

MAAS

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MULTIDIMENSIONAL ADOLESCENT 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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6 = Most of the time
7 = All of the time

1

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: PROBLEMS WITH MOTHER

25. ____ My mother is very patient with me. *
26. ____ I really like my mother. *
27. ____ I like being with my mother. *
28. ____ I feel like I do not love my mother.
29. ____ My mother is very irritating.
30. ____ I feel very angry toward my mother.
31. ____ I feel violent toward my mother.
32. ____ I feel proud of my mother. *
33. ____ I wish my mother was more like others I know.
34. ____ My mother does not understand me.
35. ____ I can really depend on my mother. *
36. ____ I feel ashamed of my mother.

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6 = Most of the time
7 = All of the time

2

SUBSCALE: PROBLEMS WITH FATHER

37. _____ My father gets on my nerves.
38. _____ I get along well with my father. *
39. _____ I feel that I can really trust my father. *
40. _____ I dislike my father.
41. _____ My father's behavior embarrasses me.
42. _____ My father is too demanding.
43. _____ I wish I had a different father.
44. _____ I really enjoy my father. *
45. _____ My father puts too many limits on me.
46. _____ My father interferes with my activities.
47. _____ I resent my father.
48. _____ I think my father is terrific. *
49. _____ I hate my father.

SUBSCALE: PERSONAL STRESS

50. _____ I feel very panicked.
51. _____ I feel like I am on the verge of a total collapse.
52. _____ I feel that I am losing control of my life.
53. _____ I feel that I am near a breaking point.
54. _____ I feel wound up like a coiled spring.
55. _____ I feel that I cannot keep up with all the demands on me.
56. _____ I feel very much behind in my work.
57. _____ I feel tense and angry with those around me.
58. _____ I feel I must race from one task to the next.
59. _____ I feel that I just cannot keep up with everything.
60. _____ I feel as tight as a drum.
61. _____ I feel very much on edge.

SUBSCALE: PROBLEMS WITH FRIENDS

62. _____ I get along very well with my friends. *
63. _____ My friends act like they do not care about me.
64. _____ My friends treat me badly.
65. _____ My friends really seem to respect me. *
66. _____ I do not feel like I am "part of the group" with my friend.
67. _____ My friends are a bunch of snobs.
68. _____ My friends understand me. *
69. _____ My friends seem to like me very much. *
70. _____ I really feel "left out" by my friends.
71. _____ I hate my present group of friends.
72. _____ My friends seem to like having me around. *
73. _____ I really like my present group of friends. *
74. _____ I really feel that I am disliked by my friends.

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3

SUBSCALE: PROBLEMS WITH SCHOOL

75. ____ I hate school.
76. ____ I enjoy my school work and studies. *
77. ____ I put off studies at school until the last minute.
78. ____ My school homework is very boring.
79. ____ School is not for study, it is for parties and play!
80. ____ I study very hard at school. *
81. ____ I think I am a good student at school. *
82. ____ I think my school work will help my future. *
83. ____ I really do pretty shoddy work at school.
84. ____ I feel I learn a great deal at school. *

SUBSCALE: AGGRESSION

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

SUBSCALE: FAMILY RELATIONSHIP PROBLEMS

95. ____ There is too much hatred in my family.
96. ____ Members of my family are really good to one another. *
97. ____ My family is well respected by those who know us.*
98. ____ There seems to be a lot of friction in my family.
99. ____ There is a lot of love in my family. *
100. ____ Members of my family get along well together. *
101. ____ Life in my family is generally unpleasant.
102. ____ My family is a great joy to me. *
103. ____ I feel proud of my family. *
104. ____ Other families seem to get along better than mine.
105. ____ My family is a real source of comfort to me. *
106. ____ I feel "left out" of my family.
107. ____ My family is an unhappy one.

Answer Key

1 = None of the time
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4

SUBSCALE: SUICIDAL THOUGHTS

108. ____ I think about ending my life.
109. ____ My life is so grim that I have considered ending it.
110. ____ I think about committing suicide.
111. ____ I feel that everyone would be better off if I were dead.
112. ____ I actually think about different ways that I could kill myself.
113. ____ I have actually decided that I am going to take my own life and I now think about my final plans for doing that.
114. ____ I feel that it is useless for me to continue living.
115. ____ I think about finding relief or peace by taking my own life.
116. ____ I feel that the only way to end my shame is to end my life.
117. ____ I feel that my agony is too great for me to continue living.
118. ____ I feel that my life is over and I am as well end.

