

# Nice guys finished last in anger experiments

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was another student to see who could react faster to a light being turned off on an electronic console.

Gentry said each time a student lost out of a series of competitions, he received an electric shock that everyone agreed was "unpleasant but not painful." Each time a student won, the opponent was to be shocked at a level the student was able to set before the trial began.

In fact, however, the scientists weren't interested in reaction times at all, Gentry explained. Instead, they wanted to determine how feigned expressions of anger or silence would affect the levels at which the students set the shocks.

"The opponent was really a confederate of ours," the psychologist said. "The deception was necessary so the students would respond naturally."

### Predetermined responses

After the first series of trials, the confederate made one of four different responses which the students could overhear.

In one set of experiments, he got angry and complained about the shock levels. In another, he got angry and insulted the student. A third set had the accomplice simply say the shocks were too high without expressing emotion, and in the fourth, he kept silent.

"We found that when there was no response, most of the students

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significantly increased their aggression as represented by the levels of shock they set," Gentry said. "On the other hand, the shock levels significantly decreased when the confederate said he was angry and explained that the shocks were too high."

Insults and complaints without anger did not reduce aggression, he added.

### Stifling anger helps no one

As a clinical psychologist, Gentry said he frequently sees patients who are unhappy and depressed because they stifle their anger when people abuse them.

"They think they are being nice, when really they are just acting as doormats," he said.

"If you are angry with someone, tell them that and tell them why," he recommends. "Just getting angry is advantageous in that it releases physical tension, but it can also evoke anger and aggression in others. The trick is to express this emotion honestly and then explain it so it doesn't create an unpleasant situation in return."

Parents who punish children for showing anger, saying "No one loves angry little boys or girls," are doing their offspring a disservice, Gentry said. Anger is an emotion, and as such is neither good nor bad in itself.

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Similarly, parents should not hide their feelings when children misbehave, the psychologist said.

"Children learn much of their social behavior from their parents. How are they going to learn it's all right to be angry if they never see Mom and Dad upset?"



Dr. Thomas Gair Jr. of the University of Texas Health Science Center used the recently published

research as the basis of his doctoral dissertation in psychology at UNC.

Gentry said he and Dr. Paul M. Kirwin, formerly of the VA Hospital and now a member of the psychology service at the San Francisco VA Hospital, helped to design the experiments and served as advisors to Gaines.

## Professional news

**Dr. Peter B. Bennett**, professor of anesthesiology and director of the F.G. Hall Laboratory for Environmental Research, presented a paper on "No Modification of Onset Depth of High Pressure Nervous Syndrome Convulsions by Temperature, Rate of Compression and Narcotics" at the International Physiological Sciences Congress in Paris, France, July 18-22. **Dr. J.A. Cromer**, assistant medical research professor in anesthesiology, was co-author.

across the nation, and the 65 participants came from as far away as Australia.

**Dr. Edwin B. Cox**, associate in medicine and director of the Cancer Patient Data Program for the Comprehensive Cancer Center, presented a paper on "Toward a Medical Language" at Medinfo '77, jointly sponsored by the American and Canadian medical associations and the International Federation of Information Processing Systems in Toronto, Ontario, in August.

An article on "Our Fume-Free Air" was published in the August issue of *Laboratory Management*. Co-authors were **J. Phillip Pickett**, associate in pathology, and **Gene M. Winders**, business manager of pathology.

Pickett had been quoted in the previous month's issue in an article entitled "Histologists Assess the Future of Histology." The July issue also carried an article on

"Histochemical Staining Gives Muscle Biopsies New Utility" by **Leonard Noble**, a former histology technologist; **Nate Brinn**, histology technologist; and **Dr. Edward H. Bossen**, associate professor of pathology.

**Richard H. Peck**, administrative director of Duke Hospital, has been appointed chairman of the Council on Government Liaison of the N.C. Hospital Association.



PECK

The responsibility of the eight-member council is to advise on the development of association policy on federal and state legislation.

**Dr. Dorothy E. Naumann**, director of Student Health Services, represented the Southern College Health Association as its president-elect at the affiliates officers meeting of the American College Health Association in Evanston, Ill., July 18-19.

She attended the annual seminar in office dermatology sponsored by the American Academy of Dermatology at Colby College, Waterville, Me., Aug. 3-6.

**Dr. George Maddox**, director of the Center for the Study of Aging and Human Development, provided the overview of the Speak Out Sessions at the N.C. Governor's Conference on "Quality of Life for Our Senior Citizens," July 6-7, at Meredith College in Raleigh.



MADDOX

The sessions gave senior citizens and those who work with them an opportunity to suggest how North Carolina may better improve the quality of life for the elderly. Recommendations will be used to help formulate a state policy on aging.

## Former Dent Award winner new director



LAWRENCE R. STUMP

**Lawrence R. Stump**, CRNA, has been appointed chief nurse anesthetist and director of the Nurse Anesthesia Program. He succeeds **Mary B. Campbell**, CRNA, who retired Sept. 30 after 25 years in that capacity.

The appointment was announced by **Dr. Merel H. Harmel**, professor and chairman of anesthesiology.

Stump earned a B.S. in nursing from the University of Wisconsin in 1968. He completed Duke's Nurse Anesthesia Program in 1971, and received the Sara J. Dent Award for outstanding achievement.

Following three years' active duty in the U.S. Army Nurse Corps, Stump joined the anesthesia staff here in 1974 as Educational Director. He has been involved in clinical anesthesiology and the initial development of a proposed baccalaureate degree for the nurse anesthetist.

He is an active member of a number of state and national professional organizations.

## Thanks to you...

"Thanks to you it works," so the ad goes as it describes the United Way, which last year raised a nation-wide total of \$1,104,329,774 for hundreds of different agencies which serve citizens throughout the United States.

It works because of 2,100 local campaigns including the Durham United Fund, which in turn works because of successful drives in various segments of the community.

Last year, Duke surpassed its goal by raising \$100,000, the largest portion coming from the medical center.

Through Monday, Oct. 17 people in the medical center had contributed or pledged \$33,400 toward a goal of \$46,305, according to **Gene M. Winders**, business manager in the Department of Pathology and co-chairperson of this year's drive.