

Separation Anxiety Symptom Inventory (SASI)

The SASI is a self-report questionnaire used mainly with adults to retrospectively estimate the intensity of separation anxiety symptoms present during childhood and adolescence. In particular, it explores distress during separations, fear that harm will befall attachment figures, an excessive need for proximity, avoidance of separation, and certain associated somatic signs. In clinical practice, it helps with screening and with the dimensional characterization of a history of separation anxiety, particularly in the assessment of anxiety disorders and adult separation anxiety.

Number of questions	15 questions
Estimated duration	5 minutes
Language	English
Original name	Separation Anxiety Symptom Inventory
Target audience	Adults
Authors	Derrick Silove, Vijaya Manicavasagar, Jill Curtis (1999)
Category	Emotional dependency

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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 most widely used version contains 15 items rated on an ordinal scale of frequency or intensity, usually from 0 to 3. Item scores are summed to obtain a total score. A high score indicates more separation anxiety symptoms reported for childhood or adolescence. Interpretation is based on the clinical context and, when available, normative data; there is no universally accepted diagnostic cutoff for stand-alone use.

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 Basile R. - Clinical Psychologist