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## Aggression and Violent Behavior

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### Road rage: a domain for psychological intervention?

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#### Abstract

Although there is currently no Axis I disorder holding anger as its hallmark feature (with the possible exception of intermittent explosive disorder, IED), the impact of anger, aggression, hostility, and related behaviors on society is enormous. Anger and aggression in the workplace, in schools, on the streets, on airplanes, and on the roadways appears to be becoming increasingly commonplace. This article reviews the expanding literature regarding aggression on the roadways given the proximity of such violence to everyday lives. In particular, this article defines aggressive driving and reviews the history, extent, and consequences of “road rage.” A review of the *type* of individual engaging in aggressive driving behavior is also provided in an attempt to profile (demographically, psychologically, and psychiatrically) “aggressive driver.” Finally, a review of the three successful programs currently attempting to correct such behaviors through psychological intervention is provided.

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#### Keywords

Aggressive driving; Anger; Aggression; Road rage

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