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## THE BRIEF ADULT ASSESSMENT SCALE

### INSTRUCTIONS

This questionnaire is designed to obtain information about a wide range of possible problem areas. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows:

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time
- x = Does Not Apply

You may discover that some of the items do not apply to you or your personal situation. For any such item, please enter an x or X but *do not leave any item blank*.

When you begin to complete the items on this questionnaire you will see that you can very easily make yourself look as good or as bad as you wish. *Please do not do that*. It is extremely important for you to provide the most accurate answers possible even though you may feel embarrassed or uncomfortable. If you provide incorrect or misleading information to those who are trying to assist you, it will be very difficult to provide you with the help that you are seeking.

#### Please Print Your

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_ Male \_\_\_ Female Race: \_\_\_\_\_

SSAN: \_\_\_\_\_ Today's Date: \_\_\_\_\_

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## Answer Key

1 = None of the time

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X = Does not apply

### ***SUBSCALE: DEPRESSION***

1. \_\_\_\_ I feel powerless to do anything about my life.
2. \_\_\_\_ I feel blue.
3. \_\_\_\_ I have crying spells.
4. \_\_\_\_ It is easy for me to enjoy myself. \*
5. \_\_\_\_ I have a hard time getting started on things that I need to do.
6. \_\_\_\_ I get very depressed.
7. \_\_\_\_ I feel there is always someone I can depend on when things get tough. \*
8. \_\_\_\_ I feel that the future looks bright for me. \*
9. \_\_\_\_ I feel downhearted.
10. \_\_\_\_ I feel that I am needed. \*
11. \_\_\_\_ I feel that I am appreciated by others. \*
12. \_\_\_\_ I enjoy being active and busy. \*

### ***SUBSCALE: SELF-ESTEEM***

13. \_\_\_\_ I think my friends find me interesting. \*
14. \_\_\_\_ I think I have a good sense of humor.
15. \_\_\_\_ I feel very self-conscious when I am with strangers.
16. \_\_\_\_ I feel that if I could be more like other people I would have it made.
17. \_\_\_\_ I feel that people have a good time when they are with me. \*
18. \_\_\_\_ I feel that people do not enjoy my company.
19. \_\_\_\_ I feel I get pushed around more than others.
20. \_\_\_\_ I think I am a rather nice person. \*
21. \_\_\_\_ I feel that people really like me very much. \*
22. \_\_\_\_ I feel that I am a likable person. \*
23. \_\_\_\_ I am afraid I will appear foolish to others.
24. \_\_\_\_ My friends think very highly of me. \*

### ***SUBSCALE: PARTNER RELATIONSHIP PROBLEMS***

25. \_\_\_\_ My partner is affectionate enough. \*
26. \_\_\_\_ My partner treats me badly.
27. \_\_\_\_ My partner really cares for me. \*
28. \_\_\_\_ I feel that I would not choose the same partner if I had it to do over again.
29. \_\_\_\_ I feel that I can really trust my partner. \*
30. \_\_\_\_ I feel that our relationship is breaking up.
31. \_\_\_\_ My partner really does not understand me.
32. \_\_\_\_ I feel that our relationship is a good one. \*
33. \_\_\_\_ Ours is a very happy relationship. \*
34. \_\_\_\_ Our life together is dull.
35. \_\_\_\_ We have a lot of fun together. \*
36. \_\_\_\_ My partner does not confide in me.
37. \_\_\_\_ Ours is a very close relationship. \*

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### ***SUBSCALE: SEXUAL DISCORD***

38. \_\_\_\_ I feel that my partner enjoys our sex life. \*
39. \_\_\_\_ Our sex life is very exciting. \*
40. \_\_\_\_ Sex is fun for my partner and me. \*
41. \_\_\_\_ Sex with my partner has become a chore for me.
42. \_\_\_\_ I feel that our sex is dirty and disgusting.
43. \_\_\_\_ Our sex life is monotonous.
44. \_\_\_\_ When we have sex, it is too rushed and hurriedly completed.
45. \_\_\_\_ I feel that our sex life is lacking in quality.
46. \_\_\_\_ My partner is sexually very exciting. \*
47. \_\_\_\_ I enjoy the sex techniques that my partner likes or uses. \*
48. \_\_\_\_ I feel that my partner wants too much sex from me.
49. \_\_\_\_ I think that our sex life is wonderful. \*

