

# Aggression Questionnaire

## 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

		Scale 1 - 5
1	Some of my friends think I am a hothead.	
2*	I am an even-tempered person.	
3	I flare up quickly but get over it quickly.	
4	I have trouble controlling my temper.	
5	When frustrated, I let my irritation show.	
6	Sometimes I fly of the handle for no good reason.	
7	I sometimes feel like a powder keg ready to explode.	
8	If I have to resort to violence to protect my rights, I will.	
9	I have become so mad that I have broken things.	
10	Once in a while, I can't control the urge to strike another person.	
11	Given enough provocation, I may hit another person.	
12*	I can think of no good reason for ever hitting a person	
13	If somebody hits me, I hit back.	

14	There are people who pushed me so far that we came to blows.	
15	I get into fights a little more than the average person.	
16	I have threatened people I know.	
17	When people are especially nice to me, I wonder what they want.	
18	I wonder why sometimes I feel so bitter about things.	
19	I am suspicious of overly friendly strangers.	
20	I am sometimes eaten up with jealousy.	
21	At times I feel I have gotten a raw deal out of life.	
22	I sometimes feel that people are laughing at me behind my back.	
23	Other people always seem to get the breaks.	
24	I know that my "friends" talk about me behind my back.	
25	I tell my friends openly when I disagree with them.	
26	I can't help getting into arguments when people disagree with me.	
27	When people annoy me, I may tell them what I think of them.	
28	I often find myself disagreeing with people.	
29	My friends say that I'm somewhat argumentative.	

### Developer Reference:

Cooper, M.L. (1994). Motivations for alcohol use among adolescents: Development and validation of a four-factor model. *Psychological Assessment*, 6,117-128.

## Scoring and Interpretation

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.

1. **Anger sub scale (Question 1 - 7):** Higher scores signify an intensity and frequency of feelings of anger and irritability
2. **Physical Aggression sub scale (Question 8 - 16):** Higher score indicate a greater tendency towards physically aggressive behaviours, such as hitting, pushing, or physically harming others.
3. **Hostility sub scale (Question 17 - 24):** Higher scores reflect overall negative attitudes and hostility towards others.
4. **Verbal Aggression sub scale (Question 25 - 29):** Higher scores suggest an inclination towards aggressive language, including insults, threats, or verbally abusive behaviours.