

Anger and Irritability Inventory

This exploratory questionnaire describes the components of anger: irritability, the situations that trigger it, expression in words and actions, suppressed anger, and its consequences for relationships. It helps clarify a complaint often raised by the people around the person (partner, family, work), identify any violent behavior, and choose the targets of anger management work.

Number of questions	24 questions
Estimated duration	6 minutes
Language	English
Original name	Anger and Irritability Inventory
Target audience	Adults
Category	Emotion regulation, Interpersonal issues

Preview of the 24 questions

Over the past month, how often has this been true for you?

I feel irritable for no particular reason.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I react angrily to unfairness, even when it's minor.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

When I get angry, I raise my voice or yell.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

When I'm angry, I throw or break things.

Never | Rarely | Sometimes | Often | Very often

Over the past month, how often has this been true for you?

I think back on what someone did to me, and the anger comes back.

Never | Rarely | Sometimes | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring

Each statement is scored from 0 (never) to 4 (very often) based on its frequency over the past month. Each domain combines 4 statements spread throughout the questionnaire, giving a score from 0 to 16.

Reading the profile

There is no total score. Domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The profile distinguishes anger expressed in words or actions from suppressed anger; the two can coexist or alternate in the same person. The "Irritability" and "Triggers" domains show what makes the anger rise, and the "Consequences" domain shows what it costs the person and those close to them.

Clinical cautions

The statement "When I'm angry, I shove or hit someone" is read on its own: any answer other than "Never" calls for an assessment of the risk of violence in the interview, particularly toward a partner or children, as does an elevated answer to "I feel like the people close to me are afraid of how I'll react." Marked irritability can also accompany a depressive episode, an anxiety disorder, bipolar disorder, lack of sleep, or substance use, which should be looked for before working on the anger itself.

Limitations

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

Scoring

Triggers 14 / 16

Situations that make anger rise: unfairness, obstacles, disrespect, the feeling of not being listened to or taken seriously.

Areas to explore: the situations behind the most recent episodes of anger, what they touched in the person (sense of justice, need for respect, need for control), the thoughts that come with rising anger.

Irritability 13 / 16

Irritation that comes on quickly and over little things, low tolerance for everyday frustrations.

Areas to explore: how long the irritability has been present, when it is strongest (fatigue, hunger, pain, stress), any link with mood, sleep, or substance use.

See also: STAXI-2.

Acting out 10 / 16

Anger that turns into actions: throwing or breaking things, hitting walls or furniture, taking risks, physical acts toward a person.

Areas to explore: the acts and what or whom they are directed at, injuries or damage, whether children are present, the role of alcohol or other substances, times when the person was afraid of not being able to hold back.

See also: BPAQ.

Verbal anger 8 / 16

Anger expressed in words: raising one's voice, yelling, insulting, answering sarcastically, lashing out at someone who had nothing to do with it.

Areas to explore: who the words are aimed at (partner, children, coworkers, strangers), the words used, any threats, how the exchanges end.

See also: BPAQ.

Consequences 8 / 16

What anger costs: tension with loved ones, the fear it causes, criticism from those around the person, regret afterward.

Areas to explore: the relationships affected, concrete consequences (breakups, disciplinary action, complaints), shame or regret after an episode of anger, what the person would like to change.

Suppressed anger 6 / 16

Anger kept inside: resentment, frustrations piling up in silence, anger that returns when thinking back on the situation, a desire for revenge.

Areas to explore: who the anger is held back against, what keeps the person from expressing it, any alternation between holding anger in and exploding, the time spent brooding.

See also: STAXI-2.

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.

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 Emily T. - Online CBT Psychologist