### ***SUBSCALE: PROBLEMS WITH MY CHILD***

50. \_\_\_\_ My child gets on my nerves.
51. \_\_\_\_ I get along well with my child. \*
52. \_\_\_\_ I feel that I can really trust my child. \*
53. \_\_\_\_ I dislike my child.
54. \_\_\_\_ My child is well behaved. \*
55. \_\_\_\_ My child is too demanding.
56. \_\_\_\_ I wish I did not have this child.
57. \_\_\_\_ I really enjoy my child. \*
58. \_\_\_\_ I have a hard time controlling my child.
59. \_\_\_\_ My child interferes with my activities.
60. \_\_\_\_ I resent my child.
61. \_\_\_\_ I think my child is terrific. \*
62. \_\_\_\_ I hate my child.

### ***SUBSCALE: PERSONAL STRESS***

63. \_\_\_\_ I feel very panicked.
64. \_\_\_\_ I feel like I am on the verge of a total collapse.
65. \_\_\_\_ I feel that I am losing control of my life.
66. \_\_\_\_ I feel that I am near a breaking point.
67. \_\_\_\_ I feel wound up like a coiled spring.
68. \_\_\_\_ I feel that I cannot keep up with all the demands on me.
69. \_\_\_\_ I feel very much behind in my work.
70. \_\_\_\_ I feel tense and angry with those around me.
71. \_\_\_\_ I feel I must race from one task to the next.
72. \_\_\_\_ I feel that I just cannot keep up with everything.
73. \_\_\_\_ I feel as tight as a drum.
74. \_\_\_\_ I feel very much on edge.

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### ***SUBSCALE: PROBLEMS WITH FRIENDS***

75. \_\_\_\_\_ I get along very well with my friends. \*
76. \_\_\_\_\_ My friends act like they do not care about me.
77. \_\_\_\_\_ My friends treat me badly.
78. \_\_\_\_\_ My friends really seem to respect me. \*
79. \_\_\_\_\_ I do not feel like I am "part of the group" with my friends.
80. \_\_\_\_\_ My friends are a bunch of snobs.
81. \_\_\_\_\_ My friends understand me. \*
82. \_\_\_\_\_ My friends seem to like me very much. \*
83. \_\_\_\_\_ I really feel "left out" by my friends.
84. \_\_\_\_\_ I hate my present group of friends.
85. \_\_\_\_\_ My friends seem to like having me around. \*
86. \_\_\_\_\_ I really like my present group of friends. \*
87. \_\_\_\_\_ I really feel that I am disliked by my friends.

### ***SUBSCALE: AGGRESSION***

88. \_\_\_\_\_ When I have to, I really do not mind punching someone out.
89. \_\_\_\_\_ I get into fights.
90. \_\_\_\_\_ When I hurt someone physically it really does not bother me.
91. \_\_\_\_\_ I am quick to let people know they cannot walk all over me.
92. \_\_\_\_\_ I push others around before they have a chance to push me around.
93. \_\_\_\_\_ People tell me I have a bad temper.
94. \_\_\_\_\_ I hurt people before they can hurt me.
95. \_\_\_\_\_ I threaten people with a fight.
96. \_\_\_\_\_ I like it when others are afraid of me.
97. \_\_\_\_\_ If punches are thrown, mine go first!

### ***SUBSCALE: PROBLEMS WITH WORK ASSOCIATES***

98. \_\_\_\_\_ I get along very well with my work associates. \*
99. \_\_\_\_\_ My work associates act like they do not care about me.
100. \_\_\_\_\_ My work associates treat me badly.
101. \_\_\_\_\_ My work associates really seem to respect me. \*
102. \_\_\_\_\_ I do not feel like I am "part of the group" with my work associates.
103. \_\_\_\_\_ My work associates are a bunch of snobs.
104. \_\_\_\_\_ My work associates understand me. \*
105. \_\_\_\_\_ My work associates seem to like me very much. \*
106. \_\_\_\_\_ I really feel "left out" by my work associates.
107. \_\_\_\_\_ I hate my present group of work associates.
108. \_\_\_\_\_ My work associates seem to like having me around. \*
109. \_\_\_\_\_ I really like my work associates. \*

