

DIMENSIONS OF ANGER REACTIONS (DAR)

Source: The items are from the 7-item Dimensions of Anger Reactions. Permission for use by R. Novaco.

Reference: Forbes, D, Hawthorne, G, Elliott, P, McHugh T, Biddle, D, Creamer, M, Novaco, RW (2004) A concise measure of anger in posttraumatic stress disorder. J. of Traumatic Stress, 17: 249-256

Scale Description: The DAR measures anger disposition directed towards others. The DAR has been shown to be a reliable, sensitive measure of anger in Vietnam veterans with combat-related PTSD. It was also reported to be sensitive to therapeutic change associated with PTSD intervention. As such, it shows potential utility as a diagnostic and treatment outcome tool.

Scoring and Algorithm

Note: For each assessment, there is an algorithm leading to one of three acuity ranges: Low, Moderate, or High. The logic for the user receiving specific feedback is included in the algorithms below.

The items are scored 0-8 as described below; total score is sum of all 7 items, possible range 0-56.

Not at all = 0 6 Exactly so =

Algorithm

Total = 0-22 Low Acuity

Total = 23-42 Moderate Acuity

7

Total = 43-56 High Acuity



ANGER ASSESSMENT

0

not at all

1

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

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

0 not at all	1	2	3	4	5	6	7	8 exactly so
2. When I	get angry,	I get really 1	nad.					
0 not at all	1	2	3	4	5	6	7	8 exactly so
3. When I	get angry,	I stay angry	у.					
0 not at all	1	2	3	4	5	6	7	8 exactly so
4. When I	get angry a	at someone,	I want to hi	t or clobber	the person	1.		
0 not at all	1	2	3	4	5	6	7	8 exactly so
5. My ange	er interfere	s with my al	bility to get	my work d	one.			
0 not at all	1	2	3	4	5	6	7	8 exactly so
6. My ange	er prevents	me from ge	etting along	with people	e as well as	s I would li	ike to.	
0 not at all	1	2	3	4	5	6	7	8 exactly so
7. My ange	er has a bac	d effect on n	ny health.					

5

7

8

exactly so

6

3

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