

Are Emotion Regulation Strategies able to be Taught to People with an Intellectual Disability?

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Background

- People who work in the field have identified emotion regulation difficulties in people with an intellectual disability.
- Clinicians have identified emotion regulation difficulties as a precipitant to challenging behaviours.
- Various people have been affected by such challenging behaviour.

Emotional Regulation Skills

- Identifying emotions
- Labelling emotions
- Tolerating emotions
- Adaptive/maladaptive strategies

Definition: “the processes by which we influence which emotions we have, when we have them, and how we experience and express them” (Gross, 1998, p. 275).

Anger-management programme

- Murphy, Lindsay, & Cox (2007)



Stepping Stones

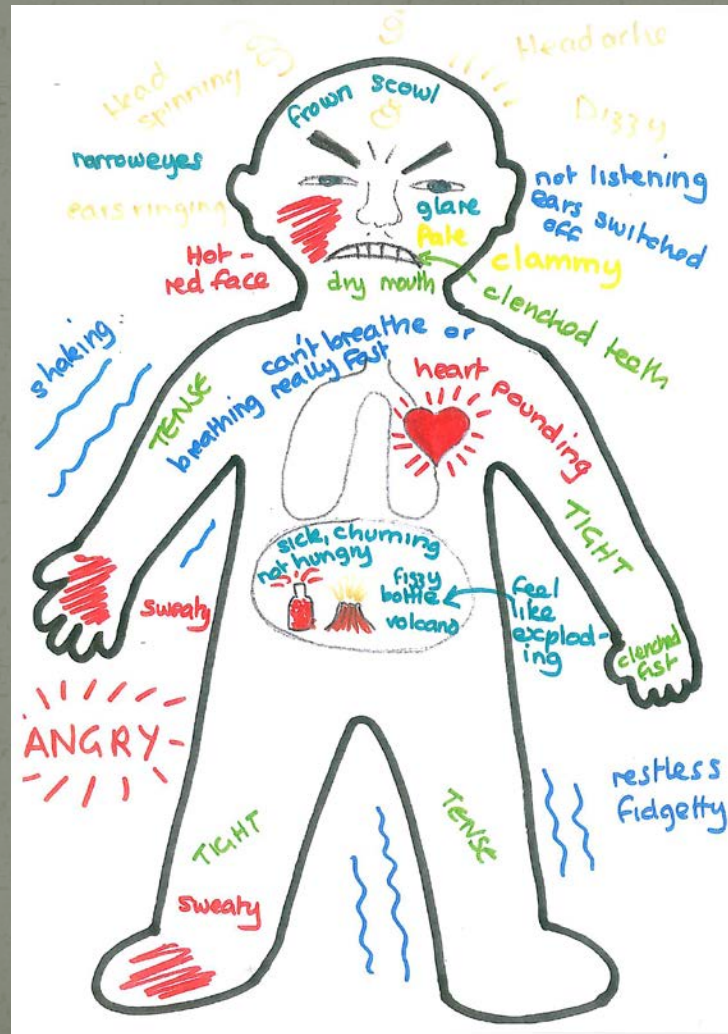
- Haumietiketike
- Oxnam & Gardner (2011)



Transformers Programme

- McWilliams, Malcolm, Watson, de Terte, & Leathem (Manuscript in preparation)

The Transformers Programme



The Transformers Programme

Six core coping strategies:

