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Irritability Questionnaire

Please indicate how you have been feeling in the PAST WEEK, including today, by selecting the alternative that best corresponds to your experience for each of the following:

	Not at all	A little, or some of the time	Often	Most, or all of the time
1. I have been feeling bad				
2. I have been feeling ready to explode				
3. I have yelled at other				
4. I have been irritable when someone touched me.				
5. I have been easily flying off the handle				
6. It feels like there has been a cloud of anger over me				
7. I have been rather sensitive				
8. I have been quick to criticize others				
9. Noises seemed louder				
10. I have been getting annoyed with myself				
11. I have been so angry that I lost control				
12. There has been a flood of tension through my body				
13. I said nasty things to others that I did not mean				
14. It took very little for things to bother me.				