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 to suit a community sample that included many people with limited education or who may speak English as a second language. For example, the original item “I recognize when I am beginning to get angry at my partner” was changed to “I can tell when I am beginning to get angry.”

Reliability & validity for the Brief Trait Version: In our rural, low-income sample, internal consistency (coefficient alpha) was .86 and in a pilot sample of 104 people the correlation with an informant who knew the participant well was .15, though this did not reach statistical significance. The scale was moderately correlated with other measures of regulatory strengths, including future-mindedness, endurance, and emotional regulation.

Scoring: Responses to each item were summed to obtain a total anger management score, with a higher score indicating better anger management.


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