

Evaluation Of The Influence Of Reframing On Intermittent explosive Disorder Among Female Inmates' Violence Towards Male Partner In Selected Women Prisons, Kenya

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Abstract

The purpose of this study was to evaluate the influence of cognitive restructuring strategies on intermittent explosive disorder among female inmates' violence towards male partners in selected women prisons in Kenya. The study helped to evaluate the influence of reframing on intermittent explosive disorder. The study was anchored on Social cognitive theory by Albert Bandura and self-evaluation maintenance theory by Abraham Tesser. The study used an Ex Post Facto research design. The study was carried out at Langata and Thika Women Prisons. Quantitative data was obtained from the sampled inmates using questionnaires; while qualitative data was collected using interview guides from the prison key informants. The study incorporated 8 constables, 4 counsellors, 3 chaplains as key informants. Stratified and proportionate simple random sampling was used to select a sample size of 307 inmates. Quantitative data was analyzed using both descriptive and inferential tests. Hypotheses were tested at $p=.05$ using Pearson's Product Moment Correlation Coefficient. Qualitative data was analyzed thematically according to the study objectives. The findings showed there was a statistically non-significant positive relationship between reframing and intermittent explosive disorder as, $[r(257) = .051, p = .417]$. Increase in intensity of frame shift, target thoughts and evidence of thoughts led to increased traits of intermittent explosive disorder. Based on these findings, the study recommends that prison management through the ministry of Interior and Coordination of National Government, enhance provision of counselling programmes based on cognitive restructuring techniques in the prisons. Reframing as a technique would provide solutions on the past painful memories of the inmates; optimistically avoid violence and keep away from crime.

Date of Submission: 24-10-2024

Date of Acceptance: 04-11-2024

I. Introduction

Women's Intermittent Explosive Disorder (IED) among various communities and families has long been dismissed as a ridicule, non-effective and hysterical state of expression especially towards men. Women IED takes place when unable to control aggressive impulse resulting into assaultive crime in a relationship.

According to Brooks et al.(2020), although men may reveal willingness to disclose their status of victimization by women; they conceal their feelings for fear of being unmanly and irresponsible to handle the challenge from a woman. Men placate their anger, reframing their feelings to defend and sustain their own power and control over women in the society. Men pretend to be strong; giving silent treatment to avoid further judgment and harm (Phoenix, 2019). Although under the Universal Declaration of Human rights, United Nation Organization and Kenya Bill of rights profess protection and equality; this is mostly skewed towards men seen as perpetrators. In many communities, women are viewed as innocent, requiring protection against men.

Influence of CRS on behaviour change was also studied by Omopo (2021) in Ibadan Nigeria, on the promotion of COVID-19 awareness and health behaviour, to adjust to "new normal" behavior. The study found that individuals who practiced self-monitoring of their health problem by analyzing the magnitude of the problem, adopted to new habits of life through hands washing, use of masks, social distancing, and emotional control, adequately controlled infection of COVID -19. Accordingly, the participants exercised personal thought reframing, self-monitoring and emotional regulation to maintain responsible behaviour to avert spread of the pandemic in the society.

Mongare et al. (2018) carried out a study on female violence towards men in Kiambaa, a sub county Kiambu county Kenya. The study found that men were abused due to lack of economic resources, inability to provide to the family. To solve issues related to violence in the family, Kiambu County authorities suggested methods of problem solving, thought reframing and emotional regulation as guidance to avert women violence

against men in the family. According to findings of this study, emotional regulation among women was paramount in anger and violence control among partners in Kenya Monagare et al.(2018).

II. Literature Review

Locke et al. (2019, highlighted reframing as a psychological technique to change negative thoughts into individual opportunities for behaviour change and wellbeing. Overcoming negative thoughts discourages feeling of anger, outbursts that leads to violence and despair. For example, in a situation or event that is difficult to handle, cognitive reframing becomes necessary to challenging the thoughts, assumptions and beliefs by having a self-talk. This means, one would think to the self “what would be worse than this scenario I’m facing now?” or “the job is challenging but I appreciate the opportunity to serve, giving meaning to my life”(Popescu&Maruntelu 2020).

