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## Culturometric Uncovering of Anger Control in Trinidadian Prisons



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- **Gerard Hutchinson (Prof)**, *Clinical Medical Sciences, University of the West Indies, Trinidad*
- **John Rose (Prof)**, *Forensic Clinical Psychology, University of Birmingham, England, UK*
- **Paul Willner (Prof)**, *Psychology, Swansea University, Wales, UK*
- **Tony Bastick (Dr)**, *Psychiatry, University of the West Indies, Trinidad*

# Culturometrics



Confirming Cultural Identity

# What is the Significance of this presentation?

**Conference theme:**

"The Futures of Qualitative Inquiries."

This presentation introduces one major future of qualitative inquiries **Culturometrics (CM)**

# Introducing Culturometrics

**Culturometrics (CM)** is a new Humanistic research perspective – ‘Culturometrics’ means ‘measurement of cultural identity’

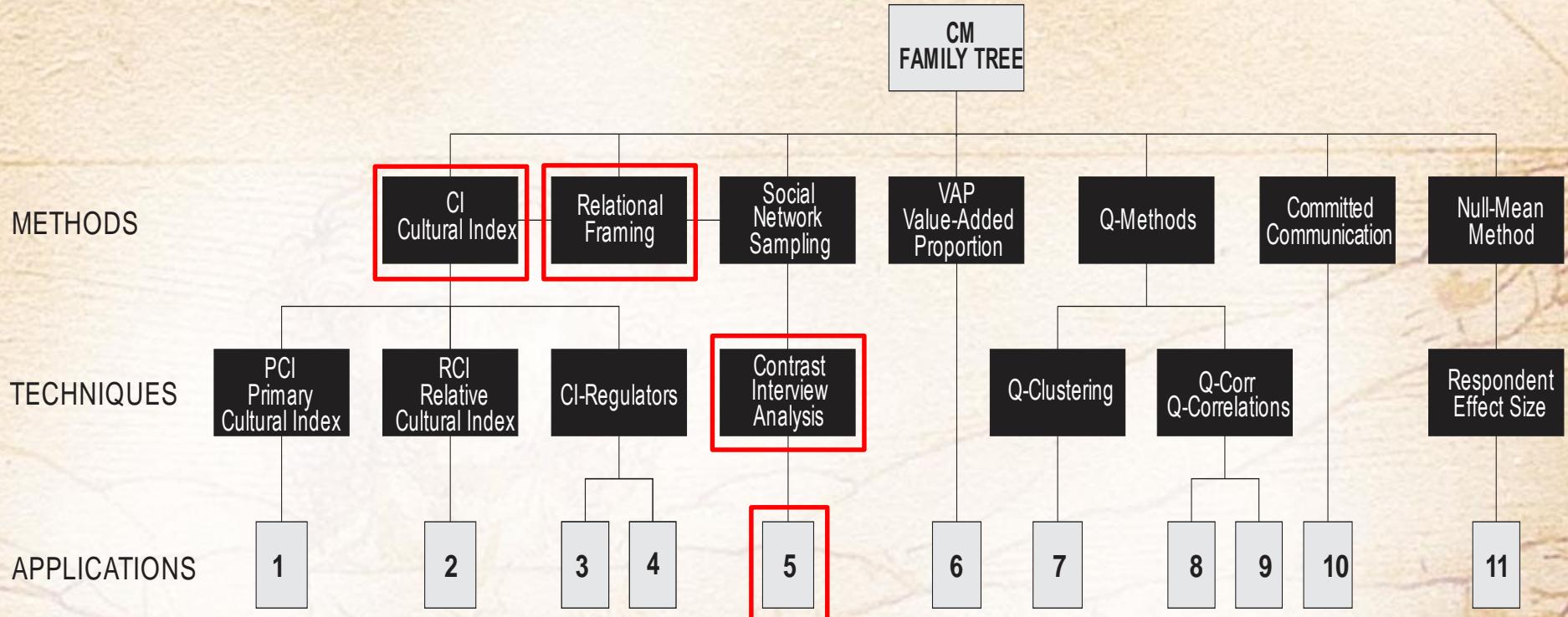
It’s like a bag full of research methods – the culturometric family of growing methods and techniques.

The bag includes how to reframe\* all social constructs as Cultural Identities so you can measure them – and reveal their meanings.

\*called Relational Framing

# The Culturometric family tree

The Culturometric family tree shows techniques for each method and examples of their applications.



## Key APPLICATIONS

- |   |  |  |
|---|--|--|
| 1 Additive cultural identity profiles                     | 5 <u>Uncovering identity constructs</u>      | 9 Data cleaning - Identifying reliable respondent: |
| 2 Subtractive prediction of cultural behaviours           | 6 Questionnaire fatigue                      | 10 Negotiations that affirm identity               |
| 3 Data cleaning - Identifying consistent value responders | 7 Classifying respondents by cultural groups | 11 Respondent stress effect size                   |
| 4 Defining, norming & screening Cultural Identity         | 8 State/trait proportions                    |  |

# The Culturometric family tree

All culturometric methods techniques and applications are founded on and developed from three deceptively simple qualitative tenets (*Boufoyo-Bastick, 2015, p. 440*)

- i. One definition: Operational definition of Cultural Identity (Cid) – ‘Values in Context’,
- ii. One assumption: The purpose of all behaviours is to affirm one’s Cid and
- iii. One belief: Culturometrics is a Humanist philosophy

## Be involved:

You can be a **user** of culturometrics by dipping into the bag and pulling out new tools for different research purposes. And you can be a **developer** of culturometrics by discovering from what you do new tools of culturometrics for others can use that are consistent with the tenets of culturometrics.

# Relational framing

**Relational framing** – Culturometric Relational framing can be used to convert any social construct into cultural identity. Thus opening a whole range of social construct enquiry to the new culturometric methods of Cultural Identity research.

