

**FURIA PERTURBATOARE LA ADOLESCENȚI: TEORIE,  
CERCETARE ȘI ASPECTE TERAPEUTICE**

**DISRUPTIVE ANGER IN ADOLESCENTS: THEORY, RESEARCH,  
AND TREATMENT ISSUES**

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*Abstract*

*Anger is a common problem for adolescents that frequently leads to aggressive behavior. Both anger and aggression are shown in schools, in the home, in the workplace, and in other situations. Aggression in school, in particular, seems to be on the rise in both Romania and America. This article provides an overview of adolescent anger. The authors first define anger and then describe the chain of events that occurs when people experience and express it. Research studies that examined treatment for problematic anger are presented. Finally, the authors describe a case study of an adolescent boy who was in treatment for an anger problem.*

*Keywords: disruptive anger, adolescents, treatment*

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