

Below is a list of different common situations you may experience in daily life. Following each situation is a variety of responses. Rate to what extent *each* response best describes how you would react to the given situation. Here is an example:

In my free time, I...

a. Play sports	Never	1	2	3	4	5	Always
b. Spend time with family		1	2	3	4	5	
c. Hang out with friends		1	2	3	4	5	
d. Watch movies		1	2	3	4	5	

1. I have been working at the same company for a while. It has been over a year since I received a promotion. I...

a. Ask my boss about getting a promotion. Never 1 2 3 4 5 Always

2. When someone close to me unjustly criticizes my behavior, I...

a. Openly discuss the criticism with the person. 1 2 3 4 5
 b. React angrily and tell the person that she/he shouldn't be throwing stones. 1 2 3 4 5

3. When someone I don't know well borrows something from me and forgets to return it, I...

a. Demand it back. 1 2 3 4 5
 b. Ask if she/he is done and ask for it back. 1 2 3 4 5

4. I am at the grocery store and several of my items ring up incorrectly, I...

a. Get angry and demand that the cashier change the price. 1 2 3 4 5
 b. Ask the cashier to do a price check on the particular items. 1 2 3 4 5

5. At a meeting at work, I keep trying to say something but keep getting interrupted. I...

a. Without apologizing, cut the next person off from talking...after all I have been waiting to talk too. 1 2 3 4 5

6. My friends and I are trying to decide on a place to eat. They come to a decision about going to a place to eat that I do not like. I...

a. Tell them that I have had some bad experiences there and that I would prefer a different place. 1 2 3 4 5

7. If I start to think that someone I don't know well is taking advantage of me, I...							
a. Talk rationally to the person and express concern about the one-sidedness of the relationship.	Never	1	2	3	4	5	Always
b. Tell the person off the next time she/he takes advantage of me again.		1	2	3	4	5	
8. When I have to return an item to a store without the original receipt, I...							
a. Take it to the store and demand a refund.		1	2	3	4	5	
b. Stand my ground if the sales person gives me a hard time.		1	2	3	4	5	
9. If someone I know well says something that hurts my feelings, I...							
a. Would tell him/her off.		1	2	3	4	5	
b. Provide evidence why the comment was incorrect.		1	2	3	4	5	
10. If the postal carrier continually forgets to take my outgoing mail, I...							
a. Raise voice at him the next time I see him/her.		1	2	3	4	5	
11. If I find a mistake on a bill I receive in the mail, I...							
a. Call up the company and talk to someone about the mistake.		1	2	3	4	5	
12. If someone I don't know well disagrees with me during a conversation, I...							
a. React angrily.		1	2	3	4	5	
b. Continue elaborating on my opinion until the person understands it.		1	2	3	4	5	
13. If I am at a performance and someone keeps talking loudly, I...							
a. Would tell the person to shut up.		1	2	3	4	5	
b. Say something to the usher.		1	2	3	4	5	
14. If someone I hire is not completing his/her work satisfactorily, I...							
a. Somehow let the person know what to do differently.		1	2	3	4	5	

15. If a neighbor I know well returns something of mine in poor shape, I...							
a. Get angry and demand that it be replaced.	Never	1	2	3	4	5	Always
b. Request that my neighbor replace or fix it.		1	2	3	4	5	
16. If someone cuts in line ahead of me at the movies, I...							
a. Start making loud comments about how rude the person is.		1	2	3	4	5	
b. (if I am in a hurry) ask the person to move to the back of the line.		1	2	3	4	5	
17. If the new newspaper deliverer does not deliver the newspaper a couple of days, I...							
a. Yell at the newspaper deliverer the next time I see him/her.		1	2	3	4	5	
b. Mention the oversight next time I see him/her.		1	2	3	4	5	
18. If a close family member keeps interrupting me when I am talking, I...							
a. Snap at them.		1	2	3	4	5	
19. If someone close to me kept telling others people things I had told him/her in confidence, I would...							
a. Yell at the person the next time I see him/her.		1	2	3	4	5	

SCORING: Sum the following responses for each scale. If a participant has an item missing, take the mean of the responses to the items the participant completed and then multiple the mean by 15. For example, if a participant completed 14 of the 15 aggressive assertiveness items, with their responses summing to 28. Their summed score would be 30 (i.e., $28/14 = 2$. And $2 * 15 = 30$).

SUBSCALES:

Aggressive Assertiveness: 2b, 3a, 4a, 5a, 7b, 8a, 9a, 10a, 12a, 13a, 15a, 16a, 17a, 18a, 19a
 Adaptive Assertiveness: 1a, 2a, 3b, 4b, 6a, 7a, 8b, 9b, 11a, 12b, 13b, 14a, 15b, 16b, 17b

Table 3 Alpha coefficients, observed correlations, and corrected correlations of the AAA-S

	Adaptive assertiveness			Aggressive assertiveness		
	Student sample 1	Student sample 2	Clinical sample	Student sample 1	Student sample 2	Clinical sample
Range	37.0–75.0	31.0–74.0	18.0–68.0	15.0–65.0	15.0–62.0	16.0–50.0
Mean (SD)	57.6 (7.5)	56.8 (7.4)	50.0 (8.4)	33.2 (9.7)	31.6 (8.7)	27.5 (7.6)
Alpha coefficient (α)	.82	.82	.69	.88	.87	.82
Test-retest reliability	.81*	–	–	.86*	–	–
Split half reliability						
Correlations	.65	.65	.44	.78	.71	.60
Spearman-Brown	.79	.79	.61	.88	.83	.73

* $p < .01$.

Clinical sample: The clinical sample included 30 outpatient clients from a stress and anxiety clinic at a community psychological services center. All met criteria for at least one anxiety disorder (e.g., Generalized Anxiety Disorder, Panic Disorder). Several individuals had comorbid mood disorders (Major Depressive Disorder: $n=18$; Bipolar Disorder II: $n=1$). The participants ranged in age from 18 to 57 years with a mean of 32.8 years ($SD=12.2$), and the majority were women ($n=19$, 63%). Race/ethnic make-up of the sample was 77% European American, 7% African American, 13% Latino/a, and 3% Biracial American.