Relational framing replaces the current objectifying language of social construct research – its nominalisations, lost performatives, etc. – with the relational language structures of a previous era – e.g. using action verb suffixes; Namely, a person who exhibits the behaviours described by the construct has the Cid of the behaviours+action verb suffix. For instance, a person who plays music is a musician, a person who ‘has’ the DSM-5 label of ‘schizophrenia’ returns to being considered as a schizophrenic person, someone who exhibits reserved behaviour is an Introvert, etc.

# Relational framing

**Summary – Relational framing** puts back into the language how the person relates to the social construct

Reframe by reversing the last 100 years of Nominalization of language by using action verb suffixes;

Namely, a person who exhibits the behaviours described by the construct has the Cid of the behaviours+action verb suffix.

Examples of culturometric reframing of the social construct of interest as a Cultural Identity – so ‘pregnancy among teenagers’ would become ‘being a teenage mother’; ‘Schizophrenia in writers’ would become ‘being a schizophrenic author’

# Cultural Identity: Operational Definition



'Values' is short for Values, Attitudes, Beliefs and Intentions (VABI)

Some values are entrenched and resistant to change. These are core values of the identity. Whereas other values are more peripheral to the identity, lightly held, flexible and changeable. Two matching functions of these values in defining Cultural Identity are:

- Changeable fluid peripheral values identify the context and
- Stable values describe the core identity

# Conference theme:

## Past, Present & Futures of qualitative inquiry

Try to relate to (i.e. interpret your quantitative research experiences) in terms of these descriptions of the evolution of qualitative enquiry:

The **Past** of qualitative inquiry – researchers dissatisfied by the loss of the participant, the sacrifice of personal meanings (*inter-subjectivity*) for statistically descriptions of the masses (*objectivity*) sought qualitative methods that preserved data rich personal meanings

The **Present** of qualitative inquiry – a proliferation of methods, heavy with ‘rich’ subjective interpretations that often become unwieldy in seeking to demonstrate the objectivity of their truths. (*Limited resources squandered on excessive processing of small N studies*) [ *tending to compete with quantitative methods rather than utilizing quantitative methods in mixed methods research*]

A **Future** of qualitative inquiry – availability of resource efficient methods that retain **personal meaning** for large N studies (*objective processing of rich inter-subjectivities*)

# Conference theme: Past, Present & Futures of qualitative inquiry

A **Future** of qualitative inquiry - availability of resource efficient methods that retain **personal meaning** for large N studies (*objective processing of rich inter-subjectivities*)

Culturometrics does this by retaining **cultural identity** (each respondent's values in context) as the unit of analysis.

# Conference theme: Past, Present & Futures of qualitative inquiry

A **Future** of qualitative inquiry - availability of resource efficient methods that retain **personal meaning** for large N studies (*objective processing of rich inter-subjectivities*)

Personal view – using the human ability to cognitively & emotionally give meaning to the vast amount of information composing another's identity

*Culturometrics does this for uncovering meaning by personifying the results as a modal ideal-type or as polar ideal-types, currently as photo composites and narratives*

*Problem of reporting/understanding data-rich results: A near future method of reporting would be to have an actor assume the cultural identities of these ideal-types – always ready to un-pack his/her actions as evidenced by the research (like a US presidential candidate represents/personifies his/her party's policies.)*

*In the distant future AI androids could be programmed to assume the cultural identities of these types. The user could always ask the androids to un-pack the components of their identity/results that gave rise to their actions.*

# Quick Self-introduction

Interested in collaborative research on an inter-university and/or faculty level

Tony Bastick, (coordinator of post-graduate research), Dept. Clinical Medical Sciences, Faculty of Medical Sciences, UWI,

**Trinidad**

known for  
its carnival



# Trinidad & Tobago - Carnival



# Trinidad & Tobago - Carnival



# Background: Trinidad & Tobago - Crime

The United States Department of State Bureau of Diplomatic Security (2015) "... considers crime in Trinidad and Tobago to be rated **at a Critical level**. Crime is the principal threat to visitors. .... Violent crime is a concern for local security services and the general population. ... **The murder rate for Trinidad and Tobago is 31 per 100,000 inhabitants**". Crimes against the person that are primary due to uncontrolled anger and aggression - murders, manslaughter, wounding (felonious), woundings and assaults causing bodily harm and other crimes against the person - continue to be dramatically high in Trinidad and Tobago (e.g. 3,550 in 2005: Trinidad and Tobago, Ministry of Planning and Development, Central Statistical Office, 2009).

'murder by youths' in Trinidad is 1,267% higher than in the UK (11.4 in TT and 0.9 in UK per 100,000 population - World Health Organization: World report on violence and health, 2002)

# Trinidad & Tobago – Crime US comparison

The murder rate for Trinidad and Tobago is 31 per 100,000 inhabitants.

## Crime rates in Fort Lauderdale by year

↔ Type	↔ 2009	↓ 2010	↔ 2011	↔ 2012
<b>Murders</b> (per 100,000)	13 (7.1)	7 (3.8)	12 (7.2)	16 (9.4)

## Crime rates in Miami by year

↔ Type	↔ 2009	↓ 2010	↔ 2011	↔ 2012
<b>Murders</b> (per 100,000)	59 (14.1)	68 (15.4)	68 (16.8)	69 (16.7)

