RSAS

Revised Social Anhedonia Scale (RSAS)

The RSAS is a trait-based self-report questionnaire designed to measure social anhedonia, that is, reduced pleasure, interest, and engagement in interpersonal relationships. Part of the Chapman Psychosis-Proneness Scales, it is mainly used with adults to explore negative schizotypy, social withdrawal, and certain profiles of vulnerability to the schizophrenia spectrum. In clinical practice, it helps the psychologist objectify a lasting lack of interest in social contact and distinguish it from mere social inhibition, social anxiety, or a depressive state, without replacing the clinical interview or the diagnosis.

Number of questions	40 questions
Estimated duration	8 minutes
Language	English
Original name	Revised Social Anhedonia Scale
Target audience	Adults
Authors	Mary L. Eckblad, Loren J. Chapman, Jean P. Chapman, M. Mishlove (1982)
Category	Interpersonal issues, Psychotic disorders

Preview of the 40 questions

Having close friends is not as important as many people say.

True False

I attach very little importance to having close friends.

True False

I prefer watching television to going out with other people.

True False

A car ride is much more enjoyable if someone is with me.

True False

I like to make long distance phone calls to friends and relatives.

True False

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

The 40 items are scored true or false. Each answer matching the key is worth 1 point, otherwise 0, with several reverse-worded items to be recoded. The total score ranges from 0 to 40. A high score indicates more marked social anhedonia, with greater indifference, avoidance, or reduced pleasure in social interactions. Interpretation should ideally rely on norms and on the clinical context, because the RSAS identifies a trait level and has no diagnostic value on its own.

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- Automatic scoring
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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist