



## Dimensions of Anger Reactions (DAR-5)

### Instructions:

Thinking over the past 4 weeks, select the response that best describes the amount of time you felt that way.

		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
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

### Developer Reference:

Forbes, D., Alkemade, N., Mitchell, D., Elhai, J. D., McHugh, T., Bates, G., Novaco, R. W., Bryant, R., & Lewis, V. (2014). Utility of the Dimensions of Anger Reactions-5 (DAR-5) scale as a brief anger measure. *Depression and Anxiety*, 31(2), 166-173. <https://doi.org/10.1002/da.22148>

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