

# Dyadic Adjustment Scale (DAS)

by James Lani

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**The Dyadic Adjustment Scale**, or DAS, is a relationship adjustment self-report measure. Couples counseling, therapy, office, home are some of the environment in which the DAS is used.

Paper-and-pencil and computer formats of the DAS are available. The participant must answer 32-items which takes approximately 5 to 10 minutes. A 6-scale response is used ranging from “Always Agree” to “Always Disagree.”

## Author

Graham Spanier (1976)

## Where to Purchase

[Multi-Health Systems](#)

## Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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## Dissertations Using the Dyadic Adjustment Scale

Below is a list of dissertations that use the DAS. The full version of these dissertations can be found using ProQuest.

Wang, Y. (2002). *Contributions of emotion-focused and problem-focused coping, marital adjustment, and social support on taiwanese womens distress while undergoing assisted reproductive technologies*. The University of Texas at Austin).

*Roy adaptation model testing: Dyadic adaptation, social support, and loneliness in COPD dyads*. (1991). University of South Carolina).

## References

Spanier,G.B.(1989). *Manual for the Dyadic Adjustment Scale*. North Tonowanda, NY: Multi-Health Systems.

Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family*, 38, 15-28.

Spanier, G.B. & Thompson, L. (1982). A confirmatory analysis of the Dyadic Adjustment Scale. *Journal of Marriage and the Family*, 44, 731-738.

## Journals

Graham M. James; Liu, J. Yenling, Jeriorski, L. Jennifer (2006). The Dyadic Adjustment Scale: A Reliability Generalization Meta-Analysis. *Journal of Marriage and Family*, 68 (3), pp. 701-717.

Hashmi, H., Khurshid, M. & Hassan, I. (2007). Marital Adjustment, Stress and Depression among Working and Non-Working Women. *Internet Journal of Medical Update*, 2 (1).

Prouty, A. M., Markowski, E. M. & Barnes, H. L. ( 2000). Using the Dyadic Adjustment Scale in Marital therapy: An Exploratory Study. *The Family Journal*, 8 (3), 250-257.

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