Cognitive reframing in an abusive partner relationship plays a role in justifying the need to stay on by creating self-awareness, sense of empowerment and control of certain activities and behaviour. Reframing helps partner to becomes less dependent, manage stress, and achieve new experience in the relationship. However, according to Goodfriend and Arrianga (2018), partner thought reframing in an attempt to stay on in abusive relationship may provide fear, stress, anxiety and hopelessness. The influence cultural social norms and environmental factors may prevail despite thought reframing; causing self – blame, self-hate and mental depression.

Hollon et al. (2021) citing Mann 2014, also adds that thought reframing is not the cause of behaviour change; other factors such as the individual social relationships, personality traits and personal motivations are paramount. (Young, 2024), concurs that pessimistic personalities have low self-esteem and low confidence, devoid of thought reframing due to fear, anxiety, pride and unforgiving feelings. Therefore, it is a personal choice for an individual to reframe thoughts, analyze options and establish evidence of thought to revoke the initial decision, (Baker et al., 2020).

Laidlaw and Wilkinson (2020), carried out a study in the United Kingdom on thought reframing interventions on dementia patients’ caregivers. The care givers embraced the use of thought reframing as an intervention to motivate the needs to care for dementia patients and appreciated their work. The study also found out that the care givers reduced anxiety, stress and improved mental health. However, Laidlaw and Wilkinson (2020), citing an earlier similar study by Vernooij-Dassen et al. (2011) concluded that thought reframing technique would be more effective when used with other cognitive restructuring strategies such as, self-monitoring, problem solving to regulate and improve on individual emotions to perform the task effectively. This means, the use of other cognitive restructuring strategies, besides reframing are important in behaviour change.

In a recent study by Cuadrado et al. (2023), in United Kingdom, among mental health care givers; use of cognitive reframing strategies, cognitive reappraisals and psychoeducation were found to manage psychological morbidity in anxiety, stress and depression among the caregivers. The study was backed up by use of reframing thoughts, frame shift, target thoughts, provision of evidence thought as a basis of disputing irrational thoughts and beliefs among the care givers. The results also revealed that care givers benefited from the cognitive reframing interventions by improving coping strategies and opportunity to care for clients. In Kenya, thought reframing technique may help the inmates to appreciate the importance of inculcating a flow of life despite serving the prison sentences (Walter et al., 2020).

Reframing techniques in counselling identify triggers, events or situations that have persistent intrusive obsessive thoughts; leading to mental health problems. However, there are individuals who are resistant to thought reframing change, reappraisal of negative thoughts, by acknowledging negative feelings choose to remain unhappy as a goal in life (Rostiana et al., 2018).

Goodfriend and Arriaga (2018), concurs that deficient of cognitive reframing among violent partners in relationship plays a role in justifying the need to stay on. The partner becomes stuck in a toxic relationship with denial to leave even when aggression escalates. However, thought reframing in intimate partner aggression advocates on evidence of reconciliation; suppression of negative thoughts, feelings that are likely to escalate aggression and violence in a relationship.

Reframing thoughts in counselling provides opportunity to rethink on how to rationally deal with stress, anxiety, fear, and hopelessness in a relationship. For example; reframing technique in counselling therapy was used among 166 women exposed to domestic violence in Kibra, Kenya. 62 % of the participants who avoided violence, experienced less depression and anxiety. Reframing thoughts helped the participants to control anger, outburst and rage compared to those who failed to attend therapy (Muthami.,2017). The study is significant in psycho educating violent partners to rationally relate with a violent partner without causing further destruction and psychological distress in the relationships.

