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The first published use of this form of the "State Hostility Scale" was in Anderson, Deuser, and DeNeve (1995). The items in this scale were derived from earlier studies by Zuckerman et al. (1964) and Spielberger et al. (1983).

On the following pages are two copies of the State Hostility Scale that my colleagues and I have been using. The first page is in the form that we usually use. Note that it is labeled "Current Mood." The second page shows which items are to be reverse scored.

Please note that several items occasionally yield poor item-total correlations. This seems to occur because these items contain key words that some participants do not understand. Specifically, items 2, 4, & 35 (willful, tender, vexed) sometimes don't work as well as the other 32 items. Feel free to exclude them.

Recently, Nick Carnagey and I found that this scale can be usefully split into 4 subscales (Anderson & Carnagey, 2009). The four subscales are:

1. Feeling unsociable: contains the items unsociable, willful, and disgusted.
2. Feeling mean: contains the items mean, like yelling at somebody, cruel, like I'm about to explode, burned up, bitter, offended, angry, outraged, enraged, like swearing, like banging on a table, mad, and disagreeable.
3. Lack of positive feelings: contains the reversed-scored items friendly, understanding, amiable, good-natured, cooperative, agreeable, kindly, polite, sympathetic, and tame.
4. Aggravation: contains the items aggravated, discontented, frustrated, irritable, vexed, furious, and stormy.

For theoretical reasons relating to the specific purposes of that study, the item "frustrated" was intentionally left out of the subscales. However, for most purposes it should be retained as part of the "aggravation" subscale.

The 2nd (feeling mean) and 4th (aggravation) subscales were the most sensitive to an experimental manipulation of video game play.

Researchers may use these materials free of charge for research purposes. You may download other scales from my web site. My home page is at:

<http://www.psychology.iastate.edu/faculty/caa/index.html>. My page listing other scales available for downloading is at: <http://www.psychology.iastate.edu/faculty/caa/Scales/Scales.html>.

Please be sure to give appropriate citation credit for any of my materials that you use in your work.

We hope that you find these materials useful in your research. I would love to see copies of your research papers that use them. Electronic copies can be sent to me at: caa@iastate.edu. Paper copies can be sent to me at:

Craig A. Anderson, Ph.D.
W112 Lagomarcino Hall
Department of Psychology
Iowa State University
Ames, IA 50011-3180

Here is a list of relevant publications:

- Anderson, C.A., Deuser, W.E., DeNeve, K. (1995). Hot temperatures, hostile affect, hostile cognition, and arousal: Tests of a general model of affective aggression. *Personality and Social Psychology Bulletin*, 21, 434-448.
- Anderson, C.A., & Morrow, M. (1995). Competitive aggression without interaction: Effects of competitive versus cooperative instructions on aggressive behavior in video games. *Personality and Social Psychology Bulletin*, 21, 1020-1030.
- Anderson, C.A., Anderson, K.B., & Deuser, W.E. (1996). Examining an affective aggression framework: Weapon and temperature effects on aggressive thoughts, affect, and attitudes. *Personality and Social Psychology Bulletin*, 22, 366-376.
- Anderson, C.A. (1997). Effects of violent movies and trait irritability on hostile feelings and aggressive thoughts. *Aggressive Behavior*, 23, 161-178.
- Anderson, K.B., Anderson, C.A., Dill, K.E., & Deuser, W.E. (1998). The interactive relations between trait hostility, pain, and aggressive thoughts. *Aggressive Behavior*, 24, 161-171.
- Anderson, C.A., & Anderson, K.B. (1998). Temperature and aggression: Paradox, controversy, and a (Fairly) clear picture. Chapter in R. Geen & E. Donnerstein (Eds.) *Human aggression: Theories, research, and implications for social policy*. (pp. 247-298). San Diego, CA: Academic Press.
- Lindsay, J.J., & Anderson, C.A. (2000). From Antecedent Conditions to Violent Actions: A General Affective Aggression Model. *Personality and Social Psychology Bulletin*, 26, 533-547.
- Anderson, C.A., Anderson, K.B., Dorr, N., DeNeve, K.M., & Flanagan, M. (2000). Temperature and aggression. Chapter in M. Zanna (Ed.), *Advances in Experimental Social Psychology*, 32, 63-133. New York: Academic Press.
- Anderson, C.A., & Dill, K.E. (2000). Video games and aggressive thoughts, feelings, and behavior in the laboratory and in life. *Journal of Personality and Social Psychology*, 78, 772-790.
- Anderson, C.A., Carnagey, N.L., & Eubanks, J. (2003). Exposure to violent media: The effects of songs with violent lyrics on aggressive thoughts and feelings. *Journal of Personality and Social Psychology*, 84, 960-971.
- Carnagey, N. L., & Anderson, C.A. (2005). The effects of reward and punishment in violent video games on aggressive affect, cognition, and behavior. *Psychological Science*, 16, 882-889.
- Anderson, C. A., & Anderson, K. B. (2008). Men who Target Women: Specificity of Target, Generality of Aggressive Behavior. *Aggressive Behavior*, 34, 605-622.
- Anderson, C. A., & Carnagey, N. L. (2009). Causal effects of violent sports video games on aggression: Is it competitiveness or violent content? *Journal of Experimental Social Psychology*,
- Spielberger, C. D., Jacobs, G., Russell, S., & Crane, R. S. (1983). Assessment of anger: The state-trait anger scale. In J. Butcher & C. Spielberger (Eds.), *Advances in personality assessment (Vol. 2, pp. 159-187)*. Hillsdale, NJ: Erlbaum.
- Zuckerman, M., Lubin, B., Vogel, L., & Valerius, E. (1964). Measurement of experimentally induced affects. *Journal of Consulting and Clinical Psychology*, 28, 418-425.

