BWAS

Bergen Work Addiction Scale (BWAS)

The Bergen Work Addiction Scale (BWAS) is a brief self-report questionnaire for assessing work addiction according to the criteria of the behavioral addiction model. The test's 7 items assess aspects such as excessive preoccupation with work, tolerance, mood modification and loss of control. It is a screening tool intended for clinical and research use.

Number of questions	7 questions
Estimated duration	3 minutes
Language	English
Original name	Bergen Work Addiction Scale
Target audience	Adults
Authors	Cecilie Schou Andreassen, Ståle Pallesen, Mark D. Griffiths (2012)
Category	Work-related distress

Scoring & interpretation

Each item is rated on a scale from 1 to 5 (1 = never, 5 = always). A high score on at least 4 items indicates a likelihood of work addiction. The total score can also be used to assess the degree of addiction.