ADS:S

by Raymond DiGiuseppe, Ph.D. & Raymond Chip Tafrate, Ph.D.

ADS

Respondent ID: _____ Gender: Male Female

Birthdate: ____/____/____ (mm dd yyyy) Age: _____ Today's Date: ____/____/____ (mm dd yyyy)

Instructions: For each statement below, select the response that best describes you. Place an "X" in the box beside your answer. Change a response by blocking out your original choice and selecting a new response.

1. My anger has been a problem for me for
   - ❑ a week or less or not at all.
   - ❑ a month or less.
   - ❑ about three months.
   - ❑ about six months.
   - ❑ a year or more.

2. I have been so angry that I became aware of my heart racing.
   - ❑ never or rarely.
   - ❑ about once a month.
   - ❑ about once a week.
   - ❑ about several days a week.
   - ❑ almost every day.

3. I use my anger to control others.
   - ❑ never
   - ❑ rarely
   - ❑ occasionally
   - ❑ often
   - ❑ always

4. I get angry and lose control of my behavior.
   - ❑ never or rarely
   - ❑ about once a month
   - ❑ about once a week
   - ❑ about several days a week
   - ❑ almost every day

5. When I get angry, I yell or scream at people.
   - ❑ never or rarely
   - ❑ about once a month
   - ❑ about once a week
   - ❑ about several days a week
   - ❑ almost every day

6. When I feel angry, I boil inside, do not show it and keep things in.
   - ❑ never or rarely
   - ❑ about once a month
   - ❑ about once a week
   - ❑ about several days a week
   - ❑ almost every day

7. I get frustrated and angry about
   - ❑ almost nothing.
   - ❑ only one thing in my life.
   - ❑ several things in my life.
   - ❑ many things.
   - ❑ almost everything.

8. When I get upset with people, I push or shove them around.
   - ❑ never or rarely
   - ❑ about once a month
   - ❑ about once a week
   - ❑ about several days a week
   - ❑ almost every day

9. I get angry if someone makes me look bad in front of others.
   - ❑ never
   - ❑ rarely
   - ❑ occasionally
   - ❑ often
   - ❑ always

Please turn over and fill out the other side.

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10. When I get angry about something, I cannot get it out of my mind.
- ❑ never or rarely
- ❑ about once a month
- ❑ about once a week
- ❑ about several days a week
- ❑ almost every day

11. Even though I do not show it, my anger usually continues for
- ❑ only a few minutes.
- ❑ a few hours.
- ❑ several days.
- ❑ about a week.
- ❑ a month or more.

12. I feel bitter and think that I have had more bad breaks than others.
- ❑ never
- ❑ rarely
- ❑ occasionally
- ❑ often
- ❑ always

13. I believe that if you let people get close to you they will let you down or hurt you.
- ❑ never
- ❑ rarely
- ❑ occasionally
- ❑ often
- ❑ always

14. When I feel angry, I just want to make the tension go away.
- ❑ not at all
- ❑ some of the time
- ❑ about half of the time
- ❑ most of the time
- ❑ every time

15. When I get angry with someone, I refuse to do the things that he or she expects of me.
- ❑ never or rarely
- ❑ about once a month
- ❑ about once a week
- ❑ about several days a week
- ❑ almost every day

16. When I am angry with someone, I have tried to find ways to make that person fail without them knowing I did it.
- ❑ never
- ❑ once in my life
- ❑ several times in my life
- ❑ many times in my life
- ❑ I have done this to most people with whom I have been angry.

17. When I am angry with somebody, I try to stop others from hanging out with that person.
- ❑ never or rarely
- ❑ about once a month
- ❑ about once a week
- ❑ about several days a week
- ❑ almost every day

18. When I feel anger toward somebody, I want to get revenge on that person.
- ❑ not at all
- ❑ some of the time
- ❑ about half of the time
- ❑ most of the time
- ❑ every time

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ADS:S

by Raymond DiGiuseppe, Ph.D. & Raymond Chip Tafrate, Ph.D.

ADS

Respondent ID: _____ Gender: Male Female

Birthdate: ____/____/____ (mm dd yyyy) Age: _____ Today's Date: ____/____/____ (mm dd yyyy)

Respondent Name: _____

A
Item 1
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

A
Item 2
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

A
Item 3
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

A
Item 4
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

A
Item 5
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

C
Item 15
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

C
Item 16
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

C
Item 17
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

C
Item 18
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

B
Item 6
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

A
Item 7
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

C
Item 8
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

B
Item 9
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

A
Item 10
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

B
Item 11
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

B
Item 12
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

B
Item 13
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

B
Item 14
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Instructions: Ensure only one box is checked for each item. Sum the numbers next to all checked boxes. Enter the total in the TOTAL ADS:S SCORE box below. Then, add the numbers for only the items marked A. Enter the total in the A TOTAL box. Repeat for the B TOTAL and C TOTAL, respectively.