Current Mood

Please indicate the extent to which you agree or disagree with each of the following mood statements. Use the following 5 point rating scale. Write the number corresponding to your rating on the blank line in front of each statement.

Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
1	2	3	4	5

- | | |
|--|--|
| <input type="checkbox"/> I feel furious. | <input type="checkbox"/> I feel like I'm about to explode. |
| <input type="checkbox"/> I feel willful. | <input type="checkbox"/> I feel friendly. |
| <input type="checkbox"/> I feel aggravated. | <input type="checkbox"/> I feel understanding. |
| <input type="checkbox"/> I feel tender. | <input type="checkbox"/> I feel amiable. |
| <input type="checkbox"/> I feel stormy. | <input type="checkbox"/> I feel mad. |
| <input type="checkbox"/> I feel polite. | <input type="checkbox"/> I feel mean. |
| <input type="checkbox"/> I feel discontented. | <input type="checkbox"/> I feel bitter. |
| <input type="checkbox"/> I feel like banging on a table. | <input type="checkbox"/> I feel burned up. |
| <input type="checkbox"/> I feel irritated. | <input type="checkbox"/> I feel like yelling at somebody. |
| <input type="checkbox"/> I feel frustrated. | <input type="checkbox"/> I feel cooperative. |
| <input type="checkbox"/> I feel kindly. | <input type="checkbox"/> I feel like swearing. |
| <input type="checkbox"/> I feel unsociable. | <input type="checkbox"/> I feel cruel. |
| <input type="checkbox"/> I feel outraged. | <input type="checkbox"/> I feel good-natured. |
| <input type="checkbox"/> I feel agreeable. | <input type="checkbox"/> I feel disagreeable. |
| <input type="checkbox"/> I feel angry. | <input type="checkbox"/> I feel enraged. |
| <input type="checkbox"/> I feel offended. | <input type="checkbox"/> I feel sympathetic. |
| <input type="checkbox"/> I feel disgusted. | <input type="checkbox"/> I feel vexed. |
| <input type="checkbox"/> I feel tame. | |

Current Mood

Please indicate the extent to which you agree or disagree with each of the following mood statements. Use the following 5 point rating scale. Write the number corresponding to your rating on the blank line in front of each statement.

Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
1	2	3	4	5
___ I feel furious.				___ I feel like I'm about to explode.
___ I feel willful.				___ I feel friendly.*
___ I feel aggravated.				___ I feel understanding.*
___ I feel tender.*				___ I feel amiable.*
___ I feel stormy.				___ I feel mad.
___ I feel polite.*				___ I feel mean.
___ I feel discontented.				___ I feel bitter.
___ I feel like banging on a table.				___ I feel burned up.
___ I feel irritated.				___ I feel like yelling at somebody.
___ I feel frustrated.				___ I feel cooperative.*
___ I feel kindly.*				___ I feel like swearing.
___ I feel unsociable.				___ I feel cruel.
___ I feel outraged.				___ I feel good-natured.*
___ I feel agreeable.*				___ I feel disagreeable.
___ I feel angry.				___ I feel enraged.
___ I feel offended.				___ I feel sympathetic.*
___ I feel disgusted.				___ I feel vexed.
___ I feel tame.*				

*Item needs to be reverse scored. The asterisks are not present in the scale when presented to research participants.