

## **P4: Anger, Optimism, and Impairment in Arthritis Sufferers**

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**Research Purpose:** This project aims to examine the association between anger, optimism, and level of impairment in rheumatoid or osteoarthritis sufferers.

**Research Description:** Chronic pain involves not only physical but also affective dimensions. The affective dimensions most often associated with pain have been depression and anxiety. Little research has been done with regard to the role of anger in chronic pain. This study aims to replicate Coates's (2003) study of anger and pain behaviour in arthritis, examining also the role of optimism/pessimism as described by Scheier, Carver, and Bridges (1994) as a possible moderator.

**Participants:** Archival data from the Coates (2003) study will be used.

**Methodology:** Questionnaires to be used include:

1. State-Trait Anger Expression Inventory – Version 2 (STAXI-2; Spielberger, 1996)
2. Life Orientation Test – Revised (LOT-R; Scheier, Carver, & Bridges, 1994)
3. Demographic questionnaire.

The student will be responsible for critically reviewing recent studies and incorporating their findings into the body of earlier studies, and re-analysing archival data in the context of the present study.

**Data Analysis:** The dataset from Coates's (2003) study will be made available to the student who will do all the data screening and analysis.

**Student friendliness:** This should be a relatively user-friendly 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 Coates's 2003 research.

**Further reading:**

- Achterberg-Lawliss, J. (1982). The psychological dimensions of arthritis. *Journal of Clinical and Consulting Psychology*, 50, 984-992.
- Beck, A.T., Weissman, A., Lester, D., & Trexler, L. (1974). The measurement of pessimism: The Hopelessness Scale. *Journal of Clinical and Consulting Psychology*, 42, 861-865.
- Burns, J.W., Johnson, B.J., Devine, J., Mahoney, N., & Pawl, R. (1998). Anger management style and the prediction of treatment outcome among male and female chronic pain patients. *Behaviour Research and Therapy*, 36, 1051-1062.
- Scheier, M.F., Carver, C.S., & Bridges, M.W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

**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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