

Are You an Aggressive Driver?

by Amy Scholten, MPH

Aggressive driving puts you at risk for having or causing an accident. It is fueled by anger, impatience, competition, and reactionary impulses, such as wanting to punish other drivers. The following survey has been designed to help you determine if you could be an aggressive driver.

Directions: Please select each statement that is true for you and add your score in each category. When finished, you can interpret your total score at the bottom of the page.

Anger/Impatience

I feel angry and/or impatient:

When someone is driving too slow

When someone cuts me off in traffic

When someone follows my car too closely

When I have to slow down for pedestrians, cyclists, motorcycles or other vehicles

When I have to wait in lines

When traffic slows down

When I'm stuck in a traffic jam

Total Number of Anger/Impatient Points (1 point per statement): _____

Competitive Driving

I engage in the following competitive behaviors:

Racing other drivers

Challenging other drivers

Trying to get ahead of other drivers

Not letting other drivers pass me

Competing with drivers who challenge me

Total Number of Competitive Driving Points (1 point per statement): _____

Reactionary or Punishing Behaviors

When I'm in a hurry, I sometimes don't come to a complete stop at a stop sign or stop light

If the driver in front of me is too slow, I ride close to his/her bumper

If the driver in front of me is too slow, I flash my headlights or high beams to signal for him/her to get out of the way

When another driver angers me, I shout, curse, or make an obscene gesture

When someone follows me too closely, I brake suddenly or slow down

I block cars that try to pass me or change lanes

When another driver angers me, I sometimes seek to confront him/her

I often drive faster than the speed limit

I play very loud music in my car

Sometimes I get so impatient that I pass in a no passing zone

I return obscene gestures

I blast my horn at drivers who anger me

Total Number of Reactionary or Punishing Behavior Points (1 point per statement):

Scoring

<p>A) Anger/Impatience – increases your risk for being an aggressive driver, <u>but only if you act upon your angry/impatient feelings</u>. If you score 3 or more points in this category, consider taking an anger or stress management course.</p>	Score (from above): _____
<p>B) Competitive Driving – seeing driving situations as contests with other drivers, in which you seek to “win”</p>	Score (from above): _____
<p>C) Reactionary or Punishing Behaviors – acting out your anger/impatience in driving situations</p>	Score (from above): _____
<p>Aggressive Driving Score (B + C)</p>	<p>Add your B (competitive driving) and C (reactionary driving) scores only:</p> <p>Total Score: _____</p>

Total Score

1-3 points: You are a somewhat aggressive driver
4-7 points: You are most definitely an aggressive driver
8 points or higher: You are a very aggressive driver

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.