For each of 10 statements describing various kinds of chronic anger, participants are asked to indicate the extent to which the description is ‘true of them’. Response options on a Likert-scale range from 1 (not at all true of me) to 7 (very true of me).

1. I rarely get pissed off at my friends.
2. I am often mad at someone or something.
3. I often find myself feeling angry.
4. I am rarely frustrated by other people.
5. I often blame others before blaming myself.
6. A lot of people annoy me.
7. I get mad easily.
8. It’s rare for me to get enraged.
9. Other drivers on the road infuriate me.
10. I’d like to tell people how much they piss me off.