

Abbreviated Dyadic Adjustment Scale

Participant: _____

Date: _____

Assessment: _____

Most People have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each of the following three items. Please circle the number which best fits your answer.

	Always Agree	Almost Always Agree	Occasion- ally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Philosophy of life.	5	4	3	2	1	0
2. Aims, goals and things believed to be important.	5	4	3	2	1	0
3. Amount of time spent together.	5	4	3	2	1	0

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

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
4. Have a stimulating exchange of ideas.	0	1	2	3	4	5
5. Calmly Discuss something.	0	1	2	3	4	5
6. Work together on a project	0	1	2	3	4	5

The dots on the following line represent different degrees of happiness in your relationship. The middle point, "happy", represents the degree of happiness of most relationships. Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.

0	1	2	3	4	5	6
Z	Z	Z	Z	Z	Z	Z
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect