SAS

Self-Assertion Scale (SAS)

The Self-Assertion Scale (SAS) assesses an individual's ability to assert themselves in various everyday situations, including expressing their emotions, requests, refusals and opinions to others. This tool is particularly useful in clinical practice for identifying assertiveness difficulties that may be linked to anxiety or depressive disorders or to relational issues. It is also used in assertiveness training groups.

Number of questions	24 questions
Estimated duration	10 minutes
Language	English
Original name	Self-Assertion Scale
Target audience	Adults, adolescents
Authors	Anne-Lise Missotten, Olivier Luminet (2002)
Category	Assertiveness

Scoring & interpretation

Each item is rated on a Likert-type scale, typically from 1 (never) to 5 (always). Total scores are obtained by summing the responses. A high score indicates a good capacity for self-assertion, while a low score suggests difficulties with assertiveness. Interpretation should take into account the administration context and the overall clinical profile.