

THE AGGRESSION QUESTIONNAIRE

Rate each of the following items in terms of how characteristic they are of you. Use the following scale:

| | | | | |
|--|---|---|---|--------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| Extremely uncharacteristic of me | | | | Extremely characteristic of me |

Aggression Factor I

- _____ 1. Once in a while, I can't control the urge to strike another person.
- _____ 2. Given enough provocation, I may hit another person.
- _____ 3. If someone hits me, I hot back.
- _____ 4. I get into fights a little more than the average person.
- _____ 5. If I have to resort to violence to protect my rights, I will.
- _____ 6. There are people who pushed me so far that we came to blows.
- _____ 7. I can think of no good reason for ever hitting a person.*
- _____ 8. I have threatened people I know.
- _____ 9. I have become so mad that I have broken things.

- _____ **Total** (*Reverse rating 1 = 5, 2 = 4, 3 = 3. 4 = 2, 5 = 1)

Aggression Factor II

- _____ 1. I tell my friends openly when I disagree with them.
- _____ 2. I often find myself disagreeing with people.
- _____ 3. When people annoy me, I may tell them what I think of them.
- _____ 4. I can't help getting into arguments when people disagree with me.
- _____ 5. My friends say that I'm somewhat argumentative.

- _____ **Total**

Rate each of the following items in terms of how characteristic they are of you. Use the following scale:

| | | | | |
|--|---|---|---|--------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| Extremely uncharacteristic of me | | | | Extremely characteristic of me |

Aggression Factor III

- _____ 1. I flare up quickly but get over it quickly.
 - _____ 2. When frustrated, I let my irritation show.
 - _____ 3. I sometimes feel like a powder keg ready to explode.
 - _____ 4. I am an even-tempered person.*
 - _____ 5. Some of my friends think I'm a hothead.
 - _____ 6. Sometimes I fly off the handle for no good reason.
 - _____ 7. I have trouble controlling my temper.
- _____ **Total** (*Reverse rating 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1)

Aggression Factor IV

- _____ 1. I am sometimes eaten up with jealousy.
 - _____ 2. At times I feel I have gotten a raw deal out of life.
 - _____ 3. Other people always seem to get the breaks.
 - _____ 4. I wonder why sometimes I feel so bitter about things.
 - _____ 5. I know that "friends" talk about me behind my back.
 - _____ 6. I am suspicious of overly friendly strangers.
 - _____ 7. I sometimes feel that people are laughing at me behind my back.
 - _____ 8. When people are especially nice, I wonder what they want.
- _____ **Total**

TALLY SHEET

Gender:

_____Male

_____Female

| TOTAL SCORE FOR EACH FACTOR | | | | |
|------------------------------------|-----------|------------|-----------|--------------------|
| I | II | III | IV | TOTAL SCORE |
| | | | | |

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

ABSTRACT

A new questionnaire on aggression was constructed. Replicated factor analyses yielded 4 scales: {Physical Aggression, Verbal Aggression, Anger and Hostility. Correlational analysis revealed that anger is the bridge between both physical and verbal aggression and hostility. The scales showed internal consistency and stability over time.

Men scored slightly higher on Verbal Aggression and Hostility and much higher on Physical Aggression. There was no sex difference for Anger (Table).

The various scales correlated differently with various personality traits. Scale scores correlated with peer nominations of the various kinds of aggression. These findings suggest the need to assess not only overall aggression but also its individual components.

TABLE

| MEANS FOR THE AGGRESSION QUESTIONNAIRE | | | | |
|---|---------------------------|--------------|------------------------------|----------------|
| | Males (n= 612) | Males | Females (n = 641) | Females |
| Physical Aggression (I) | 24.3 | | 17.9 | |
| Verbal Aggression (II) | 15.2 | | 13.5 | |
| Anger (III) | 17.0 | | 16.7 | |
| Hostility (IV) | 21.3 | | 20.2 | |
| TOTAL | 77.8 | | 68.2 | |