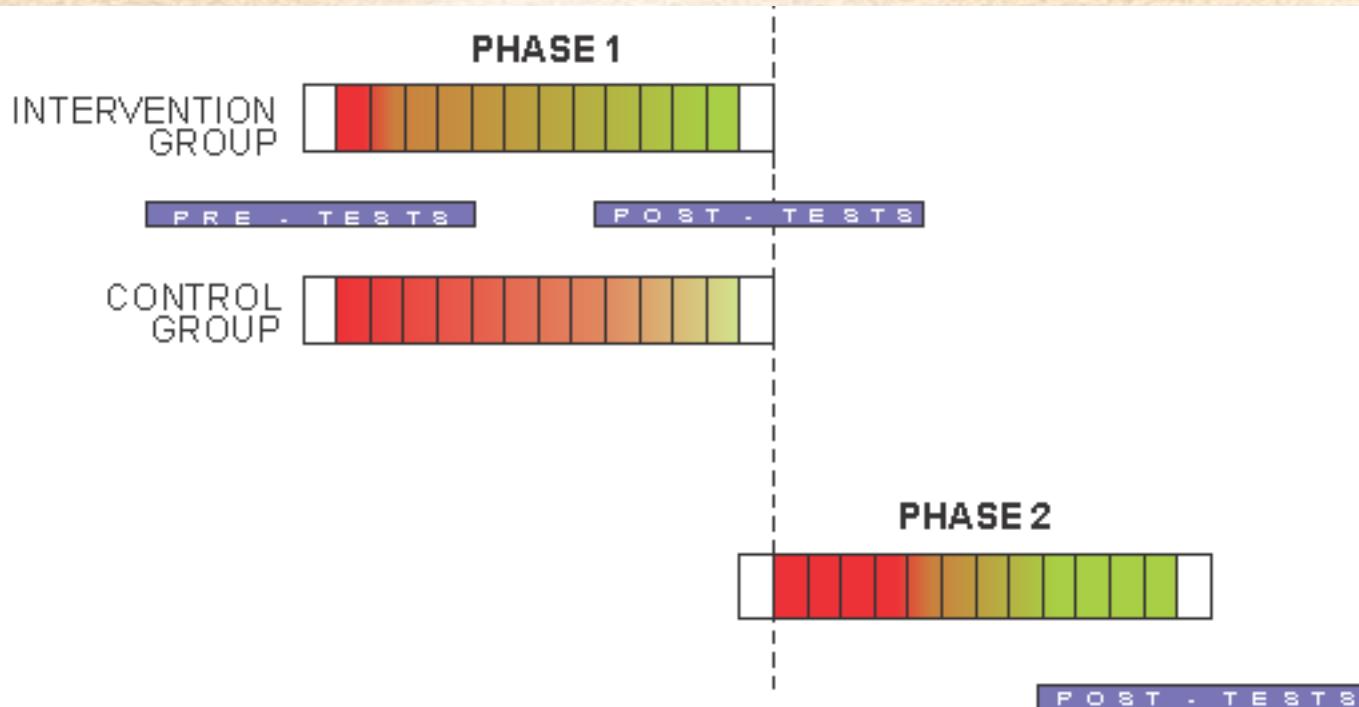
The United States Department of State Bureau of Diplomatic Security (2015) "... considers crime in Trinidad and Tobago to be rated **at a Critical level**. Crime is the principal threat to visitors..."

# Intervention: Anger Management in Prisons

- Screened 169 inmates & 49 officers on 'Anger: readiness to change'
- Participants selected were 87 inmates, 12 officers
- Intervention in 4 prisons, in each prison there were 4 groups of max 10 inmates, of which 2 groups were intervention groups and 2 were control groups.
- Each intervention group was led by 3 trained officers and 2 trained clinical researchers.  
(Problems: security & administration)

# Intervention: Anger Management in Prisons

## First controlled trial of CBT in the Caribbean

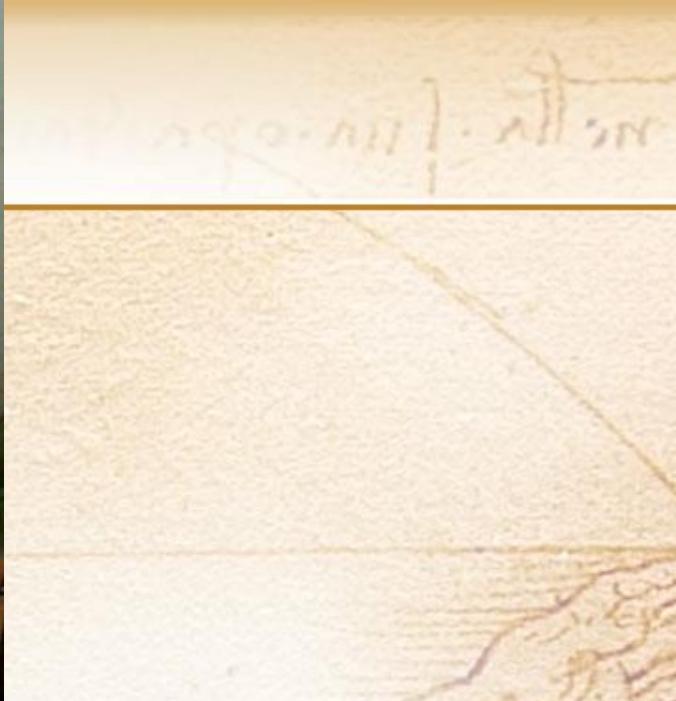


CBT interventions: 2 hrs/week for 12 weeks + 3 weeks assessments (pre-post assessments and 1 feedback session)

In order to control anger, people need to:

- recognize when they are becoming angry
- understand the triggers that make them angry
- develop alternative coping strategies for dealing with anger-provoking situations.





# Training Clinical Researchers



## UWI project tackles anger management

SANDRINE RATTAN

**Part 1**

Over the years, anger has become quite common in various environments. It is a natural, though somewhat unnecessary or irrational emotion, that everyone experiences from time to time.

Experts describe anger as a primary,



Dr Tony Bastick heads the University of the West Indies' Anger Management Project.

natural emotion, which has evolved as a way of surviving and protecting yourself from what is considered wrong-doing.

Recognising the type of pitfalls which can emanate from angry situations, the Psychiatry Unit at the Faculty of Medical Sciences, University of the West Indies, embarked on

an Anger Management Project aimed at creating mindsets to reduce or avoid the emergence of angry situations.

The project is headed by Dr Tony Bastick, senior scientist and international consultant who has worked for many universities across the world. Bastick was the senior lecturer in psychology, education,

measurement and research methods for ten years at UWI, Jamaica, before joining UWI, Trinidad in 2007.