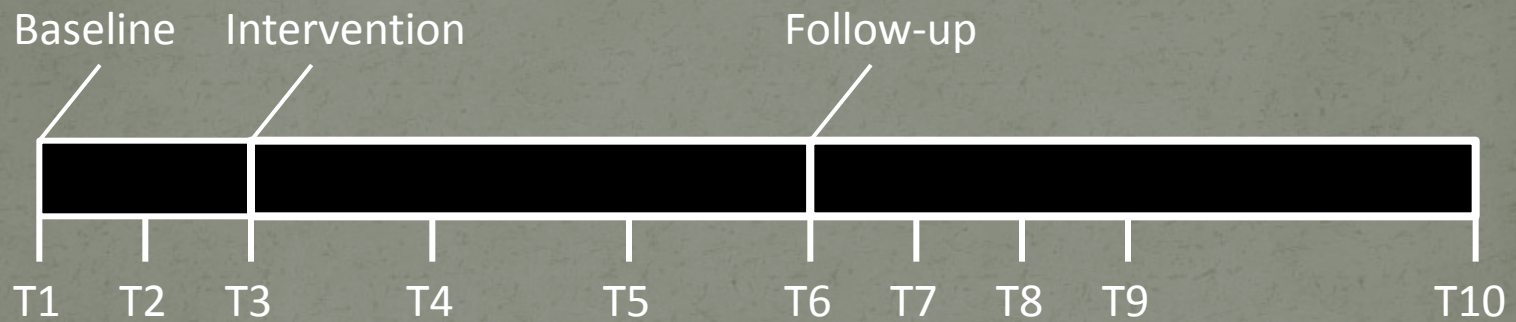
- Wisemind
- Taking yourself away
- Exercise
- Breathing
- Distraction
- Doing something fun

Who is taking part in the study?

Participants

- 5 participants (3 males, 2 females)
- Aged 17-42
- NZ European – 3, NZ Maori – 2

Assessments



Measures

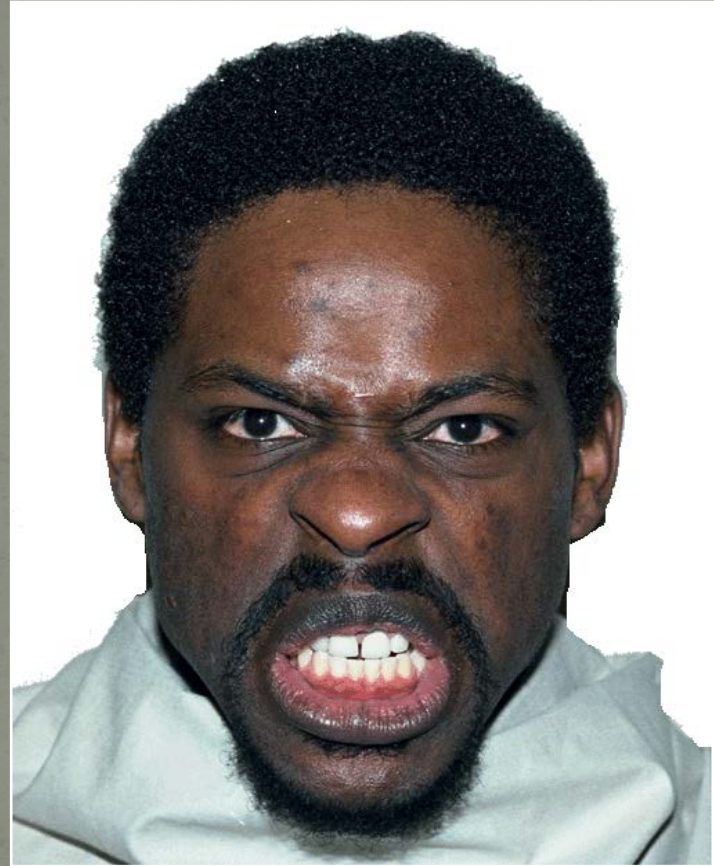
Emotion Recognition

- Recognition of facial emotion task (Tottenham et al., 2009)
- Recognition of emotion in stories task (Owen, Browning, & Jones, 2001; Ribordy, Camras, Stefani, & Spaccarelli, 1988; Widen & Russell, 2010)

Coping Skills

- Profile of Anger Coping Skills (PACS; Willner, Brace, & Phillips, 2005)

