

# Dyadic Adjustment Scale (DAS)

Name:

Date of session:

Partner's name:

Practitioner:

Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

**0** = Always disagree

**1** = Almost always disagree

**2** = Frequently disagree

**3** = Occasionally disagree

**4** = Almost always agree

**5** = Always agree

	0	1	2	3	4	5
1. Handling family finances						
2. Matters of recreation						
3. Religious matters						
4. Demonstrations of affection						
5. Friends						
6. Sex relations						
7. Conventionality (correct or proper behavior)						
8. Philosophy of life						
9. Ways to dealing with parents or in-laws						
10. Aims, goals, and things believed important						
11. Amount of time spent together						
12. Making major decisions						
13. Household tasks						
14. Leisure time interests and activities						
15. Career decisions						

	0	1	2	3	4	5
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?						
17. How often do you or your mate leave the house after a fight?						
18. In general, how often do you think that things between you and your partner are going well?						
19. Do you confide in your mate?						
20. Do you ever regret that you married? ( <i>or lived together</i> )						
21. How often do you and your partner quarrel?						
22. How often do you and your mate "get on each other's nerves"?						

	0	1	2	3	4
23. Do you kiss your mate?					

	0	1	2	3	4
24. Do you and your mate engage in outside interests together?					

How often would you say the following events occur between you and your mate?						
	0	1	2	3	4	5
25. Have a stimulating exchange of ideas						
26. Laugh together						
27. Calmly discuss something						
28. Work together on a project						

These are some things about which couples sometimes agree and sometime disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

	0 Yes	1 No
29. Being too tired for sex		
30. Not showing love		

31. Please choose which best describes the degree of happiness, all things considered, of your relationship.

0 Extremely unhappy	1 Fairly unhappy	2 A little unhappy	3 Happy	4 Very happy	5 Extremely happy	6 Perfect

32. Which of the following statements best describes how you feel about the future of your relationship?

5	I want desperately for my relationship to succeed, and <i>would go to almost any length</i> to see that it does.
4	I want very much for my relationship to succeed, and <i>will do all I can</i> to see that it does.
3	I want very much for my relationship to succeed, and <i>will do my fair share</i> to see that it does.
2	It would be nice if my relationship succeeded, but I <i>can't do much more than I am doing now</i> to help it succeed.
1	It would be nice if it succeeded, but <i>I refuse to do any more than I am doing now</i> to keep the relationship going.
0	My relationship can never succeed, and <i>there is no more that I can do</i> to keep the relationship going.

#### Response scores

Dyadic consensus:

Dyadic satisfaction\*:

Dyadic cohesion:

Affectional expression\*:

Total score:

\*Some items are reverse-scored.

## Scoring and interpretation - for examiner use only

Total the scores for the whole scale, which may range from 0 to 150. A higher score generally indicates a better quality relationship and greater satisfaction and adjustment. A lower score generally indicates relational distress.

Spanier identified the following cut-off scores in his 1976 research:

- **Less than 101:** Relationally distressed
- **102 and higher:** Relationally non-distressed.

For your reference, Spanier reported the following mean values for specific sample populations:

- Mean total scores for **divorced sample:** 70.7
- Mean total scores for **married sample:** 114.8

### Subscales

The items for the 4 subscales are listed below. Take note of the reverse-scored items when calculating the total for a respondent.

Subscale name	Items	Interpretation
<b>Dyadic consensus</b>	1, 2, 3, 5, 7-15	Higher scores reflect greater satisfaction with aspects like communication, conflict resolution, and overall happiness.
<b>Dyadic satisfaction</b>	16-23, 31-32 Reverse score: 16, 17, 20, 21, 22	Higher scores suggest that partners are more aligned in their views and decisions.
<b>Dyadic cohesion</b>	24-28	Evaluates the closeness and shared activities between partners. Higher scores indicate a stronger sense of togetherness and shared experiences.
<b>Affectional expression</b>	4, 6, 29-30 Reverse score: 29, 30	Higher scores reflect more frequent and positive demonstrations of love and affection.

Prouty, A. M., Markowski, E. M., & Barnes, H. L. (2000). Using the Dyadic Adjustment Scale in marital therapy: An exploratory study. *The Family Journal*, 8(3), 250–257. <https://doi.org/10.1177/1066480700083006>

Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family*, 38(1), 15. <https://doi.org/10.2307/350547>