Thus far, the programme has been producing excellent results, much of which are attributed to the support received from various stakeholders.

The National Gas Company contributed \$1 million to fund the programme for 36 months.

A medium-term aim of extending the programme is to reduce the cost to the Prison Services of 65 percent recidivism, and in the long-term, to reduce overall costs to the Prison Services by reducing the eruption of spontaneous anger and related crimes of aggression. "Uncontrolled anger needs to be understood from different perspectives.

From the perspective of an observer it is sudden, unpredictable and disproportionately violent action. From a culturometric perspective, it is usually triggered by an action interpreted as a massive threat to the integrity of assailant's identity – a learnt reaction to try and 'save face' in that context," he said.

"Interestingly from a neurological perspective, it is controllable, but for maximum, instantaneous physical impact, all psycho-neurological controls are abandoned during an aggressive rage."

*Look out for part two of this feature next week.*







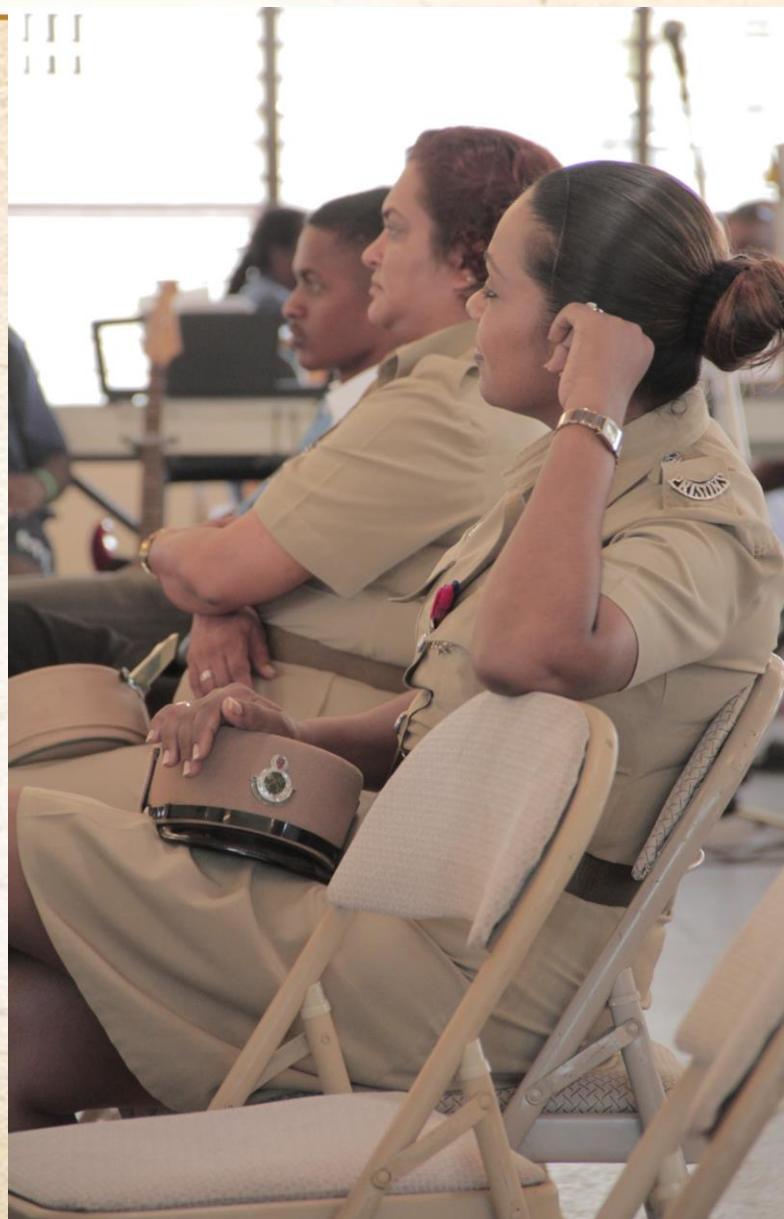
# Pre & Post- testing



# Pre & Post- testing



# Appreciation Day



# Appreciation Day



# Intervention: Anger Management in Prisons

First controlled trial of CBT in the Caribbean

The project is reported in:

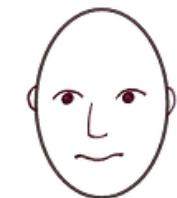
Hutchinson, Willner, Rose & Bastick (Forthcoming). CBT in a Caribbean Context: A Controlled Trial of Anger Management in Trinidadian Prisons. ***Behavioural and Cognitive Psychotherapy.*** (Manuscript BCP-01165-15, Submitted 14-Oct-2015)

# Traditional subjective assessment instruments

User Code: \_\_\_\_\_  
Date:

Administrator:  
Centre:

Start time:  
Finish time:



0

Not at all angry



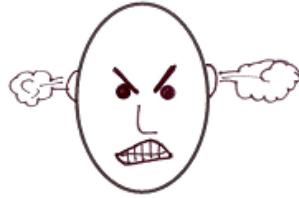
1

A Little bit angry



2

Quite angry



3

Extremely angry

|

## PROVOCATION INDEX 1st Party

### How angry do you get in each of these situations – Circle 0, 1, 2 or 3

1. Someone tells your instructor or a family member that you did something wrong
2. You sees someone bully another person who is smaller or less powerful / or can't fight back *e.g. someone small is being picked on by someone big*
3. You are trying to think but someone keeps making noise *e.g. You are trying to do your job at work but someone else keeps making a lot of noise*
4. People who act like they know it all, *e.g. show offs*
5. Being slowed down by another person's mistakes *e.g. You are working in the garden and you can't finish your job because somebody keeps doing theirs wrong*
6. Someone pushes in front of you in a queue
7. You are not given praise for doing good work *e.g. you get all your work right but nobody says well done*
8. You are watching a TV programme, when someone comes along and turns it to another channel
9. People who don't really listen when you talk to them

### How angry?

N	L	Q	E	Comments
---	---	---	---	----------

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

0	1	2	3	
---	---	---	---	--

# Traditional subjective assessment instruments

Culturometric and traditional measures of Anger Expression used in this study

## Traditional

We measured Anger coping with the Provocation Index (PI) and other traditional instruments such as the Profile of Anger Coping Skills (PACS) (Willner et al., 2013, p.289) and six subscales of the State-Trait Anger Expression Inventory (STAXI), 2nd edition, namely, State Anger (the intensity of angry feelings at the time of completion), Trait Anger (the frequency of angry feelings experienced over time), and four further scales (Anger-in, Anger-out, Anger control-in, Anger control-out) that combine to produce a third measure, the Anger Expression Index (the sum of the two anger expression scales minus the sum of the two anger control scales). (Hutchinson, Willner, Rose & Bastick, forthcoming).

