

Affective Control Scale (ACS)

Identifier

Date

Please select a number between '1' and '7' to indicate how much you agree with each of the statements below. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

- 1 = Very strongly disagree
- 2 = Strongly disagree
- 3 = Disagree
- 4 = Neutral
- 5 = Agree
- 6 = Strongly agree
- 7 = Very strongly agree

1 I am concerned that I will say things I'll regret when I get angry

2 I can get too carried away when I am really happy

3 Depression could really take me over, so it is important to fight off sad feelings

4 If I get depressed, I am quite sure that I'll bounce right back

5 I get so rattled when I am nervous that I cannot think clearly

6 Being filled with joy sounds great, but I am concerned that I could lose control over my actions if I get too excited

7 It scares me when I feel 'shaky' (trembling)

8 I am afraid that I will hurt someone if I get really furious

9 I feel comfortable that I can control my level of anxiety

10 Having an orgasm is scary for me because I am afraid of losing control

11 If people were to find out how angry I sometimes feel, the consequences might be pretty bad

12 When I feel good, I let myself go and enjoy it to the fullest

13 I am afraid that I could go into a depression that would wipe me out

14 When I feel really happy, I go overboard, so I don't like getting overly ecstatic

15 When I get nervous, I think that I am going to go crazy

16 I feel very comfortable in expressing angry feelings

17 I am able to prevent myself from becoming overly anxious

18 No matter how happy I become, I keep my feet firmly on the ground

19 I am afraid that I might try to hurt myself if I get too depressed

20 It scares me when I am nervous

21 Being nervous isn't pleasant, but I can handle it

22 I love feeling excited - it is a great feeling

23 I worry about losing self-control when I am on cloud nine

24 There is nothing I can do to stop anxiety once it has started

25 When I start feeling 'down,' I think I might let the sadness go too far

26 Once I get nervous, I think that my anxiety might get out of hand

27 Being depressed is not so bad because I know it will soon pass

28 I would be embarrassed to death if I lost my temper
in front of other people

29 When I get 'the blues,' I worry that they will pull me
down too far

30 When I get angry, I don't particularly worry about losing
my temper

31 Whether I am happy or not, my self-control stays about
the same

32 When I get really excited about something, I worry that
my enthusiasm will get out of hand

33 When I get nervous, I feel as if I am going to scream

34 I get nervous about being angry because I am afraid I will
go too far, and I'll regret it later

35 I am afraid that I will babble or talk funny when I am
nervous

36 Getting really ecstatic about something is a problem for
me because sometimes being too happy clouds my judgment

37 Depression is scary to me - I am afraid that I could get
depressed and never recover

38 I don't really mind feeling nervous; I know it's just a
passing thing

39 I am afraid that letting myself feel really angry about
something could lead me into an unending rage

40 When I get nervous, I am afraid that I will act foolish

41 I am afraid that I'll do something dumb if I get carried
away with happiness

42 I think my judgment suffers when I get really happy

See next page for results ...

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Anger

Depressed mood

Anxiety

Positive affect

Total

	Normative data (college student sample)				
	Mean	SD	Min	Max	n
Overall scale	3.37	0.78	1.57	6.40	66
Overall scale minus anxiety	3.32	0.79	1.59	6.48	68
Anger	3.73	0.86	1.75	6.75	77
Depressed	3.19	1.22	1.00	6.75	74
Anxiety	3.51	0.84	1.54	6.23	76
Positive	3.14	0.76	1.54	6.15	71

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

The Affective Control Scale, Williams & Chambless (1992).