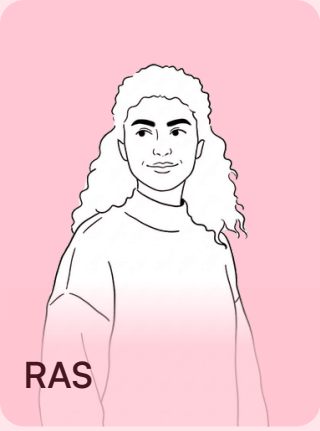


Rathus Assertiveness Schedule (RAS)

This questionnaire is designed to assess a patient's level of assertiveness, that is, their ability to express their opinions, needs, and emotions clearly and respectfully, without aggressiveness or passivity. This test helps the therapist better understand how the patient interacts in social or personal contexts and identify any difficulties they may have in standing up for their point of view or expressing their feelings.

Number of questions	30 questions
Estimated duration	7 minutes
Language	English
Original name	Rathus Assertiveness Schedule
Authors	Spencer A. Rathus (1973)
Category	Assertiveness

Preview of the 30 questions

Most people seem to me to be more aggressive and better at standing up for their rights than I am.

Completely true | True | Somewhat true | Somewhat false | False | Completely false

At times, I have hesitated out of shyness when it came to making or accepting a date.

Completely true | True | Somewhat true | Somewhat false | False | Completely false

When the food in a restaurant does not satisfy me, I complain about it to the waiter or waitress.

Completely true | True | Somewhat true | Somewhat false | False | Completely false

I am careful not to hurt other people's feelings, even when I have been hurt.

Completely true | True | Somewhat true | Somewhat false | False | Completely false

If a salesperson has gone to a lot of trouble to show me merchandise that doesn't quite suit me, I find it hard when I have to say "no."

Completely true | True | Somewhat true | Somewhat false | False | Completely false

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Scoring & interpretation

Respondents rate their degree of agreement or disagreement with each statement on a scale ranging from "very characteristic of me" (3 points) to "very uncharacteristic of me" (-3 points). The scale is reversed for questions 1, 2, 4, 5, 9, 11, 12, 13, 14, 15, 16, 17, 19, 23, 24, 26, and 30.

The score provides an initial indication of the patient's level of assertiveness, but it is important to supplement this information with an in-depth clinical interview. The RAS gives an overall picture but does not take into account contextual nuances, emotional variations, or specific relationships that may influence assertive behavior. Therapeutic work can then aim to refine and adapt assertiveness strategies according to the patient's personal needs and goals.

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Romane L. - Online CBT Psychologist