

Aggression Scales

Behavioral Activity Rating Scale (BARS):

- This scale assesses behavioral activity in patients with psychosis, ranging from a state of sedation through “normal” activity to a state of agitation.
 - BARS is easy to use reliably, even for clinicians not trained in psychiatry or emergency medicine.
 - It is a simple assessment tool to use and does not require the patient to answer any questions, and is useful in the nonmedical setting by evaluators who are not medically trained.
- Swift RH, Harrigan EP, Cappelleria JC, Kramer D, Chandler LP. Validation of the behavioural activity rating scale (BARS)TM: A novel measure of activity in agitated patients *J Psychiatr Res.* 2002;36:87-95.

Sedation Assessment Tool (SAT):

- SAT was developed out of the need for an objective assessment tool with precise discriminating criteria that uses features specific for assessing agitation and sedation in the ED, requires no patient participation, has minimal need for training, and provides ease of recall.
- Calver LA, Stokes B, Isbister GK. Sedation assessment tool to score acute behavioural disturbance in the emergency department. *Emerg Med Australas.* 2011;23:732-740.

Aggression Questionnaire (AQ):

- This is an updated version of the classic Buss-Durkee Hostility Inventory
 - Includes 34 items scored on 5 subscales: physical aggression, verbal aggression, anger, hostility, indirect aggression
 - May be more of a research-based tool than a clinical one, but only takes a few minutes to administer and score
- Buss AH, Perry M. The Aggression Questionnaire. *J Pers Soc Psychol.* 1992;63: 452-459.

PANSS-EC (PEC) or PANSS-Excited Component:

- Scale was designed as a 30-item operationalized, drug-sensitive instrument to provide balanced representation of positive and negative and gauge their relationship to one another and to global psychopathology.
 - One of the simplest and most intuitive scales specifically used to assess agitated patients and consists of 5 items: excitement, tension, hostility, uncooperativeness, and poor impulse control. The 5 items are rated from 1 (not present) to 7 (extremely severe) with scores ranging from 5 to 35; mean scores ≥ 20 clinically correspond to severe agitation.
 - While fairly simplistic and only taking a few minutes to administer and score, it is primarily used for clinical research
- Kay SR, Fiszbein A, Opler LA. The positive and negative syndrome scale (PANSS) for schizophrenia. *Schizophr Bull.* 1987;13:261-276.