BPAQ

Buss-Perry Aggression Questionnaire (BPAQ)

The BPAQ is a self-report questionnaire assessing dispositional aggression. It measures four complementary dimensions of aggression: physical aggression, verbal aggression, anger and hostility. This tool is widely used in clinical psychology, psychiatry, forensic settings and research to objectively document a patient's aggression profile, identify the most salient dimensions and monitor changes over the course of treatment. It assesses the behavioral, emotional and cognitive manifestations of aggression, which makes it useful for exploring acting-out behaviors, irritability, emotional reactivity and hostile attitudes.

Number of questions	29 questions
Estimated duration	5 minutes
Language	English
Original name	Buss-Perry Aggression Questionnaire
Target audience	Adolescents and adults
Authors	Arnold H. Buss, Mark Perry (1992)
Category	Mood disorders, Personality disorders

Preview of the 29 questions

Once in a while I can't control the urge to strike another person.

Extremely uncharacteristic of me | Uncharacteristic of me | Neither characteristic nor uncharacteristic of me | Characteristic of me | Extremely characteristic of me

Given enough provocation, I may hit another person.

Extremely uncharacteristic of me | Uncharacteristic of me | Neither characteristic nor uncharacteristic of me | Characteristic of me | Extremely characteristic of me

If somebody hits me, I hit back.

Extremely uncharacteristic of me | Uncharacteristic of me | Neither characteristic nor uncharacteristic of me | Characteristic of me | Extremely characteristic of me

I get into fights a little more than the average person.

Extremely uncharacteristic of me | Uncharacteristic of me | Neither characteristic nor uncharacteristic of me | Characteristic of me | Extremely characteristic of me

If I have to resort to violence to protect my rights, I will.

Extremely uncharacteristic of me | Uncharacteristic of me | Neither characteristic nor uncharacteristic of me | Characteristic of me | Extremely characteristic of me

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Scoring & interpretation

Each item is scored from 1 to 5. Items 9 and 16 are reverse-scored. Then calculate the subscores by summing the items: physical aggression (2, 5, 8, 11, 13, 16, 22, 25, 29; range 9-45), verbal aggression (4, 6, 14, 21, 27; 5-25), anger (1, 9, 12, 18, 19, 23, 28; 7-35) and hostility (3, 7, 10, 15, 17, 20, 24, 26; 8-40). The total score is the sum of the 29 items (29-145). The higher the scores, the greater the dispositional aggression. There is no universally accepted clinical cutoff; interpretation relies mainly on the subscale profile, comparison with norms or percentiles when available, and the clinical context.

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