

## How Irritable are You? (Brief Irritability Test, BITE)

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### Introduction

Irritability is different from trait anger. It is the proneness and susceptibility towards states of frustration and annoyance despite little provocation. This is sometimes expressed outwardly (Holtzman et al. 2015). This very short 5-item test assesses your irritability. Quite fittingly, this is a sufficiently short measure if you are irritated by long questionnaires!

	Never	Rarely	Sometimes	Often	Very Often	Always
<b>1. I have been grumpy.</b>						
<b>2. I have been feeling like I might snap.</b>						
<b>3. Other people have been getting on my nerves.</b>						
<b>4. Things have been bothering me more than they normally do.</b>						
<b>5. I have been feeling irritable.</b>						

### Scoring

Never = 1, Rarely = 2, Sometimes = 3, Often = 4, Very Often = 5, Always = 6

Total irritability score = Sum items 1-5

### Interpretation

A sample of 1,116 men and women report an average score of 12.69 for men, and 13.13 for women in terms of irritability.

### Reference

Holtzman, S., O'Connor, B. P., Barata, P. C., & Stewart, D. E. (2015). The Brief Irritability Test (BITE) A Measure of Irritability for Use Among Men and Women. *Assessment*, 22(1), 101-115.