

**TABLE 13.3** Buss-Perry Aggression Scale

The following statements describe a variety of feelings, behaviors, and beliefs. Please indicate the extent to which each statement is characteristic of you, using the following scale as your guide: 0 (extremely uncharacteristic) to 5 (extremely characteristic).

1. Some of my friends think I am a hothead	0	1	2	3	4	5	Anger
2. I flare up quickly but get over it quickly.	0	1	2	3	4	5	Anger
3. I have trouble controlling my temper.	0	1	2	3	4	5	Anger
4. When frustrated, I let my irritation show.	0	1	2	3	4	5	Anger
5. I sometimes feel like a powder keg ready to explode.	0	1	2	3	4	5	Anger
6. Sometimes I fly off the handle for no good reason.	0	1	2	3	4	5	Anger
7. <u>I am an even-tempered person.</u>	0	1	2	2	4	5	Anger
8. When people are especially nice to me, I wonder what they want.	0	1	2	3	4	5	Hostility
9. I wonder why sometimes I feel so bitter about things.	0	1	2	3	4	5	Hostility
10. I am suspicious of overly friendly strangers.	0	1	2	3	4	5	Hostility
11. I am sometimes eaten up with jealousy.	0	1	2	3	4	5	Hostility
12. At times I feel I have gotten a raw deal out of life.	0	1	2	3	4	5	Hostility
13. I sometimes feel that people are laughing at me behind my back.	0	1	2	3	4	5	Hostility
14. Other people always seem to get the breaks.	0	1	2	3	4	5	Hostility
15. I know that "friends" talk about me behind my back.	0	1	2	3	4	5	Hostility
16. If I have to resort to violence to protect my rights, I will.	0	1	2	3	4	5	Physical aggression
17. I have become so mad that I have broken things.	0	1	2	2	4	5	Physical aggression
18. Once in a while, I can't control the urge to strike another person.	0	1	2	3	4	5	Physical aggression
19. I have threatened people I know.	0	1	2	3	4	5	Physical aggression
20. Given enough provocation, I may hit another person.	0	1	2	3	4	5	Physical aggression
21. <u>I can think of no good reason for ever hitting a person.</u>	0	1	2	3	4	5	Physical aggression
22. If somebody hits me, I hit back.	0	1	2	3	4	5	Physical aggression
23. There are people who pushed me so far that we came to blows.	0	1	2	3	4	5	Physical aggression
24. I get into fights a little more than the average person.	0	1	2	3	4	5	Physical aggression
25. I tell my friends openly when I disagree with them.	0	1	2	3	4	5	Verbal aggression
26. I can't help getting into arguments when people disagree with me.	0	1	2	3	4	5	Verbal aggression
27. When people annoy me, I may tell them what I think of them.	0	1	2	2	4	5	Verbal aggression
28. I often find myself disagreeing with people.	0	1	2	3	4	5	Verbal aggression
29. My friends say that I'm somewhat argumentative.	0	1	2	3	4	5	Verbal aggression

Note: To calculate your score, first reverse the scoring for the two underlined items (0 = 5, 1 = 4, 2 = 3, 3 = 2, 4 = 1, 5 = 0). Then add up the items that comprise each of the four subscales. The following figures show the means for men and women on the various scales.

	Males	Females
Anger	17.0	16.7
Hostility	21.3	20.2
Physical aggression	24.3	17.9
Verbal aggression	15.2	13.5
Total	77.8	68.2

Source: A. H. Buss and Perry (1992).