

ARES

Anger Regulation and Expression Scale

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About the ARES

The *Anger Regulation and Expression Scales* (ARES) are comprehensive, self-report assessments of the expression and regulation of anger in youth. Derived from the *Anger Disorder Scales* (ADS; DiGiuseppe & Tafrate, 2004), the ARES has been designed specifically for children and adolescents aged 10 to 17 years, and can be used in educational, clinical, and correctional settings.

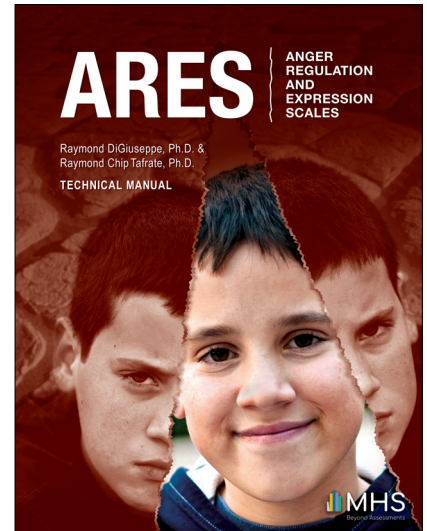
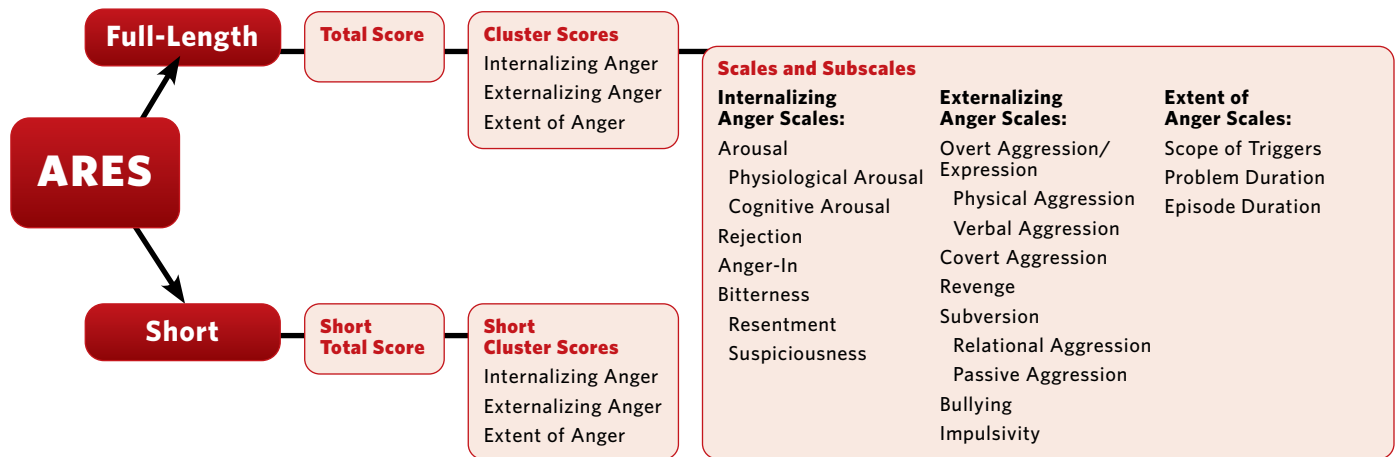
The Purpose of the ARES

The ARES was designed to be clinically relevant in identifying specific patterns of feelings, behavior, and thinking that can be addressed in intervention programs. Results from the ARES provide both a general overview and an in-depth insight into the psychological and behavioral aspects of anger, all of which may be used to highlight important problem areas and inform appropriate interventions.

How the ARES Works

The ARES assesses tendencies towards inward and outward expressions of anger along with the range and duration of anger experiences. The ARES includes a full-length version and a short version (ARES[S]). The full-length ARES version provides a comprehensive anger profile, and consists of 75 items which yield 25 scores that assess aspects of anger that contribute to poor functioning and maladjustment. The ARES(S), consisting of 17 items, provides information across three major domains of anger and is an effective screening tool for identifying youth with problematic anger reactions.

Scales



Age
10–17

Administration
Self-Report

Number of Items
ARES Full-Length: 75
ARES Short Version: 17

Administration Time
ARES Full-Length: 15 minutes
ARES Short Version: 5 minutes

Reading Level
ARES Full-Length: 5.5
ARES Short Version: 5.2

Formats
Online (MHS Online Assessment Center+)

Qualification Level
B-level



Normative Data

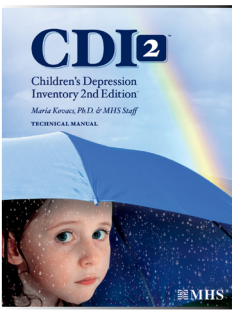
The normative sample includes 800 self-report ratings that are evenly proportioned in terms of age and gender, with a stratified racial/ethnic distribution (i.e., matching the U.S. Census).

Reports

Reports for the ARES and ARES(S) can be obtained using the online or software scoring options. There are two different report types:

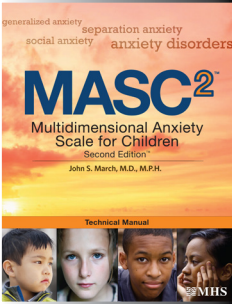
- *Assessment Report* – provides detailed results from a single administration along with a detailed treatment plan based on the youth’s responses.
- *Progress Report* – provides an overview of change over time by combining and presenting results for up to four administrations.

Related Assessments from MHS



Children’s Depression Inventory 2nd Edition (CDI 2™)

The CDI 2™ is a comprehensive multi-rater assessment of depressive symptoms in youth aged 7 to 17 years.



Multidimensional Anxiety Scale for Children 2nd Edition (MASC 2™)

The MASC 2™ assesses the presence of symptoms related to anxiety disorders in youth aged 8 to 19 years.

