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Dyadic Adjustment Scale

Client Name: _____ Date: _____

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

To state your answer, select the corresponding box and a check mark will appear.

| | Always Agree | Almost Always Agree | Occa- sionally Disagree | Fre- quently Disagree | Almost Always Disagree | Always Disagree |
|---|-------------------------|------------------------------------|--|--------------------------------------|---------------------------------------|----------------------------|
| 1. Handling family finances | | | | | | |
| 2. Matters of recreation | | | | | | |
| 3. Religious matters | | | | | | |
| 4. Demonstrations of affection | | | | | | |
| 5. Friends | | | | | | |
| 6. Sex relations | | | | | | |
| 7. Conventionality (correct or proper behavior) | | | | | | |
| 8. Philosophy of life | | | | | | |
| 9. Ways of dealing with parents or in-laws | | | | | | |
| 10. Aims, goals, and things believed important | | | | | | |
| 11. Amount of time spent together | | | | | | |
| 12. Making major decisions | | | | | | |
| 13. Household tasks | | | | | | |
| 14. Leisure time interests and activities | | | | | | |
| 15. Career decisions | | | | | | |

| | All the time | Most of the time | More often than not | Occa- sionally | Rarely | Never |
|--|-----------------|---------------------|---------------------------|-------------------|--------|-------|
| 16. How often do you discuss or have you considered divorce, separation, or terminating your relationship? | | | | | | |
| 17. How often do you or your mate leave the house after a fight? | | | | | | |
| 18. In general, how often do you think that things between you and your partner are going well? | | | | | | |
| 19. Do you confide in your mate? | | | | | | |
| 20. Do you ever regret that you married? (<i>or lived together</i>) | | | | | | |
| 21. How often do you and your partner quarrel? | | | | | | |
| 22. How often do you and your mate "get on each other's nerves?" | | | | | | |

| | Every day | Almost every day | Occa- sionally | Rarely | Never |
|----------------------------|--------------|------------------------|-------------------|--------|-------|
| 23. Do you kiss your mate? | | | | | |

| | All of them | Most of them | Some of them | Very few of them | None of them |
|--|----------------|-----------------|-----------------|---------------------|-----------------|
| 24. Do you and your mate engage in outside interests together? | | | | | |

How often would you say the following events occur between you and your mate?

| | Never | Less than one a month | Once or twice a month | Once or twice a week | Once a day | More often |
|--|-------|-----------------------------|-----------------------------|----------------------------|---------------|---------------|
| 25. Have a stimulating exchange of ideas | | | | | | |
| 26. Laugh together | | | | | | |
| 27. Calmly discuss something | | | | | | |
| 28. Work together on a project | | | | | | |

These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Add a checkmark for yes or no)

| | Yes | No |
|-----|-----|-------------------------|
| 29. | | Being too tired for sex |
| 30. | | Not showing love |

31. The following line represent different degrees of happiness in your relationship. The middle point, “happy,” represents the degree of happiness of most relationships. Please click to add a check mark in the spot which best describes the degree of happiness, all things considered, of your relationship.

| | | | | | | |
|----------------------|-------------------|-------------------|-------|---------------|--------------------|---------|
| Extremely Unhappy | Fairly Unhappy | A Little Happy | Happy | Very Happy | Extremely Happy | Perfect |
|----------------------|-------------------|-------------------|-------|---------------|--------------------|---------|

32. Which of the following statements best describes how you feel about the future of your relationship?

- I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.
- I want very much for my relationship to succeed, and *will do all I can* to see that it does.
- I want very much for my relationship to succeed, and *will do my fair share* to see that it does.
- It would be nice if my relationship succeeded, but *I can't do much more than I am doing now* to help it succeed.
- It would be nice if it succeeded, but I *refuse to do any more than I am doing now* to keep the relationship going.
- My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.