## Culturometric

A specially designed version of a Culturometric Celebrity Questionnaire (Boufoy-Bastick, 2014) was also used to measure inmate's strength of Identity as Instant Anger Controllers – the Culturometric Instant Anger Controller (CM-I-AC). The comparative performance of this alternative instrument is the focus of this presentation.

# Traditional subjective assessment instruments

Some issues with self-rating types of traditional instruments:

1. Assumptions: More ways of expressing anger = more anger  
(compare eating different types of food vs only eating pizzas ..... etc.)
2. The situations/contexts/examples are so specific that they might not apply.
3. The most problematic and ubiquitous is that respondents mean different things by the same number - the 'hidden expectation' problem.

These issues make traditional instruments less accurate and less sensitive to the changes what they are measuring.

# The ‘hidden expectation’ problem

The ‘hidden expectation’ is a subjective/hidden ruler against which we judge our subjective experience. The size and number of the units changes between contexts so that we expect more or less of the same thing in different contexts.

Examples: Rate from low 0 to 5 high .....

- How over-weight you are – depends on your self-image
- How good is this presentation – depends 80% on your ‘seat-comfort’
- How likely it is that this horse will win the race – depends on how much you risk in betting on it
- The quality of food in this restaurant – depends on how hungry you are.

# The ‘hidden expectation’ problem

How culturometrics uses self-norming to solve the ‘hidden expectation’ problem

The Likert response actually confounds two subjective responses

- (i) the valued experiential judgement that we want, call it ‘e’ and
- (ii) the hidden expectation (ruler), say ‘r’ against which ‘e’ is measured. The ruler has a multiplying effect making the given response larger or smaller  $Q1 = e \times r$ .

We need to get rid of the ruler if we can.

**Self-norming gives us  $Q1 = e1 \times r$  = true  $e1$ .**

$$Q2 \quad e2 \times r \qquad \qquad e2$$

This doesn’t help us much to interpret meaning as both  $e1$  and  $e2$  are still hidden. We solve the problem completely by making  $e2$  public and grounded in group cultural values

# What is the Celebrity Questionnaire?

The Celebrity Questionnaire is a Culturometric tool that blends empathy and empowerment

- for **objective\*** confirmation of subjective cultural identities
- by using **self-normed** and **culturally grounded** ratings of one's cultural identity

\* Note the operational meaning of 'objective' is 'the consensus of the authoritative group'.



# Celebrity ‘Instant Anger Control’ questionnaire

## *Instructions to administrator:*

### *Prepare the respondent*

1. Reframe the social construct of having ‘Anger Control’ as the identity of being an ‘Instant Anger controller’
2. Persuade the respondent that every one is to some extent an Instant Anger Controller
3. Practice the 1 to 100 response format, giving examples that interpret the size of responses.
4. Then administer the following instructions to the respondent

# Celebrity 'Instant Anger Control' questionnaire

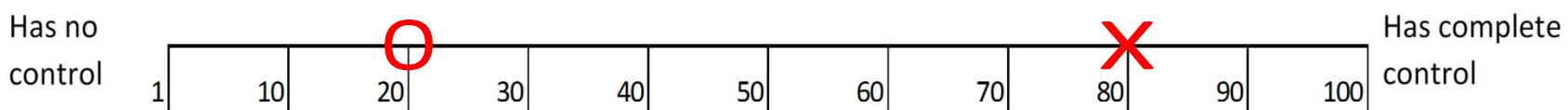
## *Instructions to respondent:*

'Think for a moment what it really means to be an Instant Anger Controller (an I-AC)' because I'm going to ask you to judge how strong a famous Trinidadian is at instantly controlling his anger.

Anil Roberts - Sport minister



A: Now put a cross on the line below to show how strong Anil Roberts is as an Instant Anger Controller



B: Now go back up to the same line and put a small circle to show in comparison how strong YOU are as an Instant Anger Controller

# Celebrity questionnaire - Analysis

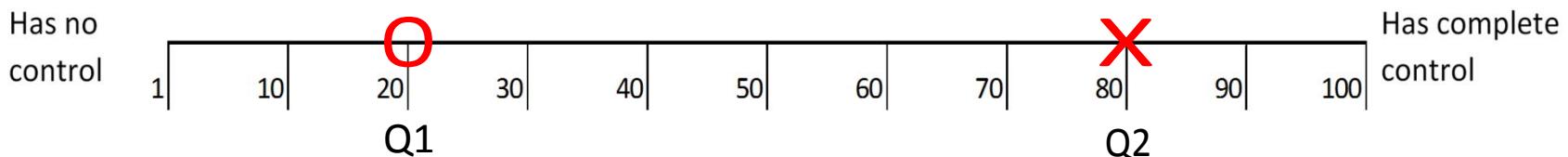
Subjectively Q1=20, Q2=80. Therefore objectively Q1/Q2=20/80 =1/4

Objectively, the inmate has only  $\frac{1}{4}$  the control of Anil Roberts (AR). If we knew the true control of AR then we would simply multiply by  $\frac{1}{4}$  to get the inmate's true control.

