DYADIC ADJUSTMENT SCALE (DAS)

Reference:

Description of Measure:
A 32-item measure of relationship quality. The scale is divided into 4 subscales:

1. Dyadic Consensus – degree to which respondent agrees with partner
2. Dyadic Satisfaction -- degree to which respondent feels satisfied with partner
3. Dyadic Cohesion – degree to which respondent and partner participate in activities together
4. Affective Expression – degree to which respondent agrees with partner regarding emotional affection.

Abstracts of Selected Related Articles:

We conducted a reliability generalization meta-analysis to examine the internal consistency of Dyadic Adjustment Scale (DAS; Spanier, 1976) scores across 91 published studies with 128 samples and 25,035 participants. The DAS was found to produce total and Dyadic cohesion, Consensus, and Satisfaction scores of acceptable internal consistency, although lower than those originally reported by Spanier (1976). Reliability estimates of these scores did not differ by the sexual orientation, gender, marital status, or ethnicity of the sample. The Affective Expression subscale was found to produce scores with poor Cronbach's alpha across studies. Reliability estimates of Affective Expression scores were highly influenced by sample characteristics. The implications of these results are discussed as they relate to the use of the DAS in research.

This study examined the reliability of Spanier's (1976) Dyadic Adjustment Scale (DAS). Middle-aged men and women (N = 158) completed the DAS on 2 occasions separated by approximately 2 weeks. Separate alpha and stability coefficients were calculated for each of the 4 DAS subscales as well as the Total score. Coefficients alpha ranged from .70 (for the 4-item Affectional Expression subscale) to .95 (for the 32-item Total score), \( Mdn = .87 \). Stability coefficients ranged from .75 (Affectional Expression) to .87 (Total), \( Mdn = .81 \). Partial correlations revealed that the stability of the DAS was not influenced by subjects' age, educational attainment, number of children, relationship duration, or the length of the test-retest interval. These results suggest the DAS and its 4 subscales are internally consistent and stable over the interval examined in this study.


Evaluated the dyadic adjustment scale by reconsidering the factor structure of the scale and its subscales using a maximum likelihood, confirmatory factor-analysis procedure. Studied a new sample from the same geographical area. High reliability was confirmed for the overall scale.

**Scale:** Contact Multi Health Systems 1-800-456-3003 for permission to use items.