

Does Driving Make Your Blood Boil? (The Deffenbacher Driving Anger Scale – Short Scale)

Instructions

Traffic, inconsiderate drivers – few things rile us as much as experiences when we’re behind the wheel. Imagine that each situation described below was actually happening to you and rate the amount of anger that would be provoked. This shorter version of the Deffenbacher Driving Anger Scale (14 items compared with the original version consisting of 33 items) measures your anger responses to hostile gestures, illegal driving, police presence, slow driving, discourtesy and traffic obstructions.

	None at All	A Little	Some	Much	Very Much
1. Someone is weaving in and out of traffic.					
2. A slow vehicle on a mountain road will not pull over and let people by.					
3. Someone back right out in front of you without looking.					
4. Someone runs a red light or stop sign.					
5. You pass a radar speed trap.					
6. Someone speeds up when you try to pass him/her.					
7. Someone is slow in parking and is holding up traffic.					
8. You are stuck in a traffic jam.					
9. Someone make an obscene gesture toward you about your driving.					
10. Someone honks at you about your driving.					
11. A bicyclist is riding in the middle of the lane and is slowing traffic.					
12. A police officer pulls you over.					
13. A truck kick up sand or gravel on the car you are driving.					
14. You are driving behind a large truck and you cannot see around it.					

Scoring

None at all = 1, A Little = 2, Some = 3, Much = 4, Very Much = 5

Total Driving Anger = Sum items 1-14

Interpretation

Higher scores indicate higher driving anger. Men average 46.9 while women average 47.2 on this measure.

Reference

Deffenbacher, J. L., Oetting, E. R., & Lynch, R. S. (1994). Development of a driving anger scale. *Psychological Reports, 74*(1), 83-91.