

# Buss-Perry Aggression Questionnaire (BPAQ)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

| ITEM                                                                   | (1)<br>Extremely<br>Uncharac-<br>teristic | (2)<br>Somewhat<br>Uncharac-<br>teristic | (3)<br>Neither<br>Uncharacteristic<br>Nor Charac-<br>teristic | (4)<br>Somewhat<br>Charac-<br>teristic | (5)<br>Extremely<br>Charac-<br>teristic |
|------------------------------------------------------------------------|-------------------------------------------|------------------------------------------|---------------------------------------------------------------|----------------------------------------|-----------------------------------------|
| 1. Some of my friends think I am a hothead.                            | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 2. If I have to resort to violence to protect my rights, I will.       | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 3. When people are especially nice to me, I wonder what they want.     | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 4. I tell my friends openly when I disagree with them.                 | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 5. I have become so mad that I have broken things.                     | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 6. I can't help getting into arguments when people disagree with me.   | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 7. I wonder why sometimes I feel so bitter about things.               | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 8. Once in a while, I can't control the urge to strike another person. | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 9. I am an even-tempered person.                                       | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 10. I am suspicious of overly friendly strangers.                      | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 11. I have threatened people I know.                                   | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 12. I flare up quickly but get over it quickly.                        | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 13. Given enough provocation, I may hit another person.                | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 14. When people annoy me, I may tell them what I think of them.        | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 15. I am sometimes eaten up with jealousy.                             | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 16. I can think of no good reason for ever hitting a person.           | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 17. At times I feel I have gotten a raw deal out of life.              | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 18. I have trouble controlling my temper.                              | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 19. When frustrated, I let my irritation show.                         | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |
| 20. I sometimes feel that people are laughing at me behind my back.    | <input type="radio"/>                     | <input type="radio"/>                    | <input type="radio"/>                                         | <input type="radio"/>                  | <input type="radio"/>                   |

|                                                                  |                       |                       |                       |                       |                       |
|------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 21. I often find myself disagreeing with people.                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. If somebody hits me, I hit back.                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. I sometimes feel like a powder keg ready to explode.         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. Other people always seem to get the breaks.                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. There are people who pushed me so far that we came to blows. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. I know that "friends" talk about me behind my back.          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. My friends say that I'm somewhat argumentative.              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28. Sometimes I fly off the handle for no good reason.           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 29. I get into fights a little more than the average person.     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**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>