

Anger Management Scale – Brief Trait Version
Hamby, Stith, Grych, & Banyard, 2013

Anger management is a regulatory strength. Items were adapted from the 36-item Anger Management Scale (Stith & Hamby, 2002), originally developed to evaluate anger management within intimate partner relationships. For the current version, five items were selected from the Self-Awareness and Calming Strategies subscales and generalized to assess anger management in all relationships. Additionally, wording of some items was simplified.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all regulatory strengths. The analysis produced a factor consisting of all five items used in the main study. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.77 and 0.87, respectively. Validity was established in the main sample with moderate to strong correlations with other regulatory strengths, including Endurance ($r = .64$) and Emotional Awareness ($r = .43$), and strong correlations with measures of well-being, such as Subjective Well-being ($r = .51$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all items. We used z-scores of the scale score in our analyses. Higher scores indicate more ability to manage anger.

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Adapted from: Stith, S.M., & Hamby, S. (2002). The Anger Management Scale: Development and preliminary psychometric properties. *Violence and Victims, 17*, 383-402.

1. I can calm myself down when I am upset.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
2. I can tell when I am beginning to get angry.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
3. I can usually tell when I am about to lose my temper.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
4. Before I let myself get really angry, I think about what will happen if I lose my temper.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
5. When I feel myself getting angry, I try to tell myself to calm down.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1