

Mott Poll Questions



Anger Management

The following questions were answered by parents with children age 6-12 years old.

Q1. Where have you gotten information or advice on how to help your child learn to deal with anger or frustration? *Select all that apply.*

1. Healthcare provider
2. School staff (teachers, counselors)
3. Mental health provider or counselor
4. Family or friends
5. Parenting class
6. Outside resources (books, magazines, social media, internet)
7. NA – have not gotten information or advice

Q2. What strategies have you encouraged your [x]-year-old child to try when they get angry or frustrated? *Select all that apply.*

1. Cool-off (count to 10, deep breathing)
2. Positive imagery / calm or happy place
3. Phrases they can say to themselves (“I can do it”; “it will be OK”)
4. Talk about cause of anger
5. Physical outlet (rip paper, squeeze something, run around)
6. Time-out / move away from other people
7. NA – have not tried any strategies

Q3. What strategies have you tried to help your [x]-year-old child **avoid** getting angry or frustrated? *Select all that apply.*

1. Make sure they get enough sleep
2. Avoid overscheduling
3. Help identify and avoid triggers
4. Make sure they get enough exercise
5. Practice meditation / prayer / mindfulness
6. Punish for angry outbursts / reward for handling it well
7. NA – have not tried any strategies

Q4. Compared to other children the same age, does your [x]-year-old child get angry:

1. More often than other kids
2. Less often than other kids
3. About the same

Q5. Rate your agreement on the following.

| | Strongly agree | Somewhat agree | Disagree |
|---|----------------|----------------|----------|
| a. My [x]-year-old child has gotten better at managing anger as they've gotten older. | | | |
| b. Sometimes I set a bad example of how to manage anger. | | | |
| c. I know how to help my child manage their anger. | | | |
| d. I worry that my child's anger will cause problems for them. | | | |

Q6. In the past year, has your [x]-year-old child had any negative consequences happen when angry? *Select all that apply.*

1. Broke an object
2. Hurt themselves or others
3. Got in trouble at school
4. Had problems with friends
5. None of the above

Q7. Rate your agreement on the following.

My [x]-year-old child's school:

| | Agree | Disagree | Unsure |
|---|-------|----------|--------|
| a. has teachers or counselors who help children learn to manage their anger | | | |
| b. provides information for parents in helping children learn to manage their anger | | | |

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**C.S. Mott Children's Hospital
National Poll on Children's Health**

Co-Director: Sarah J. Clark, MPH
 Co-Director: Susan J. Woolford, MD, MPH
 Poll Manager: Sara L. Schultz, MPS
 Data Analyst: Acham Gebremariam, MS
 Student Research Assistant: Leah Beel
 Contact: <https://MottPoll.org>
 X (Formerly Twitter): @CSMottPoll