

Dyadic Adjustment Scale short scale (DAS-6)

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.

1- How often do you and your partner quarrel?

All the time	Most of the time	More often than not	Occasionally	Rarely	Never
0	1	2	3	4	5

2- How often do you discuss, or have you considered divorce, separation, or terminating your relationship?

All the time	Most of the time	More often than not	Occasionally	Rarely	Never
0	1	2	3	4	5

3- In general, how often do you think that things between you and your child's other parent are going well?

All the time	Most of the time	More often than not	Occasionally	Rarely	Never
5	4	3	2	1	0

4- How often do you and you partner get on each other's nerves?

All the time	Most of the time	More often than not	Occasionally	Rarely	Never
0	1	2	3	4	5

5- Do you confide in your child's other parent?

6- Please circle the box which best describes the degree of happiness, allthings considered, of your relationship.

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect
0	1	2	3	4	5	6

Adapted from 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.

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Scoring

Satisfaction Score (out of 21)	
Conflict Score (out of 10)	
Total Score (out of 31)	

The higher the score the greater the level of satisfaction and the lower levels of conflict present in the relationship. A total score under **20** may indicate distress within the relationship. If this is the case it is important to sensitively determine the cause of this distress and develop a plan of support for the parents. If you would like support in developing a plan, speak with your manager or consult your local Reducing Parental Conflict Coordinator