

Dyadic Adjustment Scale (DAS-32)

The Dyadic Adjustment Scale (DAS) is a tool used to measure the relationship quality perceived by the partners in a couple. The test assesses several domains of dyadic adjustment, including satisfaction, consistency of opinions, emotional well-being and overall harmony in the relationship.

Number of questions	32 questions
Estimated duration	20 minutes
Language	English
Original name	Dyadic Adjustment Scale
Target audience	Adults in a relationship
Authors	Graham B. Spanier (1976)
Category	Couple issues

Preview of the 32 questions

The family budget

Always agree | Almost always agree | Sometimes disagree | Often disagree | Almost always disagree | Always disagree

Sports and entertainment

Always agree | Almost always agree | Sometimes disagree | Often disagree | Almost always disagree | Always disagree

Religious issues

Always agree | Almost always agree | Sometimes disagree | Often disagree | Almost always disagree | Always disagree

Displays of affection

Always agree | Almost always agree | Sometimes disagree | Often disagree | Almost always disagree | Always disagree

Friends

Always agree	Almost always agree	Sometimes disagree	Often disagree	Almost always disagree	Always disagree

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 DAS question is rated on a Likert scale, and the scores are summed to obtain a total score that reflects the perceived harmony in the couple. A higher score indicates better harmony and satisfaction.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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★★★★★

“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist