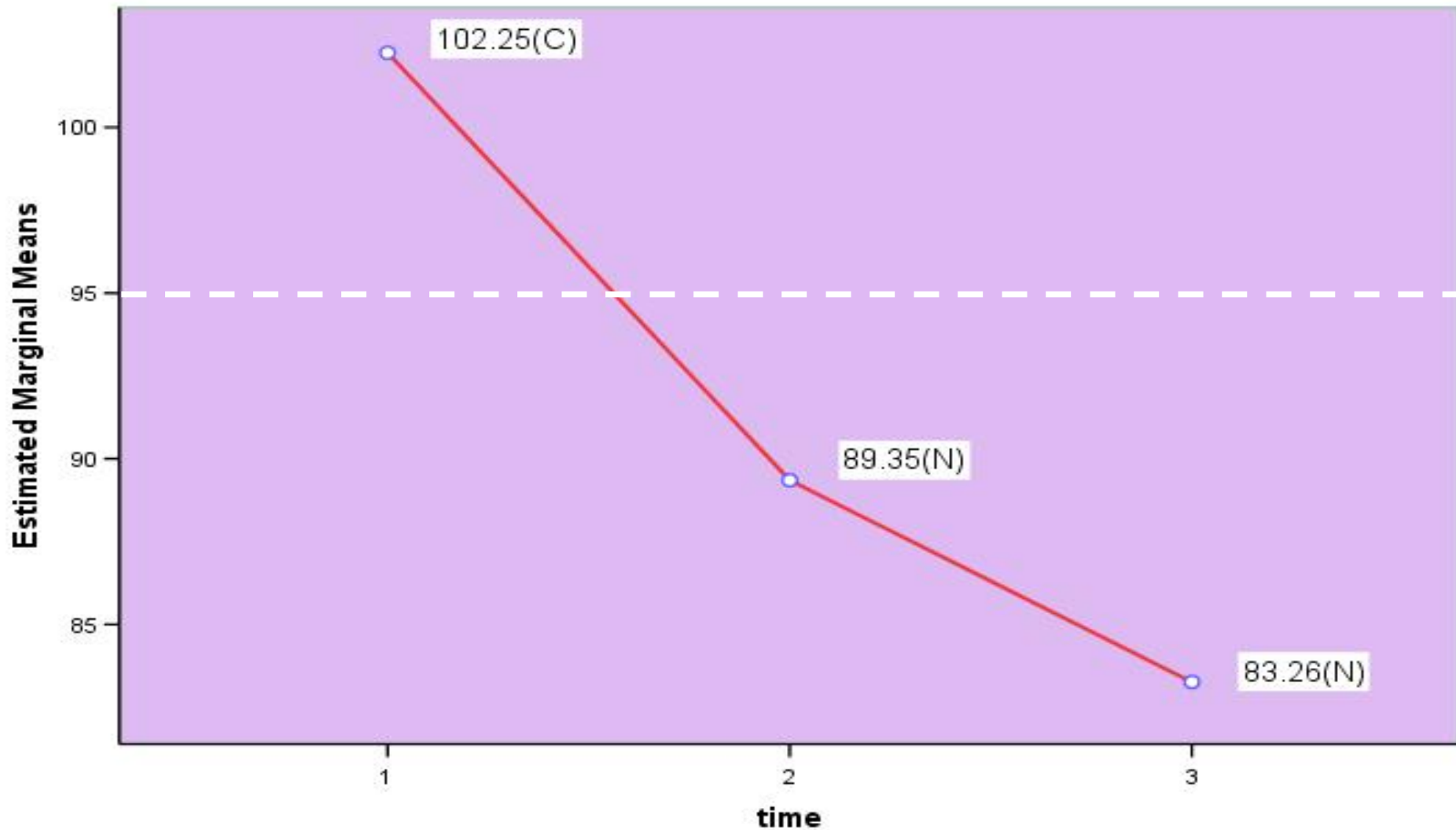
- A longitudinal (2-years), mixed-methods, quasi-experimental design
- Group comparison repeated measures design with pre- and post assessments at intake; week-10 (treatment end); 6-month (post-treatment follow-up); and 12-month (post-treatment follow-up)

Participants

- Males at Malmsbury Youth Justice Centre
- Serving at least a 10-week custodial sentence for a violent or violence related offence
- $N=20$
- Mean Age = 19.57 ($SD=.60$)