Recognition of Facial Emotion Task



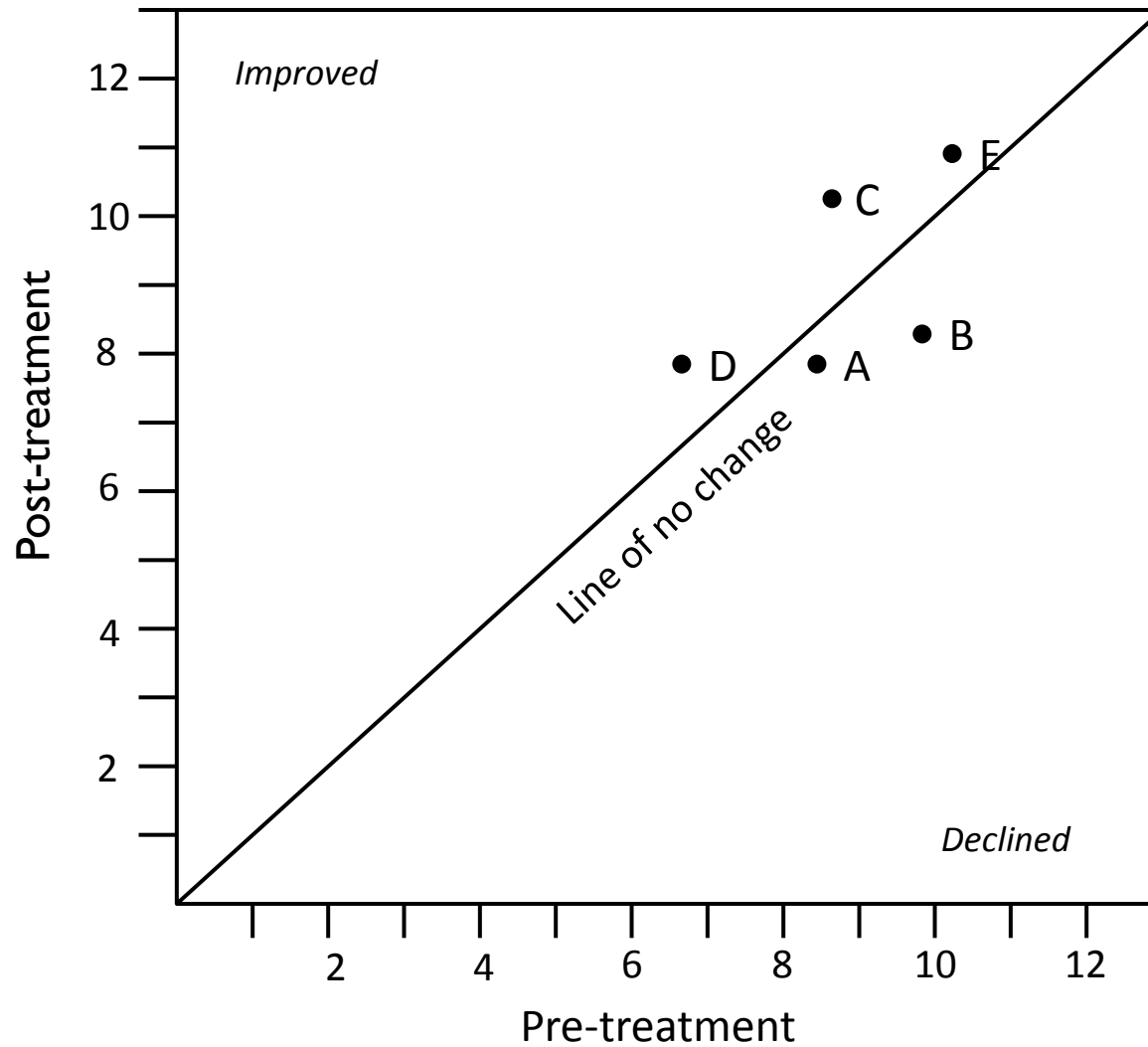
Recognition of Emotion in Stories Task

You opened a shoe box that you thought was empty and a bird flew out of it.

