



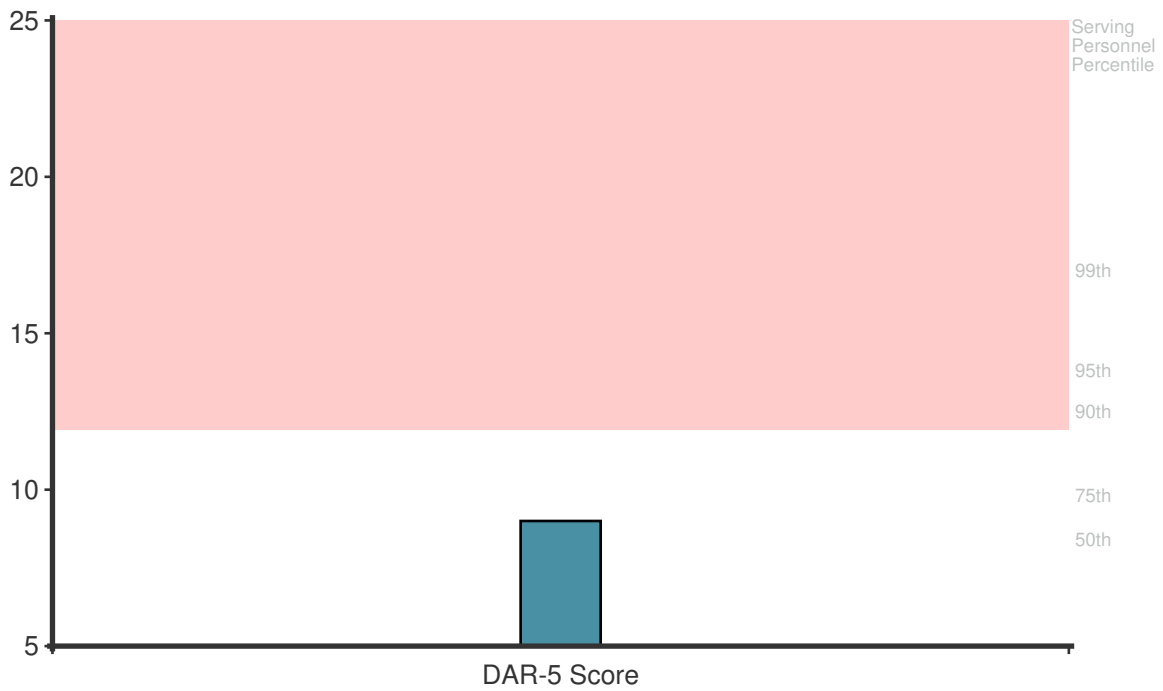
### Dimensions of Anger Reactions (DAR-5)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	2 Oct 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	4s
<i>Assessor</i>	Dr Emerson Bartholomew		

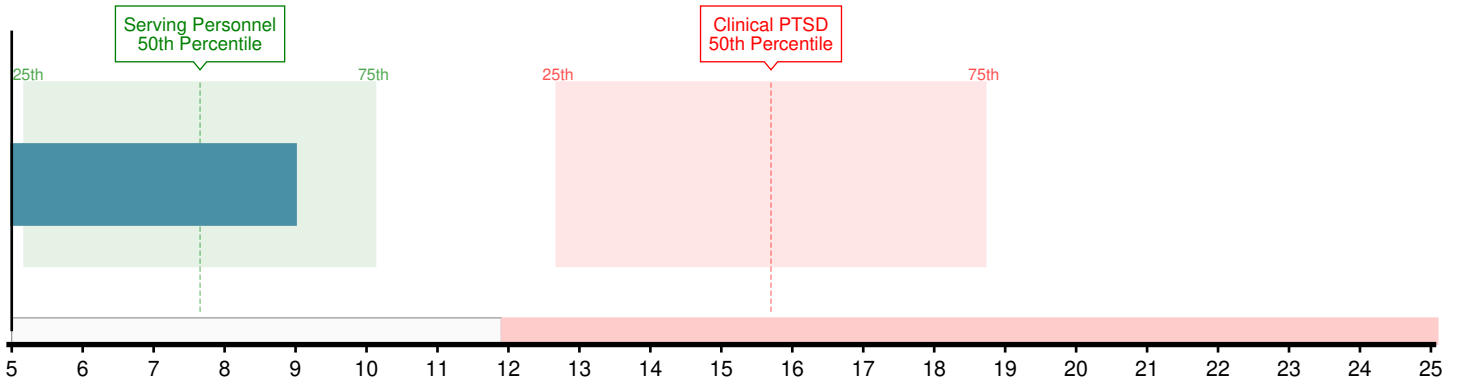
### Results

	Raw Score (5-25)	Serving Personnel Percentile	PTSD Percentile
DAR-5 Total	9	64	6

### DAR-5 Total Score



### Total Score in Relation to Comparison Groups





**Client Name** | Generic Client

## Interpretation

The Dimensions of Anger Reactions-5 (DAR-5) was administered on 02 October 2025. The client obtained a total score of 9 out of a possible 25, which falls at the 64th percentile compared to a sample of serving personnel. This indicates that anger reactions are within a minimal to mild range as compared to individuals who have experienced trauma but are managing their emotional responses effectively. This suggests that anger is likely not currently a significant barrier to recovery or causing substantial difficulties in daily life.

## Scoring and Interpretation Information

For comprehensive information on the DAR-5, [see here](#).

The DAR-5 produces a total score ranging from 5 to 25. Higher scores indicate greater levels of problematic anger.

Score interpretation is guided by an established empirical cut-off (12+), in addition to percentile rankings within serving personnel and clinical PTSD samples for comparison.

Upon the first administration of the DAR-5, a bar graph displaying the total raw score is presented with serving personnel percentile labels on the right-hand side. A second graph is shown displaying the client's score relative to serving personnel as well as those with PTSD. This helps interpret whether a client's anger reactions are within the range typically observed in serving personnel, or whether they reflect the more severe and persistent anger characteristic of clinical PTSD. When the assessment is administered multiple times, a longitudinal line graph is generated to track changes in the total raw score over time.

When tracking DAR-5 score changes across administrations, clinicians can evaluate treatment response and the effectiveness of anger-focused interventions. A shift of approximately 2 points or more suggests meaningful improvement, following minimally important difference guidelines (Turner et al., 2010). This corresponds to approximately half a standard deviation. The scale has demonstrated sensitivity to change following PTSD treatment, with reductions in anger scores observed alongside improvements in PTSD symptoms.

Interpretation at the item level may also be clinically useful. Examining patterns across these dimensions can inform treatment planning. For example, high frequency scores with relatively low intensity and aggression ratings may suggest chronic irritability rather than explosive anger. Additionally, elevated duration scores relative to other items may suggest difficulties with rumination or emotion regulation that could benefit from cognitive restructuring interventions.

## Client Responses

		None or almost none of the time	A little of the time	Some of the time	Most of the time	All or almost all of the time
1	I found myself getting angry at people or situations	1	2	3	4	5



<b>Client Name</b>	Generic Client
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### Client Responses (cont.)

		None or almost none of the time	A little of the time	Some of the time	Most of the time	All or almost all of the time
2	When I got angry, I got really mad	1	2	3	4	5
3	When I got angry, I stayed angry	1	2	3	4	5
4	When I got angry at someone I wanted to hit them	1	2	3	4	5
5	My anger prevented me from getting along with people as well as I'd have liked to	1	2	3	4	5