How often does your child display the following behavior traits?

	Never in past month	Rarely (Less than once per week)	Some (1–3) days of the week	Most (4–6) days of the week	Every day of the week	Many times each day
1. Have a temper tantrum, fall-out, or melt-down						
2. Stamp feet or hold breath during a temper tantrum, fall-out, or melt-down						
3. Have a temper tantrum, fall-out, or meltdown that lasted more than 5 minutes						
4. Keep on having a temper tantrum, fall-out, or melt-down, even when you tried to help him/her calm down						
5. Break or destroy things during a temper tantrum, fall-out, or melt-down						
6. Have a temper tantrum, fall-out, or melt-down until exhausted						
7. Hit, bite, or kick during a temper tantrum, fall-out, or melt-down						
8. Lose temper or have a tantrum with you or other parent						
9. Lose temper or have a tantrum with other adults (e.g., teacher, babysitter, family member)						
10. Lose temper or have a tantrum when frustrated, angry, or upset						
11. Lose temper or have a tantrum when tired, hungry, or sick						
12. Lose temper or have a tantrum to get something he or she wanted						
13. Lose temper or have a tantrum during daily routines, such as bedtime, mealtime, or getting dressed						
14. Lose temper or have a tantrum ‘out of the blue’ or for no reason - Anger regulation						
15. Become frustrated easily						
16. Yell angrily at someone						
17. Act irritable						
18. Have difficulty calming down when angry						
19. Have a short fuse (become angry quickly)						
20. Get extremely angry						
21. Have a hot or explosive temper						
22. Stay angry for a long time						

Understanding the results

Frequency of tantrum behavior	Behavior
1-3 days of the week	• Hit, bite, or kick during a tantrum • Stay angry for a long time
4-6 days of the week	• Stamp feet or hold breath during a temper tantrum, fall-out, or melt-down • Have a temper tantrum, fall-out, or meltdown that lasted more than 5 minutes • Keep on having a temper tantrum, fall-out, or melt-down, even when you tried to help him/her calm down • Break or destroy things during a temper tantrum, fall-out, or melt-down • Have a temper tantrum, fall-out, or melt-down until exhausted • Lose temper or have a tantrum with other adults (e.g., teacher, babysitter, family member) • Lose temper or have a tantrum during daily routines, such as bedtime, mealtime, or getting dressed • Lose temper or have a tantrum 'out of the blue' or for no reason - Anger regulation • Become frustrated easily • Yell angrily at someone • Act irritably • Have difficulty calming down when angry • Have a short fuse (become angry quickly) • Get extremely angry • Have a hot or explosive temper
Every day, or many times each day	• Have a temper tantrum, fall-out, or melt-down • Lose temper or have a tantrum with you or other parent • Lose temper or have a tantrum when frustrated, angry or upset • Lose temper or have a tantrum when tired, hungry, or sick • Lose temper or have a tantrum to get something he or she wanted

Source: