

Anger issues test

A 20-question self-assessment for measuring how anger is experienced and expressed. Screening template — not a validated diagnostic instrument.

Client name: _____ Date: _____

How to use it: thinking about the **past two weeks**, tick the box that best fits each statement, from 0 (never) to 4 (almost always). There are no right or wrong answers — answer as honestly as you can. Most people finish in 10–15 minutes.

Scale	0	1	2	3	4
Meaning	Never	Rarely	Sometimes	Often	Almost always

The 20 questions

#	In the past two weeks...	0	1	2	3	4
Frequency and triggers						
1	I feel angry or irritable during the day.	☐	☐	☐	☐	☐
2	Small, everyday things set off my anger.	☐	☐	☐	☐	☐
3	My anger comes on suddenly, with little warning.	☐	☐	☐	☐	☐
Intensity and arousal						
4	When I get angry, the feeling is intense.	☐	☐	☐	☐	☐
5	I notice physical signs of anger, such as a racing heart, tension, or feeling hot.	☐	☐	☐	☐	☐
6	Once I am angry, the feeling takes a long time to fade.	☐	☐	☐	☐	☐
How I think when angry						
7	I assume other people are trying to annoy or disrespect me.	☐	☐	☐	☐	☐
8	When something goes wrong, I look for someone to blame.	☐	☐	☐	☐	☐
9	I replay situations that made me angry, over and over.	☐	☐	☐	☐	☐
How I show it (outward)						
10	I raise my voice, argue, or say things I later regret.	☐	☐	☐	☐	☐
11	I slam doors, throw things, or damage objects.	☐	☐	☐	☐	☐
12	People close to me have told me my anger frightens or upsets them.	☐	☐	☐	☐	☐
How I hold it in						
13	I keep my anger inside rather than showing it.	☐	☐	☐	☐	☐
14	I go quiet or withdraw when I am angry, even if I am boiling underneath.	☐	☐	☐	☐	☐
15	I feel resentful or hold grudges long after the event.	☐	☐	☐	☐	☐
Control and consequences						
16	Once my anger starts building, I cannot calm myself down.	☐	☐	☐	☐	☐
17	My anger has caused problems at work, at home, or with friends.	☐	☐	☐	☐	☐

#	In the past two weeks...	0	1	2	3	4
18	I have regretted the way I acted while angry.	☐	☐	☐	☐	☐
Safety (critical items)						
19	When I am angry, I feel an urge to physically hurt someone.	☐	☐	☐	☐	☐
20	When I am angry, I feel an urge to hurt myself.	☐	☐	☐	☐	☐

Scoring (for the practitioner)

Add up every response for a total out of **80**, then read it against the bands below.

Total	Band	What it suggests
0–16	Minimal	Anger is within a typical everyday range. No specific intervention indicated.
17–32	Mild	Some difficulty with anger. Psychoeducation and self-help strategies may be enough.
33–48	Moderate	Anger is affecting daily life. Consider structured support such as CBT-based anger work.
49–64	Marked	A significant problem across several areas. A full assessment and formal treatment plan are warranted.
65–80	Severe	Pervasive, hard-to-control anger. Prioritize assessment, safety planning, and likely specialist referral.

Subscale profile (each scores 0–12)

Totalling each group shows *where* the difficulty sits — two clients can reach the same total for very different reasons.

Subscale	Items	A high score points to	Score
Frequency and triggers	1–3	Anger is easily and often provoked.	/12
Intensity and arousal	4–6	Anger runs hot and lingers physically.	/12
Hostile outlook	7–9	Thinking style fuels and sustains the anger.	/12
Outward expression	10–12	Anger spills out into speech or behavior.	/12
Suppressed anger	13–15	Anger is held in; watch for resentment and physical effects.	/12
Control and consequences	16–18	Anger feels uncontrollable and carries a cost.	/12

Safety first: items 19 and 20 are critical flags. Any answer of 3 or 4 on either should be followed up directly in session, regardless of the total score, and may call for a risk assessment, a safety plan, or an urgent referral.

Clinician follow-up

Client name: _____ Date: _____

Total score: _____ / 80 Band: _____

Freq / triggers	Intensity	Hostile outlook	Outward	Suppressed	Control
/12	/12	/12	/12	/12	/12

Critical items (19 / 20) flagged? ☐ No ☐ Yes → action taken: _____

Clinical impressions

Plan / next steps

- ☐ Psychoeducation and self-help resources
- ☐ CBT-based anger management
- ☐ Full diagnostic assessment
- ☐ Referral (specialist / psychiatry / DBT program): _____
- ☐ Safety plan in place
- ☐ Re-assess on: _____

Practitioner signature: _____

Provided by **Pabau** — all-in-one practice management software for mental health and medical practices. Rebuild this as a digital intake form in Pabau so clients complete it before their appointment, the answers total automatically, and the result files straight into the patient record.

Scope: educational screening template only. It is not a validated psychometric instrument and does not constitute medical advice or a diagnosis. For formal assessment, use a licensed tool such as the STAXI-2, the Multidimensional Anger Inventory (MAI), or the Clinical Anger Scale (CAS), alongside a clinical interview.