EMOTIONAL OUTBURST INVENTORY (EMO-I)

Questions about your child’s irritability and anger

1. HOW EASY IS IT FOR HIM/HER TO GET ANGRY? (Please circle the letter of the ONE BEST response)
   a. S/he is rarely irritable or angry
   b. S/he is mostly reasonable but has days at a time where s/he is very touchy and gets very angry very easily.
   c. S/he rarely gets angry but when s/he does, the explosion is huge compared to the incident that provoked it.
   d. S/he has always been cranky and easily angered.

2. WHAT CAUSES HIM/HER TO GET ANGRY? (Please circle ALL THAT APPLY)
   a. S/he feels s/he is being criticized
   b. S/he misunderstands what others are saying
   c. Her/his demands must be met immediately
   d. S/he can’t handle change in routine
   e. S/he is frustrated because s/he can’t do something (task or activity)
   f. S/he is hungry, tired, or pre-menstrual

3. WHICH OF THE FOLLOWING DOES YOUR CHILD USUALLY DO? (Please circle ALL THAT APPLY)
   a. Expresses anger in an appropriate way
   b. Argues, whines or sulks
   c. Becomes verbally insulting, swears, shouts
   d. Threatens
   e. Slams doors, punches walls, makes a mess, destroys property
   f. Self-mutilates, bangs head, or otherwise takes it out on self
   g. Throws things
   h. Hits, kicks, bites, spits
   i. Needs physical restraint

(please circle THE BEST RESPONSE to EACH QUESTION BELOW)

4. HOW OFTEN DOES A SERIOUS TANTRUM OR OUTBURST OCCUR?
   a. Never___  b. Rarely___ c. several times a month___
   d. Weekly____ e. at least 3 times/week___ f. Daily___

5. HOW LONG DOES A TANTRUM OR OUTBURST LAST?
   a. a few minutes ___  b. up to 15 minutes___ c. up to half an hour____  d. Up to an hour______  e. Up to half a day____

6. IS YOUR CHILD ANGRY OR IRRITABLE BETWEEN OUTBURSTS?
   a. Not at all____  b. Sometimes ____ c. often____
   d. very often____

7. HOW DOES YOUR CHILD UNDERSTAND THE OUTBURST?
   a. Remorseful____  b. Forgets or denies it____
   c. Blames others_____  d. Spiteful______

8. WHERE DOES YOUR CHILD HAVE OUTBURSTS?
   a. At home/with parents____ b. at school____
   c. Both home and school____ d. home, school, public____

WHAT HELPS YOUR CHILD CALM DOWN?________________________________________________
________________________________________________________________________________________

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