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UNDERSTANDING ANGER AT THE SELF

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UNDERSTANDING ANGER AT THE SELF

A thesis submitted in partial fulfillment
of the requirements for the degree of

MASTER OF ARTS

to the faculty of the

DEPARTMENT OF PSYCHOLOGY

of

ST. JOHN'S COLLEGE OF LIBERAL ARTS AND SCIENCES

at

ST. JOHN'S UNIVERSITY

New York

by

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ABSTRACT

UNDERSTANDING ANGER AT THE SELF

Tasnova Ahmed

When people think of the emotion of anger, they think of being angry at someone or something else. Researchers have slowly found that anger can be experienced even if there is no other person to blame, by being angry at themselves. There is not enough research on understanding what self-anger entails. This paper explains a study that analyzed the relationship between other-anger and self-anger and examines how the effects of action may correlate between anger towards the self and depressed behaviors in terms of self-condemnation and other traits. The study had 169 participants, recruited from various sources. Participants were instructed to take an online survey asking questions about anger at the self and background. The measures used were Anger Disorder Scale: Short Form (ADS: S), which was modified to be self-anger items, and for this study called Self-Anger Disorders Scale (SADS), Outcome of Anger Questionnaire, Beck Anxiety Inventory (BAI), State-Trait Anger Expression Inventory-2 (STAXI-2). The result of the study showed a positive correlation between SADS and various negative thought variables. A regression showed unique variance of two thought negative variables in related to SADS. A reliability test showed a high alpha coefficient of SADS. Lastly, also there was a positive significant correlation that self-anger does relate with self-condemnation and depressed behaviors. In conclusion, these findings help educate and fill the gaps of knowledge in this field because there is a lack of research on the theory of self-anger. This provides insight into how people feel, think, and act when angry at themselves.

ACKNOWLEDGMENTS

This thesis would not have been possible without the commitment and support of many individuals. First, I would like to thank my mentor, Dr. Raymond DiGiuseppe, for the time you spent supporting and guiding me through this process. Your passion, encouragement, and motivation allowed me to accomplish and learn more than I anticipated at the start of this project. Dr. Robin Wellington, thank you for your patience with my research and giving me nothing but good wishes on finishing this project.

I am thankful to have started my journey at St. John's in 2016 as an undergraduate student and be accepted into the BA/MA program in hopes of finishing my master's in one year. From the start, I was inspired and proud to be a part of a program that is so passionate and motivated to learn the wonders of the psychology field. To my classmates and friends, thank you for all the debates we had that challenged and motivated me to further learn the depths of mental illness.

Thank you to all my family and friends for always believing in me. I am so grateful that they were so understanding and believed that I could get through this year, tackling other projects and studies. Thank you for helping me follow my dreams and persevere through challenges.

Through this process, I've gained a lovely sister-in-law, who with my brother, has kept me organized with finishing this research, staying resilient, exercise (weight training is amazing), and eat some good food. I am so proud to be your sister/sister-in-law.

Ammu and Abbu (mom and dad), I would not even be at St. John's without your hard work and commitment in giving me an amazing education. Even with our differences, I am grateful that you both trusted me enough to follow my dreams.

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INTRODUCTION

The American Psychological Association (APA, 2021) defines anger as an emotion described by hostility or negativity towards someone or something that one feels has purposely done them wrong. Appraisal theorists believe that emotions are brought out from people's evaluations, interpretations, and explanations of events; appraisals lead to different people having different specific reactions to different situations where they express different emotions. According to appraisal theorists, "anger involves a negative event, usually blocking a goal, caused by another person" [Ellsworth & Tong, 2006]. This emotion can be expressed in different ways, most commonly known in terms of 'anger in' and 'anger out.' Expressing anger inwardly is holding thoughts and behaviors in, suppressing one's angry feelings and thoughts, whereas expressing anger out is acting outwardly negatively to someone or something, and having poor control of one's angry outbursts. This is significant to note because when people think of the emotion of anger, those two forms are usually all people consider. This explains why the topic of self-anger is unique and a new topic of research in psychology. There is very little research on understanding what self-anger entails, what emotion self-anger correlates with the largest or resembles. Review of the research literature through Psycinfo resulted in only one article on the topic of anger at the self. This article involved two studies to (1) find similarities and differences between the emotions anger and self-anger and (2) find if self-anger could be distinguished from shame and guilt, which are other negative emotions that occur when the self is responsible. The simple fact that research databases were fairly lacking in research about anger at the self increased interest in this topic so that there is more data on this new topic.

Averill was one of the first researchers to investigate the characteristic of anger experiences by asking subjects qualitative questions about their anger experiences. He found that “fewer than 10% of the anger experiences reported by his subjects involved self-anger. He suggested that self-anger is far from typical, but does occur” (Averill, 1983). This shows that even though the statistic was low from Averill’s studies, it does indicate that people do report feeling anger at themselves, and thus should be studied more to understand why or if people are categorizing it as something else other than self-anger, maybe shame, guilt, or depressed. In his original research, Averill (1993), listed some important principles that help identify what constitutes anger as a syndrome. Rule 2 in particular states, ‘anger should be directed only at persons and other entities (one’s self or human institutions), that can be held responsible for their actions,’ which shows how Averill once again indicate that self-anger can occur and they would be responsible for their own actions or consequences.

Ellsworth and Tong (2006) explored whether any similarities and/or differences existed between anger and self-anger. They used a between-subjects design, where people recalled an event when they felt the emotion anger or self-anger and then rated their appraisals, action tendencies, and any other emotions they may have felt during that event. The results of the first study indicated that people do indeed experience being angry at themselves. They found many differences between other-anger and self-anger (‘other-anger’ is termed here as it is in the article that the subjects were angry at someone or something else). A key difference was the appraisal of agency; when angry with others, people blamed someone else, and when people are angry at themselves, they blame themselves for what happened. Their results further explained that when people

experience anger, people often believe they have been treated badly and unfairly. They believe there was a “moral violation” and that they are in the right. However, when people experience self-anger, they do not see the event as unfair, rather than they themselves were in the wrong. Thus, they do not experience a sense of moral violation. A moral violation is considered something morally wrong.

A second difference reported by Ellsworth and Tong is that when one experiences anger at others, they want to seek revenge or retaliate, are motivated by confrontation, and want to approach the target of their anger; Whereas, when subjects experienced self-anger they wish the situation never happened and want to avoid. Lastly, they found that people reported feeling other different emotions when feeling anger or self-anger. When people experienced anger at others: people felt a moral violation and felt contempt. Whereas, when people experience anger at themselves they also experience shame, guilt, regret, and embarrassment [Ellsworth & Tong, 2006]. These other emotions that were reported to be related to self-anger are all complete opposite emotions of what one would feel if they were angry at someone or something else. This first study showed significant data because this gives weight to the concept that self-anger is a real emotion and is described differently in multiple ways from other-anger.

Ellsworth & Tong (2006), discussed two studies they conducted regarding self-anger and the results of the first study allowed the second study to explore whether self-anger can be distinguished from shame and guilt. Using a within-subjects design, where similar to the first study, they asked subjects to recall events of self-anger, other-anger, but also experiences of shame, and guilt, then to answer questions about them. This design style was done so that subjects could show attention to the distinctions of the four

emotions. The results of this study showed some differences between self-anger and shame and guilt. First, as mentioned before, self-anger is related to people feeling that they were in the wrong and not getting a sense of moral wrongness. However, when they felt shame and guilt, people did feel they were morally wrong in the situation. A second finding was self-anger related to avoiding and wanting to escape the situation, whereas experiencing guilt and shame related to apologizing and making amends. When it came to seeing what other emotions related to other-anger and self-anger, and shame and guilt, anger & self-anger correlated with disgust and frustration, whereas, shame & guilt correlated more with regret. Another interesting finding was that when subjects reported experiencing self-anger than any other emotion, it tends to happen when they were alone. The other three emotions, anger, shame, and guilt, are social emotions that involve people. The study describes when people experience anger at themselves involving other people, it is still in a private sense. An example they provide is if they waited too long to accept a job offer or not. The idea of private versus public was further explained in that shame is more a public emotion than guilt because there are situations, for example, missing the extra point in a football game that costed the end of the game with a loss by one – these are public situations that may inflict the emotion shame (aside from self-anger), reflect on self-agency negatively, but be in a public atmosphere.