## Anil Roberts - Sport minister



A: Now put a cross on the line below to show how strong Anil Roberts is as an Instant Anger Controller



B: Now go back up to the same line and put a small circle to show in comparison how strong YOU are as an Instant Anger Controller

# Celebrity questionnaire - Result

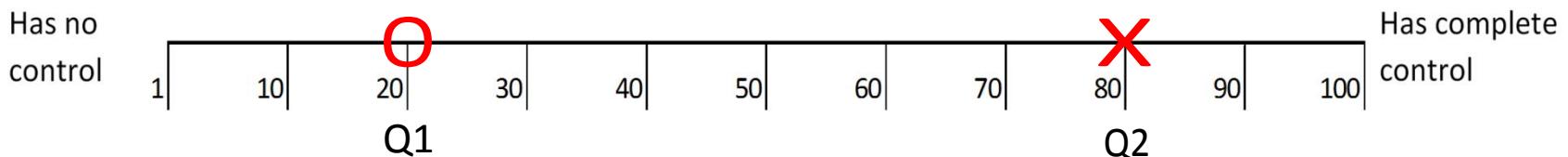
We empower the cultural group to decide the true (objective) control of AR according to their cultural values i.e. The average of the Q2s.

So CI of control is  $Q1/Q2 \times (\text{average of their Q2s})$ .

## Anil Roberts - Sport minister



A: Now put a cross on the line below to show how strong Anil Roberts is as an Instant Anger Controller



B: Now go back up to the same line and put a small circle to show in comparison how strong YOU are as an Instant Anger Controller

# Celebrity questionnaire - Result

CI of control = Q1/Q2 x (average of their Q2s)

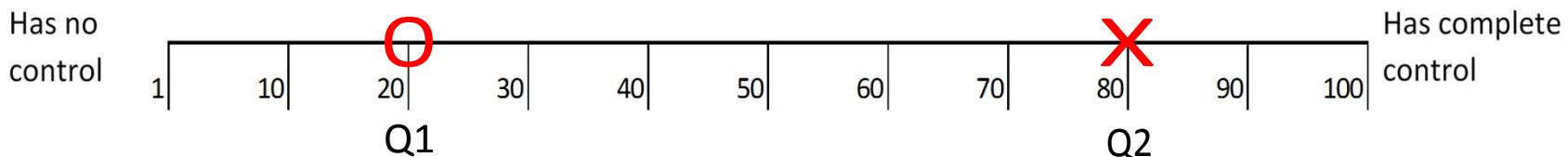
Say the average of their Q2s is 60

The inmate's CI of control =  $\frac{1}{4} \times 60 = 12$

## Anil Roberts - Sport minister



A: Now put a cross on the line below to show how strong Anil Roberts is as an Instant Anger Controller



B: Now go back up to the same line and put a small circle to show in comparison how strong YOU are as an Instant Anger Controller

# Celebrity questionnaire – Pre-Post treatment

**Pre-test CI of control = pre-test Q1/Q2 x (average of their pre-test Q2s)**

Successful treatment will change the respondents abilities. This will also change their ‘hidden expectation’. Traditional instruments are handicapped because they measure post-treatment change against the higher expectations caused by the treatment.

Example: Parents with badly behaved children might not considerate this as a big problem. However, after the parents have been successfully taught how children should behave they will see their own children’s same unruly behaviour as more of a problem because their own expectations have been changed.

Culturometrics solves this problem by using the original pre-test group expectations so the same lower-expectation ‘ruler’ is used before and after change in ability

**Post-test CI of control = post-test Q1/Q2 x (average of their **pre-test** Q2s)**

# Placing the Celebrity Questionnaire in a qualitative research design

## 4-step qualitative research design for uncovering cultural identity

1. **Reframing** the researched construct to be uncovered in terms of cultural identity, i.e. ‘values in context’. (Note : done by replacing the main indicative behaviour verb with its common action noun e.g. a person who ‘writes’ is a ‘writer’ – i.e. nouning-a-verb by adding an agentive suffix)
2. *Using CM etic-to-emic **social network sampling** to identify people who are emically judged as high vs. low on the construct (Boufoy-Bastick, 2002; 2007). Note: We had a ‘captive audience’ (sic)*
3. Use the **Celebrity questionnaire** to find the Cultural Index which confirms the strength of respondent’s Cultural identity on the construct
4. Put the Cultural Indices in order – high to low - to select the persons who have the highest and the lowest strengths of Cultural Identity for **contrast interviewing** to expound the meanings and contexts of the construct.

