

Dimensions of Anger Reactions II

As accurately as you can, indicate the degree to which the following statements describe your feelings and behaviours. Rate the degree to which each statement applies to you.

1. I often find myself getting angry at people or situations.

0	1	2	3	4
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Not at all	A little	Moderately so	Fairly much	Very much

2. When I do get angry, I get really mad.

0	1	2	3	4
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Not at all	A little	Moderately so	Fairly much	Very much

3. When I get angry, I stay angry.

0	1	2	3	4
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Not at all	A little	Moderately so	Fairly much	Very much

4. When I get angry at someone, I want to hit or strike the person.

0	1	2	3	4
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Not at all	A little	Moderately so	Fairly much	Very much

5. My anger interferes with my ability to get my work done.

0	1	2	3	4
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Not at all	A little	Moderately so	Fairly much	Very much

6. My anger prevents me from getting along with people as well as I would like to.

0	1	2	3	4
Not at all	A little	Moderately so	Fairly much	Very much

7. My anger has a bad effect on my health.

0	1	2	3	4
Not at all	A little	Moderately so	Fairly much	Very much

Scoring the Dimensions of Anger Reaction II

This scale measures four areas of anger responses (i.e. frequency, intensity, duration, and physical antagonism), and three related to impact on functioning (i.e. adverse effects on social relationships, work, and health). Add up your scores across the seven items. A score of 18 or above would be considered to be in the high range and you may wish to talk to your doctor.