



## Work and Social Adjustment Scale (WSAS)

### Instructions:

Rate each of the following questions on a 0 to 8 scale: 0 indicates no impairment at all and 8 indicates very severe impairment.

	Not working for reasons unrelated to my difficulties	0 Not at all impaired	1	2	3	4	5	6	7	8 Very severely impaired to the point I can't work	
1	Because of my difficulties, my ability to work is impaired.	-	0	1	2	3	4	5	6	7	8
		0 Not at all impaired	1	2	3	4	5	6	7	8 Very severely impaired	
2	Because of my difficulties, my home management (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired.	0	1	2	3	4	5	6	7	8	
3	Because of my difficulties, my social leisure activities (with other people, such as parties, bars, clubs, outings, visits, dating, home entertainment) are impaired.	0	1	2	3	4	5	6	7	8	
4	Because of my difficulties, my private leisure activities (done alone, such as reading, gardening, collecting, sewing, walking alone) are impaired.	0	1	2	3	4	5	6	7	8	
5	Because of my difficulties, my ability to form and maintain close relationships with others, including those I live with, is impaired.	0	1	2	3	4	5	6	7	8	

### Developer Reference:

Mundt, J. C., Marks, I. M., Shear, M. K., & Greist, J. H. (2002). The Work and Social Adjustment Scale: A simple measure of impairment in functioning. *British Journal of Psychiatry*, 180(5), 461–464.  
<https://doi.org/10.1192/bjp.180.5.461>

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