Mean Scores Aggression Questionnaire Total

Hypothesis: A significant reduction in aggressive behaviours and thoughts



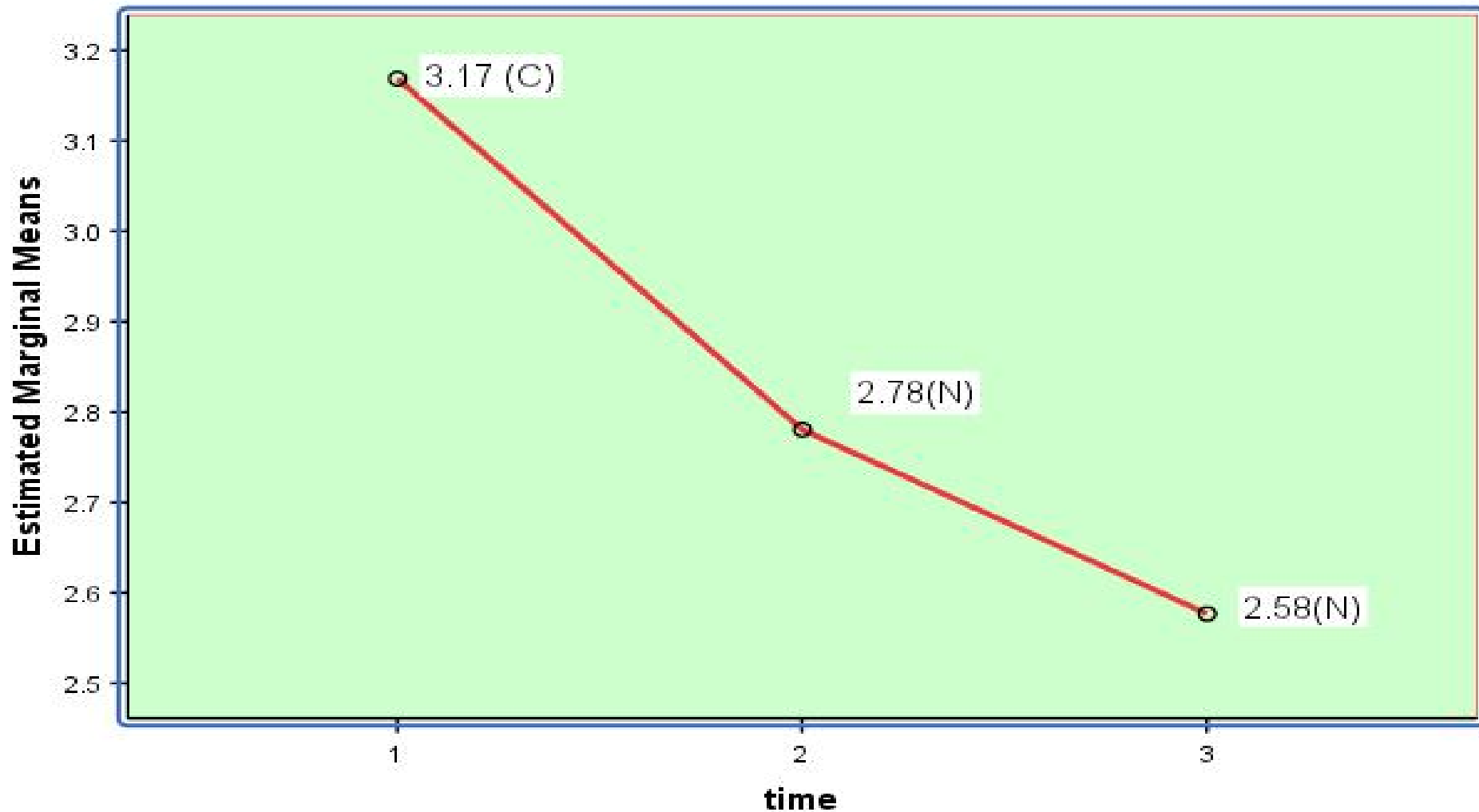
Aggression Questionnaire (AQ)

Within-Subject Effects

	Pre-	Post-	6-month	P-value	Partial η^2
<i>Verbal</i>	16.40	16.70	15.23	<i>N/S</i>	.07
Physical	28.85	21.40	20.94	.00	.27
<i>Anger</i>	19.41	18.24	17.47	<i>N/S</i>	.08
Hostility	21.60	18.10	17.23	.01	.23
Indirect	16.55	14.45	15.00	.02	.18
Total	102.25	89.35	83.26	.00	.27

