

Project 3: Anger and Quality of Life in Asthma Sufferers and in Non-Asthmatic Controls

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Research Purpose: This project aims to examine possible differences in the association between anger and the quality of life in asthma sufferers and in a control group that does not suffer from asthma.

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) examined the association between anger and quality of life in asthma sufferers, but did not include a control group of healthy participants of otherwise similar characteristics. This study aims to replicate that of Singh, but including a matched control group of healthy individuals. 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 new participants will be required. Archival data from the Singh (2006) study will be used for the asthma sufferers. The student will recruit and administer the same questionnaire to a control group of healthy participants in order to examine the association between anger and quality of life and measure differences between the asthma sufferers and controls.

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 control group data. 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 control group data and do all the data screening and analysis on the complete dataset.

Student friendliness: Data for the original study were collected in Toowoomba, but the additional data need not be collected locally. 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:
