

## Work and Social Adjustment Scale (WSAS)

### Overview:

|   |   |
|---|---|
| <b>Description:</b>                               | The Work and Social Adjustment Scale (WSAS) is a self-report scale of functional impairment attributable to an identified problem. It is comprised of 5 items and has been used to study the treatment of depression and anxiety.   |
| <b>Reference and Terms of Use:</b>                | <b>References:</b><br>Mundt, J. C., I. M. Marks, et al. (2002). "The Work and Social Adjustment Scale: A simple measure of impairment in functioning." Br. J. Psychiatry 180: 461-4.<br><br><b>Terms of Use:</b> Permissions granted by Dr. Marks to use the WSAS for the OSP Program.  |
| <b>Guidelines for use within the OSP Program:</b> | Administer with client every week through treatment.  |
| <b>Scoring Instructions:</b>                      | Scores range from 0 to 40, with lower scores indicating better adjustment. To calculate the total score, add each item score.<br><br>In studies of patients with depression and OCD, a WSAS score above 20 appears to suggest moderately severe or worse psychopathology. Scores between 10 and 20 are associated with significant functional impairment but less severe clinical symptomatology. Scores below 10 appear to be associated with subclinical populations. Whether such a pattern will generalise to other disorders remains to be tested. |

*Questionnaire on subsequent page*

## Work and Social Adjustment Scale (WSAS)

Mental health can affect one's ability to do certain day-to-day tasks in their lives. Please read each item below and respond based on how much your mental health impairs your ability to carry out the activity.

|    |   | Not at all |   | Slightly |   | Definitely |   | Markedly |   | Very severely |
|----|---|------------|---|----------|---|------------|---|----------|---|---------------|
| 1. | Because of my [problem] my <b>ability to work</b> is impaired. '0' means 'not at all impaired' and '8' means very severely impaired to the point I can't work.  | 0          | 1 | 2        | 3 | 4          | 5 | 6        | 7 | 8             |
| 2. | Because of my [problem] my <b>home management</b> (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired. '0' means 'not at all impaired' and '8' means very severely impaired.                     | 0          | 1 | 2        | 3 | 4          | 5 | 6        | 7 | 8             |
| 3. | Because of my [problem] my <b>social leisure activities</b> (with other people, such as parties, bars, clubs, outings, visits, dating, home entertaining) are impaired. '0' means 'not at all impaired' and '8' means very severely impaired. | 0          | 1 | 2        | 3 | 4          | 5 | 6        | 7 | 8             |
| 4. | Because of my [problem], my <b>private leisure activities</b> (done alone, such as reading, gardening, collecting, sewing, walking alone) are impaired. '0' means 'not at all impaired' and '8' means very severely impaired.                 | 0          | 1 | 2        | 3 | 4          | 5 | 6        | 7 | 8             |
| 5. | Because of my [problem], my ability to form and maintain <b>close relationships</b> with others, including those I live with, is impaired. '0' means 'not at all impaired' and '8' means very severely impaired.                              | 0          | 1 | 2        | 3 | 4          | 5 | 6        | 7 | 8             |