

QUESTIONNAIRE

# Dimensions of Anger Reactions (DAR-5)



**Phoenix**  
AUSTRALIA

Name:

Date:

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



## DAR explanatory notes

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.

### How is the DAR-5 administered?

The DAR-5 is a self-report measure that can be read by respondents themselves or read to them either in person or over the telephone. It can be completed in approximately 2-3 minutes.

### How is the DAR-5 scored and interpreted?

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.

### How can I use DAR-5?

GPs can use the form to screen for problem anger. A total score of 12 or above suggests the patient might benefit from further assessment and treatment by a mental health clinician aimed at addressing their anger difficulties.

The DAR-5 has been found to be sensitive to change associated with therapeutic intervention for PTSD so is useful for **monitoring change** and assessing **treatment outcomes**.

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## References

- Forbes, 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., McHugh, T., Biddle., Creamer, M., & Novaco, R.W. (2004). A concise measure of anger in combat-related posttraumatic stress disorder. **Journal of Traumatic Stress, 17**, 249-256.

## For more information

For more information visit the Disaster Mental Health Hub at [phoenixaustralia.org/disaster-hub](http://phoenixaustralia.org/disaster-hub)

## Additional Services

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