

work and social adjustment scale (w&sas)

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 here

0	1	2	3	4	5	6	7	8
<i>not at all</i>		<i>slightly</i>		<i>definitely</i>		<i>markedly</i>		<i>very severely</i> <i>I cannot work</i>

2.) **home management** – cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc

0	1	2	3	4	5	6	7	8
<i>not at all</i>		<i>slightly</i>		<i>definitely</i>		<i>markedly</i>		<i>very severely</i>

3.) **social leisure activities** – with other people, e.g. parties, pubs, outings, entertaining etc

0	1	2	3	4	5	6	7	8
<i>not at all</i>		<i>slightly</i>		<i>definitely</i>		<i>markedly</i>		<i>very severely</i>

4.) **private leisure activities** – done alone, e.g. reading, gardening, sewing, hobbies, walking etc

0	1	2	3	4	5	6	7	8
<i>not at all</i>		<i>slightly</i>		<i>definitely</i>		<i>markedly</i>		<i>very severely</i>

5.) **family and relationships** – form and maintain close relationships with others including the people that I live with

0	1	2	3	4	5	6	7	8
<i>not at all</i>		<i>slightly</i>		<i>definitely</i>		<i>markedly</i>		<i>very severely</i>