TOTAL ADS:S SCORE	A TOTAL (Reactivity/Expression)	B TOTAL (Anger-In)	C TOTAL (Vengeance)

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Respondent Name/ID: _____ Gender: Male Female

Birthdate: ____/____/____ (dd mm yyy) Age: _____ Today's Date: ____/____/____ (dd mm yyy)

ADS:S Profile for Males

Instructions:

Circle each SCALE TOTAL under the appropriate age column.

Join the circled values with straight lines.

%ile	A: Reactivity/Expression			B: Anger-In			C: Vengeance			Total Score			%ile
	18–29	30–49	50+	18–29	30–49	50+	18–29	30–49	50+	18–29	30–49	50+	
99	26-35	25-35	24-35	23-30	24-30	20-30	19-25	17-25	15-25	59-90	61-90	53-90	99
98	25	24	23	22	21-23	19	18	15-16	14		54-60	52	98
97	24	23	22	21	20		17	14	13	58	51-53	50-51	97
96		22	21	20		18	16		10-12	55-57	50	46-49	96
95	23	21	19-20		19		15	13		54	49		95
94	22	20	18	19		17	14		9	53	48	44-45	94
93	21							12		52	47	43	93
92		19		18			13			49-51	46	41-42	92
91					18			11		48			91
90	20	18	17				12		8	47	44-45		90
89	19							10		46		40	89
88				17		16				45	43		88
87	18	17	16		17					44		37-39	87
86							11			43	42	36	86
85								9		42	41		85
84	17										39-40	35	84
83			15		16					41	38		83
82		16		16			10						82
81						15			7		37		81
80	16		14					8		40		34	80
79													79
78		15			15					39	36		78
77	15						9						77
76			13							38		33	76
75													75
74	14			15		14					35		74
73		14											73
72								7		37	34	32	72
71													71
70					14								70
69							8			36	33	31	69
68	13	13				13							68
67			12							35			67
66													66
65									6	34	32	30	65
64				14									64
63	12									33			63
62		12											62
61													61
60			11				7					29	60
59					13					32	31		59
58	11												58
57		11						6					57
56						12				31			56
55											30	28	55
54													54
53			10	13									53
52		10								30		27	52
51											29		51
50					12								50
49	10									29			49
48													48
47											28		47
46												26	46
45													45
44						11	6			28			44
43			9								27		43
42													42
41		9			11								41
40				12									40
39	9										26		39
38										27			38
37												25	37
36													36
31-35			8		10	10				26	25	24	31-35
26-30	8	8		11					5	25	24	23	26-30
21-25				10	9	9		5			23		21-25
16-20				9			5			24	22	22	16-20
11-15			7		8	8				22-23	21	21	11-15
6-10	7	7		7-8	7	7				20-21	20	20	6-10
1-5				6	6	6				18-19	18-19	18-19	1-5

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Respondent Name/ID: _____ Gender: Male Female

Birthdate: ____/____/____ (dd mm yy) Age: _____ Today's Date: ____/____/____ (dd mm yy)

ADS:S Profile for Females

Instructions:

Circle each SCALE TOTAL under the appropriate age column.

Join the circled values with straight lines.

