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## **DAR Revised**

As accurately as you can, indicate the degree to which the following statements describe your feelings and behaviour. Rate the degree to which each statement applies to you.

Circle your answer

I often find myself getting angry at people or situations.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	
2. When I do get angry, I get really mad.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	
3. When I get angry, I stay angry.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	
4. When I get angry at someone, I want to hit or strike the person.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	
5. My anger interferes with my ability to get my work or activities done.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	
6. My anger prevents me from getting along with people as well as I would like to.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	
7. My anger has a bad effect on my health.					
	0	1	2	3	4
not at all	a little	moderately so	fairly much	very much	

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