

**Table 8.1** Major theories of aggression

	<i>Aggression conceptualized as . . .</i>	<i>Data base</i>	<i>Empirical evidence</i>
<b>Biological approaches</b>			
Ethology	. . . internal energy released by external cues; steam-boiler model	Animal studies	No support as a model for human aggression, but still popular in lay discourse
Behaviour genetics	. . . transmitted as part of genetic make-up	Twin and adoption studies	Support for the predictive value of genetic similarity
Hormonal explanations	. . . influenced by male sex hormones and cholesterol	Developmental studies	Inconclusive evidence
<b>Psychological approaches</b>			
Frustration-aggression hypothesis	. . . as a likely response to frustration, likelihood enhanced by aggressive cues	Experimental studies	Supported by empirical evidence
Cognitive neo-associationist model and excitation transfer	. . . as a result of affect elicited by aversive stimulation that is interpreted as anger	Experimental studies	Supported by empirical evidence
Learning theory	. . . as a result of reinforcement, either direct or indirect (observed)	Experimental + observational studies	Supported by empirical evidence
Social cognitive approaches	. . . as a result of social information processing, enactment of learned scripts	Experimental + longitudinal studies	Supported by empirical evidence

**Table 8.2** Prevalence of men's sexual aggression against women (based on Spitzberg, 1999)

<i>Form of sexual victimization/aggression</i>	<i>Women's victimization reports (%)</i>	<i>Men's perpetration reports (%)</i>	<i>Number of studies</i>
Rape <sup>a</sup>	12.9	4.7	63
Attempted rape	18.3	10.8	35
Sexual assault <sup>b</sup>	22.0	8.9	40
Sexual contact <sup>c</sup>	24.0	13.4	28
Sexual coercion <sup>d</sup>	24.9	24.0	39

<sup>a</sup> Completed sexual intercourse through threat or use of force.

<sup>b</sup> Penetration of the body through threat or use of force.

<sup>c</sup> Sexual acts without penetration of the body through continued arguments, authority, force or threat of force.

<sup>d</sup> Sexual intercourse through verbal pressure or abuse of position of authority.

**Table 8.3** *Key elements of anger management training*  
(based on Beck & Fernandez, 1998, p. 64)

<i>Phase 1</i>	<ul style="list-style-type: none"><li>• Identification of situational triggers which precipitate the onset of the anger response.</li><li>• Rehearsal of self-statements intended to reframe the situation and facilitate healthy responses (e.g., 'I can handle this. It isn't important enough to blow up over this').</li></ul>
<i>Phase 2</i>	<ul style="list-style-type: none"><li>• Acquisition of relaxation skills.</li><li>• Coupling cognitive self-statements with relaxation after exposure to anger triggers, with clients attempting to mentally and physically soothe themselves.</li></ul>
<i>Phase 3</i>	<ul style="list-style-type: none"><li>• Rehearsal phase.</li><li>• Exposure to trigger utilizing imagery or role play.</li><li>• Practising cognitive and relaxation techniques until the mental and physical responses can be achieved automatically and on cue.</li></ul>