Ellsworth & Tong (2006) state that other authors describe shame “as a response to negative evaluations of their global self and guilt as a response to negative evaluations of a particular behavior.” The authors showed interesting findings because the researchers tried to see if there was any other emotion that self-anger might be related to or resemble.

Because there is little data and research on the emotion self-anger, authors, Ellsworth & Tong (2006), provide some frame of reference of what self-anger may be compared to.

Of course, this article as a whole provides links of self-anger to shame and guilt as well as links self-anger to other-anger. However, this leaves more questions and potential routes for further research. There are no known research exploring the connection between self-anger and depressed behaviors. Depression, also known as major depressive disorder, defined in the Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM-5; American Psychiatric Association, 2013) is diagnosed by at least one major depressive episode in the absence of manic history. An episode involves a clinically significant change in how you feel, think, or act in a negative way. Depressed behaviors or symptoms is more than feeling sad or ‘feeling blue,’ it involves losing interest in hobbies one once enjoyed, changes in appetite (gaining or losing weight), trouble sleeping or having too much sleep, losing energy, feelings of hopelessness or pessimism, feeling frustrated or irritable, feeling worthless, helpless, or guilt, and have difficulty making decisions or concentrating on tasks (Nevid et al., 2014), (National Institute of Mental Health [NIH], 2021), (American Psychiatric Association, 2013).

The closest research related to anger and depression that is similar to the purpose of this study was exploring how depression-focused and anger-focused rumination was linked to depression. This study found that anger-focused and depression-focused rumination are linked. The concept of ruminating over negative thoughts and moods in this study was on the self, and how revisiting those thoughts and feelings can leave a negative effect on the sense of self – leading to shame at times. “Ruminating on negative self-cognitions is a key to the cognitive theory of depression” (Gilbert et al., 2005), and

this is important because ruminating over angry instances involves ruminating over angry memories, angry afterthoughts, and thoughts of revenge. This information, however, pertains to other-anger, not self-anger but would be rather interesting to find data on because self-anger, as seen in the previous articles, has connections to shame and guilt and involves feelings of wrongness.

Hypotheses

The purpose of this study was to determine characteristics and behaviors people have when they feel anger towards themselves. The aim of this study was to examine how the effects of action may correlate between anger towards one's self and depressed behaviors in terms of self-condemnation, holding themselves accountable, and other factors. There are three hypotheses in this study.

1. When people are angry at themselves, they are more self-condemning than condemning others and hold themselves accountable than hold others accountable.
2. When people are angry at themselves, they are more likely to do self-hitting or hit objects.
3. When people are angry at themselves, they are likely to express depressed behaviors.

METHODS

Participants

One hundred and sixty-nine participants were recruited and completed the study. One hundred thirteen participants were undergraduate students at St. John's University, and 5 were recruited from Amazon Mechanical Turk as MTurk workers. The remaining 51 were recruited from Instagram and Reddit by looking for accounts and forums that were mental health-related; Reddit forums included r/SurveyExchange and r/SampleSize.

The range of ages in this study was from 18-43 years old. 14.8% were 18-year-olds, 29.6% were 19 years old, and 16.6% were 20 years old; the rest were sporadic among the ages 21-43. The mean for age was 4.12, with an SD of 3.85. There were 65.7% females (111), 29.0% males (49), 1.2% transgender male (2), and 2.4% Nonbinary (4) who participated in this study. This study mostly included white/Caucasian ethnicity at 40.8% (69), then 15.4% Hispanic (26), 13.0% South Asian (22), 11.2% Black (19), 11.2% Other (19), 7.1% East Asian (12), and 0.6% Native American (1). The mean for ethnicity was 3.03, with an SD of 2.32.

The undergraduate students at St. John's University were recruited through St. John's SONA system, which allows undergraduate students to fill out an online survey administered in Qualtrics to receive class credit (0.5). The MTurk workers were recruited from Amazon Mechanical Turk that is a web-based recruiter. They were paid \$0.50 for completing the survey. The rest of the participants were given the URL to the online survey either on the forum posts for Reddit or Instagram story posts with a brief explanation of what the survey is about and entails. All participants were asked to take part in an online survey (made in Qualtrics) that asked questions related to feelings,

behaviors, and physiological symptoms of what it felt when they were angry at themselves and questions about their background. Participation in this study took 20-30 minutes to complete; the participants were given a consent form that explained all benefits and risk associated with participation.

This study was approved by the Institutional Review Board (IRB) at St. John's University, and all procedures were followed within ethical standards.

Measures

Anger at Self Survey. I developed this survey to assess the degree of anger a person experienced that was directed at them self. The survey was developed based on various other-anger and anxiety scales such as, Anger Disorders Short Form, Outcome of Anger Questionnaire, Beck Anxiety Inventory (BAI), State-Trait Anger Expression Inventory-2 (STAXI-2), and some specific items from Romantic Anger Scale and Cyber Aggression that related to anger in general. Participants are asked to think of an event when they were the angriest at themselves and that this experience as the referent to answer the majority of the questions. After that section, other items asked questions about anger at yourself in a general context, of how one feels angry at themselves and after they were angry at themselves.

Anger scales

The Anger Disorders Short Form (ADS-SF; DiGiuseppe & Tafrate, 2004) is an abbreviated version of the Anger Disorders Scale. It consists of 18 items, one from each ADS subscale. It produces a total score and three subscales; the Reactivity/Expression subscale includes items concerning anger provocations, physiological arousal, duration of anger problems, rumination, impulsivity, coercion, and verbal expression. The Anger-In

subscale includes hurt/social rejection, episode length, suspiciousness, resentment, tension reduction, and brooding. The Vengeance subscale includes items assessing revenge, physical aggression, relational aggression, passive aggression, and indirect aggression. The purpose of this test was designed to help practitioners identify clinically dysfunctional anger and decide individualized treatment plans. DiGiuseppe and Tafrate (2004) designed the ADS to analyze essential criteria needed for potential anger disorder diagnoses that would be considered in future versions of the Diagnostic and Statistical Manual (DSM). This test is for individuals 18 years and older to assess anger as a clinical problem and has problems with aggression, domestic violence, sexual assaults, substance abuse, and marital problems. This short form is designed for screening or as part of an intake assessment battery. The reliability is adequate for the short form but a bit low for the Anger-In subscale. The long-form scales have good psychometric elements. (Barnes & Lambert, 2007). For this study, the items for this scale were changed a bit to have it be phrased about self-anger and is renamed to Self-Anger Disorders Scale (SADS).

The Anger Management Outcome Questionnaire (AMOQ; DiGiuseppe et al., 2017; Charles et al., 2016) is the first measure to monitor progress for clients with anger management difficulties on a weekly basis. It consists of 24 items that help identify dysfunctional anger and helps form treatment plans. It was based on the model of disturbed anger and items from the Anger Disorder Scale (ADS; DiGiuseppe & Tafrate, 2004). This scale can be used in a group therapy setting or an individual therapy session.

The State-Trait Anger Expression Inventory-2 (STAXI-2; Spielberger, 1999) is a revised and expanded version of STAXI with 44-57 items. The purpose of this scale is to measure the experience, expression, and control of anger for adolescents and adults. This

consists of 6 scales (state anger, trait anger, anger expression in and out, and anger control in and out) and 5 subscales (state anger/feeling, state anger/verbal, state anger/physical, trait anger/temperament, and trait anger/ reaction) and an anger expression index. These responses are on a 4 point-Likert scale. Internal consistency reliability for this scale ranged from coefficients of .73 to .95 and from .73 and .93 for the subscales. There is no information about test-retest reliability in the manual. There is strong evidence for face validity and construct validity, but no information was reported on concurrent validity. (Freeman & Klecker, 2003).

Anxiety scale

Beck Anxiety Inventory (BAI; Beck & Steer, 1993) has 21 items that measure the severity of anxiety in adults and adolescents. This can be administered in group or individual therapy. Each item represents an anxiety symptom that is put on a severity 4-point Likert scale (0-3), ranging from not at all to severely. The internal consistency reliability coefficients are excellent, ranging from .85 to .94. The test-retest reliability data shows a coefficient of .75 over one week. Researcher support the validity in terms of content, concurrent, construct, discriminant, and factorial validity are all excellent. (Dowd & Walker, 1998).

Statistical Analysis

First, the various scales used in the online survey needed to be computed to gather their individual total scores: State Anger Total, Trait Anger Total, Anger Expression Total, and SADS Total. Then, frequencies, bivariate correlations, regressions, and a reliability test were done on various variables to see the outcome of the hypothesis which will be discussed further in the results section.