III. Methodology

Mixed methodology was adopted to guide the collection and analyzing of quantitative and qualitative data in the study. An Ex Post facto research design was used in this study because the independent variable Cognitive Restructuring Strategies (CRS) and the dependent variable Intermittent Explosive Disorder (IED) are already manifested in the inmates. The researcher conducted the study in two women prisons in Kenya, Langata and Thika women prisons, Kenya. The study selected 30% of the population into the sample. Kothari (2009) proposed that 10-30% of a population is reliable for a study. Convenience sampling was used by the researcher to recruit the key informants, this was according to the duty roster of the day. Data collection tools for the study were questionnaire for the inmates and an interview schedule for the prison constable, chaplains and counsellors. Piloting of research questionnaires for the inmates was conducted at Minimum Risk Level Women Prison in Langata, Kenya. The data collection instruments were a questionnaire for the sampled female inmates. The questionnaire gathered information on independent and dependent variables indicators according to the study objectives. The data was cleaned and coded in MS Excel 2016 then exported into SPSS version 26 (SPSS-26) for analysis. Descriptive and inferential analysis were carried out in SPSS. Categorical variables were summarized as frequencies and corresponding percentages. The researcher sought approval from the school of Social Sciences, Mount Kenya University through Department of Psychology, Humanities and Languages to allow the researcher to get ethical clearance from Mount Kenya University Review Committee.

IV. Research Findings And Discussions

Descriptive analysis on reframing scale

The findings on responses on items in the reframing scale (Appendix III – Part B) are discussed in this sub-section. The measurement was on a 5-Point Likert Scale ranging from strongly disagree, disagree, neutral, agreed to strongly agree. In analysis of this scale, a no response has been added as the 6th point in the Likert scale. The responses in percentages are presented in Table 1

Table 1: Reframing Response (%)

statement	SD		D		N		A		SA		NR		Total
	f	%	f	%	F	%	f	%	f	%	f	%	
I am aware of my thoughts	7	2.7	2	8.9	2.	8.6	12.11	47.1	74	28.66	10	3.9	257
I can observe and identify my moods	12	4.77	16	6.22	34	13.22	121	47.1	68	26.5	6	2.3	257
I can evaluate the truthfulness	15	5.8	25	9.7	63	24.5	94	36.6	57	22.2	3	1.2	257
I can challenge my negative thoughts	22	8.6	25	9.7	31	12.1	89	34.6	80	31.1	10	3.9	257
I can replace negative thought with positive	19	7.4	2.00	7.8	3.9	15.2	86	33.	90	35	3	1.2	257
I consider evidence of a situation	8	3.1	19	3.9	60	23.3	107	41.6	57	22.2	15	5.8	257
I can look at the positive aspects of self	11	4.3	19	7.4	33	12.8	109	42.4	77	30	8	3.1	257
I can easily identify my distortions	10	3.9	18	7.0	59	23.0	100	39.9	53	20.6	17	6.6	257
I evaluate the evidence of my thoughts	11	4.3	24	9.3	41	16.0	119	46.3	56	21.8	6	2.3	257
I avoid assumptions information, before I change my thoughts	8	3.1	22	8.6	29	11.3	110	42.8	83	32.3	5	1.9	257