SUBSCALE: FEELINGS OF GUILT

119. ____ I seem to feel guilty for no good reason.
120. ____ When things go wrong, I feel I should apologize even if it is not my fault.
121. ____ When things do not go right I usually accept the blame for them.
122. ____ I am usually the one who apologizes for anything.
123. ____ I have this nagging feeling that I have done something wrong.
124. ____ I have the feeling I should be punished even when I have done nothing for which to be punished.
125. ____ I have the feeling that I have done something terrible.
126. ____ I feel very guilty and ashamed.
127. ____ Deep inside, I feel that I am really a "bad" person.
128. ____ I feel that people would be ashamed of me if they really knew me very well.

SUBSCALE: CONFUSED THINKING

129. ____ I have difficulty keeping my thoughts straight.
130. ____ My thinking becomes confused.
131. ____ I cannot seem to keep things straight in my mind.
132. ____ There are times when my mind plays tricks on me.
133. ____ Some of the strangest ideas just pop into my mind.
134. ____ There are times when my thinking does not seem to work right.
135. ____ I worry about the way my mind seems strange.

SUBSCALE: DISTURBING THOUGHTS

136. ____ I have ideas and thoughts that disturb me greatly.
137. ____ Some of my thoughts are frightening to me.
138. ____ I think about ugly or horrible things.
139. ____ There are times when I have very strange and disturbing thoughts.

Answer Key

1 = None of the time

2 = Very rarely

3 = A little of the time

5 = A good part of the time

6 = Most of the time

7 = All of the time

140. ____ I cannot get certain bad thoughts out of my mind.
141. ____ Disturbing ideas come to me and I cannot get rid of them.
142. ____ I worry about the horrible thoughts that I have.
143. ____ Ugly or horrible thoughts rush into my mind.
144. ____ I just cannot get certain bad thoughts out of my mind.

5

SUBSCALE: MEMORY LOSS

145. ____ I forget where I put my keys, glasses, or other objects that I use daily.
146. ____ There are times when I forget my name.
147. ____ I forget what day it is.
148. ____ I forget important dates, addresses, or phone numbers that I should remember with ease.
149. ____ I have difficulty remembering things that I should easily remember.
150. ____ There are times when I actually forget my own address.
151. ____ I forget important things about my work or school.
152. ____ My memory seems to fail me.

SUBSCALE: ALCOHOL ABUSE

153. ____ When I have a drink with friends, I usually drink more than they do.
154. ____ My drinking causes problems with my family or friends.
155. ____ My drinking causes problems with my work.
156. ____ After I have been drinking, I cannot remember things that happened.
157. ____ After I have been drinking, I get the shakes.
158. ____ When I am drinking, I have three or fewer drinks. *
159. ____ I drink to calm my nerves or make me feel better.
160. ____ I drink when I am alone.
161. ____ I drink so much that I pass out.
162. ____ My drinking interferes with obligations to my family or friends.
163. ____ I have one or more drinks when things are not going well for me.
164. ____ I have one or more drinks before noon.
165. ____ My friends avoid me when I am drinking.
166. ____ My personal life gets very troublesome when I drink.
167. ____ I drink several times a week.

SUBSCALE: DRUG USE

168. ____ I take drugs to calm my nerves or make me feel better.
169. ____ When I take drugs with friends, I usually take more than they do.
170. ____ My drug use causes problems with my family or friends.
171. ____ My drug use causes problems with my work.
172. ____ I take drugs when I am alone.
173. ____ My drug use interferes with obligations to my family or friends.
174. ____ I take drugs when things are not going well for me.
175. ____ My friends avoid me when I take drugs.
176. ____ My personal life gets very troublesome when I use drugs.
177. ____ I take drugs several times a week.

MAAS SUBSCALE SCORING BLANK

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	_____	_____	_____	_____
Mother Problems	12	_____	_____	_____	_____
Father Problems	13	_____	_____	_____	_____
Personal Stress	12	_____	_____	_____	_____
Friend Problems	13	_____	_____	_____	_____
School Problems	10	_____	_____	_____	_____
Aggression	10	_____	_____	_____	_____
Family Problems	13	_____	_____	_____	_____
Suicide	11	_____	_____	_____	_____
Guilt	6	_____	_____	_____	_____
Confused Thinking	7	_____	_____	_____	_____
Disturbing Thoughts	9	_____	_____	_____	_____
Memory Loss	8	_____	_____	_____	_____
Alcohol Abuse	15	_____	_____	_____	_____
Drug Abuse	10	_____	_____	_____	_____

MAAS SCORE PROFILE GRAPH

Subscale Name	Subscale Score										
	0	10	20	30	40	50	60	70	80	90	100
Depression											
Self-Esteem											
Mother Problem											
Father Problem											
Personal Stress											
Friend Problem											
School Problem											
Aggression											
Family Problems											
Suicide											
Guilt											
Confused Thinking											
Disturbing Thoughts											
Memory Loss											
Alcohol Abuse											
Drug Abuse											

SAMPLE

