

# Project 1: Anger and Quality of Life at Different Severity Levels of Asthma

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- Research Purpose:** This project aims to examine differences in the association between anger and the quality of life of asthma sufferers depending on the severity of their asthma symptoms
- Research Description:** Variability in the severity of asthma severity and its impact on quality of life tends to be associated not only with environmental factors but also with emotional factors. Little research has been done with regard to the role of anger as one of these psychological factors. Singh (2006) suggested that grouping asthma sufferers according to different levels of asthma severity could produce significantly different results with regard to anger and quality of life. This study aims to replicate that of Singh, adding level of *Asthma Severity* to the variables of *Anger Experience*, *Anger Expression*, and *Anger Control* in their association with *Activity Limitation*, *Symptoms*, and *Emotional Function*. Key theories involved in this study are the *Connectionist* theory of asthma, the *State-Trait* theory of anger, and research regarding psycho-social triggers of asthma.
- Participants:** Approximately 100 participants will be required. Archival data from the Singh (2006) study will be used. The student will contact the same participants in order to determine the level of severity of their asthma.
- Methodology:** Questionnaires to be used include:
1. State-Trait Anger Expression Inventory – Version 2 (STAXI-2; Spielberger, 1996)
  2. Standardised Asthma Quality of Life Questionnaire (AQLQ(S); Juniper, 1991)
  3. Demographic questionnaire including a question – yet to be added - regarding severity of asthma symptoms expressed on a three-level scale: *Mild*, *Moderate*, *Severe*.
- The student will be responsible for collecting the data regarding the level of symptom severity. The remainder of the data is archival.
- Data Analysis:** The dataset from Singh's 2006 study will be made available to the student who will add the asthma severity data and do all the data screening and analysis on the complete dataset using Pearson product-moment correlation and standard multiple regression analyses.
- Student friendliness:** Data for the original study were collected in Toowoomba, so the additional data will have to be collected also in Toowoomba. Thus this project will suit a student who is located in the Toowoomba region or one that can easily travel to Toowoomba. This should be a relatively straightforward project. I expect the student to do his or her own review of the relevant literature. Weekly meetings should be programmed in the first month or so, and then according to the student's needs meetings will be regular but can be held using a combination of face-to-face meetings,

email and phone contacts.

**Expected research outcomes:** Depending on the quality of this study it may be part of a journal article or conference presentation in conjunction with Singh's 2006 research.

**Further reading:** Affleck, G., Apter, A., Tennen, H., Reisine, S., Barrows, E., & Williard, A. (2000). Mood states associated with transitory changes in asthma symptoms and peak expiratory flow. *Psychosomatic Medicine*, 62, 61-68.

Singh, M. (2006). *The relationship between anger and asthma quality of life in adult asthma sufferers*. Toowoomba: USQ unpublished manuscript.

**Ethics:** This acts as a check for the supervisor

**Ethical approval will be sought by supervisor; or**

Ethics approved – number \_\_\_\_\_

**Resources:** This acts as a check for the supervisor

**Project able to be funded within \$150 departmental limit**

Project not able to be funded within \$150 departmental limit – additional funds will come from:

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