



Service Priorities and Programmes Electronic Presentations

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Anger Management Program for Psychiatric clients under the care of Community Psychiatric Service

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Introduction

Psychiatric clients are difficult to accept anger and hard to express their anger appropriately. The program is for psychiatric out-reaching clients to manage their anger and enables them to manage their anger in face of conflict. An anger management program is established into two phases, and named as "Hot emotion management project". In the phase one, six clients were selected for pilot use of the coaching manual and the anger workbook. In phase two, the program is extended to be provided to our community clients under the care of Personalized Care Programme (PCP) in Community Psychiatric Service (CPS) at Pamela Youde Nethersole Eastern Hospital (PYNEH). Case Managers conduct the anger management program to clients during home visit bases on the workbook and coaching manual.

Objectives

1. Conduct and evaluate the effectiveness of a community-based anger management program for psychiatric clients 2. Empower individual coping strategies to manage anger-provoking situations in appropriate way. 3. Collect the case managers' feedback and suggestion of using the coaching manual and anger management workbook.

Methodology

1. An anger workbook "我聽我講" is designed for psychiatric clients to manage their anger emotion. A coaching manual is designed to provide a guiding reference to case managers to conduct three sessions anger management program to psychiatric clients in outreaching visit. 2. Twelve Case managers (included psychiatric nurse and social worker) chose one to three clients under their case list. The program period was from 1 July, 2015 to 30 November, 2015. 3. Twenty clients were recruited to participate the program, fourteen clients able to complete the program and assessment form. 4. The Chinese version of the State Trait Anger Expression Inventory-2 (STAXI-2) and WHO (Five) Well-Being Index data were completed by the

clients before and after the program. Clients and case managers completed the questionnaires after the program.

Result

Fourteen selected clients completed all the assessment. Eight were males and six were females. In the Trait Anger scale and anger expression scale mean, the participants showed improvement after the programs (Male - Pre: 18.1, Post: 16.9; Female – Pre: 21.3, Post: 17.5). In WHO (Five) Well-Being Index scale mean, thirteen participants (93%) moods were improved after the program. (Male - Pre: 12.3, Post: 15.8; Female – Pre: 11.6, Post: 15.3). Participants and case managers agreed the program was useful to help clients dealing the anger emotion and help them to facing the anger problem. Participants in our program showed improvement in their ability to control their anger. It evoked their self-awareness towards the problem related to the anger emotion. Participants showed reduced anger expression towards self, others and ability to deal the trigger situations.