Source: Researcher, 2023

Reframing Response

Key

SD- Strongly Disagree

D- Disagree

N- Neutral

A- Agree

SA- Strongly Agree

NR- No Response

From the findings on the reframing scale response using the 10 items; on Table 9, regarding responses on “am aware of my thoughts”, 2.7 % strongly disagreed, 8.9% disagreed, while 8.6 were not sure, 47.1% agreed and 28.6 strongly agreed while 3.9% had no response. Regarding “I can observe and identify my moods,” 4.7% strongly disagreed, 6.2% disagreed, 13.2% were not sure while 47.1% agreed, 26.5 % strongly agreed and 3.9 % had no response. On whether “I can evaluate the truthfulness and accuracy of my thoughts, 5.8% strongly disagreed; 9.7% disagreed, 24.5% were not sure, 36.6% agreed; 22.2 % strongly agreed and 1.2% had no response. Regarding the item on “I challenge my negative thoughts”, 8.6% strongly agreed, 9.7% disagreed, while 12.1% were not sure, 34.6% agreed; 31.1% strongly agreed and 3.9 % had no response. On another item: “I consider evidence of a situation”, 7.4% strongly disagreed; 7.8% disagreed, 15.2 % not sure, while 33.5% agreed 35% strongly agreed and 1.2% had no response. On “I considering evidence of a situation” 3.1% strongly disagreed, 3.9% disagreed; 23.3% were not sure, 41.6% agreed, 22.2% strongly agreed while 5.8% had no response. Regarding the item.” I can easily identify my distortions”, 3.9% strongly disagree; 7.0 disagreed, while 16.0% were not sure, 23.0% were not sure, 39.9% agreed; 20.6 strongly agreed and 6.6% had no response. On “I evaluate the evidence of my thoughts” 4.3% strongly disagreed; 9.3% disagreed; 16.0 % were not sure, 46.3% agreed; 21.8% strongly agreed, and 2.3% had no response. On the item “I avoid assumptions on information before I change my thoughts” 3.1. % strongly disagreed, 8.6% disagreed, 11.3% were not sure, while 42.8% agreed, 32.3% strongly agreed and 1.9% had no response.

Analysis of reframing indicators was done on frame shift, target thoughts and evidence of thoughts using percentages and counts, as results are presented in Table 2.

Table 2: Reframing Indicators

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Frame shift	13	5.1	5.1	5.1
	Target thoughts	108	42.0	42.0	47.1
	Evidence of thoughts	136	52.9	52.9	100.0
	Total	257	100.0	100.0	

Source: Researcher, 2023

Reframing indicators in the analysis shows 5.1% of frame shift; low attention effects of the cognitive abilities to articulate ideas and ability to adapt to positive behaviour. On target thoughts indicators; 42.0 % of the respondents have abilities to reframe thoughts; while 52.0% have abilities to reconsider their thoughts before acting. The impact of intermittent explosive disorder overcomes indicators of mind reframing

The descriptive findings are presented in Table 3.

Table 3: Influence of Reframing on Intermittent Explosive Disorder

			Intermittent Explosive Disorder							Total
			Rage	Irritability y	Racing thoughts	Violence	Aggression	Yelling	Intimidation	
Reframing	Frame shift	Count	2	0	0	1	4	2	4	13
		% within Reframing Indicators	15.4%	0.0%	0.0%	7.7%	30.8%	15.4%	30.8%	100.0%
	Target thought	Count	0	3	30	30	26	13	6	108
		% within Reframing Indicators	0.0%	2.8%	27.8%	27.8%	24.1%	12.0%	5.6%	100.0%
	Evidence of thoughts	Count	11	3	15	27	37	18	25	136
		% within Reframing Indicators	8.1%	2.2%	11.0%	19.9%	27.2%	13.2%	18.4%	100.0%
Total		Count	13	6	45	58	67	33	35	257
		% within Reframing Indicators	5.1%	2.3%	17.5%	22.6%	26.1%	12.8%	13.6%	100.0%

Source: Researcher, 2023

Table 3 indicates that 15.4% of participants with frame shift issues experienced rage, 7.7% experience violence, 30.8% experience aggression, 15.4% experience yelling and 30.8% experienced intimidation. Among those with target thoughts, 2.8% had irritability, 27.8% had racing thoughts, 27.8% had violence, 24.1% had aggression, 12% had yelling and 5.6% had intimidation. Of participants with evidence of thoughts, 8.1% had rage, 2.2% had irritability, 11% had racing thoughts, 19.9% had violence, 27.2% had aggression, 13.2% had yelling and 18.4% had intimidation.

Inferential Analysis on Intermittent Explosive Disorder on reframing

The findings of the study on their relationship of reframing and intermittent explosive disorder found that although the reframing thoughts were found among the inmates; those who had experienced frame shift indicators experience had also high levels of aggression intimidation and violence. This means, as much as the inmates made effort to have frame shift, target thoughts and evidence thought to enhance behaviour change; the more traits of intermittent explosive disorder increased in behaviour. Despite the presence of thought reframing among the inmates, personality traits or other factors played a role in lowering the level of thought reframing.