%ile	A: Reactivity/Expression			B: Anger-In			C: Vengeance			Total Score			%ile
	18–29	30–49	50+	18–29	30–49	50+	18–29	30–49	50+	18–29	30–49	50+	
99	25-35	25-35	22-35	22-30	22-30	21-30	16-25	14-25	11-25	55-90	56-90	47-90	99
98	24	24	21	21	21	20	15	13	10	53-54	51-55	46	98
97	22-23	23	.	20	.	.	13-14	.	.	51-52	50	45	97
96	21	22	20	.	20	.	12	12	.	48-50	.	44	96
95	.	21	19	.	.	.	11	11	.	47	49	43	95
94	.	20	.	19	.	19	.	10	9	46	48	.	94
93	20	19	18	.	19	.	.	.	.	45	47	.	93
92	.	.	.	.	.	.	10	.	.	.	.	42	92
91	.	.	.	18	.	18	.	9	.	44	46	41	91
90	19	.	17	.	.	.	.	.	.	.	44-45	.	90
89	18	18	.	.	.	.	.	.	.	43	.	40	89
88	.	.	.	.	18	.	9	.	.	.	43	.	88
87	17	.	16	.	.	.	.	.	8	42	.	.	87
86	.	.	.	17	.	17	.	.	.	41	42	39	86
85	16	17	.	.	.	.	.	.	.	.	41	.	85
84	.	.	.	.	17	.	.	8	.	40	40	.	84
83	.	.	15	.	.	.	.	.	.	39	39	.	83
82	.	16	.	.	.	.	.	.	.	.	.	.	82
81	15	.	.	.	.	.	8	.	.	.	.	38	81
80	.	.	.	.	.	16	.	.	.	38	38	.	80
79	.	.	.	16	.	.	.	.	7	.	.	.	79
78	.	.	14	.	16	.	.	.	.	37	37	37	78
77	.	15	.	.	.	.	.	.	.	.	.	.	77
76	.	.	.	.	.	.	.	7	.	.	36	36	76
75	14	.	.	.	.	15	.	.	.	36	.	35	75
74	.	.	13	.	.	.	.	.	.	.	35	.	74
73	.	14	.	.	.	.	.	.	.	.	.	.	73
72	.	.	.	.	.	.	.	.	.	.	.	34	72
71	.	.	.	.	.	.	.	.	.	35	34	.	71
70	13	.	.	15	15	.	.	.	.	.	.	.	70
69	.	.	12	.	.	.	7	.	.	.	.	33	69
68	.	13	.	.	.	.	.	.	.	.	.	.	68
67	.	.	.	.	.	14	.	.	.	.	33	.	67
66	.	.	.	.	.	.	.	.	.	.	.	32	66
65	.	.	.	.	.	.	.	.	.	34	.	.	65
64	.	.	.	.	.	.	.	.	.	.	.	.	64
63	.	12	.	.	.	.	.	.	.	.	.	31	63
62	12	.	.	.	.	.	.	6	6	.	.	.	62
61	.	.	11	.	14	.	.	.	.	.	32	.	61
60	.	.	.	.	.	.	.	.	.	33	.	30	60
59	.	.	.	14	.	.	.	.	.	.	.	.	59
58	.	.	.	.	.	13	.	.	.	.	.	.	58
57	.	.	.	.	.	.	.	.	.	32	.	.	57
56	.	.	.	.	.	.	.	.	.	.	.	29	56
55	.	11	.	.	.	.	.	.	.	.	31	.	55
54	.	.	.	.	.	.	.	.	.	.	.	.	54
53	.	.	10	.	.	.	.	.	.	31	.	.	53
52	.	.	.	.	.	.	.	.	.	.	.	.	52
51	11	.	.	.	13	.	6	.	.	.	30	28	51
50	.	.	.	.	.	.	.	.	.	.	.	.	50
49	.	.	.	.	.	.	.	.	.	.	29	.	49
48	.	.	.	13	.	.	.	.	.	.	.	.	48
47	.	.	.	.	.	12	.	.	.	30	.	.	47
46	.	.	.	.	.	.	.	.	.	.	.	.	46
45	.	.	.	.	.	.	.	.	.	.	.	27	45
44	.	10	.	.	.	.	.	.	.	.	.	.	44
43	.	.	.	.	.	.	.	.	.	.	28	.	43
42	.	.	9	.	.	.	.	.	.	.	.	.	42
41	.	.	.	.	12	.	.	.	.	29	.	.	41
40	.	.	.	.	.	.	.	.	.	.	.	.	40
39	10	.	.	.	.	.	.	.	.	.	.	.	39
38	.	.	.	.	.	.	.	.	.	.	.	26	38
37	.	.	.	12	.	.	.	.	.	.	.	.	37
36	.	.	.	.	.	.	.	.	.	.	27	.	36
31-35	.	9	.	.	.	11	.	.	.	28	26	25	31-35
26-30	9	.	8	11	11	10	.	5	.	26-27	25	.	26-30
21-25	.	8	.	.	10	.	.	.	5	25	.	23-24	21-25
16-20	8	.	.	10	.	9	5	.	.	24	24	22	16-20
11-15	.	.	.	9	9	8	.	.	.	23	22-23	21	11-15
6-10	7	7	7	8	8	.	.	.	.	21-22	21	20	6-10
1-5	.	.	.	6-7	6-7	6-7	.	.	.	18-20	18-20	18-19	1-5

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