# Two characteristics of the Celebrity Questionnaire

The Celebrity Questionnaire is Humanistic and computationally transparent

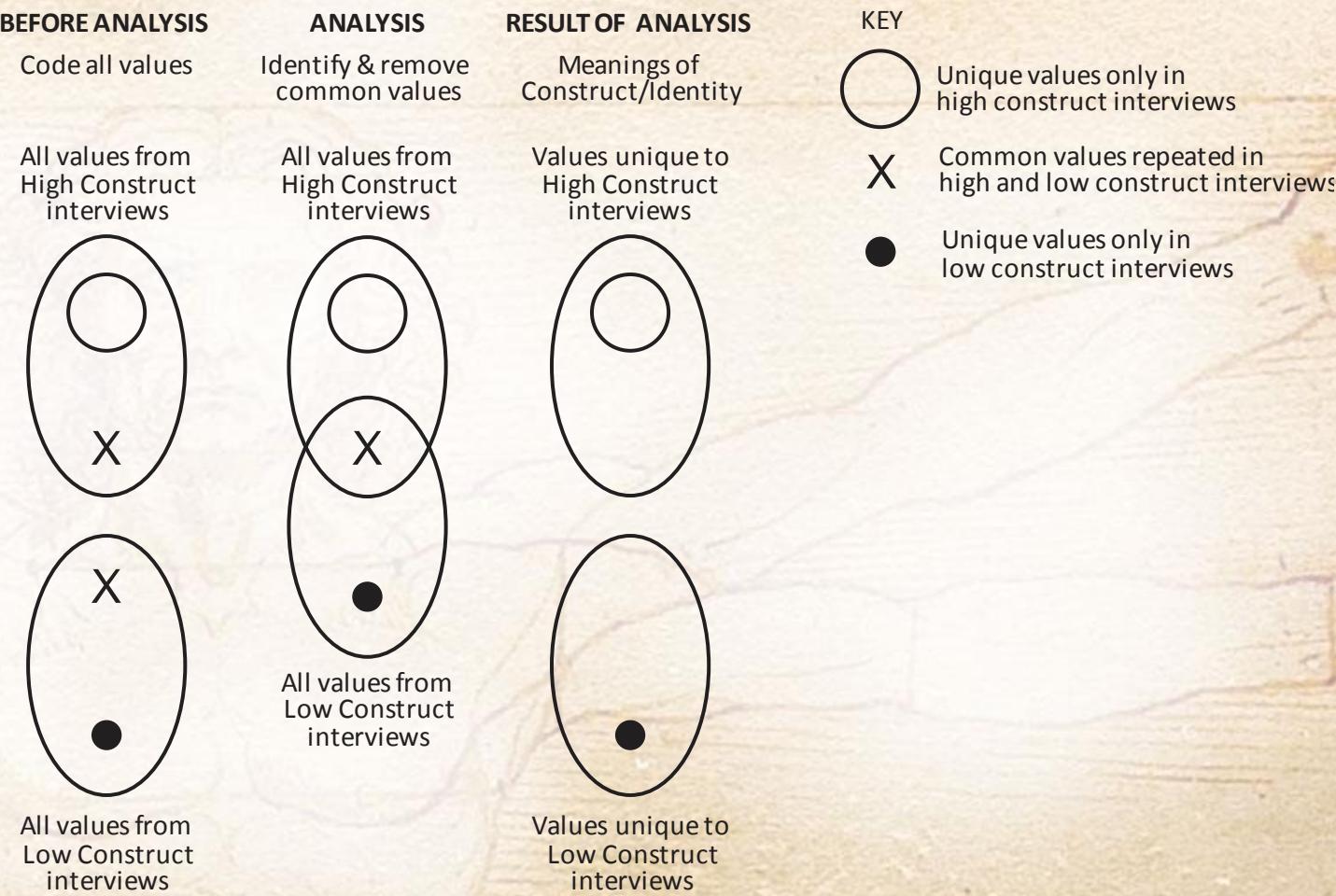
**Humanistic:** Empowering individuals and their cultural groups. Each individual's response is compared to his or her own personal standards and then grounded in the consensus values of their cultural group. (*the respondents and their cultural groups 'own' the meaning of who they are*)

**Computationally transparent:** It only has two questions. It uses simple 3-step arithmetic, i.e. a division, an average and a multiplication. (*so it's easy to use and to understand how it works*)

# Contrast interviewing and Contrast Analysis: To elicit the emic meaning of Anger Control (or any other social construct)

Ask about observations that evoke context and behaviours that symbolize VABI of those contexts. i.e. ask about Cl, and code values in context for high and low Cls

To note objective observable criteria symbolising their '*values in context*' confirming their emic identities.