RESULTS

There were multiple frequency tables and histograms created to see how the participants scored on specific questions from the online survey. Participants were asked how frequently they become angry at themselves, how intense the emotion is, where, when, how long the emotion lasts, and lastly what other emotions are felt. These results appear in Tables 1 and 2. Half of the participants in this study reported that they become angry at themselves about once a month or less (52%), and reported intensity levels on a scale of 0-10 between 6 - 8 levels. The mean of frequency of self-anger was 2.65 with an SD of 2.42, and the mean of intensity of self-anger was 5.49 with an SD of 2.50. These two findings show the significance of how people can recognize and rate their level of self-anger but acknowledge that this emotion does occur. What results appear in Table 3 and 4, self-anger tends to occur mostly at home (59.2%) (mean = 1.97 with SD of 1.49), on the weekdays more than the weekends (mean = 3.48 with SD of 1.85), anywhere between noon and midnight (72%) (mean = 5.15 with SD of 1.71), and lasts for about anywhere from 5-10 minutes or about an hour (65.1%) (mean = 3.10 with SD of 1.97). The other emotions that were felt before participants felt angry with themselves during a specific anger-related incident were calm (37.9%), anxious (30.8%), or irritable/annoyed (26.0%) [Table 5]. It is important to note that for this question, participants were allowed to pick as many emotions as they felt during that specific incident.

In the online survey, a question asked about what physiological symptoms one felt during the angering event, and the frequency response was 'feeling warmer' (mean = 2.00), 'a change in breathing' (mean = 2.17), and 'felt heart beat faster/louder' (mean = 2.30). These specific symptoms are similar to the physiological symptoms people feel

when they are anxious, which is valid since many people did respond to feeling anxious when their angry experience occurred. Moving forward, there were questions about what made the participant angry at themselves, [Figure 3,4, and 5] and the most frequent responses came from 'I doubted myself,' (mean = 2.21), 'I got frustrated about things occurring in my life,' (mean 2.71), and 'I am unmotivated,' (mean = 2.23). These items factor towards feeling helpless and frustrated and show the irrational belief of self-downing, which all relate to showing depressive behaviors. There were some items that pertained to anxiety-prone thoughts or behaviors [Table 6] which had the most responses towards them thinking they let themselves down (mean = 2.55). Other responses that were high were about how they could not get the event out of their mind (mean = 2.15) and that they ruminated over the event (mean = 2.13). These statistics are important because they relate back to how self-rating, ruminating over negative thoughts about the self can be depressive behaviors. The anxiety of how they cannot get the event out of their minds, and they are constantly thinking of it can further prolong the state of them being angry at themselves – this can continue the thoughts of self-downing and condemning.

Correlations were conducted between most of the scales used in this survey: SADS and STAXI-2, which were divided into the subscales of the measure of the STAXI-2 (Trait anger, Anger expression In, Anger expression out, Control in, and Control out). From Table 7, calculating the Pearson's r for SADS and the Trait Anger portion of STAXI-2, the result was .720 with a $p < 0.001$. There was a significant correlation between anger at the self and the general tendencies to become angry, $r(160) = .720, p < 0.001$. SADS also positively correlated with Anger expression out, $r(160) =$

.599, $p < 0.001$, and with Anger Expression in, $r(160) = .487, p < 0.001$. All of the scales that correlated positively with SADS show that anger at the self is a frequent emotion aside from the common term people use of anger, which is usually being angry at someone or something else. With the significance in the variable 'anger expression in', this factors in how people tend to hold in or suppress their anger emotion, feel guilt, anxiety, sad, and blame themselves. With the significance in the variable 'anger expression out', this factors in how people may have poor control over their anger and may express outwardly to themselves by crying, cursing at themselves, lying in bed, not speaking, and distracting themselves, which was also the most frequent responses when looking at the question that discussed what the participants did or felt like doing after the anger incident occurred.

Correlation and multiple regression analyses were performed to examine the relationship between self-anger scale, SADS, and various potential predictors. The thought variables are the potential predictors, 'I thought I should not have done the thing that got me angry,' 'I am responsible for the bad event,' 'I can't stand that I do such things,' 'I am worthless person for making such a mistake,' 'I always make such mistakes,' 'the event that occurred was awful and terrible,' 'being angry with myself will not help me.' Table 7 summarizes the descriptive statistics and analysis results. As can be seen in the table, each of the thought variables positively correlated with SADS, more significantly correlated were the worthless person ($r(160) = .622, p < 0.001$) and mistake ($r(160) = .593, p < 0.001$) thought variables. This indicates that those with higher scores on these variables tend to have higher SADS scores which result in more self-anger. This support the hypothesis of self-condemning and holding accountability. Other variables

that correlated significantly and positively were ‘can’t stand’ with a Pearson’s r of .458 and ‘awful’ with a Pearson’s r of .447. Ultimately, these correlations show significance to how self-anger is related to self-condemnation because with items like ‘I always make such mistakes,’ that is overgeneralizing negatively about oneself. Thinking oneself is worthless, and they cannot stand the things they do are self-condemning and self-downing thoughts.

The multiple regression model with all thought variables as predictors produced, $R^2 = .487$, $F(7, 150) = 20.38$, $p < 0.001$. As can be seen in Table 7, the ‘worthless person’ and ‘always mistakes’ variables had significant positive regression weights, indicating participants with higher scores on these items were expected to have a higher score on SADS after controlling for the other variables in the model. The most unique variance involves ‘worthless person’ and ‘always mistakes,’ which means that overgeneralizing of all or nothing thinking and self-downing resonate the most to self-anger. The rest of the variables were too low to be significant and, therefore, did not contribute to the multiple regression model.

Another set of frequency tables were made to see what people did because they felt angry themselves. Table 8 shows that participants reported to lying in bed for the most part when they feel angry at themselves (65.7%) and want to be alone and not speak to anyone (56.8%). Among the rest, they distracted themselves from the situation or of feeling angry (53.3%), and all of these that were the highest and related to depressive behaviors which support the third hypothesis. These items also relate to what previous research found in how those who are angry with themselves tend to want to be alone and do not show this emotion in public spaces. Furthermore, this finding relates to how they

prefer to avoid the situation or distract themselves instead of reacting outwardly or being motivated to react.

The last correlation performed was to see if the self-anger scale and thought variables related to the acts done when angry at the self. This resulted in the action item, 'saying bad things about yourself' correlate the most with SADS and the two thought variables we found to have correlations earlier, 'worthless person' and 'always mistakes.' As since on Table 9, SADS significantly and positively correlates with the item 'saying bad things about self,' $r(158) = .576, p < 0.001$, as well as the item, 'cursing at self,' $r(158) = .478, p < 0.001$. The thought variable, 'worthless person,' correlated significantly and positively with the action item, 'saying bad things about self,' $r(164) = .483, p < 0.001$, and the thought variable, 'always mistakes,' correlated significantly and positively with the action item, 'saying bad things about self,' $r(164) = .455, p < 0.001$. In other words, when people are angry with themselves and think they are a worthless person for always making mistakes, they say bad things about themselves or continue to do so. These correlations continue to show that there are more actions and thoughts of self-condemnation and self-downing which supports the first hypothesis.

Lastly, a reliability test was done for the Self Anger Disorders Scales to measure its' internal consistency, seeing how close the set of items relate as a group. The Cronbach's Alpha coefficient is .913, which suggests that the things have relatively high internal consistency. This test was done because the Anger Disorders Scale – Short form was used for the online survey, but items were switched to that they were geared towards the emotion self-anger. This became a new scale, and for that, the reliability needed to be conducted.

DISCUSSION

In this work, analyzing how anger is related to self-anger and how the effects of action may relate between anger towards one's self and depressed behaviors were pursued.

