



# EMOTIONAL OUTBURST INVENTORY (EMO-I)

## Questions about your child's irritability and anger

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 1. How easy is it for him/her to get angry? (Please check the box of the ONE BEST answer)

- S/he is rarely irritable or angry.
- S/he is mostly reasonable but has days at a time where s/he is very touchy and gets very angry very easily.
- S/he rarely gets angry but when s/he does, the explosion is huge compared to the incident that provoked it.
- S/he has always been cranky and easily angered.

### 2. What causes him/her to get angry? (Please check ALL that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> S/he feels s/he is being criticized.        | <input type="checkbox"/> S/he can't handle change in routine.                                   |
| <input type="checkbox"/> S/he misunderstands what others are saying. | <input type="checkbox"/> S/he is frustrated because s/he can't do something (task or activity). |
| <input type="checkbox"/> Her/his demands must be met immediately.    | <input type="checkbox"/> S/he is hungry, tired, or pre-menstrual.                               |

### 3. Which of the following does your child usually do? (Please check ALL that apply)

	No	A little	A lot
Expresses anger in an appropriate way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Argues, whines or sulks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Becomes verbally insulting, swears, shouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Threatens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slams doors, punches walls, makes a mess, destroys property	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-mutilates, bangs head, or otherwise takes it out on self	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throws things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hits, kicks, bites, spits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Needs physical restraint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### (Please check the BEST RESPONSE to each question below)

#### 4. How often does a serious tantrum or outburst occur?

- Never     Rarely     Several times a month     Weekly     At least 3 times a week     Daily

#### 5. How long does a tantrum or outburst last?

- A few minutes     Up to 15 minutes     Up to half an hour     Up to an hour     Up to half a day

#### 6. Is your child angry or irritable between outbursts?

- Not at all     Sometimes     Often     Very often

#### 7. How does your child understand the outburst?

- Remorseful     Forgets or denies it     Blames others     Spiteful

#### 8. Where does your child have outbursts?

- At home/with parents     At school     Both home and school     Home, school, public \_\_\_\_\_

#### 9. What helps your child calm down?

Carlson, Silver and Klein, Stony Brook University, updated 2021