Effectiveness of the Anger Management Group Therapy on Sleep Quality and Anger among the Patients with Coronary Heart Diseases

Elham Radman¹, Anahita Khodabakhshi Koolaee²*, Davoud Taghvaeé³

1. Master of Clinical Psychology, Islamic Azad University of Arak, Arak, Iran.
2. Assistant Professor of Counseling, Khatam University, Tehran, Iran.
3. Assistant Professor of Psychology, Islamic Azad University of Arak, Arak, Iran

*Corresponding Author: Anahita khodabakhshi koolaee; Department of counseling and psychology, Human science, Khatam University, Tehran, Iran
Email: a.khodabakhshid@khatam.ac.ir

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Abstract

Background and Objective: Coronary heart disease is one of the main causes of mortality that has a strong relationship with psychological problems specially anger. In addition, the quality of sleep is poor among the patients with coronary heart disease. Therefore, the aim of current study is to investigate the effectiveness of the anger management group therapy on sleep quality and anger among the patients with coronary heart diseases.

Materials and Methods: This research was a quasi-experimental study with pre and post-tests. The 30 male patients with coronary heart diseases were selected with a convenience sampling method from Emam Jafare Sadegh’s Hospital in Aligodarz in 2014-2015. The participants were assigned randomly to the control and experimental groups. Anger management group therapy was conducted with the participation of experimental group during eight sessions (90 minutes per week). The research instruments were the Pittsburgh Sleep Quality Index (PSQI), and the State-Trait Anger Expression Inventory-2 (STAXI-2). Statistical analysis was conducted by using the analysis of variance.

Results: The results indicated that there is a significant difference between means of sleep quality (P=0.001) and anger (P=0.001) by eliminating the effectiveness of pretest (P < 0.01).

Conclusion: The Study showed that anger management group therapy with decreasing the level of anger and improving the sleep quality should be considered as a psychological intervention in patients with coronary heart disease.

Keywords: Coronary diseases, Group therapy, Anger, Sleep