

The Novaco Results: “What’s Good About Anger?”
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This summary is based on an analysis of data obtained from individuals who completed the Novaco Anger Scale and Provocation Inventory (NAS-PI) and the, “What’s Good About Anger?” anger management training program. The NAS-PI is a two-part test designed to “assess anger as a problem of psychological functioning, physical health, and therapeutic changing” (Novaco, 2003).

Twenty-eight individuals, males and females, took the “What’s Good About Anger?” anger management training program. Their ages ranged from 25 to 61. The individuals were of diverse ethnicity, which included two Asians, one Hispanic, one Native American, three African Americans, and twenty-one Caucasians. Their education levels ranged from high school, to college and master’s degrees. The individuals were given the NAS-PI as a pretest. Following the pretest, the individuals received anger management training using the, “What’s Good About Anger?” program. At the conclusion of the training program the individuals were given the NAS-PI as a posttest. The results are as follows:

The NAS-PI assesses individuals in five categories: Cognition, Arousal, Behavior, Anger Regulation, and Provocation Inventory Score (PI). The participants’ scores for Cognition, Arousal, Behavior, Anger Regulation, and PI-Total T Scores were compared and analyzed for correlations.

The pretest and posttest scores for each participant were analyzed to determine whether they had improved in the five categories after receiving anger management training. The scores of seventy-five percent (75%) of the participants improved in each category after they completed the anger management training. Twenty five percent (25%) of the participants’ scores showed no improvement after the completion of the anger management training. The findings might suggest that twenty five percent (25%) of the participants became defensive (which is possible when an individual is mandated to take anger management training), or took a distorted approach when giving responses on the NAS-PI posttest.

The data analysis of the 28 individuals suggest that anger management training positively affects psychological functioning and physical health. Although care should be exercised when interpreting results from a small sample size, the outcome data from this analysis is encouraging with regards to the positive results garnered from using the “What’s Good About Anger?” program as an evidence-based approach for anger management.

References

- Hoy, L. J. and Griffin, T. (2011). What’s good about anger? Oak Brook, IL: CounselCare Connection Publication
- Novaca, R.M. (2003). The Novaco anger scale and provocation inventory. Los Angeles, CA: Western Psychological Services.