Regarding the hypothesis, the data has shown that when people are angry at themselves, they are more self-condemning than condemning others, hold themselves accountable by ruminating, and are likely to express depressed behaviors. First, from the SADS, it is apparent that self-anger can be measured due to its highly reliability alpha coefficient, can be recognized as its own emotion, and does have a level of intensity. It was found that most of the items that significantly and positively correlated with SADS, were items that related to worthlessness, hopelessness, overgeneralizing, self-downing, self-condemning, avoidance, and sadness. These characteristics relate to many of the depressive behaviors, thoughts, and symptoms listed earlier from NIH and APA. Items like lying in bed, not speaking to anyone, and wanting to be alone, show that people who are angry with themselves want to avoid the situation, ruminate, and be alone. From previous research, Ellsworth and Tong discussed how self-anger people were far more likely than any other emotion to occur when people were alone. Other emotions like other-angry, guilt, and shame are all social emotions because they involve someone else. It was mentioned, that even when it concerns other people, those who feel angry at themselves are ruminating or condemning their actions and mistakes. Previous research mentioned how people who self-anger feel that they are in the wrong and feel no moral wrongness. This means they ruminate and feel worthless about their own mistakes they made and that this is their fault. The results of this study have some powerful similarities,

which indicate that self-anger is different from other-anger. Other-anger involves condemning of others all the time because angry people most of the time think they are in the right and that the other person needs to change or apologize. Other-anger gives that motivation to seek revenge or motivates people to achieve their goals whereas self-anger tends to stop the motivation and ruminate over the mistake or avoid it by distracting themselves. The correlations and regressions performed for SADS and the thought variables are immensely important for research because this brings out what thoughts people have when they are most angry with themselves. This can potentially help notify clinicians what thoughts and behaviors to look out for if someone is self-downing constantly. Self-downing involves beliefs that if one cannot attain or accomplish something, they think they are the worst – and holding such beliefs may very likely put themselves down because they then have such a high standard already. This will make people depressed, anxious, and shameful. Likely, a situation may occur where one made a mistake or was frustrated, but if that person was then angry with themselves, they could feel several emotions and thoughts as shown from the data. They may then have thoughts of feeling worthless for making a mistake. They may curse at themselves, and say other bad things about themselves. Self-condemning is the strongest difference between self-anger and other-anger because this thought or action is completely opposite to what other-anger entails.

This study, however, did not prove one portion of the hypothesis, in that self-anger does not relate to self-hitting or hitting an object. As appears in Table 8, those items have very few percentages compared to others. This small finding does not hinder the other revelations found because the strongest findings bring more weight to the fact

that self-condemning and experiencing depressed and anxious behaviors relate to self-anger. These correlations and regression outcomes can help bring further knowledge into the scientific field since this topic is fairly new. The simple fact that there is now data to weigh in on what time of week or day of the week is it more likely for individuals to experience being angry at themselves is very important. This study can lead to pathways of further research done to convey more answers.

Limitations and Confounds

There are some limitations and confounds in this study that need to be taken into account when looking at the data and overall study. The first limitation is the sample size of this study; there were 169 participants. However, there are items that not all participants chose to answer. Thus, it is included in the tables with a key, noting that some data may be missing a couple of responses. Aside from this, 169 is still a small sample size, and there were more females than males who participated in this study. If there was a bigger sample size, there would be a balance in genders. However, a pro to this finding can be that since past research lack results on female anger, this study can provide insight that there are females who display self-anger just as much as males do, it may be shown differently than other-anger. Understanding different forms of anger are very important in studies like this because females and males display anger in various ways. However, I don't believe if more males participated in this study, that the findings would drastically be different because males tend to express their anger reactively, whereas females report more verbal and instrumental aggression. Both forms of anger can be expressed in self-anger, in that reactively can be in the sense of displacing their mood of self-anger to some other activity to help them avoid the situation or instrumental

aggression in the sense that they will say bad things about themselves constantly. Another limitation is that there was no depression or anxiety scale used to see if there were any correlations between self-anger and mental illnesses, depression, and anxiety. However, as mentioned before, the various items that indicate depressed and anxious behaviors can still be used as anecdotal evidence because the items are traits of depressed and anxious tendencies. For example, the item, ‘did you think that you let yourself down,’ is talking about how one would view themselves because of a bad situation that occurred – and this thought is a negative one, which is also followed by the item, ‘did you ruminate over this event,’ which was also a frequent response reported. This item specifically talks about overthinking the situation and thinking about all the ways one could have changed the past. Ruminating over these events can lead people to self-condemn because they messed up and think they are terrible. Ruminating as shown from previous research has links to anger and depression and anger-focused rumination and depressed-focused rumination also have been linked together. Thus, it can be seen that this present study also discusses how self-anger-focused rumination is a concept and relates to being trapped in their heads over what cause them to be angry in the first place (Gilbert et al., 2005). Other examples like the mood frequency table [Table 5], lists anxious. This mood is frequently reported by participants even before the anger incident occurs. This notion indicates that they have something that boils inside of them, a thought or a behavior, something that happened or is about to happen, which gives them anxiety that soon leads them to feel angry at themselves. There are many other items in the survey [Appendix A] that relate to various depressed behaviors that ultimately show prevalence in self-anger.

There is one potential confound of import for this study. The confound is COVID-19. Recruiting participants occurred February 2021 which was a time particularly hard for individuals to get back to any sense of ‘normalcy’; emotions and physical health may change due to this world situation even if things were slowly getting better. People may feel frustrated, irritable, annoyed, or angry more frequently than pre-pandemic. People may also feel unmotivated, sad, helpless because the future has been unknown. Due to this, the routine of individuals has changed so much thus far due to the world’s situation that it can cause anger, irritation, frustration, and confusion, which can result in impacting one’s mental health – the data may or may not be accurate, but it is important to take note of this.

Further research can look into whether self-anger correlates with the clinical mental illness, major depression, using a scale for that variable. It would provide hard data on what my study only has anecdotal evidence on. Furthermore, the different forms of anger were mentioned before, so having a study that goes more in depth to discover what specific forms people display when being angry with themselves, can be very helpful to the psychology field. It would provide answers on how different genders continue to express their self-anger. Ultimately, this study was to educate and fill gaps of knowledge on the topic of self-anger, a new form of anger. Hopefully, this study can provide others to dive into this theory more and continue to broaden scientific and human knowledge.

In conclusion, there was a significant positive correlation between self-anger and self-condemnation and depressed behaviors. However, there was no strong correlation between self-anger and self-hitting or hitting of objects. This indicates that the angrier at

the self-one is, the more condemning they are to themselves, the more alone they want to be, and the more avoidant they become of the situation. This results in being unmotivated because they feel helpless, worthless, sad, and have self-downing beliefs. These traits are related to depressed behaviors and thoughts as well.

Table 1.

Frequencies and percentages of subjects frequency of anger at self.

Items	Frequency	Percent	
0 Never	12	7.1	Mean = 3.65 SD = 2.416
1 Rarely	20	11.8	
2 About once a month	31	18.3	
3 About once a month	25	14.8	
4 About once a week	19	11.2	
5 About once a week	23	13.6	
6 About several times a week	8	4.7	
7 About several times a week	11	6.5	
8 Almost everyday	10	5.9	
9 Almost everyday	4	2.4	
10 Several times a day	1	0.6	

Note: Items had 5 missing responses (N = 164).

Table 2

Frequencies and percentages of subjects intensity of anger at self.

Items	Frequency	Percent	
0 Very Mild	7	4.1	Mean = 5.49 SD = 2.498
1	4	2.4	
2	12	7.1	
3	17	10.1	
4	16	9.5	
5	16	9.5	
6	25	14.8	
7	35	20.7	
8	19	11.2	
9	8	4.7	
10 Very Intense – as angry as most people every become	7	4.1	

Note: Items had 3 missing responses (N = 166).

Table 3.

Frequencies and percentages of where anger at self occurred.

Items	Frequency	Percent	
At home	100	59.2	Mean = 1.97 SD = 1.487
At school	22	13.0	
At work	19	11.2	
At a social engagement	7	4.1	
While driving	10	5.9	
Other (for ex., "a friend's house")	8	4.7	

Note: Items had 3 missing responses (N = 166).

Table 4.

Frequencies and percentages of subjects' report day of week, time of day, and length of anger at self occurred.

