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