

Work and Social Adjustment Scale (WSAS)

Category: Self-Efficacy | Items: 5 | Time: ~1 min

Description / When to Use

5-item simple measure of impaired functioning at work, home, and socially.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 5 items in this scale. Estimated completion time: 1 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = Not at all | 1 = Slightly | 2 = Moderately | 3 = Severely | 4 = Very severely | 5 = Extremely | 6 = Completely | 7 = Totally | 8 = Very totally

Scoring Guide

Sum all 5 items scored 0-8. Total range 0-40. Higher scores = greater impairment.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-9	Minimal impairment	None
10-20	Moderate impairment	Consider intervention
21-40	Severe impairment	Active treatment

Psychometric Properties

Cronbach's alpha: 0.88 | Test-retest reliability: 0.80

Validity: Sensitive to change; used in clinical trials.

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Citation (APA Format)

Mundt, J. C., Marks, I. M., Shear, M. K., & Greist, J. H. (2002). The Work and Social Adjustment Scale. *British Journal of Psychiatry*, 180(5), 461-464.

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