Please respond to each item by marking one answer per row

1. In the past 7 days, I was grouchy

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

2. In the past 7 days, I stayed angry for hours

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

3. In the past 7 days, I felt angry

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

4. In the past 7 days, I felt like I was ready to explode

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

5. In the past 7 days, I felt angrier than I thought I should

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

6. In the past 7 days, I felt annoyed

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

7. In the past 7 days, I made myself angry about something just by thinking about it

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

8. In the past 7 days, I was irritated more than people knew

\_ 1. Never \_ 2. Rarely \_ 3. Sometimes \_ 4. Often \_ 5. Always

Reference: Pilkonis PA, Choi SW, Reise SP et al. (2011). Item banks for measuring emotional distress from the Patient-Reported Outcomes Measurement Information System (PROMIS): Depression, Anxiety, and Anger. *Assessment* 18(3); 263-283. DOI: 10.1177/1073191111411667