

1. Gender
2. Age
3. Education
4. How much stress do you experience daily on a scale of 1-10? 1=least; 10=most
5. How compassionate a person do you consider yourself to be on a scale of 1-10?
6. How compassionate are most people around you on a scale of 1-10? 1=least; 10=most
7. How good a person do you consider yourself to be on a scale of 1-10? 1=least; 10=most
8. How good are most people around you on a scale of 1-10? 1=least; 10=most
9. How much anger do you experience daily on a scale of 1-10? 1=least; 10=most
10. How angry are most people around you on a scale of 1-10? 1=least; 10=most
11. How often do you experience anger, rage or hate?
12. How often do you experience enjoying fantasies of violence?
13. How often do you experience being fearful for self or family?
14. How often do you experience feeling compassion for someone?
15. How often do you experience feeling competitive with others?
16. How often do you experience feeling impatient with self?
17. How often do you experience feeling impatient with others?
18. How often do you experience feeling level-headed, calm, composed or collected?
19. How often do you experience forgiving self for your imperfections and mistakes?
20. How often do you experience feeling like being rude, obnoxious or sarcastic to someone?
21. How often do you experience feeling like you are stupid, dumb, an idiot, etc. ?
22. How often do you experience feeling like someone else is stupid, dumb, an idiot, etc. ?
23. How often do you experience feeling humiliated, disrespected or insulted by someone?
24. How often do you experience feeling like humiliating, disrespecting or insulting someone?
25. How often do you experience feeling annoyed, bothered irritable or upset?
26. How often do you experience feeling used, ill treated, taken advantage of?
27. How often do you experience feeling criticized, picked on or bullied?
28. How often do you experience feeling like picking on or bullying someone?
29. How often do you experience feeling discouraged or depressed?
30. How often do you experience feeling like a big loser for not saying something after being taken advantage of?
31. How often do you experience feeling like you have no control over your emotions and that you cannot help feeling disturbed about things?
32. How often do you experience feeling that something must be wrong with you, that you are incompetent, inadequate or defective?
33. How often do you experience feeling worthless or that life is not worth all the misery and pain?

34. How often do you experience feeling angry because someone tries to stop you from doing what you want?
35. How often do you experience feeling angry because someone is inconsiderate or unfair to you?
36. How often do you experience feeling angry because someone hurts your feelings?
37. How often do you experience feeling angry because someone has talked badly about you behind your back?
38. How often do you experience shame?
39. How often do you experience depressed mood, constant fatigue, downcast?
40. How often do you experience difficulty in making decisions, completing tasks, distractedness?
41. How often do you experience expecting the worst, constantly fearful of what might happen, pessimistic?
42. How often do you experience feeling alienated, disconnected, demoralized, disillusioned, neglected, rejected?
43. How often do you experience being dejected, melancholy, sad?
44. How often do you experience feeling like a failure, diminished self-esteem, ineffectual, powerless?
45. How often do you experience frequent crying, feeling miserable, feeling sorry for self?
46. How often do you experience feeling gloom, dread?
47. How often do you experience lack of enthusiasm, having the blues, dull, bored?
48. How often do you experience hopeless, low spirits, despondent, cheerless?
49. How often do you experience feeling dumpy, ugly, unattractive?
50. How often do you experience fault finding, score keeping, critical of everyone?
51. How often do you experience restless, pent-up, up-tight?
52. How often do you experience excessive sorrow, grief, guilt, self-blame?
53. How often do you experience ruminating, exaggerating, sulking?
54. How often do you experience suicidal thoughts?
55. How often do you experience being hopeful, optimistic or enthusiastic about your future?
56. It's healthy to express anger, to let off steam, to get it out, to vent.
57. It's not my fault if someone pushes my buttons and I do something to retaliate.
58. Anger helps you to be decisive, to protect your rights, to right wrongs.
59. An angry person can always choose to calm down by considering consequences and reevaluating the situation.
60. When I get angry at someone I tend to brood, mope or sulk, boil inside, don't show it, and keep things in.
61. When I get angry I feel like throwing things, slamming doors or banging things.
62. My temper helps me to get others to do what I want.
63. I have gotten angry and later regretted something I did or said.
64. I curse or say nasty things to people I am angry with.

- 65. When I get angry I cannot think of anything but the thing I am angry at.
- 66. When I feel angry I lose control of my behavior.
- 67. My anger interferes with my thinking.
- 68. I worry about losing control of my anger.
- 69. I get so upset with people I feel like pushing or shoving them.
- 70. If somebody hits me, I hit back.
- 71. I can't help getting into arguments when people disagree with me.
- 72. Some of my friends say I'm a hothead.
- 73. In anger I have purposely damaged property belonging to someone else.

