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Web-based anger-management program for parent-female adolescents' conflicts: A cluster randomized controlled trial

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Background & Aim: Early intervention is important to improve mental health outcomes for young people. Given the recent rise in internet usage among adolescents, this cluster randomized control trial was performed to evaluate the effectiveness of web-based anger-management program for mother-female adolescents' conflicts.

Methods: 8 out of 23 high-schools in two districts of Shiraz, Iran, were chosen using random cluster sampling and randomly assigned to an intervention and a control group (each 4 with schools). The conflict tactics scale was filled out by all eligible 13-15 years adolescents who are enrolled in school in both groups and 140 students, who had higher scores, were selected; 70 adolescents in the intervention group participated in eight weeks of intervention, while 70 adolescents in the control group did not undergo any intervention. Data collection was performed at the end of the intervention and one month later.

Results: The study results revealed no statistically significant differences between the study groups regarding the total conflict tactics scores ($p=0.935$) or any of the three subscales before the intervention ($p>0.05$). However, a significant difference was observed between the two groups in this regard immediately and one month after the intervention ($p<0.05$). The results demonstrated a significant difference between the intervention and control groups regarding the conflict scores and its subscales during the three study periods and groups ($F=79.43$, $p<0.001$).

Conclusion: This study highlighted the importance of applying web-based anger-management program in decreasing mother-female adolescents' conflicts. Similar studies are recommended to be conducted on the issue.

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