Ho1: There is no statistically significant influence of reframing on intermittent explosive disorder among female inmates’ violence towards male partner in selected women prisons, Kenya.

A Pearson correlation was used to test the null hypothesis at 0.05 level of significance. The correlation is presented in Table 4.

Table 4: Correlation between Reframing and Intermittent Explosive Disorder

		Reframing Indicators	Intermittent Explosive Disorder Indicators
Reframing	Pearson Correlation	1	.051
	Sig. (2-tailed)		.417
	N	257	257
Intermittent Explosive Disorder Indicators	Pearson Correlation	.051	1
	Sig. (2-tailed)	.417	
	N	257	257

Source: Researcher, 2023

Findings on reframing and intermittent explosive disorder as indicated on Table 15: The analysis shows that there is a statistically non-significant positive relationship between reframing and intermittent explosive disorder, [$r(257) = .051, p = .417$]. This demonstrates that the increase in intensity of reframing indicators (frame shift, target thoughts, evidence of thoughts), increase in severity of intermittent explosive disorder indicators (rage, irritability, racing thoughts, violence, aggression, yelling, intimidation). Therefore, the null hypothesis that there is no statistically significant influence of reframing on intermittent explosive disorder among female inmates’ violence towards male partners; in selected women prisons, Kenya was rejected.

Findings of the study indicated that significant data was in favor of the alternative hypothesis, suggesting that this could be out of chance or other prevailing factors in the study. Hence, a moderate significant positive correlation effects of reframing among the female inmate’s relationship towards male partners was established. Although some indicators of thought reframing were high, in the findings; influence of intermittent explosive disorder traits among the inmates hindered the impact of reframing. The more, the inmates engaged in reframing, the more the rise of intermittent explosive disorder impulsivity, among inmates’ behaviour. Hence, the alternative null hypothesis was adopted that there was significant effect of reframing to create rational thoughts in behaviour.

A study carried out by Siegel et al. (2024) on partner violence relationship, recognizes guilt as an emotional state with individuals who have experienced trauma as a primary component of PTSD. Inmates experience of guilt over crime committed in a relationship had correlation of lack thought reframing. This is to avoid the psychological pain of being remorseful for the crime perhaps committed or falsely accused.

Frame shift indicator in this study, is analytical process of dealing with negative cognitions that seems impossible to break in behaviour. According to the study, inmates had frame shifts dissonance towards male partner relationship; avoiding reconciling of rage, violence, aggression, yelling and intimidation as a revenge towards male partners. Without accepting responsibility for intermittent explosive disorder, the study found that frame shift among the inmates had low influence to positive relationship with male partners. This caused judgmental thoughts; violence in the relationship. Lindley, et al. (2022) supports that deficit in frame shift has a direct influence on negative and positive emotions depending on prevailing situations. For example, reframing thoughts that ‘I’m so ugly or I’m so admirable’ will improve or cause negative psychological distress or positive thoughts behaviour respectively. Areas of frame shift change when circumstances change, for instance, a wife’s view of her husband will change if the husband’s circumstances change, such as; job loss, sickness, collapse of business or misuse of family resources. In this case, the wife’s emotions such as rage, violence, aggression, yelling, and intimidation may be triggered against the husband. The findings also concur with Clare and Montague (2020) inmates with emotions outburst, lacked logic, empathy on the situation of the male partner; triggering violence against male partner in relationship. Poor frame shift ability leads to challenging cognitive errors, biases and spiral of despair in partner relationship.

