

Confusion, Hubbub, and Order Scale (CHAOS)

Name: _____ Gender: _____

Date of birth: _____ Date of assessment: _____

Each statement below aims to describe your home environment. Answer whether each statement is true or false.

	True	False
1. There is very little commotion in our home.		
2. We can usually find things when we need them.		
3. We almost always seem to be rushed.		
4. We are usually able to stay on top of things.		
5. No matter how hard we try, we always seem to be running late.		
6. It's a real zoo in our home.		
7. At home we can talk to each other without being interrupted.		
8. There is often a fuss going on at our home.		
9. No matter what our family plans, it usually doesn't seem to work out.		
10. You can't hear yourself think in our home.		
11. I often get drawn into other people's arguments at home.		
12. Our home is a good place to relax.		
13. The telephone takes up a lot of our time at home.		

	True	False
14. The atmosphere in our home is calm.		
15. First thing in the day, we have a regular routine at home.		

Total score: _____

Scoring and interpretation

Each “true” response is scored as 1 point. However, items 1, 2, 4, 7, 12, 14, and 15 are to be reverse scored, meaning that “false” responses are the ones to be scored as 1 point.

Add up the total number of points. A higher total score on the CHAOS scale suggests a more chaotic home environment, while lower scores indicate a more organized and calm environment.

Reference

Matheny, A.P., Washs, T. D., Ludwig, J.L., & Philips, K. (1995). Bringing Order Out of Chaos: Psychometric characteristics of the Confusion, Hubbub, and Order Scale. *Journal of Applied Developmental Psychology*, 16, pp.429-444.