

Children's Emotion Management Scale: **ANGER** - Parent Report

Instructions: Please circle the response that best describes your child/adolescent's behavior when he/she is feeling **mad**.

1.	When my child is feeling mad, he/she can control his/her temper.	Hardly Ever 1	Sometimes 2	Often 3
2.	My child holds his/her anger in.	Hardly Ever 1	Sometimes 2	Often 3
3.	My child stays calm and keeps his/her cool when he/she is feeling mad.	Hardly Ever 1	Sometimes 2	Often 3
4.	My child does things like slam doors when he/she is mad.	Hardly Ever 1	Sometimes 2	Often 3
5.	My child hides his/her anger.	Hardly Ever 1	Sometimes 2	Often 3
6.	My child attacks whatever it is that makes him/her very angry.	Hardly Ever 1	Sometimes 2	Often 3
7.	My child gets mad inside but doesn't show it.	Hardly Ever 1	Sometimes 2	Often 3
8.	My child can stop him/herself from losing his/her temper when he/she is mad.	Hardly Ever 1	Sometimes 2	Often 3
9.	My child says mean things to others when he/she is mad.	Hardly Ever 1	Sometimes 2	Often 3
10.	My child tries to calmly deal with what is making him/her mad.	Hardly Ever 1	Sometimes 2	Often 3
11.	My child is afraid to show his/her anger.	Hardly Ever 1	Sometimes 2	Often 3

Children's Emotion Management Scale: **SADNESS** - Parent Report

Instructions: Please circle the response that best describes your child/adolescent's behavior when he/she is feeling **sad**.

1.	When my child is feeling sad, he/she can control his/her crying and carrying on.	Hardly Ever 1	Sometimes 2	Often 3
2.	My child holds his/her sad feelings in.	Hardly Ever 1	Sometimes 2	Often 3
3.	My child stays calm and doesn't let sad things get to him/her.	Hardly Ever 1	Sometimes 2	Often 3
4.	My child whines/fusses about what's making him/her sad.	Hardly Ever 1	Sometimes 2	Often 3
5.	My child hides his/her sadness.	Hardly Ever 1	Sometimes 2	Often 3
6.	When my child is sad, he/she does something totally different until he/she calms down.	Hardly Ever 1	Sometimes 2	Often 3
7.	My child gets sad inside but doesn't show it.	Hardly Ever 1	Sometimes 2	Often 3
8.	My child can stop him/herself from losing control of his/her sad feelings.	Hardly Ever 1	Sometimes 2	Often 3
9.	My child cries and carries on when he/she is sad.	Hardly Ever 1	Sometimes 2	Often 3
10.	My child tries to calmly deal with what is making him/her sad.	Hardly Ever 1	Sometimes 2	Often 3
11.	My child does things like mope around when he/she is sad.	Hardly Ever 1	Sometimes 2	Often 3
12.	My child is afraid to show his/her sadness.	Hardly Ever 1	Sometimes 2	Often 3

Children's Emotion Management Scale: **WORRY** - Parent Report

Instructions: Please circle the response that best describes your child/adolescent's behavior when he/she is feeling **worried**.

1.	My child can keep him/herself from losing control of his/her worried feelings.	Hardly Ever 1	Sometimes 2	Often 3
2.	My child shows his/her worried feelings.	Hardly Ever 1	Sometimes 2	Often 3
3.	My child holds his/her worried feelings in.	Hardly Ever 1	Sometimes 2	Often 3
4.	My child talks to someone until he/she feels better when he/she is worried	Hardly Ever 1	Sometimes 2	Often 3
5.	My child does things like cry and carry on when he/she is worried.	Hardly Ever 1	Sometimes 2	Often 3
6.	My child hides his/her worried feelings.	Hardly Ever 1	Sometimes 2	Often 3
7.	My child keeps whining about how worried he/she is.	Hardly Ever 1	Sometimes 2	Often 3
8.	My child gets worried inside by doesn't show it.	Hardly Ever 1	Sometimes 2	Often 3
9.	My child can't stop him/herself from acting really worried	Hardly Ever 1	Sometimes 2	Often 3
10.	My child tries to calmly settle the problem when he/she feels worried.	Hardly Ever 1	Sometimes 2	Often 3

Affective Reactivity Index (ARI) – Parent Report

Instructions: In the last SEVEN (7) DAYS and compared to others of the same age, how well does each of the following statements describe the behavior/feelings of your child? Please try to answer all questions.

	Not True	Somewhat True	Certainly True
1. Is easily annoyed by others.	0	1	2
2. Often loses his/her temper.	0	1	2
3. Stays angry for a long time.	0	1	2
4. Is angry most of the time.	0	1	2
5. Gets angry frequently.	0	1	2
6. Loses temper easily.	0	1	2
7. Overall irritability causes him/her problems.	0	1	2