RASA

Rathus Assertiveness Schedule for Adolescents (RASA)

The Rathus Assertiveness Schedule for Adolescents (RASA) is a self-report tool designed to measure the level of assertiveness in adolescents. It helps identify difficulties in expressing one's opinions and needs, or in asserting one's rights in various social situations. The resulting score helps psychologists target areas for intervention and assess progress during therapy follow-up.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Rathus Assertiveness Schedule for Adolescents
Target audience	Adolescents
Authors	Spencer A. Rathus (1977)
Category	Assertiveness, Childhood

Preview of the 30 questions

It seems that most people are more assertive than I am

Very characteristic of me | Fairly descriptive of me | Somewhat characteristic of me | Somewhat uncharacteristic of me | Fairly uncharacteristic of me | Very uncharacteristic of me

I have hesitated before making or accepting a date because I felt embarrassed

Very characteristic of me | Fairly descriptive of me | Somewhat characteristic of me | Somewhat uncharacteristic of me | Fairly uncharacteristic of me | Very uncharacteristic of me

At a restaurant, when the food I'm served is not prepared to my liking, I complain to the waiter or waitress

Very characteristic of me | Fairly descriptive of me | Somewhat characteristic of me | Somewhat uncharacteristic of me | Fairly uncharacteristic of me | Very uncharacteristic of me

I take care not to hurt other people's feelings, even when I have been hurt myself

Very characteristic of me | Fairly descriptive of me | Somewhat characteristic of me | Somewhat uncharacteristic of me | Fairly uncharacteristic of me | Very uncharacteristic of me

I find it hard to say "no" to a salesperson who has gone to a lot of trouble to show me items that don't suit me

Very characteristic of me | Fairly descriptive of me | Somewhat characteristic of me | Somewhat uncharacteristic of me | Fairly uncharacteristic of me | Very uncharacteristic of me

Scoring & interpretation

Each item is rated on a scale from -3 (completely uncharacteristic) to +3 (completely characteristic). Scores are summed to obtain a total assertiveness score. A high score indicates a higher level of assertiveness, while a low score may reveal a tendency toward submissiveness or difficulties with self-expression.