



Anger Screen¹

Experiencing anger is common in the aftermath of trauma. Anger is associated with significant distress and influences recovery, and therefore requires routine screening. The DAR-5 is a brief and psychometrically sound measure of anger. The DAR-5 is a 5-item self-report measure that assesses anger frequency, intensity, duration, aggression and impact on a person's social functioning over the preceding 4-week period.

Thinking over the past 4 weeks, circle the number under the option 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
I found myself getting angry at people or situations.	1	2	3	4	5
When I got angry, I got really mad.	1	2	3	4	5
When I got angry, I stayed angry.	1	2	3	4	5
When I got angry at someone, I wanted to hit them.	1	2	3	4	5
My anger prevented me from getting along with people as well as I'd have liked to.	1	2	3	4	5

Interpretation:

Respondents are asked how impacted they have been on a five-point Likert scale ranging from 0-5. Items are summed to provide a total severity score (range 5-25). Higher scores indicate worse symptomatology. A score equal to or greater than 12 indicates problem anger.

¹Forbes, D., Alkemade, N., Mitchell, D., Elhai, J.D., McHugh, T., Bates, G., Novaco, R.W... Lewis, V. (2014). Utility of the dimensions of anger reactions-5 (DAR-5) scale as a brief anger measure. *Depression and Anxiety*, 31, 166-173. doi:10.1002/da.22148. Forbes, D., Hawthorne, G., Elliott, T., McHugh, T., Biddle, M., Creamer, M., & Novaco, R.W. (2004). A concise measure of anger in combat-related posttraumatic stress disorder. *Journal of Traumatic Stress*, 17, 249- 256.