Examples of Statistical Analyses

Summary Table for Buttons 57, Edu 3

Num. Missing	6
DF	2
Chi Square	37.077
Chi Square P-Value	<.0001
G-Squared	37.450
G-Squared P-Value	<.0001
Contingency Coef.	.175
Cramer's V	.178

Observed Frequencies for Buttons 57, Edu 3

	College	Graduate School	High School	Totals
Agree	126	26	90	242
Disagree	515	220	193	928
Totals	641	246	283	1170

Percents of Row Totals for Buttons 57, Edu 3

	College	Graduate School	High School	Totals
Agree	52.066	10.744	37.190	100.000
Disagree	55.496	23.707	20.797	100.000
Totals	54.786	21.026	24.188	100.000

Percents of Column Totals for Buttons 57, Edu 3

	College	Graduate School	High School	Totals
Agree	19.657	10.569	31.802	20.684
Disagree	80.343	89.431	68.198	79.316
Totals	100.000	100.000	100.000	100.000

Summary Table for Rage 11, Edu 3

Num. Missing	6
DF	6
Chi Square	10.277
Chi Square P-Value	.1135
G-Squared	10.384
G-Squared P-Value	.1094
Contingency Coef.	.093
Cramer's V	.066

Observed Frequencies for Rage 11, Edu 3

	College	Graduate School	High School	Totals
daily	209	71	105	385
hourly	16	3	11	30
rarely or never	154	59	59	272
weekly	265	114	104	483
Totals	644	247	279	1170

Percents of Row Totals for Rage 11, Edu 3

	College	Graduate School	High School	Totals
daily	54.286	18.442	27.273	100.000
hourly	53.333	10.000	36.667	100.000
rarely or never	56.618	21.691	21.691	100.000
weekly	54.865	23.602	21.532	100.000
Totals	55.043	21.111	23.846	100.000

Percents of Column Totals for Rage 11, Edu 3

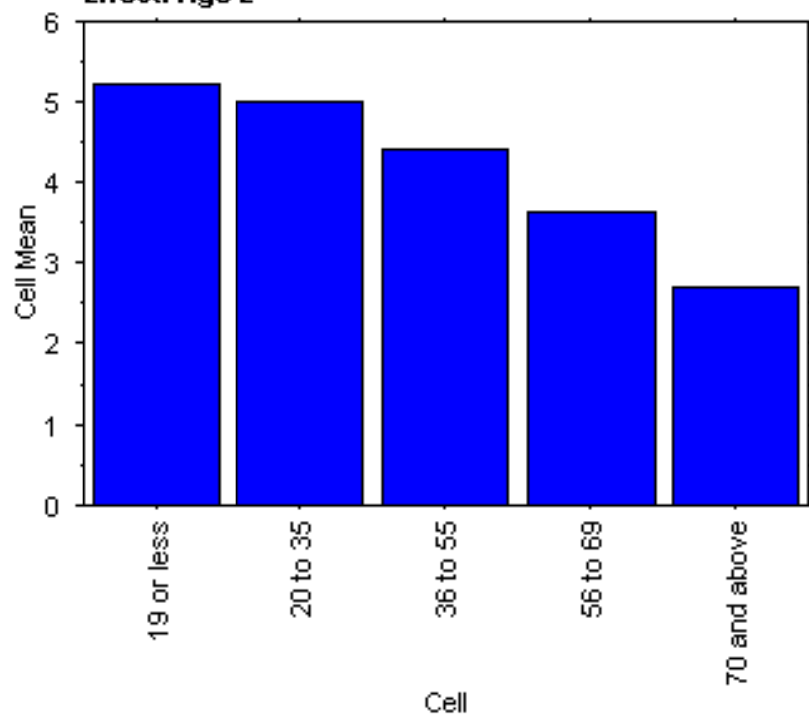
	College	Graduate School	High School	Totals
daily	32.453	28.745	37.634	32.906
hourly	2.484	1.215	3.943	2.564
rarely or never	23.913	23.887	21.147	23.248
weekly	41.149	46.154	37.276	41.282
Totals	100.000	100.000	100.000	100.000

ANOVA Table for Anger 9

	DF	Sum of Squares	Mean Square	F-Value	P-Value	Lambda	Power
Age 2	4	257.956	64.489	13.284	<.0001	53.136	1.000
Residual	1170	5679.981	4.855				

Means Table for Anger 9**Effect: Age 2**

	Count	Mean	Std. Dev.	Std. Err.
19 or less	248	5.234	2.255	.143
20 to 35	461	4.989	2.263	.105
36 to 55	400	4.393	2.138	.107
56 to 69	53	3.623	1.954	.268
70 and above	13	2.692	1.974	.548

Interaction Bar Plot for Anger 9**Effect: Age 2**

Summary Table for Depressed 29, Gender 1

Num. Missing	12
DF	3
Chi Square	9.230
Chi Square P-Value	.0264
G-Squared	9.254
G-Squared P-Value	.0261
Contingency Coef.	.089
Cramer's V	.089

Observed Frequencies for Depressed 29, Gender 1

	Female	Male	Totals
daily	129	105	234
hourly	32	46	78
rarely or never	169	207	376
weekly	246	230	476
Totals	576	588	1164

Percents of Row Totals for Depressed 29, Gender 1

	Female	Male	Totals
daily	55.128	44.872	100.000
hourly	41.026	58.974	100.000
rarely or never	44.947	55.053	100.000
weekly	51.681	48.319	100.000
Totals	49.485	50.515	100.000

Percents of Column Totals for Depressed 29, Gender 1

	Female	Male	Totals
daily	22.396	17.857	20.103
hourly	5.556	7.823	6.701
rarely or never	29.340	35.204	32.302
weekly	42.708	39.116	40.893
Totals	100.000	100.000	100.000