

Argumentative Personality Disorder Test

This test is designed to help individuals identify traits associated with Argumentative Personality Disorder, a fictional disorder characterized by persistent engagement in arguments, an overwhelming need to be right, and difficulty maintaining harmonious relationships due to contentious behaviors. Please note, "Argumentative Personality Disorder" is not recognized by any major diagnostic manual such as the DSM-5 or ICD-10 and this template is for illustrative purposes only.

Instructions:

Read each statement below and rate how frequently you experience these feelings or behaviors on a scale from 0 to 4, where:

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Always

Remember to answer as honestly as possible based on your experiences over the past six months.

Patient Information

Name:

Date:

Questions

1. I find myself frequently arguing with others, even over trivial matters.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

2. I often feel the need to prove I am right, even if it upsets others.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

3. I have difficulty letting go of a disagreement, often rehashing arguments in my mind. 0

- Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

4. People close to me have told me that I am hard to get along with because of my argumentative nature.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

5. I often feel attacked when someone disagrees with me, leading to defensive behavior.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

6. I struggle to maintain lasting relationships due to conflicts arising from arguments.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

7. I have been told that I can be overly critical and judgmental.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

8. I feel a sense of satisfaction when I win an argument.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

9. I often interrupt others during conversations to correct them or make my point.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

10. I find it difficult to empathize with others' viewpoints during disagreements.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Always

Total Score:

Scoring

- 0-10: Low indication of argumentative behaviors.
- 11-20: Some argumentative traits present, which may sometimes impact relationships.
- 21-30: Moderate level of argumentative behaviors, likely affecting interpersonal relationships.
- 31-40: High indication of argumentative personality traits, significantly impacting various aspects of life and relationships.

Interpretation

Based on your score, if you find that argumentative behaviors are negatively impacting your life and relationships, it may be beneficial to seek support from a mental health professional. Therapy can offer strategies for communication, conflict resolution, and developing empathy towards others' perspectives.

Signature of Professional (If administered in a clinical setting)

Date:

Patient / Guardian Signature (Acknowledgement of Understanding)

Date: