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BAAS

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:

SAMPLE

1 = None of the time
2 = Very rarely
3 = Some 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.

Name _____ Date _____

Address _____

City _____ State/Prov _____ Postal Code _____

Age _____ Gender: _____ Male _____ Female Race _____

ID _____ Today's Date _____

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Answer Key

- 1 = None of the time
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- 7 = All of the time
- x = Does not apply

SUBSCALE: DEPRESSION

- 1. _____ I feel powerless to do anything about my life.
- 2. _____ I feel blue.
- 3. _____
- 4. _____
- 5. _____ I have a hard time getting started on things that I need to do.
- 6. _____ I get very depressed.
- 7. _____
- 8. _____
- 9. _____ I feel downhearted.
- 10. _____ I feel that I am needed. *
- 11. _____
- 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. _____
- 16. _____
- 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. _____
- 20. _____
- 21. _____ I feel that people really like me very much. *
- 22. _____ I feel that I am a likable person. *
- 23. _____
- 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. _____
- 28. _____
- 29. _____ I feel that I can really trust my partner. *
- 30. _____ I feel that our relationship is breaking up.
- 31. _____
- 32. _____
- 33. _____ Ours is a very happy relationship. *
- 34. _____ Our life together is dull.
- 35. _____
- 36. _____ My partner does not confide in me.
- 37. _____

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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. _____
- 41. _____
- 42. _____ I feel that our sex is dirty and disgusting.
- 43. _____ Our sex life is monotonous.
- 44. _____
- 45. _____
- 46. _____ My partner is sexually very exciting. *
- 47. _____ I enjoy the sex techniques that my partner likes or uses. *
- 48. _____
- 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. _____
- 53. _____
- 54. _____ My child is well behaved. *
- 55. _____ My child is too demanding.
- 56. _____
- 57. _____
- 58. _____ I have a hard time controlling my child.
- 59. _____ My child interferes with my activities.
- 60. _____
- 61. _____ I think my child is terrific. *
- 62. _____

SUBSCALE: PERSONAL STRESS

- 63. _____ I feel very panicked.
- 64. _____ I feel like I am on the verge of a total collapse.
- 65. _____
- 66. _____
- 67. _____ I feel wound up like a coiled spring.
- 68. _____ I feel that I cannot keep up with all the demands on me.
- 69. _____
- 70. _____
- 71. _____ I feel I must race from one task to the next.
- 72. _____ I feel that I just cannot keep up with everything.
- 73. _____
- 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. _____
78. _____
79. _____ I do not feel like I am “part of the group” with my friends.
80. _____ My friends are a bunch of snobs.
81. _____
82. _____
83. _____ I really feel “left out” by my friends.
84. _____ I hate my present group of friends.
85. _____
86. _____ I really like my present group of friends. *
87. _____

SUBSCALE: AGGRESSION

88. _____ When I have to, I really do not mind punching someone out.
89. _____ I get into fights.
90. _____
91. _____
92. _____ I push others around before they have a chance to push me around.
93. _____ People tell me I have a bad temper.
94. _____
95. _____
96. _____ I like it when others are afraid of me.
97. _____

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. _____
101. _____
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. _____
105. _____
106. _____ I really feel “left out” by my work associates.
107. _____ I hate my present group of work associates.
108. _____
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. _____
113. _____
114. _____ There is a lot of love in my family. *
115. _____ Members of my family get along well together. *
116. _____
117. _____
118. _____ I feel proud of my family. *
119. _____ Other families seem to get along better than mine.
120. _____
121. _____ I feel "left out" of my family.
122. _____

SUBSCALE: SUICIDAL THOUGHTS

123. _____ I think about ending my life.
124. _____ My life is so grim that I have considered ending it.
125. _____
126. _____
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. _____
130. _____
131. _____ I feel that the only way to end my shame is to end my life.
132. _____
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. _____
137. _____
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. _____
141. _____
142. _____ My partner acts like I am his or her personal servant.
143. _____ My partner insults or shames me in front of others.
144. _____
145. _____ My partner is stingy in giving me money.
146. _____

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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. _____
- 150. _____
- 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. _____
- 154. _____
- 155. _____ My partner tries to suffocate me with pillows, towels, or other objects.
- 156. _____ My partner pokes or jabs me with pointed objects.
- 157. _____
- 158. _____ My partner kicks my face and head.

SUBSCALE: PROBLEMS WITH WORK

- 159. _____ My job is very boring.
- 160. _____
- 161. _____ I cannot stand my boss.
- 162. _____ My boss is a fool.
- 163. _____
- 164. _____ I think I am good at my job. *
- 165. _____ I get to work on time. *
- 166. _____
- 167. _____ The best part of my job is coffee breaks, lunch, and vacations.
- 168. _____

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. _____
- 172. _____
- 173. _____ After I have been drinking, I get the shakes.
- 174. _____ When I am drinking, I have three or fewer drinks. *
- 175. _____
- 176. _____
- 177. _____ I drink so much that I pass out.
- 178. _____ My drinking interferes with obligations to my family or friends.
- 179. _____
- 180. _____
- 181. _____ My friends avoid me when I am drinking.
- 182. _____ My personal life gets very troublesome when I drink.
- 183. _____

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SUBSCALE: DRUG USE

184. _____ I take drugs to calm my nerves or make me feel better.
 185. _____
 186. _____ My drug use causes problems with my family or friends.
 187. _____
 188. _____ I take drugs when I am alone.
 189. _____
 190. _____ I take drugs when things are not going well for me.
 191. _____
 192. _____ My personal life gets very troublesome when I use drugs.
 193. _____

BAAS 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	_____	_____	_____	_____
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	14	_____	_____	_____	_____
Drug Abuse	10	_____	_____	_____	_____

BAAS SCORE PROFILE GRAPH

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