Anger (Ages 18+) – Item Bank

For use in Computerized Adaptive Tests and custom Fixed-length Forms

Please respond to each question or statement by marking one box per row.

In the past 7 days…

		Never	Rarely	Sometimes	Often	Always
Anger30	When I was frustrated, I let it show	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger31	I was irritated more than people knew	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger32	I felt envious of others	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger33	I disagreed with people	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger36	I felt angry.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger37	When I was mad at someone, I gave them the silent treatment.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger38	I felt like breaking things	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger39	I felt like I was ready to explode.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger40	When I was angry, I sulked.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger41	I felt resentful when I didn't get my way ..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger42	I felt guilty about my anger.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger43	I felt bitter about things.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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	In the past 7 days…	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**
Anger44	I felt that people were trying to anger me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger46	I held grudges towards others	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger48	I was grouchy.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger49	I was stubborn with others	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger50	I felt annoyed	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger51	I had a bad temper.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger52	I had trouble controlling my temper	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger55	I felt like I needed help for my anger.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Anger57	I felt like yelling at someone.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
Anger58	Just being around people irritated me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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