

## Changes in the signs, symptoms, and anger management of patients with a risk of violent behavior after receiving assertive training and family psychoeducation using roy's theoretical approach: A case report

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### Abstrak

Mental disorders are predicted to increase every year. Patients with severe mental disorders, such as schizophrenia, often engage in violent behavior. The treatment of such patients can use general nursing treatments (anger management with physical therapy, taking medicines regularly, and verbal and spiritual methods) and specialist nursing interventions (assertive training and family psychoeducation). This case report involved 11 patients, with the majority aged between 26 and 60 years, unemployed, high school graduates, unmarried, and with previous inpatient history. Generalist and specialist nursing interventions (assertive training and family psychoeducation) use Roy's adaptation theory and Stuart's stress adaptation approach. Nursing interventions were conducted sequentially, starting with generalist nursing interventions, followed by specialist ones. The method used was a pre–posttest in which each patient received generalist and specialist nursing interventions, assertive training, and family psychoeducation, each consisting of five sessions. Results of assertive training therapy and family psychoeducation showed a decrease in the signs and symptoms of violent behavior as well as an improvement in the patient's ability to overcome the risk of violent behavior. The application of Roy's adaptation theory and Stuart's stress adaptation approach is potentially appropriate for the treatment of patients with a risk of violent behavior.