

Work and Social Adjustment Scale

The Work and Social Adjustment Scale (WASAS) measures the impact of your difficulties on a number of important areas in your life and can be helpful to keep track of improvements in each area.

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity.

1. Work

If you are retired or choose not to have a job for reasons unrelated to your problem, please tick N/A (not applicable).

0	1	2	3	4	5	6	7	8	N/A
Not at all		Slightly		Definitely		Markedly		Very severely	<input type="checkbox"/> I cannot work

2. Home management

Cleaning, tidying, shopping, cooking, looking after home/children, paying bills, etc.

0	1	2	3	4	5	6	7	8
Not at all		Slightly		Definitely		Markedly		Very severely

3. Social leisure activities

With other people, e.g. parties, pubs, outings, entertaining, etc.

0	1	2	3	4	5	6	7	8
Not at all		Slightly		Definitely		Markedly		Very severely

4. Private leisure activities

Done alone, e.g. reading, gardening, sewing, hobbies, walking, etc.

0	1	2	3	4	5	6	7	8
Not at all		Slightly		Definitely		Markedly		Very severely

5. Family and relationships

Forming and maintaining close relationships with others including the people that I live with.

0	1	2	3	4	5	6	7	8
Not at all		Slightly		Definitely		Markedly		Very severely

Total score

Scoring the Work and Social Adjustment Scale (WASAS)

This five-item measure can help you track the impact of your problems on your work, home life, social life, private activities and your relationships.