

Adult Separation Anxiety Questionnaire (ASA-27)

The ASA-27 is a tool for assessing separation anxiety symptoms in adults, which are often related to excessive attachment or an irrational fear of separation from significant others.

Number of questions	27 questions
Estimated duration	6 minutes
Language	English
Original name	Adult Separation Anxiety Questionnaire
Target audience	Adults
Authors	Manicavasagar, Silove, Wagner, Drobny (2003)
Category	Emotional dependency

Preview of the 27 questions

Have you felt safer at home when you were with people close to you?

This has never happened | This happens occasionally | This happens fairly often | This happens very often

Have you had difficulty staying away from home for several hours?

This has never happened | This happens occasionally | This happens fairly often | This happens very often

Have you carried an object with you (in your bag or wallet) that reassured you?

This has never happened | This happens occasionally | This happens fairly often | This happens very often

Have you felt intense stress before leaving home for a long trip?

This has never happened | This happens occasionally | This happens fairly often | This happens very often

Have you suffered from nightmares or dreams about being separated from someone close to you?

This has never happened | This happens occasionally | This happens fairly often | This happens very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a Likert scale; total scores are compared against a reference scale to determine the severity of separation anxiety.

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Laura V. - Online Psychologist