

Irritability Scale for Adults

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A high score does **not** mean the cause is related to character. The score may also increase due to many factors such as infections, stress, poor sleep, pain, trauma, depression, and anxiety.

RATE YOURSELF

(0-6) 0 is no irritability. 6 is high irritability.

(Circle one)

1	I am more frustrated than in past years.	0 1 2 3 4 5 6
2	Feel “fed-up” more.	0 1 2 3 4 5 6
3	I react in ways that are worse than in the past.	0 1 2 3 4 5 6
4	More irritable	0 1 2 3 4 5 6
5	Bothered by people often.	0 1 2 3 4 5 6
6	Events not following the “plan” annoy me.	0 1 2 3 4 5 6
7	More cynical	0 1 2 3 4 5 6
8	Short temper — becoming angry more quickly than usual	0 1 2 3 4 5 6
9	Low frustration tolerance — small problems feel unusually difficult to tolerate	0 1 2 3 4 5 6
10	Impatience — feeling rushed or annoyed when waiting	0 1 2 3 4 5 6
11	Snapping at others — responding sharply or harshly	0 1 2 3 4 5 6
12	Frequent complaining — finding fault with people or situations	0 1 2 3 4 5 6
13	Feeling easily annoyed — ordinary events become bothersome	0 1 2 3 4 5 6

14	Angry thoughts — recurrent thoughts about things that upset you	0 1 2 3 4 5 6
15	Feeling “on edge” — a persistent sense of tension or agitation	0 1 2 3 4 5 6
16	Restlessness — difficulty sitting still or relaxing	0 1 2 3 4 5 6
17	Argumentativeness — greater tendency to debate or challenge others	0 1 2 3 4 5 6
18	Hostile interpretation — interpreting neutral comments as criticism or provocation	0 1 2 3 4 5 6
19	Negative thoughts about others — thinking people are inconsiderate, incompetent, or deliberately annoying	0 1 2 3 4 5 6
20	Racing thoughts — rapid, difficult-to-settle thinking accompanied by agitation	0 1 2 3 4 5 6
21	Difficulty concentrating — irritability interferes with attention	0 1 2 3 4 5 6
22	Muscle tension — especially jaw, neck, shoulders, or hands	0 1 2 3 4 5 6
23	Clenching the jaw or teeth — particularly during stressful situations	0 1 2 3 4 5 6
24	Raised voice — speaking louder or more forcefully than intended	0 1 2 3 4 5 6
25	Fidgeting — tapping, pacing, shifting position, or other restless movements	0 1 2 3 4 5 6
26	Feeling overwhelmed — ordinary demands seem excessive	0 1 2 3 4 5 6
27	Reduced tolerance for noise — sounds that normally seem acceptable become irritating	0 1 2 3 4 5 6

28	Sensitivity to interruptions — becoming disproportionately annoyed when interrupted	0 1 2 3 4 5 6
29	Sleep-related irritability — increased irritability after inadequate or disrupted sleep	0 1 2 3 4 5 6
30	Emotional volatility — rapidly shifting from calm to angry or frustrated	0 1 2 3 4 5 6
31	Difficulty relaxing — feeling unable to “switch off” or settle down	0 1 2 3 4 5 6
32	Regret after an outburst — recognizing afterward that the reaction was stronger than the situation warranted	0 1 2 3 4 5 6

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