

ABSTRACT

SOCIAL SKILLS DIFFERENCES BETWEEN ANGER-PRONE AND NON-ANGER- PRONE INDIVIDUALS

Despite its association with problematic distress and interference with daily functioning, anger is generally understudied in comparison to depression and anxiety. Much of the current research on anger assumes that this emotion exists in the general population as a personality trait (anger-proneness), and provides support for the potential development of high trait anger into clinical anger. This study investigated differences in the effectiveness of social skills between anger-prone and non-anger-prone individuals. Ten research assistants rated videotaped interactions between anger- and non-anger-prone participants and confederates. Results demonstrated no significant differences between the two anger groups on the appropriateness of self-disclosure and self-centered behavior. Exploratory analyses on the other social behaviors revealed an important trend with the anger-prone group displaying less appropriate head and body positioning than the non-anger-prone group. These findings have implications for further research on the social functioning of individuals with anger problems.

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