**Dyadic Adjustment Scale 6 Guidance**

The Dyadic Adjustment Scale developed by Spanier (1976), featured 32 questions that would provide practitioners with an insight into a couples relationship and allow for the identification of factors that may be causing distress. Over the years there have been additional version created that have been based off the original assessments questions. These include the DAS-14 developed by Busby et al. (1995) and the DAS-4 developed by Sabourin, 2005.

The DAS-6 aims to provide a screening tool for practitioners to quickly assess relationship distress and conflict. It achieves this through use of the 4 relationship satisfaction questions from the DAS-4 and the two conflict questions from the DAS-14.

You may decide to use this tool when you are concerned about the overall relationship quality of parents especially if there appears to be evidence of parental conflict. If parents are separated and in conflict you should consider using the [BACS-8 tool](https://drive.google.com/file/d/11ba1iCC-8fleKMVgtuJWe4_ZZPbhgGNc/view?usp=drive_link) instead.

**Scoring**

Based on the cut off scores for the DAS-4 & DAS-14 the proportionate cut off score has been set at **20**, scores below this level indicate relationship distress. In these incidents it is important to determine the cause of this distress and develop a plan of support for the parents. If you would like support in developing a plan, consider consulting the DFM Directory here or contact your local Reducing Parental Conflict team at [Relationshipsmatter@dorsetcouncil.gov.uk](mailto:Relationshipsmatter@dorsetcouncil.gov.uk)

**Guidance for usage**

This tool should be used with both parents separately to capture both their voices, if you are only able to secure one parents score that is ok but keep in mind you will only have one parents perspective.

If the scores indicate a distressed relationship be sensitive about how you feed this information back to parents, especially if parents scores are significantly different. If you are concerned about parental conflict but the scores do not indicate distress within the relationship, please contact the reducing parental conflict team or your team's relationship champion for advice.

Ensure you save a copy of each parent's sheet and upload this to the family's file. After you have developed a support plan for the family you should look to repeat the assessment every eight to ten weeks, this will allow you to effectively track for the families progress.

References

Busby, D. M., Crane, D. R., Larson, J., & Christensen, C.  (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*, 289-308.

Sabourin, S., Valois, P., & Lussier, Y. (2005). Development and Validation of a Brief Version of the Dyadic Adjustment Scale With a Nonparametric Item Analysis Model. Psychological Assessment, 17(1), 15–27.

Spanier, G.B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. Journal of Marriage and the Family, 15–28.