

How do You Cope with Anger? (The Behavioural Anger Response Questionnaire, BARQ)

Instructions

What do you most likely to do when you experience anger? This 34-item measure assesses your anger responses for children and adolescents – and may tell you which response you tend to favour when experiencing this strong, unpleasant emotion. A list of statements are provided below. State whether each of the statements are not true, sometimes true, or often true. This measure was developed specifically for children and young adolescents.

	Not true	Sometimes true	Often true
1. I say something nasty to the person who made me angry.			
2. I use strong gestures (for example, make a fist, wave my arms, or give a hand sign).			
3. I swear, or curse at the person who made me angry.			
4. I hit or push the person who made me angry.			
5. I express my anger by slamming a door, or hitting something.			
6. I shout.			
7. I wait until I am calm again and then talk to the person who made me angry.			
8. I carefully think it over and then tell the person who made me angry how I feel.			
9. In a calm voice, I tell the person who made me angry how I honestly feel.			
10. I try to understand what happened, so I can explain things to the person who made me angry.			
11. I stay calm, and I try to talk about the problem and the person who made me angry.			
12. I leave the situation in order to calm down, and then try to solve the problem.			
13. I do not show my anger but I talk about what happened with someone afterwards.			
14. I leave the situation and look for someone who will agree with me.			
15. I leave the situation, find someone to listen to my story, and ask for advice.			
16. I think about the problem first and then talk about it with someone.			
17. I leave the situation and call a friend or family member to tell him/her how I feel.			
18. Even without planning it, I usually end up talking about my feelings with someone.			
19. I get rid of my anger by playing music, writing, or painting.			
20. I just keep busy, until I stop feeling angry.			
21. I work off my anger by doing some sport.			

22. I stay on my own to get rid of my anger.			
23. I simply get very busy with other things to get rid of my anger.			
24. I work off my anger by doing something else, like playing on the computer.			
25. I tell myself that what happened is not important.			
26. I try to forget what happened.			
27. I put what happened out of my mind.			
28. I do not want to have to cause trouble, so I keep my feelings to myself.			
29. I just wait to feel better.			
30. I try to keep busy so I can forget about what happened.			
31. I keep thinking about what I wish I had done, but didn't do.			
32. I find it hard to stop thinking about what happened.			
33. I am upset for a long time after this kind of situation.			
34. In my mind, I go over the situation that made me angry again and again.			

Scoring

Total Direct Anger-out score: Average items 1-6.

Total Assertion score: Average items 7-12.

Total Social support-seeking score: Average items 13-18.

Total Diffusion score: Average items 19-24.

Total Avoidance score: Average items 25-30.

Total Rumination score: Average items 31-34.

Interpretation

Average scores for direct-anger out is 1.90, the average for assertion is 1.76, and for social support-seeking is 1.84. The average score for diffusion is 1.99, and 1.98 for avoidance. The average for rumination is 1.95. These averages are taken from a sample of 692 children and adolescents from both the UK and Netherlands. Direct-anger out consists of explicit, outward behavioural expressions of anger. Social support-seeking refers to the tendency to seek support from others when feeling anger. Assertion behaviours includes actions directed towards resolving the conflict with the anger-causing individual. Diffusion refers to actions that are aimed at taking one's mind off the anger, usually through some activity or hobby. Avoidance refers to behaviours meant to evade the anger-causing situation, and finally, rumination refers to replaying of the situation and emotions in one's mind.

Reference

Miers, A. C., Rieffe, C., Terwogt, M. M., Cowan, R., & Linden, W. (2007). The relation between anger coping strategies, anger mood and somatic complaints in children and adolescents. *Journal of Abnormal Child Psychology*, 35(4), 653-664.