



The Assessment of Anger

It is important to measure accurately the tendency to become angry and the ways in which people cope with it. If hypertensive people bottle up anger, a way is needed to assess this tendency. Since it can be experienced and expressed in different ways, reliable measures of anger are needed. These are some of the aspects that require assessment together with sample items.

GENERAL ANGER

It is easy to make me angry.
At times, I feel angry for no specific reason.

SITUATIONS THAT AROUSE ANGER

I get angry when I am delayed.
I get angry when I do something stupid. I get angry when people are unfair.

ANGER DIRECTED OUTWARD (ANGER OUT)

When I am angry with someone, I let that person know.

ANGER DIRECTED INWARD (ANGER IN)

I harbor grudges that I don't tell anyone about.

GUILT OVER ANGER

I feel guilty about expressing my anger.