Items	Frequency	Percent	
Monday ¹	33	19.5	Mean = 3.48 SD = 1.85
Tuesday ¹	24	14.2	
Wednesday ¹	27	16.0	
Thursday ¹	25	14.8	
Friday ¹	29	17.2	
Saturday ¹	15	8.9	
Sunday ¹	10	5.9	
Early in the morning ²	3	1.8	Mean = 5.15 SD = 1.71
Before 9 AM ²	2	1.2	
Between 9 AM and noon. ²	25	14.8	
Between noon and 3 PM. ²	37	21.9	
Between 3 PM and 6PM ²	29	17.2	
Between 6 PM and 9 PM ²	23	13.6	
Between 9 PM and midnight ²	32	18.9	
Late in the middle of the night ²	14	8.3	
About 5-10 minutes ³	42	24.9	Mean = 3.10 SD = 1.97
More than 10 minutes – to ½ hour ³	34	20.1	
More than ½ hour – to about one hour ³	34	20.1	
More than one hour – to about 2 hours ³	19	11.2	
Half a day ³	15	8.9	
One day ³	11	6.5	
More than 1 day – to about 2 days ³	5	3.0	
A week ³	3	1.8	
More than a week ³	3	1.8	

Note: ¹Item had 6 missing responses (N = 163).

Note: ²Item had 4 missing responses (N = 165).

Note: ³Item had 3 missing responses (N = 166).

Table 5.

Frequencies and percentages of subjects' mood before becoming angry with oneself.

Items	Frequency	Percent
Happy	31	18.3
Sad	28	16.6
Angry	19	11.2
Calm	64	37.9
Anxious	52	30.8
Bored	25	14.8
Irritable/Annoyed	44	26.0
Confident	9	5.3
Guilty	15	8.9
Shameful	16	9.5
Jealousy	8	4.7

Table 6.

Means, standard deviations, frequencies, and percentages for subjects' endorsement of cognitions when angry at oneself.

Variable	Mean	STD	Frequency	Percentage % (out of total)
Do you still get angry with yourself when thinking of this event?	2.04	.808	Not at all: 40 A little bit: 91 Moderately: 24 Very Much: 11	Not at all: 23.7% A little bit: 53.8% Moderately: 14.2% Very Much: 6.5%
Once angry with yourself, do you find that you cannot get the event out of your mind?	2.15	.951	Not at all: 47 A little bit: 64 Moderately: 38 Very Much: 17	Not at all: 27.8% A little bit: 37.9% Moderately: 22.5% Very Much: 10.1%
Did you think that you let yourself down?	2.55	1.115	Not at all: 39 A little bit: 40 Moderately: 44 Very Much: 43	Not at all: 23.1% A little bit: 23.7% Moderately: 26.0% Very Much: 25.4%
Did you think you deserve to be angry with yourself?	2.11	.979	Not at all: 55 A little bit: 54 Moderately: 41 Very Much: 16	Not at all: 32.5% A little bit: 32.0% Moderately: 24.3% Very Much: 9.5%
Did you ruminate over this event?	2.13	.986	Not at all: 52 A little bit: 60 Moderately: 35 Very Much: 19	Not at all: 30.8% A little bit: 35.5% Moderately: 20.7% Very Much: 11.2%

Note: Item had 3 missing responses (N = 166).

Table 7.

Summary statistics, correlations and results from regression analysis of SADS, Trait Anger, Anger Expression subscales, and thought variables

Variable	mean	STD	Correlation with SADS	Multiple regression weights ^a				Correlation Partial
				B	Beta	T Value	Sig.	
SADS ¹	39.23	13.2	-					
Trait Anger Total ²	18.50	5.93	.720**	-	-	-	-	-
Anger Expression In ³	2.67	.838	.487**	-	-	-	-	-
Anger Expression Out ²	2.03	.600	.599**	-	-	-	-	-
Control In ⁴	2.70	.673	-.166*	-	-	-	-	-
Control Out ³	2.82	.769	-.154	-	-	-	-	-
Anger Expression Total ⁵	63.10	11.16	.334**	-	-	-	-	-
Thought should not	2.45	.050	.254**	-.633	-.054	-.688	.493	-.056
Thought responsible	2.48	-.050	.301**	.127	.011	.129	.898	.011
Thought can't stand	2.33	.196	.458**	-.200	-.017	-.172	.864	-.014
Thought worthless person	1.70	1.082	.622**	4.784	.349	4.237	<.001	.327
Thought always mistakes	2.10	.576	.593**	3.796	.313	3.412	<.001	.268
Thought awful	1.90	.809	.447**	1.752	.132	1.847	.067	.149
Thought anger not helpful	2.70	-.201	.266**	1.885	.166	2.602	.010	.208

** Correlations is significant at the 0.01 level (2-tailed).

a Dependent Variable: SADS

Note: ¹Item had 9 missing responses (N = 160)

Note: ²Item had 8 missing responses (N = 161)

Note: ³Item had 6 missing responses (N = 163)

Note: ⁴Item had 7 missing responses (N = 162)

Note: ⁵Item had 10 missing responses (N = 159)

Table 8.

Frequency and percentages of subjects' actions when angry at self

Variable	Percentage % (out of total)
Hit myself ¹	10.1%
Curse at myself ¹	41.4%
Cry ²	43.8%
Lay in bed ¹	65.7%
Hit something (inanimate object) ¹	23.7%
Not speak to anyone; wanted to be alone ¹	56.8%
Act opposite of my angry feeling (e.g. joking, etc) ¹	32.5%
Said bad things about myself ¹	37.9%
Things to calm myself (deep breathing, etc) ¹	48.5%
Distracted myself to ignore the feeling ¹	53.3%

¹ Item had 5 missing responses (N = 164)

² Item had 9 missing responses (N = 160)

Table 9.

Summary statistics and correlations of SADS and thought variables with action/behavior variables

Variable	mean	STD	Correlation with SADS	Corre. w Hit Self	Corre. w Cry	Corre. w Lay in Bed	Corre. w Hit Object	Corre. w Not Speak	Corre. w Act Opp	Corre. w Say Bad Self	Corre. w Calm Self	Corre. w Distract Self
SADS	39.23	13.16	-	.303**	.246**	.347**	.355**	.339**	.184*	.576**	.125	.352**
Thought should not	2.45	.050	.254**	.164*	-.056	.204**	.073	.122	.012	.254**	-.034	.208**
Thought responsible	2.48	-.050	.301**	.135	-.023	.186*	.009	.055	.050	.260**	-.020	.197*
Thought can't stand	2.33	.196	.458**	.131	.034	.260**	.136	.119	.079	.310**	.060	.265**
Thought worthless person	1.70	1.082	.622**	.251**	.161*	.226**	.134	.182*	.077	.483**	.004	.182*
Thought always mistakes	2.10	.576	.593**	.226**	.085	.270**	.172*	.078	.082	.455**	-.017	.253**
Thought awful	1.90	.809	.447**	.120	.253**	.270**	.297**	.393**	.199*	.269**	.050	.262**
Thought anger not helpful	2.70	-.201	.266**	.123	.097	.155*	.197*	.120	.053	.091	.279**	.152

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Figure 1: Histogram of subjects report frequency of anger at self.

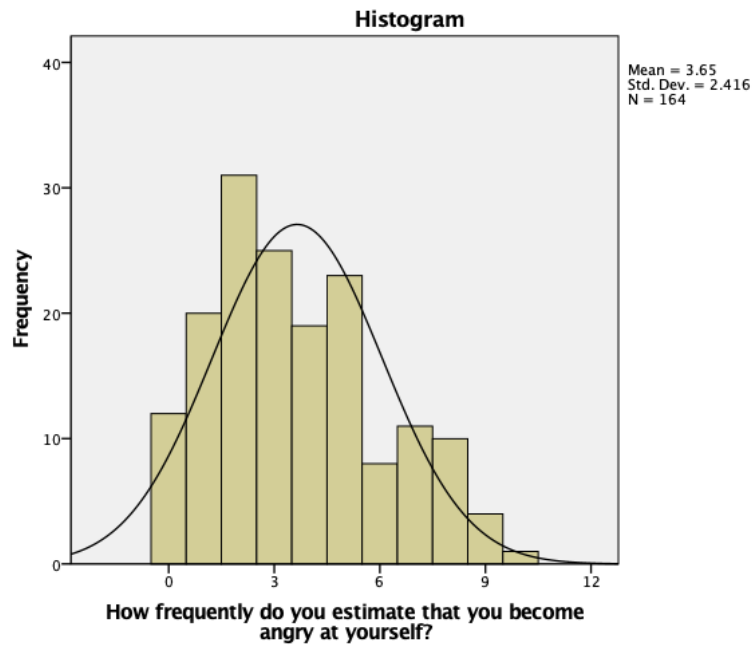


Figure 2: Histogram of subjects report intensity of anger at self.