Mean Scores How I Think (HIT) Total

Hypothesis: Fewer self-reported cognitive distortions

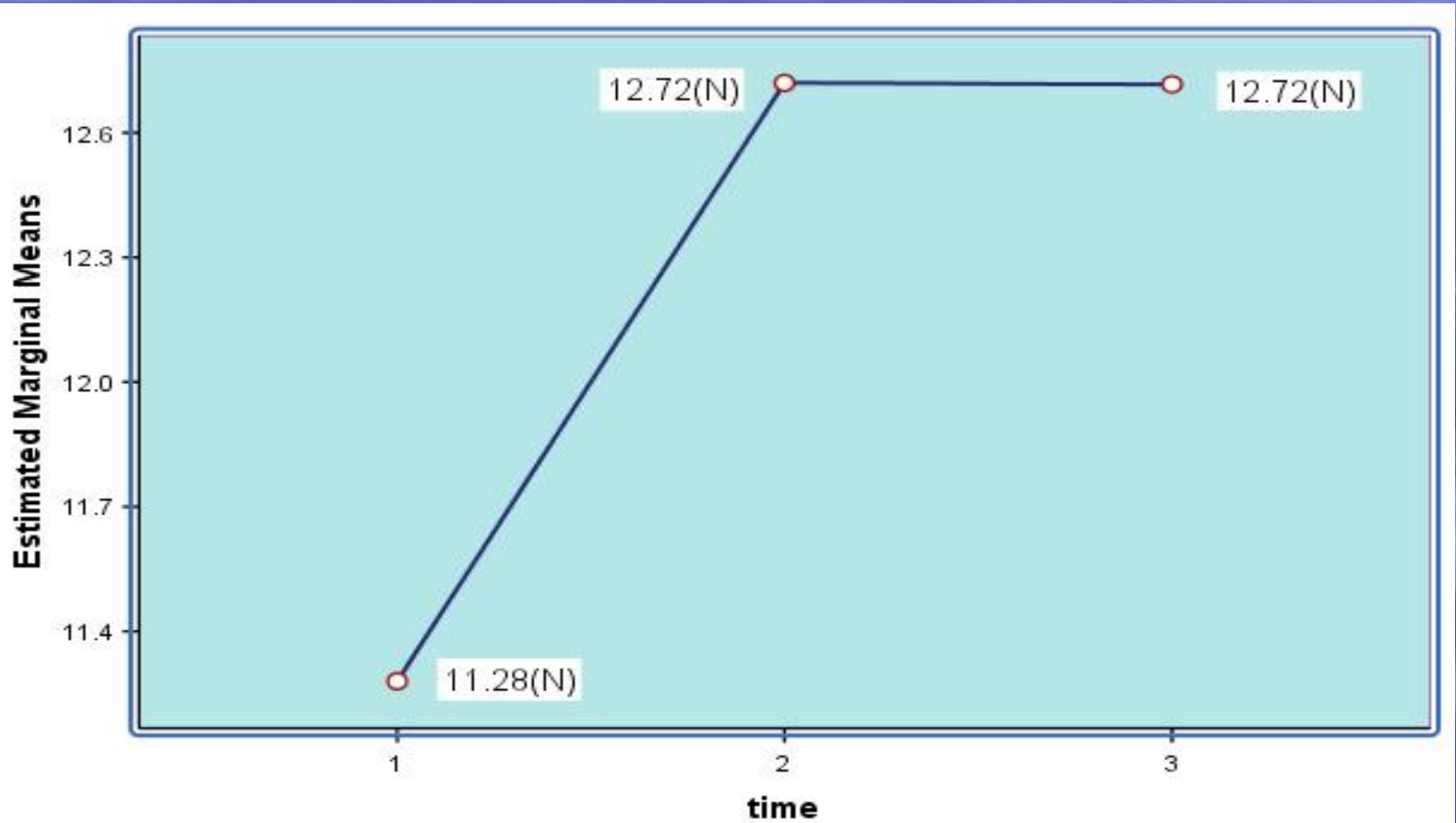


How I Think (HIT) Within-Subject Effects

	Pre-	Post-	6-month	<i>P</i> -value	<i>Partial</i> η^2
Self-Centered	3.18	2.79	2.67	.05	.14
<i>Blaming Others</i>	3.04	2.73	2.56	<i>N/S</i>	.18
Minimise/Mislabel	3.22	2.80	2.50	.01	.20
Assuming Worst	3.21	2.78	2.55	.00	.24
Total	3.17	2.78	2.58	.01	.21

