

# DAS

*Dyadic Adjustment Scale*



*A scale for measuring relationship adjustment and degree of dissatisfaction among couples*

*G. Spanier, Ph.D.*

*Individual or couple-completed, 32 items*

*Ages 18 years and older*

*5-10 minute administration time*

*B-Level User Qualification*

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## Aim

Understanding relationships has become increasingly important in counseling as well as in the field of marriage and family relations. As such, the quality of marital or dyadic adjustment has been identified as playing a pivotal role in defining and addressing problems in a relationship. The purpose behind creating the DAS was to develop a relationship adjustment measure that could be used not only with married couples, but with other dyads such as unmarried co-habiting or same sex couples. By using DAS in the measurement of both partners' perceptions of the relationship, it is possible to obtain different views of the relationship for integration into a total diagnostic picture. This enables the clinician to gain insight into each partner's experience of the relationship allowing for a comparison on how their experiences converge and differ.

DAS can be used in a variety of settings, including outpatient clinics, inpatient clinics, residential treatment centers, counseling facilities, and private practice offices. As a clinical tool, DAS can be used as an assessment device for couples who are considering or beginning marital counseling. Responses to individual items or subscales can serve as a basis for discussion and aid in the development of a treatment program. Its simplicity of administration, scoring, and interpretation also makes DAS an efficient assessment tool useful in a routine report of a couple's problems.

## User Qualifications

DAS can be easily administered and scored by counselors, nurses, physicians, psychologists, social workers, and other trained professionals. Professionals with advanced training in psychological assessment or related disciplines that adhere to relevant professional standards must assume responsibility for the use, interpretation, and communication of results. B-level qualifications require that, as a minimum, the user has completed courses in tests and measurement at a university or has received equivalent documented training.

## Norming

The data for the married sample are based on a group of 218 married individuals. The divorced databased are on a group of 94 recently divorced individuals. (A small sample of never-married co-habiting couples was also given the questionnaire to determine applicability of the scale for non-marital dyads.) A complete demographic description and selected social characteristics of the samples are described in greater detail in the DAS Manual.

## Instrument

DAS is a 32-item rating instrument written at an 8th-grade reading level that may be completed by either one or both partners in a relationship. Respondents are asked to rate each of the items on a Likert-type scale choosing the most suitable response options. Respondents are also asked to indicate the extent of agreement or disagreement between the individual and his/her partner for each item.

DAS includes the following four subscales:

### Dyadic Consensus

Assesses the extent of agreement between partners on matters important to the relationship: religion, recreation, friends, household tasks, and time spent together.

### Dyadic Satisfaction

Measures the amount of tension in the relationship, as well as the extent to which the individual has considered ending it. Higher scores on Dyadic Satisfaction indicate satisfaction with the present state of the relationship and commitment to its continuance.

### Affectional Expression

Measures an individual's satisfaction in the expression of affection and sex in the relationship.

### Dyadic Cohesion

Assesses the common interests and activities shared by the couple.

The most useful way of interpreting DAS is through the interpretation of subscale scores. The scores are compared to norms for the appropriate group. The responses can be compared to couples not specifically identified as having a diagnosed problem (married normative group) or to individuals whose marriages were ended (divorced normative group). Lower scores on DAS are indicative of having a problem while higher scores indicate little or no problem.

# Dyadic Adjustment Scale

## Format

DAS is available in MHS QuikScore™ format. These “paper-and-pencil” format is designed for easy recording, scoring, and profiling of responses. No scoring templates are necessary; the respondent’s answers automatically transfer through to the concealed scoring page.

DAS software is incorporated into PsychManager™: Your Professional and Personal Organizer (please contact MHS for more information on platform programs). DAS Windows™-based software enables you to administer and score the DAS assessments automatically while the respondent is seated at the computer.

## Translations

MHS develops accurate translations of assessments published by MHS as well as by other publishers, utilizing our worldwide network of over 400 qualified translators with backgrounds in psychology and medicine. For information about the availability of DAS in other languages, please contact the MHS Translations Department.

## Scientific Validation

DAS was developed following rigorous test-development procedures. Psychometrically, it has been acknowledged as one of the best paper-and-pencil indicators of dyadic adjustment (Cohen, 1985; Follette & Jacobson, 1985; Johnson & Greenberg, 1985) with more than 1000 scientific investigations. Since its development, a tremendous amount of knowledge about dyadic relationships and their dissolution has been obtained through the use of DAS. It is therefore a widely used instrument for clinical and research applications with couples.

Detailed data are presented in the manual including

- Internal-Consistency Reliability, Inter-Rater Reliability, and Test-Retest Reliability
- An examination of group differences among seven different samples. Of these groups, correlations between dyadic adjustment and gender differences, as well as dyadic adjustment and sex role orientation are discussed in greater detail
- Two clinical examples to show the application of DAS and to illustrate its potential uses.

## Supporting Literature

There are hundreds of published research studies that have used DAS to evaluate some facet of dyadic relationships. The following are just a few of these:

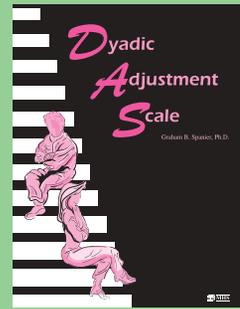
**Antill, J. K., & Cotton, S. (1982).** Spanier’s Dyadic Adjustment Scales: Some confirmatory analysis. *Australian Psychologist*, 17, 181–189.

**Cohen, P. M. (1985).** Locke Marital Adjustment Scale and the Dyadic Adjustment Scale. *American Journal of Family Therapy*, 13, 66–71.

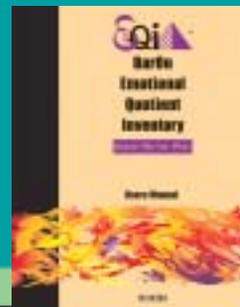
**Sharpley, C. F., & Cross, D. G. (1982).** A psychometric evaluation of the Spanier Dyadic Adjustment Scale. *Journal of Marriage and the Family*, 44, 739–747.

**Spanier, G. B., & Filsinger, E. E. (1983).** Clinical use of the Dyadic Adjustment Scale. In E. E. Filsinger (Ed.), *A sourcebook of marriage and family assessment* (pp. 156–168). Beverly Hills, CA: Sage.

## Complements for DAS



Family Assessment Measure (FAM-III)  
BarOn Emotional Quotient Inventory® (BarOn EQ-i®)  
Quality of Life Questionnaire (QLQ)  
Coping Inventory for Stressful Situations (CISS)  
Social Phobia and Anxiety Inventory (SPAI)  
Spousal Assault Risk Assessment (SARA)



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MD 02 02 Printed in Canada