Target thought is a reframing indicator. It is a behaviour that has been selected for behaviour change. Such behaviour is necessary to act as intervention to accomplish positive changes in a situation. According to

Hendaus et al. (2020), on a related study, mothers with deficit of target thoughts, were found to be victims of negative self-talk, self-defeating beliefs founded on their posttraumatic stress and personality disorders. Such maladjusted traits were passed on the children. The children had outstanding characteristics of jealousy suspicion, hatred and poor communication skills. At school the children, hardly completed assignments, and had low level of attention and social interaction.

In a past publication by Vilar (2009) women are inherently prone to outbursts, yelling, and intimidation to manipulate and indoctrinate men to meet their needs. Lack of routinely provisions of needs leads to anger and depression with characteristics of intermittent explosive disorders towards the male partner. According to Vilar (2009), women lacked indicators of thought reframing on worst case scenario, pump up change for more flexibility and control of negative thoughts in the relationship. According to (English et al.2024; Walsh, 2024) without thought reframing women are aware with intentions of manipulating men on narcissistic suppressive and cognitive reappraisal of emotions towards men. Adversely, this result to mental disorders among women in the society.

Hendaus et. al. (2020), also noted that behaviour with low reframing indicators lacked reactions of tolerance and insight in achieving objectives in life. Such behaviour s cause frustrations towards the achieving a target thought; even when the cause is notable and indirectly leading to violence among family members.

According to (Scott-Storey et al (2023); Catanzano et al, 2022), therapist working with clients to modify maladaptive thoughts on reframing and beliefs, are treated using techniques such as: mindfulness, exercises, meditation, and journaling to build on positive thoughts. For example, having coping statements as saying to the self 'It may not work out 100% but will give it my best and see what happens'. This overcomes long lasting mental cognitive dissonance that promotes psychological distress and anger.

In further studies by Locke, et al, (2019), revealed that deficit of target thoughts in reframing caused by childhood posttraumatic stress disorder had significant influence on intermittent explosive disorder in adulthood. Generalized anxiety disorder experienced among family members; interferes with daily routines getting fixated with specific thoughts, which intensify negative feelings and loss of emotional control.

The findings of this study are in line with Fahlgren, and McCloskey (2019), that spending more time focused on negative emotions such as anger, irritability, and violent outbursts deplete the ability of using different lens of visualizing the problems and how to solve them. Hindrances to the accomplishment and achievement of target thought causes despair and hopelessness. This means, the more intensity of the problem increases, the more maladaptive thoughts increase leading to low chances of target achievement. (English, 2024; Coccaro & Lee, 2020) concurs with this study that maladaptive emotions acquired from traumatic experiences of child hood, reduces the intensity of thought reframing and regulation of negative cognitive achievements in performance.

According to Moon and McCluskey (2020), verbal abuse, physical assault, passive aggression is triggered when target thoughts are not well focused, defined, to achieve a solution to a problem. For example, excessive negative thoughts to hurt a partner indicates lacks of empathy and eroding aspects of compassion in the relationship. Similarly, partner obsessed with hatred, has remote possibilities of finding a solution to a problem in the relationship.

Moon et al. (2020), found that low target thoughts manifested in low emotional intelligence personalities leads lack of trust and poor irrational decisions. Therefore, absence of target thought to improve on existing behaviour in a relationship accelerates hostility, intimidation, stone walling and disrespect. Wollny, et al. (2020), highlights that when levels of target thoughts are reasonably handled, where there is high level of emotional intelligence; aggressiveness, violence and conflicts are inhibited by focusing on how to seek solutions. The study findings further realign with (Brandes, and Doron (2020), a partner obsessively, preoccupied with target thoughts towards insecurity and jealousy in a relationship; becomes a precursor of violence and aggression.

Evidence thought is another indicator of reframing. It is also a counselling strategy to evaluate the thoughts and feelings of a client presenting against biased thoughts that may affect the client psychologically. The therapist uses Socratic questions to check on the assumptions presented by the client. According to Boyd and Reilly (2019), the client is encouraged to think deeply to search for facts to support or challenge their thoughts in the process of the therapy. This means, evidence thought is used by the therapist to help the client evaluate own proof of the thoughts; logically deal with their cognitive distortions (Kaczurkin & Foa (2022). Once, evidence of thought is achieved, the clients arraign solutions suggested to overcome the problems affecting them.