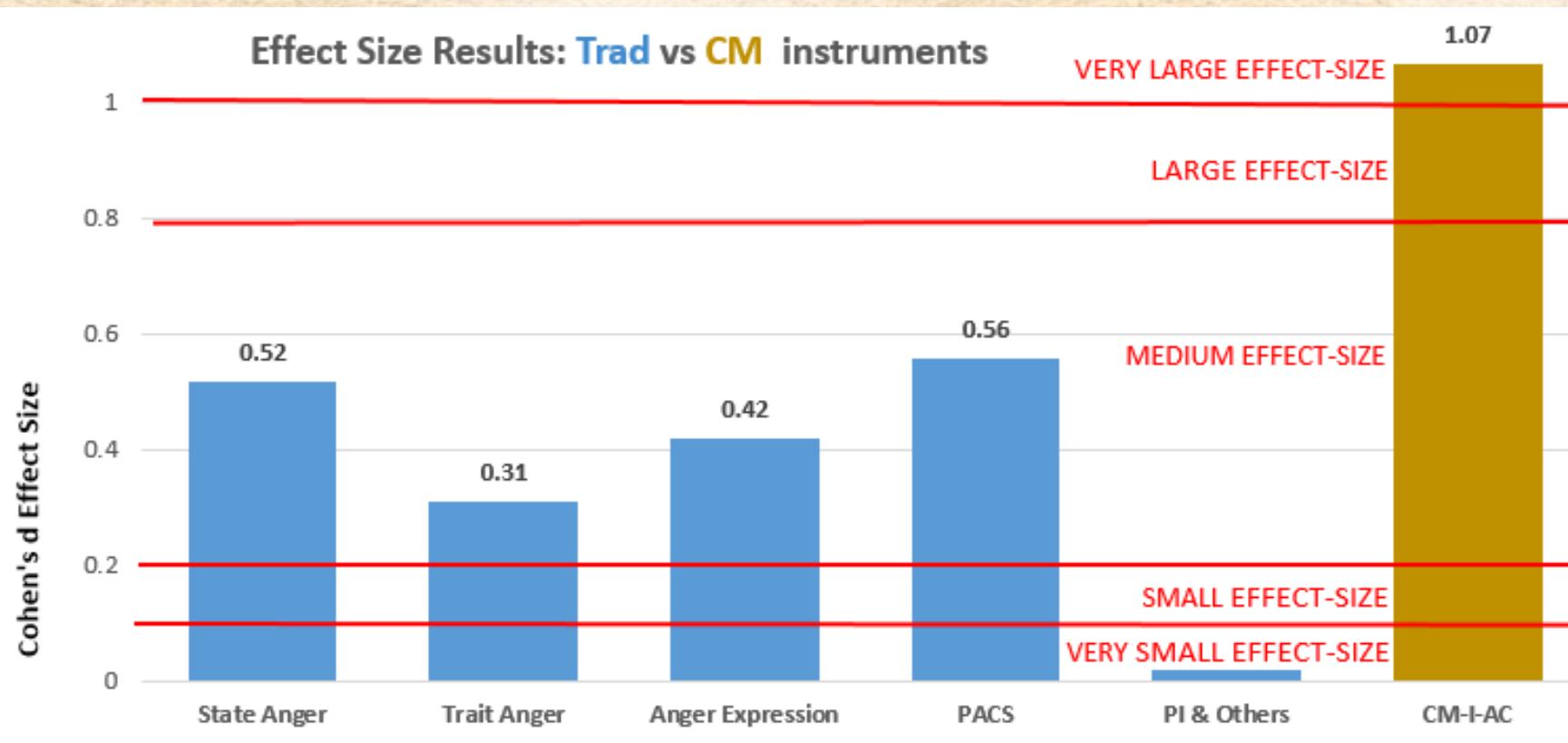
# Preview of Results

Here is a preview of these results:

Effect sizes for pre-post changes on traditional instruments were: State Anger,  $d=0.52$ ; Trait Anger,  $d=0.31$ ; Anger Expression,  $d=0.42$ ; use of PACS,  $d=0.56$ . These values represent small effects for Trait Anger and Anger Expression, and medium-sized effects for State Anger and use of anger coping skills. The Effect size for pre-post changes on the CM-I-AC for strength of anger control was  $d=1.07$ .

This value represents a very large effect for increases in the strengths of inmates' identities as Culturometric Instant Anger Controllers.

# Preview of Results - Graphical



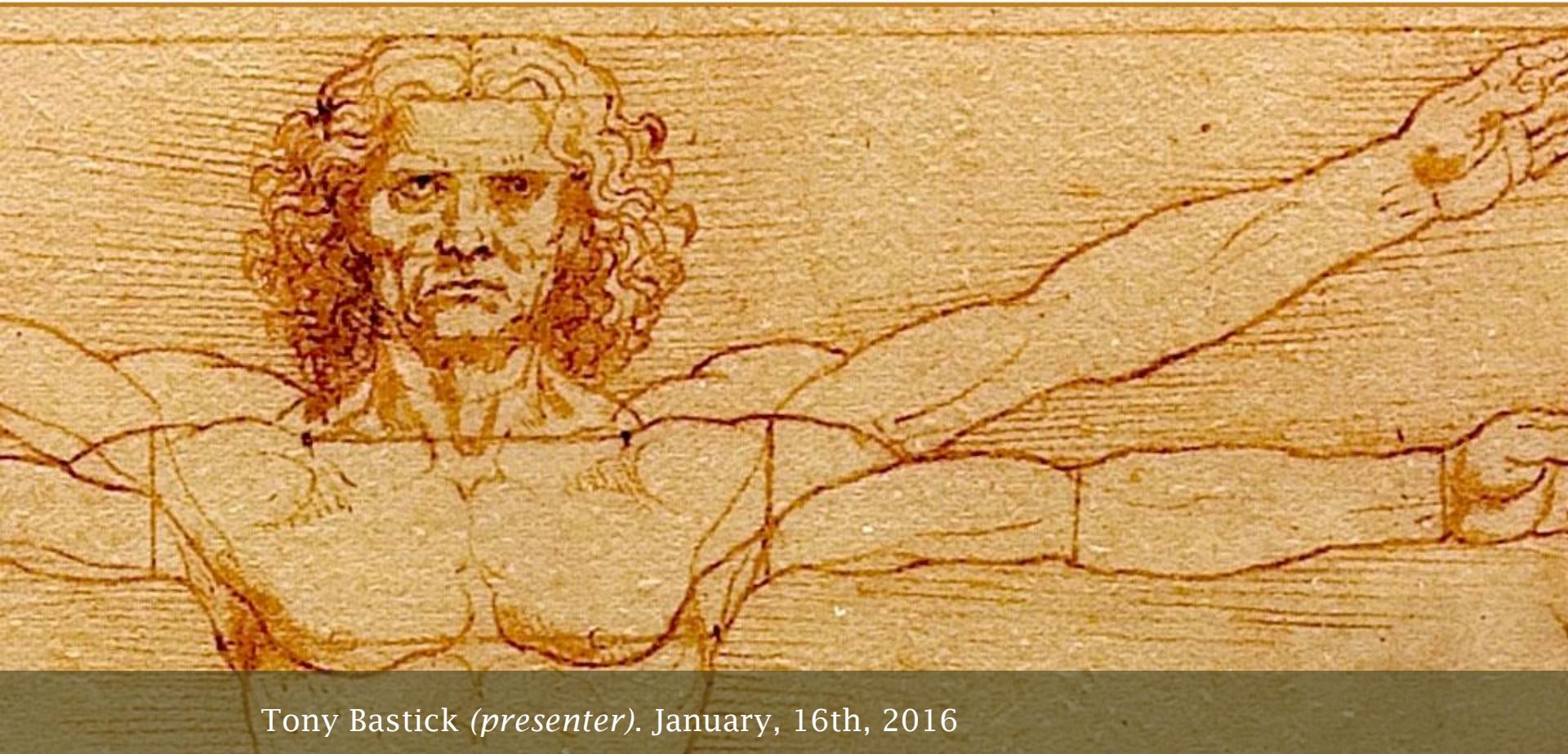
Effect size from CM-I-AC for increased strength of anger control was  $d=1.07$ . This value represents a very large effect for increases in the strengths of inmates' identities as Culturometric Instant Anger Controllers.

The results comparing traditional vs culturometric measures on their sensitivity to change are now being written up for publication by the inventor of Culturometrics Professor Beatrice Boufey-Bastick.

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# Culturometric Uncovering of Anger Control in Trinidadian Prisons



Tony Bastick (*presenter*). January, 16th, 2016

# THANK YOU

Culturometrics

