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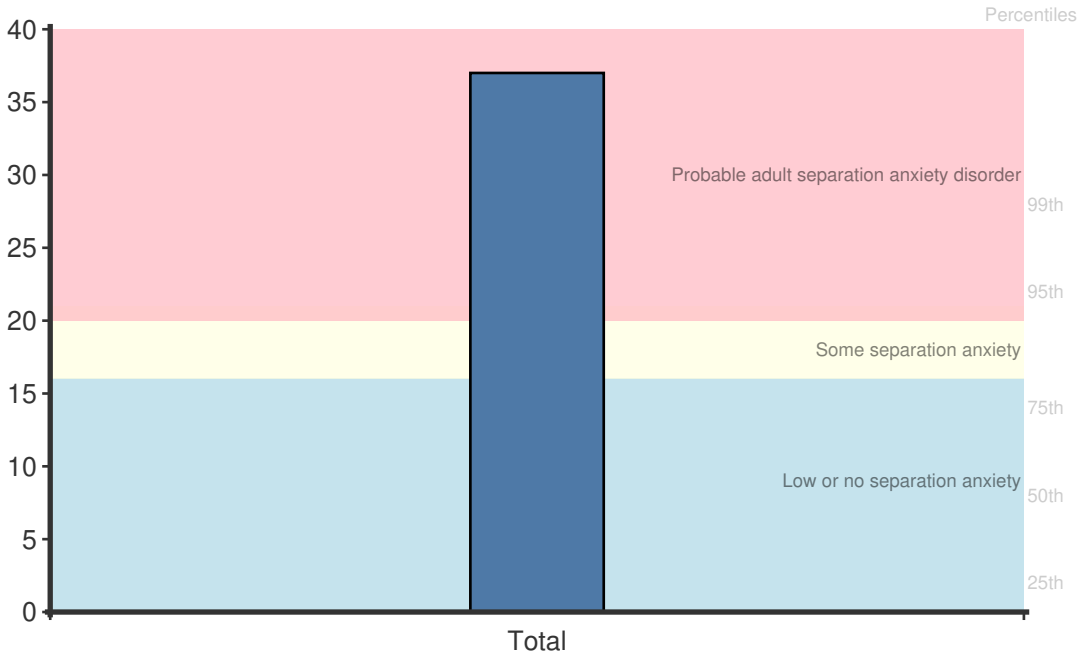
Adult Separation Anxiety Questionnaire (ASA-27)

Client Name	Generic Client	*Date administered*	16 Dec 2024
Date of birth (age)	1 Jan 1999 (25)	*Time taken*	23s
Assessor	Dr Emerson Bartholomew		

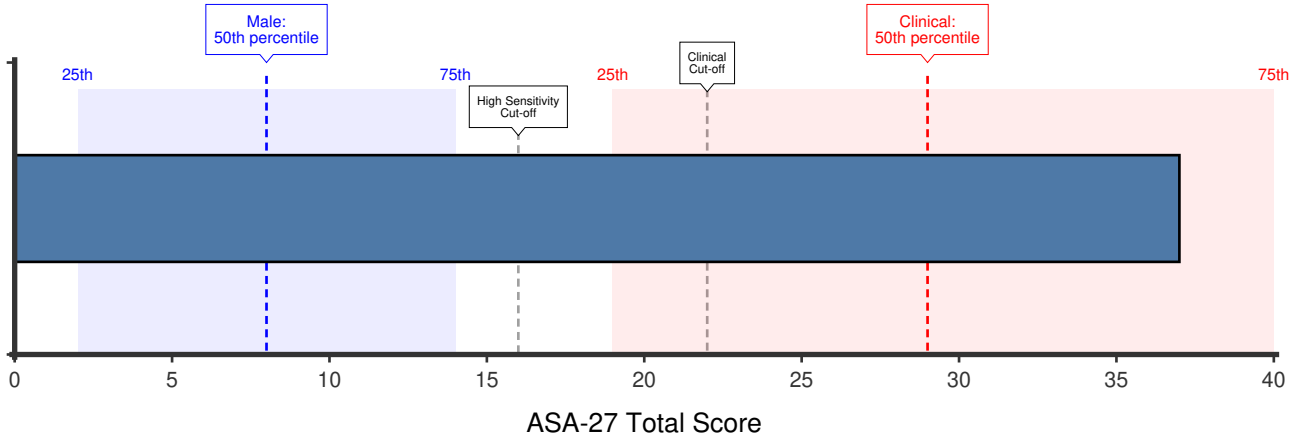
Results

	Raw Score (0-81)	Community Percentile	Descriptor
Separation Anxiety	37	99.99	Probable adult separation anxiety disorder

ASA-27 Separation Anxiety



ASA-27 Score Compared to Male and Clinical Populations



Client Name	Generic Client

Interpretation

The client's total score indicates significant symptoms of adult separation anxiety, consistent with probable adult separation anxiety disorder. They are likely to be experiencing pervasive symptoms such as distress, avoidance behaviours, dependency, and heightened worry about harm to attachment figures. Their score indicates a clinically significant level of separation anxiety, higher than 99% of males among the general population and 69% of individuals in a clinical population.