According to Hyun and You (2022), women commit crimes due to lack of rational positive ideas to replace distorted thoughts adopted overtime, generalizing issues without any accuracy for lack of alternative thoughts. Internalizing feelings of self-blaming, without rethinking how to challenge unhelpful and negative thoughts causes violence towards other people in the environment.

According to findings of this study, female inmates with IED traits had high probability of acting without evidence of thought or weighing the gravity of the situation of their behaviour; leading to committing crimes. Lack of evidence of thought causes a flow of automatic thoughts concerning partner relationship. The unconscious

thoughts resonate with many questions resulting into conflicts and serious differences in the relationship (Zhang et al;2022).

The findings of this study concurred with (Machado M. et al.2022; Machado, S et al. 2023), the inmates had high probability of impulse attacks on the male partners especially when their needs are not met. Men would to stay in the toxic relationship on commitment of the family, fear of further victimization, fear of being believed by the society. The findings further agree with Kumar (2020) on partner violence during Covid19; women displayed irritability, violence and aggression towards men when basic needs for the family were not met. This means women violence was triggered by situational circumstances without any evidence of thought on their husbands' loss of job employment due to the pandemic. The women acted without any evidence of thought, even to the anticipation of the consequences.

A study carried out on factors influencing effective therapeutic alliance on pain rehabilitation by Paap et al. (2022) found that clients with distorted thoughts and feeling of pain were experiencing; negative therapeutic alliance. The therapist challenged the client to reframe their distorted thoughts to achieve the goals and benefits of the therapeutic alliance. This means, thought reframing creates awareness of the right feelings and thoughts to handle challenges in various situations. There are many factors that contribute to low or high levels of thought reframing including and not limited to personality traits and environmental influences.

Thematic Analysis on reframing and intermittent explosive disorder

These findings on the effects of reframing on intermittent explosive disorder traits were found to have influenced the inmates in various way as collaborated in qualitative data from the study as follows: The prison constable had this to say on thought reframing among the inmates:

...more than 80% of female inmate jailed..... display lack of feelings to evaluate effects of their biased thoughts towards situations facing them and other people; are short of..... thinking twice and practice reason. Although most them have abilities to think and decide on matters, however, the inmates inhibit the power to challenge erroneous negative thoughts; by modifying behaviour. Now, regret violence and vengeance..... Some are victims of violent crimes than perpetrators..... mental illness [Prison constable in charge of inmates]

Another statement by the prison chaplain on inmate' behaviour management based on forgiveness and thought reframing; an inmate had the following to disclose to the prison chaplain. As report by the chaplain:

'I thought forgiving my husband or children when they go wrongsign of weakness, felt I'm imperfect.....was full of anger bitterness and revengechronically angry never forgiving, impulsive thoughts.....had inconsistence relationship with my husband. Earlier in my life had unstable relationship with the opposite sex. To my thinking all men were evil; hated them. My father cut my mother's hand during a quarrel. I had two children from different men. Both children left my house because of cruelty. disturbing thoughts.... depressed...had to be tough forcing things to my husband.I abused hard drugs.....had arson attempt. He died in the inferno. Now I regret my lack of thought to avoid negative, judgmental thoughts.' [Interview guide from chaplain]

During a counselling session, a female inmate also contributed her personal feelings and thoughts on her past life and crime that landing her in prison. This was narrated by the counsellor without disclosure of the client.

