

Buss-Perry Aggression Questionnaire (BPAQ)

Name: _____ Date: _____

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

ITEM	(1) Extremely Uncharac- teristic	(2) Somewhat Uncharac- teristic	(3) Neither Uncharacteristic Nor Charac- teristic	(4) Somewhat Charac- teristic	(5) Extremely Charac- teristic
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.	☐	☐	☐	☐	☐
27. My friends say that I'm somewhat argumentative.	☐	☐	☐	☐	☐
28. Sometimes I fly off the handle for no good reason.	☐	☐	☐	☐	☐
29. I get into fights a little more than the average person.	☐	☐	☐	☐	☐

TOTAL SCORE:

Scoring and interpretation

The BPAQ consists of four subscales, each comprising a specific set of items related to different aspects of aggression:

1. Physical Aggression Subscale (Items 1-9): This subscale measures tendencies towards physically aggressive behaviors, such as hitting, pushing, or physically harming others.
2. Verbal Aggression Subscale (Items 10-14): This subscale assesses inclinations towards using aggressive language, including insults, threats, or verbally abusive behavior.
3. Anger Subscale (Items 15-21): This subscale gauges the intensity and frequency of feelings of anger and irritability.
4. Hostility Subscale (Items 22-29): This subscale evaluates overall negative attitudes and hostility towards others.

To calculate the scores for each scale, respondents rate their agreement or disagreement with each item. The scores for items 7 and 18 are reverse-scored, as they are worded in the opposite direction to aggression.

To get the total score for aggression, the individual scale scores are added together. Higher total scores indicate a higher level of aggressive behavior in the individual being assessed.

Additional Notes

Reference

Buss, A. H., & Perry, M. (1992). The Aggression Questionnaire. *Journal of Personality and Social Psychology*, 63(3), 452–459. <https://doi.org/10.1037/0022-3514.63.3.452>