Responses that were indicative of separation anxiety included:
- 1. Have you felt more secure at home when you are with people that are close to you? (Fairly often)
- 2. Have you experienced difficulty in staying away from home for several hours at a time? (Fairly often)
- 6. Have you experienced extreme stress before leaving someone close to you when going away on a trip? (Fairly often)
- 7. Have you become very upset when your usual daily routine is disrupted? (Fairly often)
- 8. Have you been worried about the intensity of your relationship with those people closest to you, eg. that you are too strongly attached?
(Fairly often)

Scoring and Interpretation Information

For comprehensive information on the ASA-27, see here.

ASA-27 results are reported in raw scores ranging from 0-81. Higher scores indicate more severe symptoms of adult separation anxiety.

Raw score descriptors are presented using primary (22+) and high sensitivity cut offs (16-21):

· Low or no separation anxiety separation anxiety (0–15): Minimal symptoms and alignment with typical adult functioning.
· Some separation anxiety (16–21): Mild to moderate symptoms of separation anxiety. This range is highly sensitive, identifying nearly all true cases of ASAD, but also includes false positives.
· Probable adult separation anxiety disorder (22+): Indicates the presence of severe and pervasive symptoms of separation anxiety that involve avoidance behaviours, dependency, excessive worry about harm to attachment figures, and difficulty functioning independently.

Percentiles are also provided to allow comparison of the respondent's score to a community sample, where a percentile of 50 represents the average psychological distress of a member of the general population.

On first administration, a bar graph displaying the total raw score is presented, with three coloured ranges indicating Low or no separation anxiety (0-15), Some separation anxiety (16-21), and Probable adult separation anxiety disorder (22+). A horizontal bar graph will also be shown, which compares the respondent's score to the distributions of both clinical and general populations.

When administered more than once, a graph showing the total raw score over time is produced. This is useful for tracking symptom progression, monitoring treatment progress or providing

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

clients with feedback.

Client Responses

		This has never happened	This happens occasionally	This happens fairly often	This happens very often
1	Have you felt more secure at home when you are with people that are close to you?	**0**	**1**	**2**	**3**
2	Have you experienced difficulty in staying away from home for several hours at a time?	**0**	**1**	**2**	**3**
3	Have you been carrying around something in your purse or wallet that gives you a sense of security or comfort?	**0**	**1**	**2**	**3**
4	Have you experienced extreme stress before leaving home to go on a long trip?	**0**	**1**	**2**	**3**
5	Have you suffered from nightmares or dreams about being separated from someone close to you?	**0**	**1**	**2**	**3**
6	Have you experienced extreme stress before leaving someone close to you when going away on a trip?	**0**	**1**	**2**	**3**

Client Name	Generic Client

Client Responses (cont.)

		This has never happened	This happens occasionally	This happens fairly often	This happens very often
7	Have you become very upset when your usual daily routine is disrupted?	0	1	2	3
8	Have you been worried about the intensity of your relationship with those people closest to you, eg. that you are too strongly attached?	0	1	2	3
9	Have you experienced symptoms such as headaches, stomach-aches or nausea (or other) before leaving for work or other regular activity outside the home?	0	1	2	3
10	Do you find that you talk a lot in order to keep people close to you?	0	1	2	3
11	Have you been especially concerned about where people close to you are going when you are separated from them, eg. when you leave them to go to work or go out of the house?	0	1	2	3
12	Have you experienced difficulty in sleeping alone at night, eg. is your sleep better if someone close to you is in the house?	0	1	2	3
13	Have you noticed that you are better able to go off to sleep if you can hear the voices of people you are close to or the sound of the TV or the radio?	0	1	2	3
14	Have you become very distressed when thinking about being away from people that are close to you?	0	1	2	3
15	Have you suffered from nightmares or dreams about being away from home?	0	1	2	3
16	Have you been worrying a lot about people close to you coming to serious harm, for example, meeting with a car accident, or suffering from a fatal illness?	0	1	2	3
17	Have you become very upset with changes to your usual daily routine if they interfere with your contact with persons close to you?	0	1	2	3
18	Have you been worrying a lot about people you care about leaving you?	0	1	2	3
19	Have you found that you sleep better if the lights are on in the house or in the bedroom?	0	1	2	3
20	Have you tried to avoid being at home alone especially when people close to you are out?	0	1	2	3
21	Have you suffered from sudden bouts of anxiety or panic attacks (eg. sudden shaking, sweating, shortness of breath, pounding heart) when thinking about leaving people close to you or about them leaving you?	0	1	2	3
22	Have you found that you get anxious if you do not speak to people that are close to you on the telephone regularly, eg. daily?	0	1	2	3
23	Have you been afraid that you would not be able to cope or could not go on if someone you cared about left you?	0	1	2	3
24	Have you suffered from sudden bouts of anxiety or panic attacks (eg. sudden shaking, sweating, shortness or breath, pounding heart) when separated from people close to you?	0	1	2	3
25	Have you been worrying a lot about possible events that may separate you from those close to you eg. because of work requirements?	0	1	2	3

Client Name	Generic Client

Client Responses (cont.)

		This has never happened	This happens occasionally	This happens fairly often	This happens very often
26	Have people close to you mentioned that you 'talk a lot'?	**0**	**1**	**2**	**3**
27	Have you been worrying that your relationships with some people are so close that it may cause them problems?	**0**	**1**	**2**	**3**