

## REVISED DYADIC ADJUSTMENT SCALE

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Religious matters	5	4	3	2	1	0
2. Demonstrations of affection	5	4	3	2	1	0
3. Making major decisions	5	4	3	2	1	0
4. Sex relations	5	4	3	2	1	0
5. Conventionality (correct or proper behavior)	5	4	3	2	1	0
6. Career decisions	5	4	3	2	1	0

	All the Time	Most of the time	More often than not	Occasionally	Rarely	Never
7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
8. How often do you and your partner quarrel?	0	1	2	3	4	5
9. Do you ever regret that you married (or lived together)?	0	1	2	3	4	5
10. How often do you and your mate "get on each other's nerves"?	0	1	2	3	4	5

	Everyday	Almost Everyday	Occasionally	Rarely	Never
11. Do you and your mate engage in outside interests together?	4	3	2	1	0

How often would you say the following events occur between you and your mate?

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
12. Have a stimulating exchange of ideas	0	1	2	3	4	5
13. Work together on a project	0	1	2	3	4	5
14. Calmly discuss something	0	1	2	3	4	5

Revised Dyadic Adjustment Scale  
Scoring Key

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	<u>Always Agree</u>	<u>Almost Always Agree</u>	<u>Occasionally Agree</u>	<u>Frequently Disagree</u>	<u>Almost Always Disagree</u>	<u>Always Disagree</u>
1. Religious matters	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
2. Demonstrations of affection	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
3. Making major decisions	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
4. Sex relations	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
5. Conventionality (correct or proper behavior)	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
6. Career decisions	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
	<u>All the time</u>	<u>Most of the time</u>	<u>More often than not</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
8. How often do you and your partner quarrel?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
9. Do you ever regret that you married (or lived together)?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
10. How often do you and your mate "get on each other's nerves"?	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	<u>Every Day</u>	<u>Almost Every Day</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>	
11. Do you and your mate engage in outside interests together?	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>	

How often would you say the following events occur between you and your mate?

	<u>Never</u>	<u>Less than once a month</u>	<u>Once or twice a month</u>	<u>Once or twice a week</u>	<u>Once a day</u>	<u>More often</u>
12. Have a stimulating exchange of ideas	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
13. Work together on a project	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
14. Calmly discuss something	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>

From: Busby, D.M., Crane, D.R., Larson, J.H., & Christensen, C. (1995). A revision of the Dyadic Adjustment Scale for use with distressed and nondistressed couples: Construction hierarchy and multidimensional scales. Journal of Marital and Family Therapy, 21, 289-308.

## REVISED DYADIC ADJUSTMENT SCALE

### **Description:**

The Revised Dyadic Adjustment Scale (RDAS) is a self report questionnaire that assesses seven dimensions of couple relationships within three overarching categories including **Consensus** in *decision making, values* and *affection*, **Satisfaction** in the relationship with respect to *stability* and *conflict* regulation, and **Cohesion** as seen through *activities* and *discussion*. “[With] time constraints on therapists in clinical practice . . . the RDAS . . . allow[s] for a reliable and economical measurement of marital and relationship quality” (Crane, Middleton, & Bean, 2000, p. 54). The RDAS includes only 14 items, each of which asks the respondents to rate certain aspects of her/his relationship on a 5 or 6 point scale. Scores on the RDAS range from 0 to 69 with higher scores indicating greater relationship satisfaction and lower scores indicating greater relationship distress. The cut-off score for the RDAS is 48 such that scores of 48 and above indicate non-distress and scores of 47 and below indicate marital/relationship distress.

### **Reliability:**

The RDAS has been found to have a Cronbach’s alpha (reliability) of .90.

### **Validity:**

Construct validity for the RDAS is supported by its high correlation with a similar measure, the Locke-Wallace Marital Adjustment Test (MAT). The correlation between the RDAS and the MAT was .68 ( $p < .01$ ). In addition, the correlation between the RDAS and the original Dyadic Adjustment Scale (DAS) was .97 ( $p < .01$ ).

In terms of discriminant validity, the RDAS has been found to successfully differentiate between 81% of distressed and non-distressed cases.

### **Evaluation:**

The RDAS is a straightforward assessment that can be completed easily and in a short amount of time. It can successfully differentiate between distressed and non-distressed relationships and it gives specific measures of three relationship constructs and seven related relationship areas. As such, the RDAS gives a quick snapshot of multiple dynamics within a given relationship as well as an overall assessment of the stability of the relationship.

Scoring for the RDAS is a simple process of calculating a sum of the scores for the 14 items. This gives an overall score which can be interpreted using the above noted cut-off score. The subscale scores can be interpreted using the table below:

	<b>Scores Range from:</b>	
<b>Consensus</b>	0 to 30	Higher scores on any of these subscales indicate greater stability and satisfaction in the relationship. Lower scores indicate greater distress.
Decision Making: Items 3 and 6.	0 to 10	
Values: Items 1 and 5	0 to 10	
Affection: Items 2 and 4	0 to 10	
<b>Satisfaction</b>	0 to 20	
Stability: Items 7 and 9	0 to 10	
Conflict: Items 8 and 10	0 to 10	
<b>Cohesion</b>	0 to 19	
Activities: Items 11 and 13	0 to 9	
Discussion: Items 12 and 14	0 to 10	

### **References:**

- Busby, D. M., Christensen, C., Crane, D. R., & Larson, J. H. (1995). A revision of the dyadic adjustment scale for use with distressed and nondistressed couples: Construct hierarchy and multidimensional scales. *Journal of Marital and Family Therapy*, 21(3), 289-308.
- Crane, D. R., Middleton, K. C., & Bean, R. A. (2000). Establishing criterion scores for the Kansas Marital Satisfaction Scale and the Revised Dyadic Adjustment Scale. *American Journal of Family Therapy*, 28(1), 53-60.