Assessment powered by NovoPsych

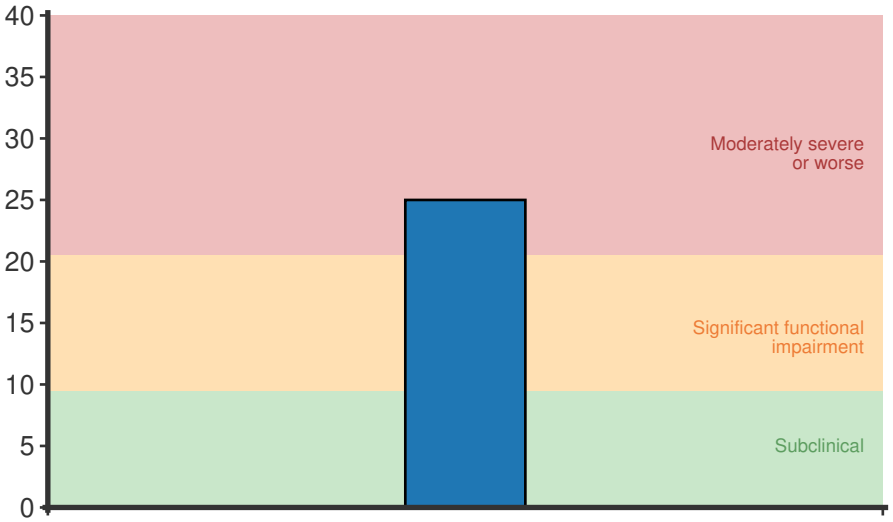
Work and Social Adjustment Scale (WSAS)

Client Name	Practice Pete	*Date administered*	30 Apr 2026
Date of birth (age)	1 Jan 1900 (126)	*Time taken*	34s
Assessor	Joseph Phillips		

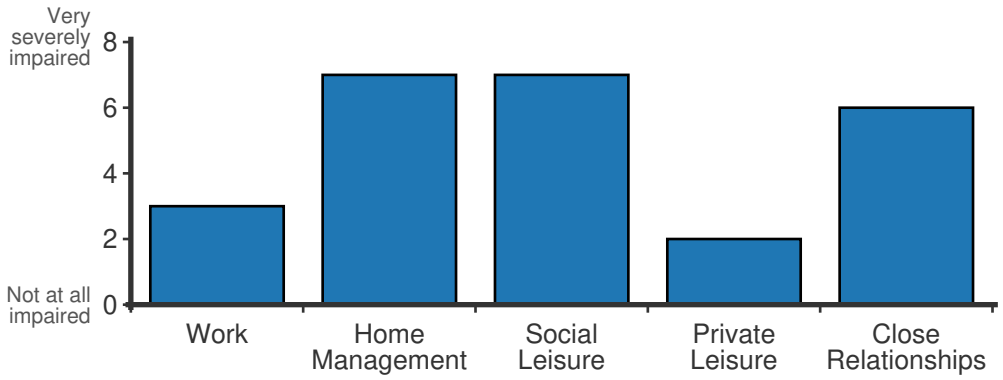
Results

	Raw Score (0 - 40)	Descriptor
WSAS Total	25	Moderately severe or worse

WSAS Total Score



WSAS Item Responses



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Interpretation

The Work and Social Adjustment Scale (WSAS) was administered on 30 April 2026.

The respondent obtained a total score of 25 out of a possible 40. This score falls within the 'Moderately severe or worse' range, indicating substantial functional impairment across multiple life domains attributable to the respondent's identified difficulties. Scores at this level likely represent a significant disruption to the respondent's day-to-day life. This score sits at the 75th percentile when compared to a help-seeking sample of adults entering primary-care psychological therapy (Zahra et al., 2014).

In particular, the respondent rated the following life domains at 5 or higher on the 0 to 8 scale, indicating substantial functional impairment in those areas:
- *2. Because of my difficulties, my home management (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired. (7)*
- *3. Because of my difficulties, my social leisure activities (with other people, such as parties, bars, clubs, outings, visits, dating, home entertainment) are impaired. (7)*
- *5. Because of my difficulties, my ability to form and maintain close relationships with others, including those I live with, is impaired. (6)*

Scoring and Interpretation Information

WSAS Scoring
Each WSAS item rates the degree of impairment in a specific life domain (work, home management, social leisure, private leisure, or close relationships) on a nine-point scale, ranging from 0 (not at all impaired) to 8 (very severely impaired).

Item 1 (work) includes an additional response option: "I am not working for reasons unrelated to my difficulties." This accommodates respondents who are not currently in paid work (e.g., retired individuals, students, or full-time caregivers), where rating impairment in "ability to work" does not apply meaningfully. When selected, item 1 is scored as 0, and the total is calculated normally. Because the total then reflects only four scorable items, the descriptor and percentile may underestimate overall functional impairment if the respondent is impaired in the remaining domains.
The WSAS total score is calculated as the sum of the five item ratings and ranges from 0 to 40, with higher scores indicating greater overall functional impairment. Both the total score and item-level responses are clinically informative: the total provides an overall index of functional impairment, while item-level responses identify which specific life domains are affected.

WSAS Severity Categories
The following descriptors are applied to the WSAS total score, based on the original severity bands proposed by Mundt et al. (2002):
- 0 to 9 (Subclinical): functional impairment is absent or minimal. The respondent may be experiencing distress, but day-to-day functioning is relatively preserved.
- 10 to 20 (Significant functional impairment): the respondent's difficulties are meaningfully affecting day-to-day functioning, typically across one or more life domains.
- 21 to 40 (Moderately severe or worse): difficulties are substantially affecting day-to-day functioning, often across multiple life domains.

WSAS Percentile Context
To provide additional interpretive context, percentile rankings are derived from a reference

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sample of adults at intake for primary-care psychological therapy (Zahra et al., 2014). These percentiles indicate a respondent's position relative to others entering outpatient therapy, not relative to the general population. For example, a total score of 10 corresponds to approximately the 17th percentile in this reference sample, indicating that roughly one in six adults entering primary-care therapy scored at or below this level. A score of 19 corresponds to approximately the 50th percentile (close to the reference sample average), and a score of 30 corresponds to approximately the 89th percentile.

WSAS Change Score Interpretation
When WSAS scores are available from multiple timepoints, changes in scores can provide valuable information about the effectiveness of interventions or changes in functional impairment. Changes of at least 0.5 standard deviations are considered clinically meaningful (Norman et al., 2003; Turner et al., 2010). Based on Zahra et al. (2014), the minimally important difference (MID) = 5 points. These changes are categorised as:
- Significant reduction: equal to or greater than a 5-point reduction in score
- Significant increase: equal to or greater than a 5-point increase in score
- Minimal change: less than 5 points or no change in score

Of note, Zahra et al. (2014) proposed an 8-point change as clinically meaningful, based on the WSAS measurement error. NovoPsych instead uses a 5-point change, consistent with what patients typically perceive as a meaningful change in functioning.

WSAS Graphs
On first administration, the report displays a summary table with the WSAS total score and severity descriptor, accompanied by a bar graph showing the total score against the severity descriptor bands. An item-level graph shows the respondent's response to each of the five WSAS items, supporting treatment-target conversations by making the relative impairment across life domains visible.

On repeat administrations, a multi-administration line chart plots the total score over time, with severity-band shading to show the trajectory of overall functional impairment. The item-level graph is separated by item to show how each domain's response has changed across administrations.

Client Responses

		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

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Client Responses (cont.)

		0 Not at all impaired	1	2	3	4	5	6	7	8 Very severely impaired
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