**The Aggression Questionnaire**

Aim:

To measure aggression in an individual using the Aggression Questionnaire by Buss and Warren (2000).

Introduction

**Definitions of aggression:**

(Write definitions by Albert Bandura, Baron and Richarson. Explain it in your own words)

**Types of aggression-**

1. Emotional or impulsive aggression-Define it in detail. Use example
2. Instrumental or cognitive aggression- Define it in detail. Use example

**Expression of aggression**

1. Physical Aggression- Define it in detail. Use example
2. Non-Physical Aggression- Define it in detail, explain its types
3. Verbal Aggression- Define it in detail. Use example
4. Relational or social aggression- Define it in detail. Use example

**Factors that influence/affect aggression:**

1. Hormonal imbalance (Write short explanation)
2. Genetics (Write short explanation)
3. Physiological illness (Write short explanation)
4. Temperament (Write short explanation)
5. Social learning (Write short explanation)
6. In-group behaviour/de-individuation (Write short explanation)

**Theories of Aggression:**

1. Evolutionary theory for Aggression: (Explain in short note)
2. The psychoanalytic theory of Aggression: (Explain in short note)
3. Cognitive Approach: (Explain in short note)
4. Behavioral Learning: (Explain in short note)
5. Biological Perspective; (Explain in short note)

**Frustration-aggression hypothesis** (Explain briefly)

**Aggression and Violence** (Explain briefly)

**Passive Aggressive Behavior** (Explain briefly)

**Gender Differences in Aggression** (Discuss briefly)

**Controlling Aggression** (Discuss briefly)

**Demographic Details of the Participant:**

All the usual demographic variables

**Case History**

The usual

**Description of the test**

The Buss & Warren Aggression Questionnaire is a self-reporting test consisting of 34 items, created to measure anger and aggressive behavior. It was developed in the year 2000, based on the previously published 29-item Buss & Perry Aggression Questionnaire (1992).

The questionnaire measures five important factors namely, i. physical aggression, ii. verbal aggression, iii. anger, iv. hostility and v. indirect aggression and the participants are supposed to respond via a 5-point Likert scale.

**Items & domains**

The questionnaire consists of 34 items and 5 domains, namely:

|  |  |
| --- | --- |
| ***Domain*** | ***Items included*** |
| *Physical Aggression* | 8, 23, 25, 11, 27, 10, 24, 17. |
| *Verbal Aggression* | 1, 4, 6, 26, 20. |
| *Anger* | 3, 29, 19, 32, 7, 12, 22. |
| *Hostility* | 28, 2, 5, 9, 16, 21, 31, 33 |
| *Indirect Aggression* | 15, 30, 34, 13, 14, 18. |

**The domains are described below:**

1. Physical Aggression: The Physical Aggression (PHY) score assesses the propensity to use physical force to exhibit anger or aggression.
2. Verbal Aggression: The Verbal Aggression (VER) score assesses the proclivity for arguing verbally in a person when something inconveniences them.
3. Anger: Anger-related arousal and sense of control are measured by the AQ Anger (ANG) score. It is the score that corresponds most to the development of an appropriate set of coping skills.
4. Hostility: The AQ Hostility (HOS) score is a measure of feelings of resentment, mistrust, and detachment in a person that can be harmful to their physical and mental health.
5. Indirect Aggression: The Indirect Aggression (IND) score is a measure of the tendency to express anger in non-confrontational ways.

# Norms:

# The age norm for this questionnaire is 9-88 years. The scoring norm for this questionnaire is as follows:

|  |  |  |
| --- | --- | --- |
| ***T-Score Range*** | ***Percentile Range*** | ***Interpretation*** |
| ≤ 29T | < 2 | Very low |
| 30T-39T | 2-14 | Low |
| 40T-44T | 15-27 | Low Average |
| 45T-55T | 28-71 | Average |
| 56T-59T | 71-81 | High Average |
| 60T-69T | 82-97 | High |
| ≥ 70T | > 97 | Very High |

**Reliability**

Internal consistency of the test has proven to be 0.94. For the subscales, the estimates are ranging from 0.71 for the IND (indirect aggression) scale to 0.88 for the PHY (physical aggression) scale, (median = 0.77).

The test-retest reliability was found to be 0.85, and the correlations between their subscales ranged from 0.66 to 0.86 (median = 0.73), thereby showing acceptable stability in AQ scores.

# Scoring

The scoring for the AQ simply involves the summation of the scores of all the domains separately, and then adding them together to obtain a ‘total score’ in the scoring sheet. These are the raw scores. These raw scores are then plotted on the AQ profile sheet, with respect to the respondent’s age and gender. The numbers for T-score and percentile corresponding to the raw scores are then noted for each domain and for the total score. Then with the scoring norm table, interpretations are derived. The test also consists of an Inconsistency Index to check whether the responses submitted are reliable. For that, there are 12 pairs where if the response differs by more than 1 point, then that must be marked in the scoring sheet. If the sum total of the inconsistency index score is high, then the interpretation and conclusion must be derived with caution and it must be brought to notice.

**Administration of the test:**

**Materials used:**

1. A working laptop (with internet connection)

2. A paper

3. A pencil

4. An eraser

All the materials were arranged for the participant.

**Precautions:**

1. It was made sure that the test items are not disclosed to the participant beforehand.

2. The room where the test was conducted was well lit and ventilated.

3. The participant was in conscious and in sound mind while partaking the test.

4. Silence was maintained throughout the test.

**Instructions to the subject:**

The statements on this form ask you to describe how you interact with other people. There are no right or wrong answers, so please just describe yourself as honestly as you can. When you are ready to begin, read each statement carefully and decide how well it describes you, using the following response scale.

1- Not at all like me

2-A little like me

3-Somewhat like me

4- Very much like me

5- Completely like me

Then pick the number of the one response that best fits your answer. Please pick only one response for each statement. If you want to change an answer, draw an X through your first response. Then choose the number that shows your new choice.

**Procedure:**

**Observations about the participant:**

**Results:**

The results of the participant are mentioned below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Domain*** | ***Score*** | ***T-Score Range*** | ***Percentile***  ***Range*** | ***Interpretation*** |
| *Physical Aggression* |  |  |  |  |
| *Verbal Aggression* |  |  |  |  |
| *Anger* |  |  |  |  |
| *Hostility* |  |  |  |  |
| *Indirect Aggression* |  |  |  |  |
| **Total Score** |  |  |  |  |

**Discussion:**