



World Conference on Psychology and Sociology 2012

Psychometric Properties of Farsi Version of the Spielberger's State-Trait Anger Expression Inventory-2 (FSTAXI-2)

Mohammad Khodayarifard ^{a*}, Charles D. Spielberger ^b, Masoud Gholamali Lavasani ^a,
Saced Akbari Zardkhaneh ^a

^a University of Tehran, Tehran, Iran

^b University of South Florida, USA

Abstract

The present study examines the psychometric properties of the Farsi version of Spielberger's (1988) State-Trait Anger Expression Inventory (STAXI-2) for Iranian university students. 1140 students were selected from Tehran University, and Spielberger's State-Trait Anger Expression Inventory-2 with one of the five instruments were completed by them. These instruments consisted of Multi-dimensional Anger Inventory (MAI; Siegel, 1986), Over-controlled Hostility Scale (O-H; Megurjee, Cook, & Mendelson Bortner, 1976) Oxford Happiness Inventory (OHI; Argyle, 1998), Emotional Intelligence (FEIS- 41; Besharat, 2007) and NEO-Five Factor Inventory (NEO- PI; Mc Cera & Costa, 1999). The results showed a significant relation between STAXI-2 and its subscales, and the majority of scores on parallel instruments. Factor analysis indicated the existence of multi-factorial model that consistent with the original structure. According to the findings, STAXI-2 has a reasonable reliability, internal consistency, and construct, content, concurrent, convergent, divergent and discriminant validity. Therefore, this tool can be used in research and clinical settings.

© 2013 The Authors. Published by Elsevier Ltd.

Selection and peer review under the responsibility of Prof. Dr. Kobus Maree, University of Pretoria, South Africa.

Keywords: State-trait Anger, Anger Expression, Anger Control, PSTAXI-2, Reliability, Validity.

1. Introduction

Anger is a strong emotion which can be triggered in many ways and may affect various mental and physical dimensions. Assessing this emotion and providing timely and meaningful feedback will also enhance awareness and understanding of a person's feelings, and helps individual to recognize and cope more effectively with their emotion (Spielberger & Reheiser, 2009). In other hand, measuring this psychological sign is of critical importance in diagnosis, and can facilitate treatment by directly linking intense emotions to the events that give rise to them. Therefore careful assessment of the experience, expression, and control of anger is essential in psychological diagnosis and treatment planning (Crane, 1981).

* Corresponding author: Mohammad Khodayari Faridd. Tel.: +98-21-88275696
E-mail address: Khodayar@ut.ac.ir

In order to investigate discriminant validity, the Emotional Intelligence Inventory was used. The results show that individuals with low emotional intelligence experience higher state anger and trait anger as compared to individuals with high emotional intelligence, and that they have greater tendency to express internal and external anger. However, individuals with higher emotional intelligence are more successful in controlling their anger, either internal or external, and are more adaptive. These findings are in line with those obtained by Braak Kot, Mayer and Varner (2004), Ramazani and Abdollahi (2006).

The five factor personality inventory was used to obtain further evidence of the construct validity. According to previous findings, some of the elements such as conscientiousness, agreeableness and openness hold a reverse relationship with anger, whereas other elements such as neuroticism have a direct relation with it (Schmithz & Boesk, 2007). As for the relationship between anger and neuroticism, the findings of the present study are in line with those of previous ones, meaning that a direct relationship is observed between state anger and expression of internal anger, and neuroticism in the female group. This did not however apply to the male group. The findings also showed significant relationship between openness, agreeableness, conscientiousness, and anger. State anger, trait anger, and expression of internal and external anger stand in a reverse relationship with the three elements, namely openness, agreeableness, and conscientiousness, and yet have a direct relationship with controlling internal and external anger.

Another way to check construct validity is factor analysis. In the present study, the results of factor analysis showed that in each section of the State-Trait Anger Inventory the number of extracted factors was equal to the number of specified subscales identified by the test developer. These results were in line with Spielberger's (2009).

A review of all the analyses shows that in most cases the research findings confirm the adequacy of the State-Trait Anger Inventory for assessing anger. Therefore, based on this, it can be concluded that, firstly, Spielberger's State-Trait Anger Inventory has high internal consistency, and accordingly adequate validity, and that secondly, the inventory possesses adequate content, criterion, convergent, divergent, discriminant and construct validity. The Inventory can therefore be used as a reliable and valid instrument for assessing experience, expression, and control of anger in clinical researches and activities.

References

- Alipour, A., Nourbala, A. A., Ezhezi, J., & Motieian, H. (1999). Happiness and immune system. *Journal of Ravanshensi*, 3. (in Farsi).
- Besharat, M. A. (2007). Psychometric properties of Farsi version of the Emotional Intelligence Scale-41 (FEIS-41). *Personality and Individual Differences*, 43(5), 991-1000.
- Carr, A. (2004). *Positive psychology*. London: Routledge.
- Crane, R. S. (1981). The role of anger 'hostility' and aggression in essential hyper tension. *Dissertation Abstracts International* 42, 2982-B.
- Dahlen, E. R., & Deffenbacher, J. L. (2001). *Anger management: Empirically supported cognitive therapies, current status and future promise*. New York.
- Mokhtari, F. (2001). *Preliminary normalization of Spielberger's State-Trait Anger Expression Inventory - 2 (STAXI-2)*. Submitted for the M.A. degree in psychology. Tarbiat-e-Moalem University, Iran.
- Novaco, R. (1975). *Anger control: The development and evaluation of an experimental treatment*. Lexington, MA: Lexington Books / D. C. Heath.
- Ramazani, V., & Abdollahi, M. H. (2006). The study of relationship between emotional intelligence and control and expression of anger. *Journal of Ravanshensi*, 1, 66 - 83. (in Farsi).
- Siegel, J. M. (1986). The multidimensional anger inventory. *Journal of Personality and social psychology*, 51, 191-200.
- Spielberger, C., & Reheiser, E. (2009). Assessment of emotions: Anxiety, anger, depression, and curiosity. *Applied psychology: Health and well being*, 1(3), 271-302.