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MAAS

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.

Name _____

Address _____

City _____ State/Prov _____ Postal Code _____

Age _____ Gender: _____ Male _____ Female Race _____

ID _____ Date _____

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Answer Key

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SAMPLE

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: PROBLEMS WITH MOTHER

- 25. _____ My mother is very patient with me.
- 26. _____ I really like my mother.
- 27. _____
- 28. _____
- 29. _____ My mother's very irritating.
- 30. _____ I feel very angry toward my mother.
- 31. _____
- 32. _____
- 33. _____ I wish my mother was more like others I know.
- 34. _____ My mother does not understand me.
- 35. _____
- 36. _____ I feel ashamed of my mother.

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SAMPLE

SUBSCALE: PROBLEMS WITH FATHER

1. _____ My father gets on my nerves.
2. _____ I get along well with my father. *
3. _____
4. _____
5. _____ My father's behavior embarrasses me.
6. _____ My father's too demanding.
7. _____
8. _____
9. _____ My father puts too many limits on me.
10. _____ My father interferes with my activities.
11. _____
12. _____
13. _____ I hate my father.

SUBSCALE: PERSONAL STRESS

14. _____ I feel very panicked.
15. _____ I feel like I am on the verge of a total collapse.
16. _____
17. _____
18. _____ I feel wound up like a coiled spring.
19. _____ I feel that I cannot keep up with all the demands on me.
20. _____
21. _____
22. _____ I feel I must race from one task to the next.
23. _____ I feel that I just cannot keep up with everything.
24. _____
25. _____ I feel very much on edge.

SUBSCALE: PROBLEMS WITH FRIENDS

26. _____ I get along very well with my friends. *
27. _____ My friends act like they do not care about me.
28. _____
29. _____
30. _____ I do not feel like I am "part of the group" with my friends.
31. _____ My friends are a bunch of snobs.
32. _____
33. _____
34. _____ I really feel "left out" by my friends.
35. _____ I hate my present group of friends.
36. _____
37. _____
38. _____ I really feel that I am disliked by my friends.

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SAMPLE

SUBSCALE: PROBLEMS WITH SCHOOL

- 37. _____ I hate school.
- 38. _____ I enjoy my school work and studies. *
- 39. _____
- 40. _____
- 41. _____ School is not for study, it is for parties and play!
- 42. _____ I study very hard at school. *
- 43. _____
- 44. _____
- 45. _____ I really do pretty shoddy work at school.
- 46. _____

SUBSCALE: AGGRESSION

- 47. _____ When I have to, I really do not mind punching someone out.
- 48. _____ I get into fights.
- 49. _____
- 50. _____
- 51. _____ I push others around before they have a chance to push me around.
- 52. _____ People tell me I have a bad temper.
- 53. _____
- 54. _____
- 55. _____ I like it when others are afraid of me.
- 56. _____

SUBSCALE: FAMILY RELATIONSHIP PROBLEMS

- 57. _____ There is too much hatred in my family.
- 58. _____ Members of my family are really good to one another. *
- 59. _____
- 60. _____
- 61. _____ There is a lot of love in my family. *
- 62. _____ Members of my family get along well together. *
- 63. _____
- 64. _____
- 65. _____ I feel proud of my family. *
- 66. _____ Other family seem to get along better than mine.
- 67. _____
- 68. _____ I feel "left out" of my family.
- 69. _____

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SAMPLE

SUBSCALE: SUICIDAL THOUGHTS

- 70. _____ I think about ending my life.
- 71. _____ My life is so grim that I have considered ending it.
- 72. _____
- 73. _____
- 74. _____ I actually think about different ways that I could kill myself.
- 75. _____ I have actually decided that I am going to take my own life and I now think about my final plans for doing that.
- 76. _____
- 77. _____
- 78. _____ I feel that the only way to end my shame is to end my life.
- 79. _____
- 80. _____ I feel that my life is over and I may as well end it.

SUBSCALE: FEELINGS OF GUILT

- 81. _____ I seem to feel guilty for no good reason.
- 82. _____ When things go wrong, I feel I should apologize even if it is not my fault.
- 83. _____
- 84. _____
- 85. _____ I have this nagging feeling that I have done something wrong.
- 86. _____ I have the feeling I should be punished even when I have done nothing for which to be punished.
- 87. _____
- 88. _____
- 89. _____ Deep inside, I feel that I am really a “bad” person.
- 90. _____

SUBSCALE: CONFUSED THINKING

- 91. _____ I have difficulty keeping my thoughts straight.
- 92. _____
- 93. _____ I cannot seem to keep things straight in my mind.
- 94. _____
- 95. _____ Some of the strangest ideas just pop into my mind.
- 96. _____
- 97. _____ I worry about the way my mind seems strange.

SUBSCALE: DISTURBING THOUGHTS

- 98. _____ I have ideas and thoughts that disturb me greatly.
- 99. _____
- 100. _____ I think about ugly or horrible things.
- 101. _____
- 102. _____ I cannot get certain bad thoughts out of my mind.
- 103. _____
- 104. _____ I worry about the horrible thoughts that I have.
- 105. _____
- 106. _____ I just cannot get certain bad thoughts out of my mind.

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SAMPLE

SUBSCALE: MEMORY LOSS

1. _____ I forget where I put my keys, glasses, or other objects that I use daily.
2. _____
3. _____ I forget what day it is.
4. _____
5. _____ I have difficulty remembering things that I should easily remember.
6. _____
7. _____ I forget important things about my work or school.
8. _____

SUBSCALE: ALCOHOL ABUSE

9. _____ When I have a drink with friends, I usually drink more than they do.
10. _____ My drinking causes problems with my family or friends.
11. _____
12. _____
13. _____ After I have been drinking, I get the shakes.
14. _____ When I am drinking, I have three or fewer drinks. *
15. _____
16. _____
17. _____ I drink so much that I pass out.
18. _____ My drinking interferes with obligations to my family or friends.
19. _____
20. _____
21. _____ My friends avoid me when I am drinking.
22. _____
23. _____ I drink several times a week.

SUBSCALE: DRUG USE

24. _____ I take drugs to calm my nerves or make me feel better.
25. _____
26. _____ My drug use causes problems with my family or friends.
27. _____
28. _____ I take drugs when I am alone.
29. _____
30. _____ I take drugs when things are not going well for me.
31. _____
32. _____ My personal life gets very troublesome when I take drugs.
33. _____

MAAS SUBSCALE SCORING BLANK

SAMPLE

Subscale Name	A optal ns	It Use	n	D - B) - Used	D*1	B*6)
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	10	_____	_____	_____	_____	_____
Confused Thinking	7	_____	_____	_____	_____	_____
Disturbing Thoughts	9	_____	_____	_____	_____	_____
Memory Loss	8	_____	_____	_____	_____	_____
Alcohol Abuse	15	_____	_____	_____	_____	_____
Drug Abuse	10	_____	_____	_____	_____	_____

MAAS SCORE PROFILE GRAPH

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