DIMENSIONS OF ANGER REACTIONS (DAR)

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


**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 =

<table>
<thead>
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<th>1</th>
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<tr>
<td>2</td>
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Exactly so =

| 8 |

**Algorithm**

- Total = 0-22 Low Acuity
- Total = 23-42 Moderate Acuity
- Total = 43-56 High Acuity
ANGER ASSESSMENT

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  1  2  3  4  5  6  7  8
   not at all  exactly so

2. When I get angry, I get really mad.
   0  1  2  3  4  5  6  7  8
   not at all  exactly so

3. When I get angry, I stay angry.
   0  1  2  3  4  5  6  7  8
   not at all  exactly so

4. When I get angry at someone, I want to hit or clobber the person.
   0  1  2  3  4  5  6  7  8
   not at all  exactly so

5. My anger interferes with my ability to get my work done.
   0  1  2  3  4  5  6  7  8
   not at all  exactly so

6. My anger prevents me from getting along with people as well as I would like to.
   0  1  2  3  4  5  6  7  8
   not at all  exactly so

7. My anger has a bad effect on my health.
   0  1  2  3  4  5  6  7  8
   not at all  exactly so

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