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### ***SUBSCALE: FAMILY RELATIONSHIP PROBLEMS***

110. \_\_\_\_ There is too much hatred in my family.  
111. \_\_\_\_ Members of my family are really good to one another. \*  
112. \_\_\_\_ My family is well respected by those who know us. \*  
113. \_\_\_\_ There seems to be a lot of friction in my family.  
114. \_\_\_\_ There is a lot of love in my family. \*  
115. \_\_\_\_ Members of my family get along well together. \*  
116. \_\_\_\_ Life in my family is generally unpleasant.  
117. \_\_\_\_ My family is a great joy to me. \*  
118. \_\_\_\_ I feel proud of my family. \*  
119. \_\_\_\_ Other families seem to get along better than mine.  
120. \_\_\_\_ My family is a real source of comfort to me. \*  
121. \_\_\_\_ I feel "left out" of my family.  
122. \_\_\_\_ My family is an unhappy one.

### ***SUBSCALE: SUICIDAL THOUGHTS***

123. \_\_\_\_ I think about ending my life.  
124. \_\_\_\_ My life is so grim that I have considered ending it.  
125. \_\_\_\_ I think about committing suicide.  
126. \_\_\_\_ I feel that everyone would be better off if I were dead.  
127. \_\_\_\_ I actually think about different ways that I could kill myself.  
128. \_\_\_\_ I have actually decided that I am going to take my own life and I now think about my final plans for doing that.  
129. \_\_\_\_ I feel that it is useless for me to continue living.  
130. \_\_\_\_ I think about finding relief or peace by taking my own life.  
131. \_\_\_\_ I feel that the only way to end my shame is to end my life.  
132. \_\_\_\_ I feel that my agony is too great for me to continue living.  
133. \_\_\_\_ I feel that my life is over and I may as well end it.

### ***SUBSCALE: NON-PHYSICAL ABUSE***

134. \_\_\_\_ My partner belittles me.  
135. \_\_\_\_ My partner demands obedience to his or her whims.  
136. \_\_\_\_ My partner becomes surly and angry if I say he or she is drinking too much.  
137. \_\_\_\_ My partner demands that I perform sex acts that I do not enjoy or like.  
138. \_\_\_\_ My partner becomes very upset if my work is not done when he or she thinks it should be.  
139. \_\_\_\_ My partner does not want me to have any friends.  
140. \_\_\_\_ My partner tells me I am ugly and unattractive.  
141. \_\_\_\_ My partner tells me I really could not manage or take care of myself without him or her.  
142. \_\_\_\_ My partner acts like I am his or her personal servant.  
143. \_\_\_\_ My partner insults or shames me in front of others.  
144. \_\_\_\_ My partner becomes very angry if I disagree with his or her point of view.  
145. \_\_\_\_ My partner is stingy in giving me money.  
146. \_\_\_\_ My partner belittles me intellectually.

## Answer Key

1 = None of the time

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### ***SUBSCALE: PHYSICAL ABUSE***

147. \_\_\_\_ My partner tries to choke or strangle me.  
148. \_\_\_\_ My partner knocks me down and then kicks or stomps me.  
149. \_\_\_\_ My partner twists my fingers, arms or legs.  
150. \_\_\_\_ My partner throws dangerous objects at me.  
151. \_\_\_\_ My partner bites or scratches me so badly that I bleed or have bruises.  
152. \_\_\_\_ My partner violently pinches or twists my skin.  
153. \_\_\_\_ My partner hurts me badly while we are having sex.  
154. \_\_\_\_ My partner injures my breasts or genitals.  
155. \_\_\_\_ My partner tries to suffocate me with pillows, towels, or other objects.  
156. \_\_\_\_ My partner pokes or jabs me with pointed objects.  
157. \_\_\_\_ My partner has broken one or more of my bones.  
158. \_\_\_\_ My partner kicks my face and head.