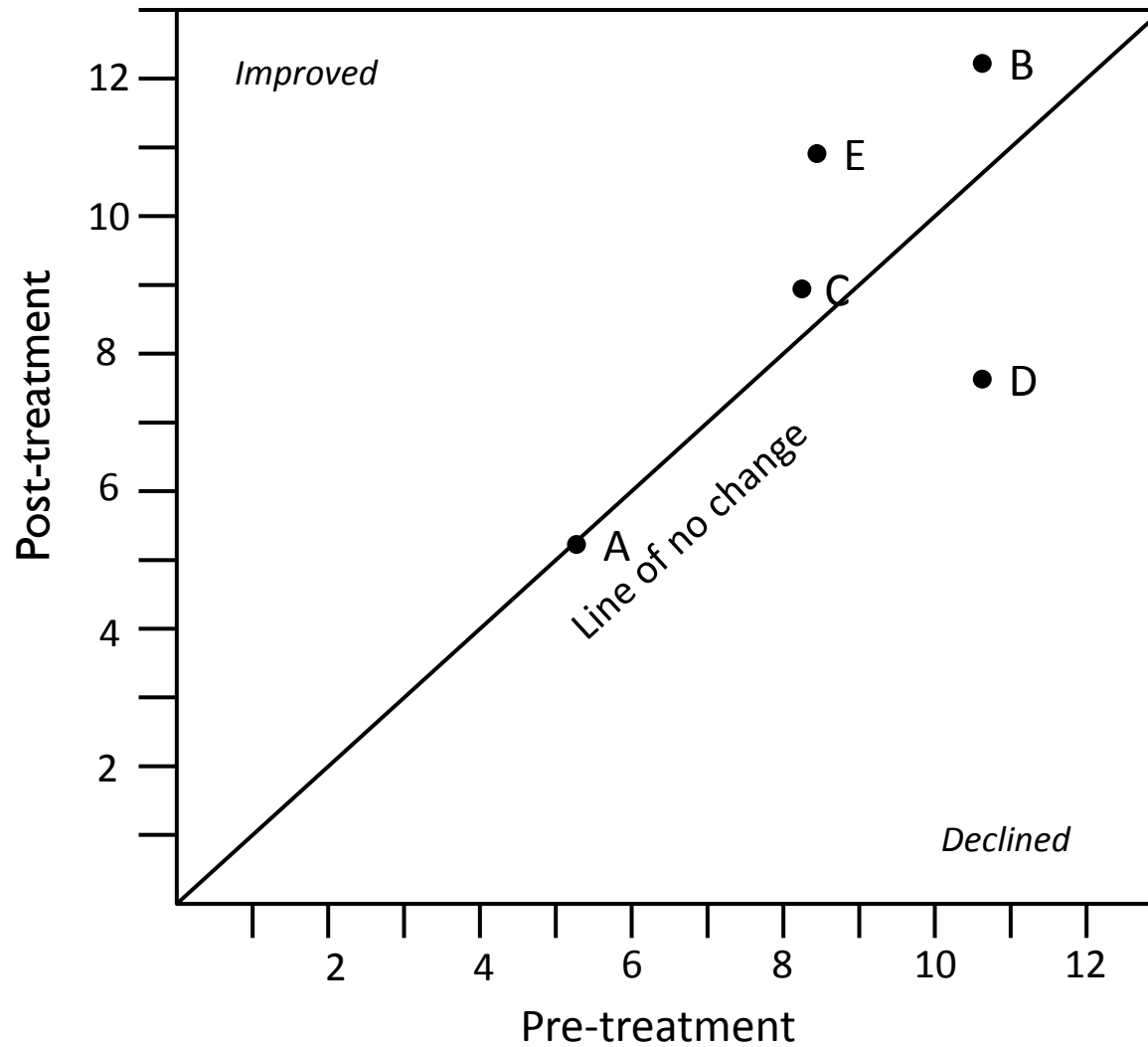
Profile of Anger Coping Scale

- Three situations where the client was angry were identified by the key worker
- Then the client and the key worker were asked about different strategies that the client may have utilised.
- A variation of this measure was developed that included sadness and worry.

