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 aggravation subscale in Anderson & Carnagey (2009). 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 in the Anderson & Carnagey (2009) article.

In a more recent study (Saleem, Anderson, & Gentile, 2012), we added 5 additional items to the positive feelings subscale: peaceful, caring, joyful, hopeful, and happy. In that study, the feeling unsociable subscale was not sufficiently reliable, and so was not analyzed further. The other three subscales yielded reliable measures, and all were sensitive to both an experimental manipulation (briefly played a Prosocial vs. Neutral vs. Violent video game) and an individual difference factor (trait physical aggression).

Researchers may use these materials free of charge for research purposes. You may add the five new items to original list of 35 given below. For scoring and reliability information, see the various published papers cited below. 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.
Here is a list of relevant publications in chronological order:


The above papers can be downloaded from: [http://www.psychology.iastate.edu/faculty/caa/recpub.html](http://www.psychology.iastate.edu/faculty/caa/recpub.html)

Other relevant publications:

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.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Neither Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

_____ 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.
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.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Neither Agree</th>
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</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

____ 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 iritated.      ____ 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.