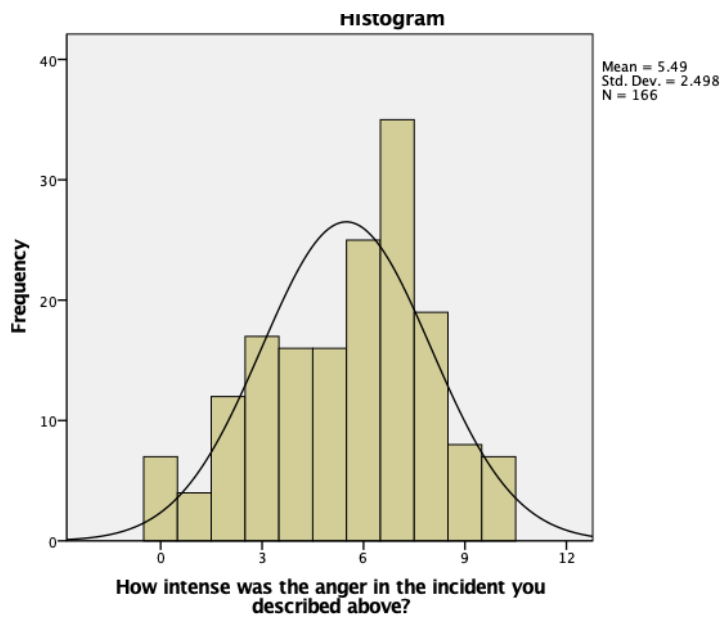


Figure 3: Histogram of what made subjects angry at themselves:
'I doubted myself.'

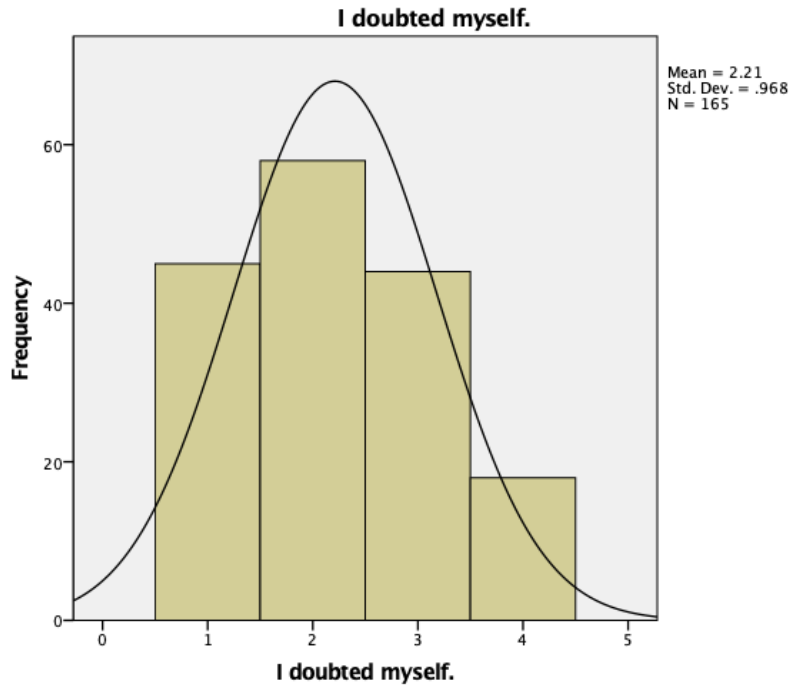


Figure 4: Histogram of what made subjects angry at themselves:
'I got frustrated about things occurring in my life.'

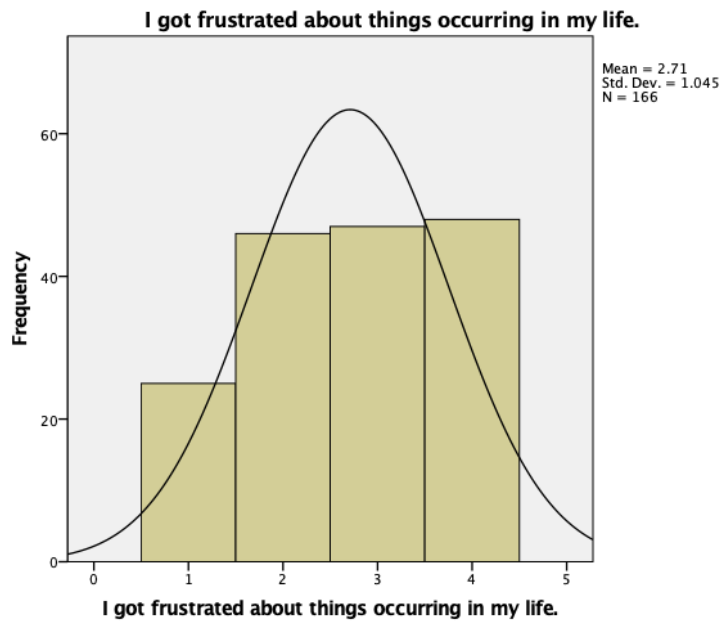


Figure 5: Histogram of what made subjects angry at themselves:
'I am unmotivated.'



APPENDIX

Appendix A: Online Qualtrics Survey with Consent Form.

Consent Form

You have been invited to take part in a research study to learn more about anger at yourself. This study will be conducted by Tasnova Ahmed, a graduate student with the help of mentor Dr. Raymond DiGiuseppe at St. John's University. If you agree to be in this study, you will be asked to do the following: 1) Complete a questionnaire about your background (age, gender, education, etc.) and 2) Complete more questionnaires related to experiences of anger at yourself.

Participation in this study will involve about 20-30 minutes of your time. There are no known risks associated with your participation in this research beyond those of everyday life. Although you will receive no direct benefits, this research may help the investigator understand the involvement of anger at the self. Confidentiality of your research records will be strictly maintained by keeping the information you provide anonymous, and restricting the access to information to the principle investigator.

Participation in this study is voluntary. You may refuse to participate or withdraw at any time without penalty. You have the right to skip or not answer any questions you prefer not to answer.

If there is anything about the study or your participation that is unclear or that you do not understand, if you have questions or wish to report a research-related problem, you may contact Dr. Raymond DiGiuseppe at digiuser@stjohns.edu or Tasnova Ahmed at tasnova.ahmed16@stjohns.edu. For questions about your rights as a research participant,

you may contact the University's Human Subjects Review Board at St. John's University at (718) 990-1440.

Yes, I would like to participate in this research study ____

No, I would not like to participate in this research study ____

If you are participating through the SONA system, please provide your 5-digit SONA ID. This will ensure that you receive credit for participating in this study. _____

Please tell us the following things about you.

1. Your age (in years) ____
2. Your gender
 - a. Male
 - b. Female
 - c. Transgender Male
 - d. Transgender Female
 - e. Nonbinary
 - f. Other _____
3. Your Ethnicity
 - a. White/Caucasian
 - b. Black or African Heritage
 - c. South Asian
 - d. East Asian
 - e. Hispanic
 - f. Native American/ First Nation/ Aboriginal
 - g. Pacific Islander
 - h. Other _____
4. Your marital status (please check one)
 - a. Married
 - b. Single
 - c. Divorced
 - d. Living Separately, but I am in a romantic relationship
 - e. Living with a Domestic/Romantic Partner
 - f. Other _____
5. Your level of education
 - a. No High School
 - b. Some High School
 - c. GED
 - d. High School Diploma
 - e. Some College
 - f. Junior College/Associates Degree
 - g. College Degree, Bachelor's

- h. Master's Degree
 - i. Doctoral, Law, or Professional Degree
6. Your Occupation _____
 7. Are you currently receiving any psychotherapy or counseling?
 - a. Yes, Individually
 - b. Yes, in a Group
 - c. No
 8. Are you currently in a drug or alcohol treatment program?
 - a. Yes
 - b. No
 9. Are you taking any psychotropic medication, that is, medication for emotional or behavioral problems?
 - a. Yes
 - b. No
 10. Has your physician, employer, or clergy recommended that you seek counseling for anger-related problems?
 - a. Yes
 - b. No
 11. Has your physician, employer, or clergy recommended that you seek counseling for depression-related problems?
 - a. Yes
 - b. No
 12. Has your physician suggested medication to help you cope with feeling uptight?
 - a. Yes
 - b. No
 13. Has your physician suggested medication to help you cope with feelings of depression?
 - a. Yes
 - b. No
 14. Have you lost jobs or business opportunities because of your anger at yourself?
 - a. Yes
 - b. No

When people are depressed, they feel unmotivated, have a lack of energy, or condemn themselves for their behaviors and traits, or condemn themselves for feeling sad and worthless. When people are angry with another person or about an event, they have strong and active feelings of displeasure against someone or something. We are trying to determine how people feel, think, and behave when they get angry at themselves.

