

Title of Intervention: A Brief Psychological Intervention

Intervention Strategies: Individual Education, Group Education

Purpose of the Intervention: To decrease aggressiveness while driving

Population: Aggressive drivers

Setting: Community-based

Partners: The District Attorney and courts of a neighboring county

Intervention Description:

- Individual Education: Participants were asked to complete an aggressive driving diary on a daily basis that recorded the frequency and severity of aggressive driving behaviors. Participants received an audiotape to practice daily relaxation.
- Group Education: The experimental group received treatment which consisted of four weekly group sessions lasting 90 minutes. Educational material was included that discussed aggressive driving, anger and aggression. Coping methods were addressed through therapeutic, deep relaxation strategies and progressive muscle relaxation.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Room for group sessions
- Budget: Not mentioned
- Intervention: Psychological exams, educational material on aggressive driving, deep relaxation therapies, audiotape of Progressive Muscle Relaxation exercises, driving diaries, group facilitator
- Evaluation: Statistical software, questionnaires, driving diaries

Evaluation:

- Design: Semi-crossover design
- Methods and Measures:
 - Aggressive drivers with and without intermittent explosive disorder (IED) were compared through questionnaires measuring aggressive driving, driving anger, psychological distress, anger and hostility.
 - Aggressive driving diaries served as evaluation tools to see how participants changed their driving behavior.
 - At the 2 month follow-up point, participants completed psychological measures and one week's worth of driving diaries.

Outcomes:

- Short Term Impact: After the driving diary and group education intervention for the intervention group, significant decreases in state anxiety, trait anger, angry temperament, anger reactivity and anger directed outward were found. Total driving anger significantly decreased, as did anger as a reaction to hostile gestures, anger as a response to illegal driving, anger precipitated by slow driving, anger precipitated by discourtesy and anger caused by traffic obstructions. No significant differences were found at the 2-month follow-up in comparison to the post-treatment evaluation.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: This detailed examination of a group of aggressive drivers can help to inform the mental health community about the makeup of this growing problem population, and alert those who would seek to provide treatment and counseling to this group.

Citation(s):

Galovski, T. and E. B. Blanchard (2002). "Psychological characteristics of aggressive drivers with and without intermittent explosive disorder." *Behav Res Ther* 40(10): 1157-68.

Galovski, T., E. B. Blanchard, et al. (2002). "Intermittent explosive disorder and other psychiatric comorbidity among court-referred and self-referred aggressive drivers." *Behav Res Ther* 40(6): 641-51.

Galovski, T. E. and E. B. Blanchard (2002). "The effectiveness of a brief psychological intervention on court-referred and self-referred aggressive drivers." *Behav Res Ther* 40(12): 1385-402.