



**THE FEASIBILITY OF COGNITIVE BEHAVIOURAL ANGER MANAGEMENT
PROGRAM FOR AUTISM SPECTRUM DISORDER CHILDREN IN KARACHI**

by

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ABSTRACT

Anger is an instinctive, almost automatic response in the face of a perceived threat. Where it serves as an aid to survival, the consequences of uncontrolled anger can also be quite harmful. Anger management is the ability to be aware of the trigger and arousal of anger and be able to effectively express the anger in a productive and helpful manner. Management of anger is equally important for adults as well as children.

The present literature implores the need for urgent research into the implementation of early behavioural interventions in Pakistan. However, the efficacy of any program must be calculated before, it is applied to the larger population.

The present research aimed at scientifically exploring the effectiveness of the cognitive behavioural anger management program for children with autism spectrum disorder and typically developing children with anger regulation problems in Karachi using a multiple case study design. Stress and Anger Management Program (STAMP) developed by Scarpa, Wells, and Attwood (2013) was utilized for this purpose. The program has been shown to have good clinical efficacy in the West; however its efficacy in the developing world has not yet been explored.

5 children were selected through purposive sampling, of which 3 were autistic and 2 were typically developing. The participants and their parents were measured across five variables, total anger, anger intensity, anger frequency, child confidence and parental confidence, in the pre- and post- intervention stages. The results were computed using the Statistical Package for Social Sciences (version 21), for the comparison of means in the two phases.

It was hypothesized that the total anger, anger intensity and anger frequency would significantly decline in the post-intervention stage as compared to the pre-intervention stage. It was also hypothesized that the parental and child confidence would significantly increase in the post-intervention stage.

The cognitive behavioural intervention program showed good clinical efficacy in the post-intervention stage as the total anger, anger intensity and anger frequency showed a statistically significant decline. The parents' perception of their children's confidence in managing their anger also showed a statistically significant increase; however the parental self-confidence did not show a statistically significant increase.

The results of the study have been discussed in light of the available literature and the implications have also been considered. Limitations and recommendations have also been examined, for the application of the intervention, as well as the replication of the present research, in the future.