Try to recall times when you became angry at yourself during the past week. Think of the differences between the situations in which you became angry at others instead of those in which you became angry at yourself. For example, you might become angry at someone for cancelling plans at the last minute, which would not make you be angry at yourself; and, of course, you might become angry at yourself if you forgot the plans you made, which would not involve anyone else. **This questionnaire asks about the experience of ANGER AT YOURSELF.**

Think of your **most intense experience of ANGER AT YOURSELF** during the past two weeks. What did you do, what did you feel in that moment, what were your thoughts?

(If you were not angry at all last week, please think of your most recent episode of anger before last week).

1. How frequently do you estimate that you become angry at yourself?

1 : : 3 : : 4 : 5 : 6 : : 8 : : 10
 Rarely about once about once about several almost several
 a month a week times a week everyday times a day

2. Briefly describe the **ANGRIEST** experience you had last two weeks. (even if that experience now seems rather unimportant, trivial, or even silly).

For the following questions on this page, circle a number from **1 to 10** that best matches your experience.

3. How **intense** was the anger in the incident you described above?

1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : 10
 Very Mild Very Intense – as angry as most people ever become

4. Sometimes, people report being "overwhelmed" or "overcome" by anger with yourself. How able were you to **control the outward expression** of your anger with yourself? This item reflects what you **did and said**.

1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : 10
 Completely in control of your actions Completely overcome: You could not help acting the way you did

5. How able were you to **control the inward experience** of your anger with yourself? This item reflects what you **thought and felt**.

1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : 10
 Completely in control of your thoughts and feelings Completely overcome: You could not help thinking and feeling the way you did

6 Where did your anger at yourself occur (or begin)?
 ___ At home ___ At school ___ At work ___ At a social engagement ___ While driving
 ___ Other (Please explain, for example, "a friend's house") _____

7 What day of the week did this event and emotion occur?

____ Monday, ____ Tuesday, ____ Wednesday, ____ Thursday, ____ Friday____,
Saturday____, Sunday____

- 8 What time of day did this emotion and event occur?
- Early in the morning
 - Before 9AM
 - Between 9AM and noon.
 - Between noon and 3PM.
 - Between 3pm and 6PM.
 - Between 6PM and 9PM.
 - Between 9PM and midnight.
 - Late in the middle of the night.
- 9 How would you describe your mood just before the incident? (Please check all the emotions that are true, below)
- Happy
 - Sad
 - Angry
 - Calm
 - Anxious
 - Bored
 - Irritable/annoyed
 - Confident
 - Guilty
 - Shameful
 - Jealousy
- 10 During your anger with yourself, did you experience any of the following? Check 1, 2, 3, or 4. (1 = Not at all, 2 = A little bit, 3 = Moderately, 4 = Very much).
- | | Not at all | A little | Moderately | Very Much |
|--|------------|----------|------------|-----------|
| A. Felt warmer | 1 | 2 | 3 | 4 |
| B. Felt a change in breathing | 1 | 2 | 3 | 4 |
| C. Cried | 1 | 2 | 3 | 4 |
| D. Felt arms and fists tighten | 1 | 2 | 3 | 4 |
| E. Felt your heart beat faster or louder | 1 | 2 | 3 | 4 |
| F. Felt shaky | 1 | 2 | 3 | 4 |
- 11 How long did your anger with yourself last? (Check the closest answer below)
- About 5-10 minutes
 - More than 10 minutes - to ½ hour
 - More than ½ hour - to about one hour
 - More than 1 hour - to about 2 hours
 - ½day
 - 1 day
 - More than 1 day – to about 2 days
 - More than 2 day
 - A week
 - More than a week
- 12 When you were angry with yourself, which of the following statements best matches your thoughts about the event that triggered your anger?
- It was an accident, but you should have been able to avoid it.
 - It was an accident and it was beyond your control.
 - It was an experience you wish never happened and wish to avoid.

_____ It was an experience that occurred when you were alone.

- 13 What made you angry with yourself? Read each statement and check 1, 2, 3, or 4 to rate how well it matches **what made you angry with yourself** (1 = Not at all, 2 = A little bit, 3 = Moderately, 4 = Very much).

	Not at all	A little	Moderately	Very Much
A. I doubted myself.	1	2	3	4
B. I got frustrated about things occurring in my life.	1	2	3	4
C. I embarrassed myself.	1	2	3	4
D. I forgot about plans I made with friends/family.	1	2	3	4
E. I did not finish a project/assignment on time.	1	2	3	4
F. I am unmotivated.	1	2	3	4
G. I did poorly on a project or task.	1	2	3	4
H. A friend or family member criticized me.	1	2	3	4
I. A friend or family member disappointed me.	1	2	3	4

For questions 14 through 18, Check 1, 2, 3 or 4 to indicate the best match for your experience.

	Not at all	A little	Moderately	Very Much
14 Do you still get angry with yourself when you think about this event?	1	2	3	4
15 Once angry with yourself, did you find that you could not get the event out of your mind?	1	2	3	4
16 Did you think that you let yourself down?	1	2	3	4
17 Did you think you deserve to be angry with yourself?	1	2	3	4
18 Did you ruminate over this event?	1	2	3	4

For questions 19 through 25, indicate how much you thought of the following statements. Check 1, 2, 3, or 4 to indicate the best match for your experience.

	Not at all	A little	Moderately	Very Much
19 I thought I should have no done the thing that got my angry.	1	2	3	4
20 I am responsible for the bad event.	1	2	3	4
21 I can't stand that I do such things.	1	2	3	4
22 I am a worthless person for making such a mistake.	1	2	3	4
23 I always make such mistakes.	1	2	3	4
24 The event that occurred was awful and terrible.	1	2	3	4
25 Being angry with myself will not help me.	1	2	3	4

- 26 **How did you experience other feelings about your own anger with yourself, shortly after it happened?** Check 1, 2, 3, or 4 to show how well each statement matches how you felt.

	Not at all	A little	Moderately	Very Much
A. I felt irritable.	1	2	3	4
B. I felt unhappy or gloomy.	1	2	3	4
C. I felt embarrassed.	1	2	3	4

D. I felt anxious, jittery, or nervous.	1	2	3	4
E. I felt calm.	1	2	3	4
F. I let my anger boil inside and did not show it.	1	2	3	4
G. I felt lonely.	1	2	3	4
H. I felt depressed.	1	2	3	4
I. I felt disappointed in myself.	1	2	3	4
J. I felt guilty.	1	2	3	4
K. I felt more angry with myself.	1	2	3	4

27 Below are several things that you may have ***felt like doing*** when you became angry with yourself. Check 1, 2, 3, or 4 for each to show if this is what you ***felt like doing***. Then below each question, please answer YES or NO to show if this was something you ***actually did***.

	Not at all	A little	Moderately	Very Much
A. I felt like hitting myself. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
B. I felt like cursing at myself. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
C. I felt like crying. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
D. I felt like lying in bed. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
E. I felt hitting something (inanimate object). <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
F. I felt like not speaking to anyone; wanting to be alone, to avoid the situation. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
G. I felt like acting the opposite of my angry feelings, such as being friendly, joking, etc. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
H. I felt like saying bad things about myself. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
I. I felt like doing things to calm myself, such as taking slow deep breaths, counting, etc. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4
J. I felt like ignoring the guilt and/or shame by distracting myself with books, TV shows, social media, videos, or movies. <i>Did you actually do this? YES__ NO__</i>	1	2	3	4

28 After becoming “angry with yourself”, people sometimes have “second thoughts” about what made them angry. For example, we may decide that the incident was actually funny, or was unimportant, or we realize that mistakes happen. Check any of the statements that matches your second thoughts.

I thought that “it was funny after all.”

I decided that “it really didn’t matter anymore.”

I reinterpreted my guilt/shame/frustration: “It wasn’t my fault,” or “It was just a mistake, nobody is perfect.”

You had other second thoughts (Please explain) _____

29 Which was the ***most important goal*** you wished to accomplish when you were angry at yourself? (Check one)

To get rid of my tense feeling.

- To increase my understanding of what happened.
- To help change my behavior (to act more positively).
- To teach myself a lesson so I would not do bad or dumb things again.

