

## Work and Social Adjustment Scale (WSAS)

Mental health can affect one's ability to do certain day-to-day tasks in their lives. Please read each item below and respond based on how much your mental health impairs your ability to carry out the activity.

		Not at All		Slightly		Definitely		Markedly		Very Severely
1.	Because of my mental health my <b>ability to work</b> is impaired. '0' means 'not at all impaired' and '8' means very severely impaired to the point I can't work.	0	1	2	3	4	5	6	7	8
2.	Because of my mental health my <b>home management</b> (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired.	0	1	2	3	4	5	6	7	8
3.	Because of my mental health my <b>social leisure activities</b> (with other people e.g. parties, bars, clubs, outings, visits, dating, home entertaining) are impaired.	0	1	2	3	4	5	6	7	8
4.	Because of my mental health, my <b>private leisure activities</b> (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 mental health, my ability to form and maintain <b>close relationships</b> with others, including those I live with, is impaired.	0	1	2	3	4	5	6	7	8

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