Mean Scores Social Problem Solving Inventory Total

Hypothesis: Increased capacity for social problem solving



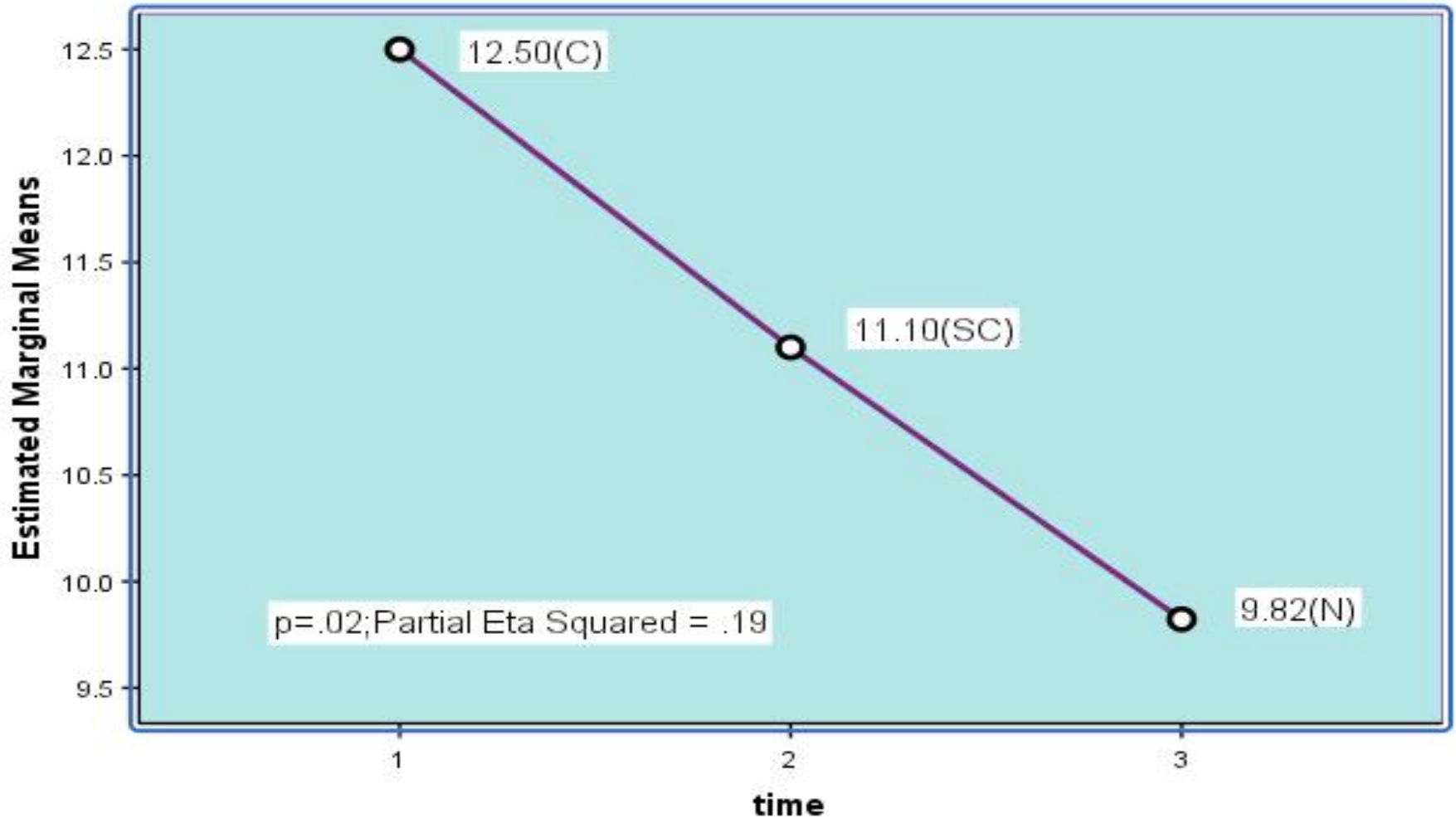
Social Problem Solving Inventory (SPSI)

Within-Subject Effects

	Pre-	Post-	6- month	<i>P</i> - value	<i>Partial</i> η^2
<i>Avoidance Style</i>	2.30	2.73	2.61	<i>N/S</i>	.11
<i>Rational Prob. Solving</i>	1.73	2.07	2.09	<i>N/S</i>	.13
<i>Negative Prob. Orient.</i>	2.50	2.71	2.71	<i>N/S</i>	.05
<i>Impulsive/Careless Style</i>	2.26	2.42	2.32	<i>N/S</i>	.05
<i>Positive Prob. Orient.</i>	2.49	2.79	2.96	.02	.19
Total	11.28	11.72	11.72	.00	.26

Mean Scores Esenck Impulsivity Scale Total

Hypothesis: Significant reduction in impulsivity



Study Limitations

- Small sample size
- Effect sizes moderate
- No comparison control group
- All self-report measures