



DEDICATED TO PROMOTING  
MENTAL HEALTH

**CONTENT ANALYSIS  
FOR  
DEPICTION OF ANGER IN TELEVISION PROGRAMS**  
Revision September 29, 1993

**I. ANGER THEMA: (Was there an anger situation?)**

Criteria:

**A. Recognizing a characters' anger.**

**Definition of Anger:** Anger has three components.

- (1) the way the body reacts to anger (the physiological component).
- (2) thoughts associated with the anger (the cognitive component).
- (3) actions elicited through anger (the behavioral component).

How do you infer that a character is angry?

**CLUES**

**Body / Physiological**

-flushed.  
-hot.  
-tense  
-irritable.  
-ill.  
-disgusted.

**Thoughts / Cognitive**

The angry character  
says:  
-the situation is unfair.  
someone is out to get  
him.  
-he needs to escape the  
incident.  
-he hates life.  
-someone is to blame.

**Actions / Behavioral**

-yells.  
-lies.  
-cries.  
-shouts.  
-hits.  
-destroys items.  
-threatens.  
-insults others.  
-holds a grudge.  
-uses foul language.  
-hurts others.  
-kills.  
-screams.  
-runs away.  
-teases.  
-argues.  
-vandalizes.  
-fights.

B. Did the angry character (AC) become: violent?  
verbally abusive?  
withdrawn?  
use racist or sexist overtones?

C. Did the situation: improve?  
deteriorate?  
stay the same?

## II. Characteristics of the AC

Is the AC: male?  
female?

Is the AC a: young child?  
adolescent?  
adult?  
elderly person?

Is the AC: African-American?  
Asian?  
Caucasian?  
Latino?

Is the AC: powerful?  
weak?

Is the AC a: hero?  
villain?

Does the AC use: drugs?  
alcohol?  
a weapon?

## III. Skills for anger management.

Did the AC say (recognize) that he was angry?

Did the AC talk to himself (use self instruction) to handle his anger?

Did the AC do something to calm himself down? (e.g., count to ten, deep breathing)

Did the AC listen to the target of his anger?

Did the AC show signs that he understood the target's feelings or position?

Despite his anger, did AC show respect for the target?

Did the AC find humor in the situation?

Did AC focus on the present situation without bringing up old grudges?

Did the AC change the way he thought about the situation that had angered him?