

An Investigation of the Effectiveness of the Relaxation Skills Violence Prevention (RSVP) Program With Juvenile Detainees

Jeremy D. Jewell

Southern Illinois University Edwardsville

Scott J. Elliff

Madison County Probation and Court Services

Jeremy D. Jewell at Southern Illinois University Edwardsville, Box 1121, Edwardsville, IL 62026; e-mail: jejewel@siue.edu

Criminal Justice and Behavior February 2013 vol. 40 no. 2 203-213

<http://cjb.sagepub.com/content/40/2/203.short>

Abstract

This study investigated the effectiveness of the Relaxation Skills Violence Prevention (RSVP) program with a sample of juvenile detainees. The RSVP program is a five-session group therapy program that teaches ways to identify and cope with anger using the relaxation skills of deep breathing, guided imagery, and progressive muscle relaxation. Using a randomized controlled experimental design, the study obtained a total of 137 youth. Results supported the hypothesis that the RSVP group would experience significant declines on a measure of anger and perceived ability to control one's present and future anger when compared to the control group.