### ***SUBSCALE: PROBLEMS WITH WORK***

159. \_\_\_\_ My job is very boring.  
160. \_\_\_\_ I hate my job.  
161. \_\_\_\_ I cannot stand my boss.  
162. \_\_\_\_ My boss is a fool.  
163. \_\_\_\_ I really like my job. \*  
164. \_\_\_\_ I think I am good at my job. \*  
165. \_\_\_\_ I get to work on time. \*  
166. \_\_\_\_ I like to "goof off" on the job.  
167. \_\_\_\_ The best part of my job is coffee breaks, lunch, and vacations.  
168. \_\_\_\_ I work very hard at my job and I am very conscientious about doing it well. \*

### ***SUBSCALE: ALCOHOL ABUSE***

169. \_\_\_\_ When I have a drink with friends, I usually drink more than they do.  
170. \_\_\_\_ My drinking causes problems with my family or friends.  
171. \_\_\_\_ My drinking causes problems with my work.  
172. \_\_\_\_ After I have been drinking, I cannot remember things that happened.  
173. \_\_\_\_ After I have been drinking, I get the shakes.  
174. \_\_\_\_ When I am drinking, I have three or fewer drinks. \*  
175. \_\_\_\_ I drink to calm my nerves or make me feel better.  
176. \_\_\_\_ I drink when I am alone.  
177. \_\_\_\_ I drink so much that I pass out.  
178. \_\_\_\_ My drinking interferes with obligations to my family or friends.  
179. \_\_\_\_ I have one or more drinks when things are not going well for me.  
180. \_\_\_\_ I have one or more drinks before noon.  
181. \_\_\_\_ My friends avoid me when I am drinking.  
182. \_\_\_\_ My personal life gets very troublesome when I drink.  
183. \_\_\_\_ I drink several times a week.

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### ***SUBSCALE: DRUG USE***

184. \_\_\_\_\_ I take drugs to calm my nerves or make me feel better.  
 185. \_\_\_\_\_ When I take drugs with friends, I usually take more than they do.  
 186. \_\_\_\_\_ My drug use causes problems with my family or friends.  
 187. \_\_\_\_\_ My drug use causes problems with my work.  
 188. \_\_\_\_\_ I take drugs when I am alone.  
 189. \_\_\_\_\_ My drug use interferes with obligations to my family or friends.  
 190. \_\_\_\_\_ I take drugs when things are not going well for me.  
 191. \_\_\_\_\_ My friends avoid me when I take drugs.  
 192. \_\_\_\_\_ My personal life gets very troublesome when I use drugs.  
 193. \_\_\_\_\_ I take drugs several times a week.

## BAAS SUBSCALE SCORING BLANK

SAMPLE

Subscale Name	A Total Items	B Items Used	C Item Sum	D (C - B) Sum-Used	E D*100/(B*6) Score
Depression	12	_____	_____	_____	_____
Self-Esteem	12	_____	_____	_____	_____
Partner Problems	13	_____	_____	_____	_____
Sexual Discord	12	_____	_____	_____	_____
Child Problems	13	_____	_____	_____	_____
Personal Stress	12	_____	_____	_____	_____
Friend Problems	13	_____	_____	_____	_____
Aggression	10	_____	_____	_____	_____
Work Associates	12	_____	_____	_____	_____
Family Problems	13	_____	_____	_____	_____
Suicide	11	_____	_____	_____	_____
Non-Physical Abuse	13	_____	_____	_____	_____
Physical Abuse	12	_____	_____	_____	_____
Work Problems	10	_____	_____	_____	_____
Alcohol Abuse	15	_____	_____	_____	_____
Drug Abuse	10	_____	_____	_____	_____

# BAAS SCORE PROFILE GRAPH

Subscale Name	Subscale Score										
	0	10	20	30	40	50	60	70	80	90	100
Depression											
Self-Esteem											
Partner Problems											
Sexual Discord											
Child Problem											
Personal Stress											
Friend Problem											
Aggression											
Work Associates											
Family Problems											
Suicide											
Non-Physical Abuse											
Physical Abuse											
Work Problems											
Alcohol Abuse											
Drug Abuse											

SAMPLE