

Course RPD1014 - Anger Management Test

True or False (circle the correct answer.)

1. Anger is a feeling that always results in problems with the legal system.
 - a. True
 - b. False
2. Anger, aggression, and hostility have different the meanings.
 - a. True
 - b. False
3. There are no payoffs to anger.
 - a. True
 - b. False
4. After a screaming, hollering, temper fit, no apology can undo the damage.
 - a. True
 - b. False
5. For anger to cause damage it must involve physical violence.
 - a. True
 - b. False

Multiple Choice (circle the letter that best represents the answer.)

6. Anger or stress initialize the body's
 - a. Immune System
 - b. Heart Rate
 - c. Flight or Fight Response
 - d. Digestive System
7. Strong anger releases hormones in the body, they include
 - a. Estrogen and Progesterone
 - b. Insulin
 - c. Adrenaline and Cortisol
 - d. Melatonin

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8. Strong, frequent anger can result in which of the following:
- a. Chest Pain
 - b. Chronic Obstructive Pulmonary Disease
 - c. Heart Disease
 - d. A Broken Heart
9. A study showed that chronically angry or hostile adults with no history of heart trouble might be _____ % more likely than their more placid peers to develop heart disease.
- a. 10%
 - b. 24%
 - c. 19%
 - d. 50%
10. Cognitive Behavioral Therapy (CBT) treatments have been found to be effective for anger problems. Which of the following is **not** a CBT intervention?
- a. Relaxation Interventions
 - b. Cognitive Interventions
 - c. Communication Skills Interventions
 - d. Vitamin Regimen

Please Complete the Following:
(Please write legibly)

Name: _____

Address: _____

Phone: _____

Your TDCJ Division or Contracted Provider: _____

License Type & Number: _____

Date Session Completed: _____

Was the session of value to you? 1 2 3 4
Not at all Somewhat Mostly Very

How and why?

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What suggestions do you have for making the materials more relevant for you and your job?

If you have additional comments, you can write on the back or attach extra pages.

Send this completed test and your evaluation to:

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