

Howells Contemporary Study

Total questions: 22

Worksheet time: 11mins

Instructor name: Mr. Vernon Leigh

Name Class Date

1. What does "treatment readiness" refer to?
 - a) An individual's willingness and openness to engage in therapeutic interventions.
 - b) The ability to diagnose medical conditions accurately.
 - c) The process of developing new medical treatments.
 - d) The effectiveness of a treatment plan.
2. Which of the following is NOT a component of treatment readiness?
 - a) Receptiveness to the treatment process
 - b) Commitment to change
 - c) Positive attitude
 - d) Knowledge of medical procedures
3. What was one of the aims of the prison-based AMP study?
 - a) To test the effectiveness of AMP with minor offenders
 - b) To compare AMP with community service
 - c) To evaluate the cost of AMP programs
 - d) To test whether a prison-based AMP was more effective than no treatment at all
4. What was the second aim of the prison-based AMP study?
 - a) To compare AMP with community service
 - b) To evaluate the cost of AMP programs
 - c) To test the effectiveness of AMP with minor offenders
 - d) To test the effectiveness of an AMP with serious offenders
5. How many male prisoners were participants in the study?
 - a) 418
 - b) 350
 - c) 500
 - d) 275
6. What was the control group composed of in the study?
 - a) Male prisoners from a different population
 - b) Random volunteers
 - c) Control group from the same target population on a waiting list for the AMP
 - d) Female prisoners

7. What was the purpose of collecting behavioral measures of anger before and after intervention?
- a) To measure physical health
 - b) To evaluate social skills
 - c) To assess changes over time
 - d) To determine intelligence levels
8. What scale was used to measure anger in the study?
- a) Rosenberg self-esteem scale
 - b) Beck depression scale
 - c) Hamilton anxiety scale
 - d) Novaco anger scale
9. How many sessions did the AMP consist of?
- a) 5 sessions
 - b) 15 sessions
 - c) 10 sessions
 - d) 20 sessions
10. What were the main focuses of the AMP sessions?
- a) Mathematics, science, history, and language arts
 - b) Cognitive preparation, trigger identification, relaxation, and application practice
 - c) Dietary changes, exercise, sleep, and medication
 - d) Social skills, communication, empathy, and teamwork
11. What was the nature of the immediate post-intervention improvements in the AMP group compared to the control group?
- a) Significant and statistically significant
 - b) Modest and statistically significant
 - c) Modest and not statistically significant
 - d) Significant and statistically insignificant
12. What did the AMP group have at the end of the intervention?
- a) Better control over their anger
 - b) No change in anger management
 - c) Increased anger issues
 - d) Significantly better knowledge of their own anger
13. In which group were the most significant improvements observed?
- a) Prisoners with no anger issues
 - b) Prisoners with moderate anger and control
 - c) Prisoners with intense anger and low control
 - d) Prisoners with low anger and high control

14. What was success correlated with in the study?
- a) Control group performance
 - b) Immediate intervention
 - c) Anger management
 - d) Treatment readiness
15. What is the overall impact of AMPs according to the conclusions?
- a) Large
 - b) Non-existent
 - c) Moderate
 - d) Small
16. What can be beneficial without treatment according to the conclusions?
- a) Analyzing one's own anger through self-report assessments
 - b) Attending group therapy
 - c) Ignoring the problem
 - d) Taking medication
17. What is an important element of AMPs?
- a) Enhancing social skills
 - b) Increasing physical activity
 - c) Improving knowledge of anger
 - d) Reducing stress
18. What should be considered when deciding suitability for anger management intervention?
- a) Financial status
 - b) Employment status
 - c) Individual differences in 'treatment readiness'
 - d) Age
19. What is one of the strengths mentioned in the evaluation regarding the sample size?
- a) No sample size
 - b) Small sample size
 - c) Medium sample size
 - d) Large sample size
20. Which scale is mentioned as having test-retest reliability and strong predictive validity?
- a) Hamilton
 - b) Novaco
 - c) Beck
 - d) Likert
21. What is a weakness related to the follow-up in the evaluation?
- a) Follow-up was not conducted
 - b) Follow-up was completed by 100 participants
 - c) All participants completed the follow-up
 - d) Only 78 completed 2 month follow-up

22. What issue is mentioned regarding the allocation of participants to conditions?

- a) Participants chose their own conditions
- b) Allocation was based on age
- c) Participants were randomly allocated
- d) Participants were not randomly allocated

Answer Keys

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| 1. a) An individual's willingness and openness to engage in therapeutic interventions. | 2. d) Knowledge of medical procedures | 3. d) To test whether a prison-based AMP was more effective than no treatment at all |
| 4. d) To test the effectiveness of an AMP with serious offenders | 5. a) 418 | 6. c) Control group from the same target population on a waiting list for the AMP |
| 7. c) To assess changes over time | 8. d) Novaco anger scale | 9. c) 10 sessions |
| 10. b) Cognitive preparation, trigger identification, relaxation, and application practice | 11. c) Modest and not statistically significant | 12. d) Significantly better knowledge of their own anger |
| 13. c) Prisoners with intense anger and low control | 14. d) Treatment readiness | 15. d) Small |
| 16. a) Analyzing one's own anger through self-report assessments | 17. c) Improving knowledge of anger | 18. c) Individual differences in 'treatment readiness' |
| 19. d) Large sample size | 20. b) Novaco | 21. d) Only 78 completed 2 month follow-up |
| 22. d) Participants were not randomly allocated | | |