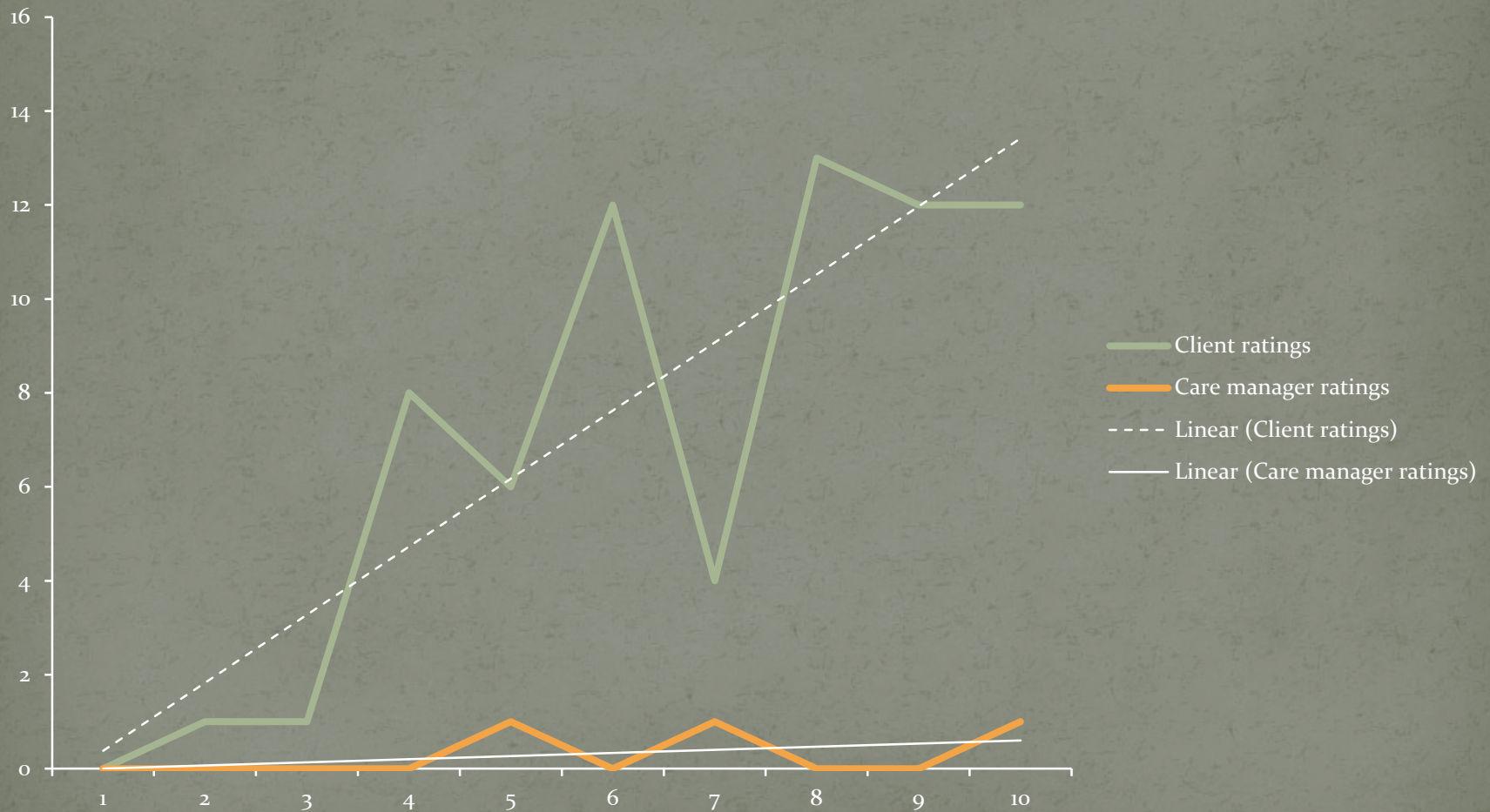
Results: Face Stimuli



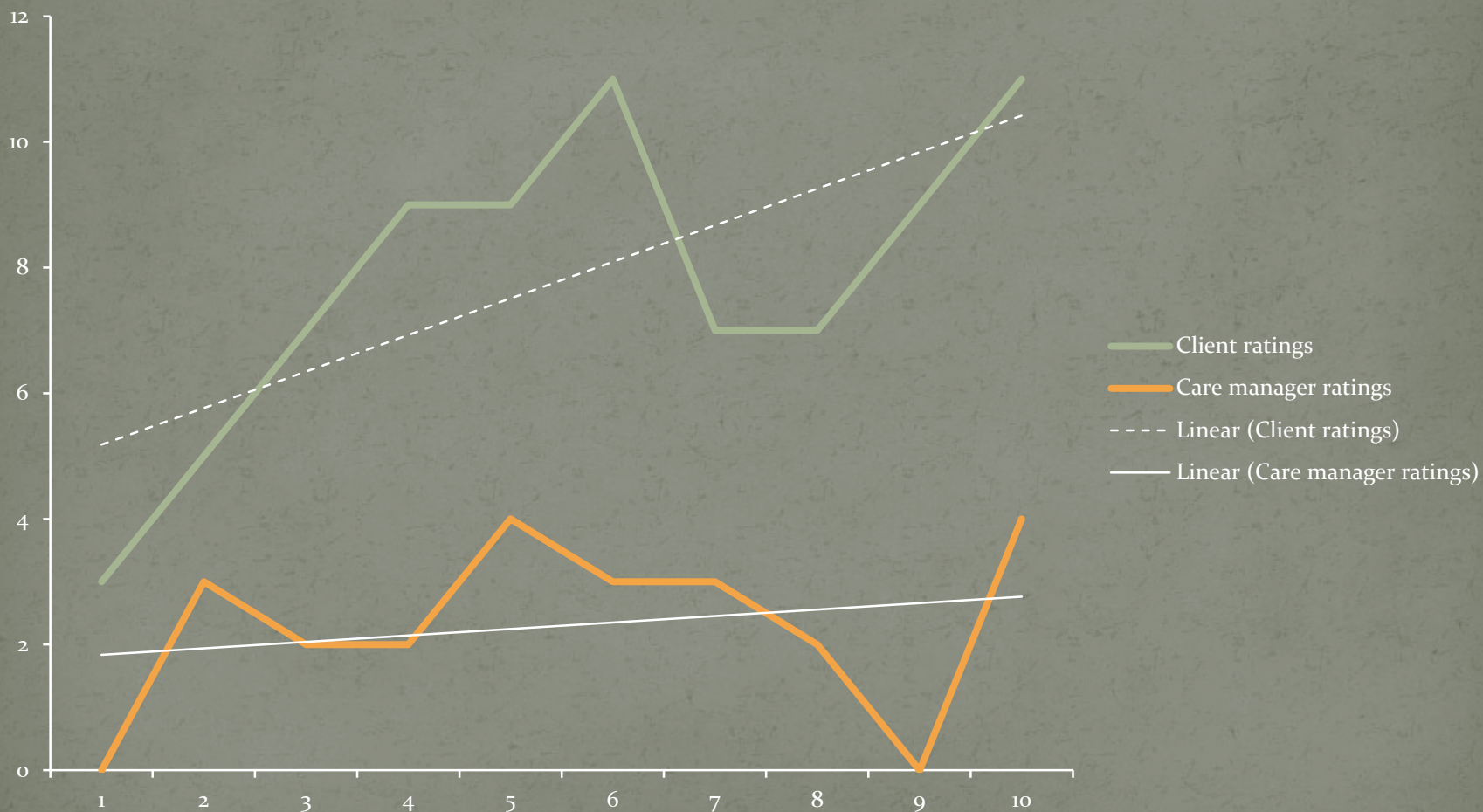
Results: Story Stimuli



Results: Coping Strategies (A)



Results: Coping Strategies (E)



Discussion

- Clients with an ID may benefit from coping strategies
- Further analyses are being completed, but emotional regulation may be a product of IQ.
- Measurement of emotion identification
- Transformers programme may not do enough on emotion identification