On suspicion of my husband infidelity, prepared havocto invoke fear on him.....locked him out of our house.....co-accuser attacked him... Unconsciousnow regret ... the matter could have been discussed, I was used to quarreling, shouting bullying poor men.....now I challenge my thoughts, my husband was caring, , I regret,he was the father of my children [prison counsellor interview guide]

A prison counsellor in charge of prisoner's parole had the following comment to make on inmates' feelings and thoughts on reframing. On anticipation of release from prison, she had the following to narrate to the counsellor: *"I cannot change the past, neither what happen to my family. I continue to grieve the loss of my two twin children who died when I deserted them at five months from a great my matrimonial home. I thought that would be a punishment to my husband who had earlier relocated elsewhere with another woman; this angered me. He had testified I murdered the children. Now have served 17 years. As an orphan, I regret deserting my only closest relatives; my children. Wish was able to deal with my judgmental thoughts with my husband; and bear my emotions to carry out rational behaviour. Hope the society will accept me back and start a new life despite my elderly age."* [Reported by prison counsellor in charge of inmate parole]

A female inmate shared with prison constable on her reappraisal thoughts on how she obtains her personal therapeutic empowerments while in prison. The constable sought to know the inmate's feelings and thought after serving her nine out of ten years of sentence.

When you positively reframe your thoughts positively every, you transform the way you feel and think about situations. In the first and second year in jail, But later realized I have to survive to achieve another chance in life. One day will be a free person once again..... imprisonment has given me a chance to do things here that I would not have been able to do out there. had chance to perfect myself, whatever I

have missed out there could be a blessing to my life. That makes me feel better and have hope be more useful to the society. Walking around masking my feeling help me to be appreciated by..... enriching my thoughts in every way.

V. Summary, Conclusions And Recommendations

Summary

The findings showed non-significant positive relationship between reframing and intermittent explosive disorder, [$r(257) = .051, p = .417$]. This means an increase in intensity of reframing thought, frame shift, target thoughts and evidence of thoughts led to increased rage, irritability, racing thoughts, violence, aggression, yelling and intimidation. The independent variable (cognitive restructuring strategies) and dependent variables (intermittent explosive disorder) had no real impact on each other. Although there is much evidence on the relationship, this could have happened by chance. Other environmental, behavioural and biological factors may have influenced both variables. Therefore, the null hypothesis that there is no statistically significant influence of reframing on-intermittent explosive disorder, was rejected. Individual thought of reframing in the presences of IED traits was likely to be overcome, give way to violence, aggression and intimidation (Rostiana et al.,2018; Goodfriend et al.,2018).

In counselling therapy, reframing is used to assist a client to shifting the mindset and develop ways of looking at a situation from a different challenging situation. This is done by avoiding intrusive negative thoughts and replacing them with positive thoughts. Thought reframing avoids judgmental thoughts and lack of self-acceptance. Employing self-love, self-care and avoiding connotations such as “I am not worthy, people do not love me”. This should be reframed to mean to say “I am great surrounded by people who love and care for me”. Reframing negative thoughts keeps off anxiety and stressful thoughts that cause low self-esteem and despair in life. The therapist guides the client to generate options to seek solutions which facilitate positive change. Using supportive empathetic goals to the clients, reframing thought provides a challenge of negative thoughts and evaluation of the evidence of thought. This creates confidence in the client, to believe in self to complete tasks and achieve goals.

Conclusion

The study established the use of thought reframing to control rage, irritability, racing thoughts, violence, aggression yelling and intimidation; using frame shift, target thought and evidence of thought. According to the findings, the measuring tool on reframing indicated that the more the level of reframing increased, the more the level of IED increased proportionally. This is contrary to the view held in some cases that the more one thinks of solving a problem, the closer the solution. According to the findings, inmates knew there was a need to reframe thoughts however, the possibility of denial of responsibility to execute the solution would prevail. The study findings indicated that problem solving strategy contributed positive behaviour change to overcome the influence of IED traits.

Recommendations of the Study

From the findings, this study recommends enhancement of psycho-education programs on thought reframing, problem solving, self-monitoring and emotion regulation. This would allow the inmates to learn on controlling their target thoughts, thought frame shift and how to augment their evidence of thoughts in various situations. The study found that majority of the female participants had indicators of violence and aggression in their personal characteristics that required thought reframing to enhance behaviour change.

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