30 Overall, how much did you accomplish the goal checked as most important in Question 29?
(Check 1, 2, 3, or 4)

	Not at all	A little	Moderately	Very Much
I accomplished my goal...	1	2	3	4

31 Considering what caused your anger at yourself, the extent of your feelings, and everything that happened, do you believe that the **overall outcome** of this episode of anger was:

1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : 10

Bad for you
Not helpful
Negative

Good for you
Helpful
Positive

Please explain:

For questions 32 through 50, select the response that best describes you.

- 32 My anger towards myself has been a problem for me...
- A week or less or not at all
 - A month or less
 - About three months
 - About six months
 - A year or more
- 33 I have been so angry at myself that I became aware of my heart racing...
- Never or rarely
 - about once a month
 - about once a week
 - about several times a week
 - almost every day
- 34 I got angry at myself and lost control of my behavior
- never or rarely
 - about once a month
 - about once a week
 - about several times a week
 - almost every day
- 35 When I get angry, I yell or scream at myself
- never or rarely
 - about once a month
 - about once a week
 - about several times a week
 - almost every day
- 36 When I feel angry at myself, I boil inside, do not show it, and keep things in...
- never or rarely
 - about once a month
 - about once a week

- about several times a week
 almost every day
- 37 I get frustrated and angry at myself about...
 almost nothing
 only one thing in my life
 several things in my life
 many things
 almost everything
- 38 I get angry if I make myself look bad in front of others...
 never
 rarely
 occasionally
 often
 always
- 39 When I get angry at myself about something, I cannot get it out of my mind...
 never or rarely
 about once a month
 about once a week
 about several times a week
 almost every day
- 40 Even though I do not show it, my anger usually continues for...
 only a few minutes
 a few hours
 several days
 about a week
 a month or more
- 41 I feel shame/guilty/frustrated and condemn myself...
 never
 rarely
 occasionally
 often
 always
- 42 When I feel angry at myself, I just want to make the tension go away...
 not at all
 some of the time
 about half of the time
 most of the time
 every time
- 43 When I get angry at myself, I am likely to hit objects out of frustration...
 never or rarely
 about once a month
 about once a week
 about several times a week
 almost every day
- 44 When I am angry at myself, I am likely to curse at self out of frustration...
 never or rarely
 about once a month
 about once a week

- ___ about several times a week
___ almost every day
- 45 When I am angry at myself, I am likely to hit myself out of frustration...
___ never or rarely
___ about once a month
___ about once a week
___ about several times a week
___ almost every day
- 46 When I am angry at myself, I am likely to cry...
___ never or rarely
___ about once a month
___ about once a week
___ about several times a week
___ almost every day
- 47 When I am angry at myself, I have to condemn myself by making things harder as a punishment for myself...
___ never
___ once in my life
___ several times in my life
___ many times, in my life
___ almost every day in my life
- 48 When I am angry at myself, I try not to hang out with other people (friends/family) ...
___ never or rarely
___ about once a month
___ about once a week
___ about several times a week
___ almost every day
- 49 When I feel angry at myself, I want to punish myself...
___ not at all
___ some of the time
___ about half of the time
___ most of the time
___ every time
- 50 When I feel angry at myself, I have a lot of energy to yell at myself and hold myself accountable...
___ not at all
___ some of the time
___ about half of the time
___ most of the time
___ every time
- 51 There are a number of statements which people use to describe themselves below. Read each statement and indicate how you feel when you are angry at yourself by checking the appropriate box for each item.

	Not at all	A little	Moderately	Very Much
A. I am furious	1	2	3	4
B. I feel irritated	1	2	3	4
C. I feel angry	1	2	3	4
D. I feel like yelling at myself	1	2	3	4
E. I feel like breaking things	1	2	3	4

F. I am mad	1	2	3	4
G. I feel like banging on the table	1	2	3	4
H. I feel like hitting myself	1	2	3	4
I. I feel like swearing	1	2	3	4
J. I feel annoyed	1	2	3	4
K. I feel like cursing out loud	1	2	3	4
L. I feel like screaming	1	2	3	4
M. I feel like punishing myself	1	2	3	4
N. I feel like shouting out loud	1	2	3	4

52 There are some statements which people use to describe themselves below. Read each statement and indicate how you generally feel by checking the appropriate box for each item.

	Not at all	A little	Moderately	Very Much
A. I am quick tempered	1	2	3	4
B. I have a fiery temper	1	2	3	4
C. I am a hotheaded person	1	2	3	4
D. I get angry when I make mistakes	1	2	3	4
E. I feel annoyed at myself when not giving the most effort in a task	1	2	3	4
F. I say nasty things to myself when mad	1	2	3	4
G. I criticize myself in front of others and get furious with myself	1	2	3	4
H. I feel like hitting myself or something when frustrated	1	2	3	4
I. I feel infuriated when I finish a task but could have done better	1	2	3	4
J. I feel furious when I do a good job but still feel like I could have done better	1	2	3	4

53 There are some statements which people use to describe themselves below. Read each statement and indicate how you generally react or behave by checking the appropriate box for each item.

	Not at all	A little	Moderately	Very Much
A. I control my temper	1	2	3	4
B. I express my anger	1	2	3	4
C. I take a deep breath and relax	1	2	3	4
D. I keep things in	1	2	3	4
E. I am patient with others	1	2	3	4
F. I try to calm down as soon as possible	1	2	3	4
G. I pout or sulk	1	2	3	4
H. I control urges to express angry feelings	1	2	3	4
I. I lose my temper	1	2	3	4
J. I try to simmer down	1	2	3	4
K. I withdraw from people	1	2	3	4
L. I make sarcastic remarks to others	1	2	3	4
M. I try to sooth angry feelings	1	2	3	4
N. I boil inside but do not show it	1	2	3	4
O. I control my behavior	1	2	3	4
P. I do things like slam doors	1	2	3	4
Q. I argue with others	1	2	3	4
R. I reduce my anger as soon as possible	1	2	3	4
S. I am secretly quite critical of others	1	2	3	4
T. I try to be understanding	1	2	3	4
U. I strike out at whatever is infuriating	1	2	3	4
V. I do something relaxing to calm down	1	2	3	4
W. I say nasty things	1	2	3	4

X. I am angrier than willing to admit	1	2	3	4
Y. I try to relax	1	2	3	4
Z. I get irritated a great deal more than people are aware of	1	2	3	4

THANK YOU VERY MUCH FOR COMPLETING THIS QUESTIONNAIRE!

Appendix B: Recruitment Scripts

For Reddit and Instagram posts/forums:

Hello, my name is Tasnova Ahmed. I am a graduate student at St. John's University in the Psychology Department. I am conducting research on anger at the self, and I am inviting you to participate because you are in a forum/page related to mental health/anger management/depression.

Participation in this research includes taking a survey about experiences related to anger at yourself, which will take approximately 20-30 minutes. Participation in this study is voluntary. You may refuse to participate or withdraw at any time without penalty. You must be 18 years or older to participate. You have the right to skip or not answer any questions you prefer not to answer.

If you have any questions or would like to participate in the research, I can be reached at tasnova.ahmed16@stjohns.edu.

For SONA System at SJU:

Hello, my name is Tasnova Ahmed. I am a graduate student at St. John's University in the Psychology Department. I am conducting research on anger at the self, and I am inviting you to participate because you are in a psychology field that can help me understand the involvement of anger at the self. You will fill out a survey and be asked some questions about your background and experiences of anger at yourself. Participation

is completely voluntary. It will take around 30 minutes to complete and you will receive .5 credit for participating.

If you have any questions or would like to participate in the research, I can be reached at tasnova.ahmed16@stjohns.edu.

For emails:

Hello,

My name is Tasnova Ahmed. I am a graduate student at St. John's University in the Psychology Department. I am conducting research on anger at the self, and I am inviting you to participate because you can help me understand the involvement of anger at the self by taking this simple survey.

Participation in this research includes taking a survey about experiences related to anger at yourself, which will take approximately 20-30 minutes. Participation in this study is voluntary. You may refuse to participate or withdraw at any time without penalty. You must be 18 years or older to participate. You have the right to skip or not answer any questions you prefer not to answer.

If you have any questions or would like to participate in the research, I can be reached at this current email: tasnova.ahmed16@stjohns.edu.

https://stjohns.az1.qualtrics.com/jfe/form/SV_cA323CnuMnTpLyR

Regards,

Tasnova Ahmed

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