

## Aggression Questionnaire (Buss & Perry, 1992)

### Instructions:

Using the 5 point scale shown below, indicate how uncharacteristic or characteristic each of the following statements is in describing you. Place your rating in the box to the right of the statement.

- 1 = extremely uncharacteristic of me
- 2 = somewhat uncharacteristic of me
- 3 = neither uncharacteristic nor characteristic of me
- 4 = somewhat characteristic of me
- 5 = extremely characteristic of me

- |      |   |                          |    |
|------|---|--------------------------|----|
| 1.   | Some of my friends think I am a hothead                             | <input type="checkbox"/> | A  |
| 2.   | If I have to resort to violence to protect my rights, I will.       | <input type="checkbox"/> | PA |
| 3.   | When people are especially nice to me, I wonder what they want.     | <input type="checkbox"/> | H  |
| 4.   | I tell my friends openly when I disagree with them.                 | <input type="checkbox"/> | VA |
| 5.   | I have become so mad that I have broken things.                     | <input type="checkbox"/> | PA |
| 6.   | I can't help getting into arguments when people disagree with me.   | <input type="checkbox"/> | VA |
| 7.   | I wonder why sometimes I feel so bitter about things.               | <input type="checkbox"/> | H  |
| 8.   | Once in a while, I can't control the urge to strike another person. | <input type="checkbox"/> | PA |
| 9.*  | I am an even-tempered person.                                       | <input type="checkbox"/> | A  |
| 10.  | I am suspicious of overly friendly strangers.                       | <input type="checkbox"/> | H  |
| 11.  | I have threatened people I know.                                    | <input type="checkbox"/> | PA |
| 12.  | I flare up quickly but get over it quickly.                         | <input type="checkbox"/> | A  |
| 13.  | Given enough provocation, I may hit another person.                 | <input type="checkbox"/> | PA |
| 14.  | When people annoy me, I may tell them what I think of them.         | <input type="checkbox"/> | VA |
| 15.  | I am sometimes eaten up with jealousy.                              | <input type="checkbox"/> | H  |
| 16.* | I can think of no good reason for ever hitting a person.            | <input type="checkbox"/> | PA |
| 17.  | At times I feel I have gotten a raw deal out of life.               | <input type="checkbox"/> | H  |
| 18.  | I have trouble controlling my temper.                               | <input type="checkbox"/> | A  |
| 19.  | When frustrated, I let my irritation show.                          | <input type="checkbox"/> | A  |
| 20.  | I sometimes feel that people are laughing at me behind my back.     | <input type="checkbox"/> | H  |
| 21.  | I often find myself disagreeing with people.                        | <input type="checkbox"/> | VA |
| 22.  | If somebody hits me, I hit back.                                    | <input type="checkbox"/> | PA |
| 23.  | I sometimes feel like a powder keg ready to explode.                | <input type="checkbox"/> | A  |
| 24.  | Other people always seem to get the breaks.                         | <input type="checkbox"/> | H  |
| 25.  | There are people who pushed me so far that we came to blows.        | <input type="checkbox"/> | PA |

- |     |  |                          |    |
|-----|--|--------------------------|----|
| 26. | I know that “friends” talk about me behind my back.      | <input type="checkbox"/> | H  |
| 27. | My friends say that I’m somewhat argumentative.          | <input type="checkbox"/> | VA |
| 28. | Sometimes I fly off the handle for no good reason.       | <input type="checkbox"/> | A  |
| 29. | I get into fights a little more than the average person. | <input type="checkbox"/> | PA |

### Scoring

The two questions with the asterisk are reverse scored.

The Aggression scale consists of 4 factors, Physical Aggression (PA), Verbal Aggression (VA), Anger (A) and Hostility (H). The total score for Aggression is the sum of the factor scores.

### References

Buss, A.H., & Perry, M. (1992). The Aggression Questionnaire. *Journal of Personality and Social Psychology*, 63, 452-459.