

State-Trait Anger Expression Inventory - 2 (STAXI-2)

The STAXI-2 is a self-report tool designed to measure the intensity of anger in the present moment ("state anger") and the general tendency to experience anger ("trait anger"), as well as the different ways in which anger is expressed or controlled. It is widely used to assess the anger dimension in various clinical and nonclinical populations. The STAXI-2 includes several subscales that allow a detailed and differentiated analysis of the experience and expression of anger.

Number of questions	57 questions
Estimated duration	15 minutes
Language	English
Original name	State-Trait Anger Expression Inventory - 2
Target audience	Adults, adolescents
Authors	Charles D. Spielberger (1999)
Category	Mood disorders

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

Responses are rated on a 4-point Likert scale. Scores are calculated for different subscales: state anger, trait anger, anger expression-out, anger expression-in, anger control, etc. Each subscale is interpreted according to established norms. High scores on certain scales may indicate a tendency toward impulsivity or difficulty managing anger.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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 Laura V. - Online Psychologist