

Fisher Divorce Adjustment Scale Profile

Name: _____

Age: _____

Months Separated: _____

Circle one:

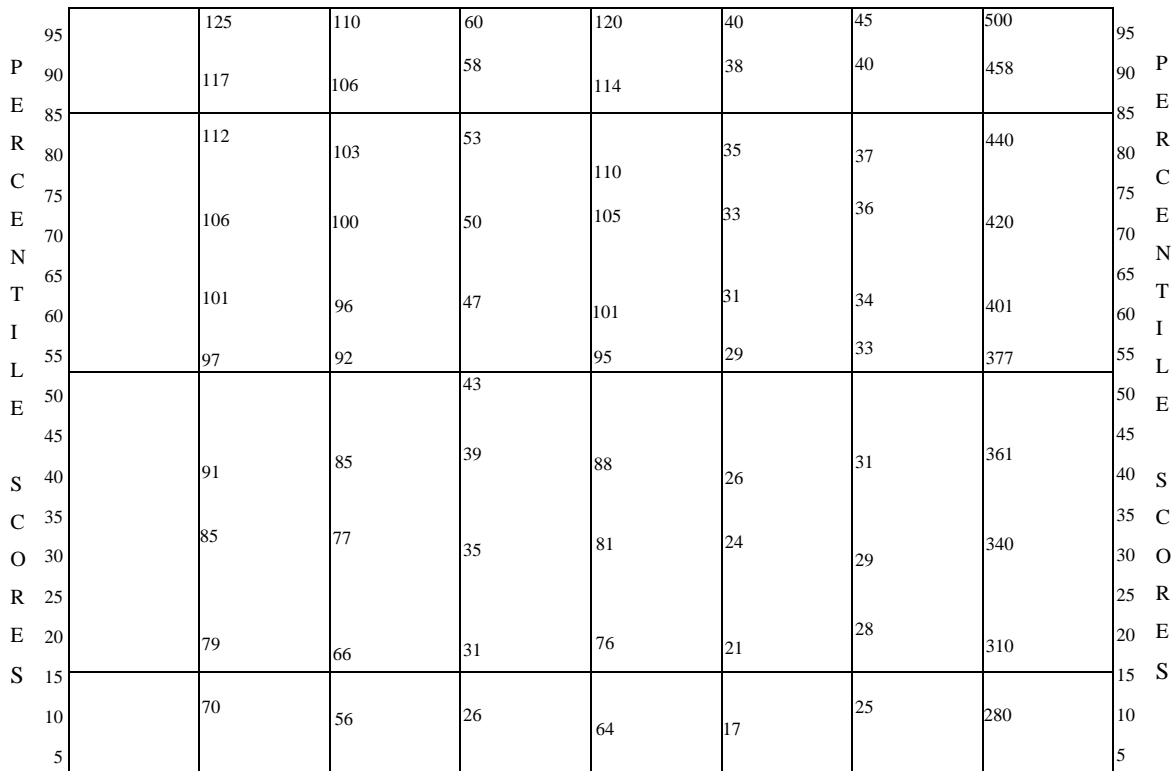
Dumper

Dumpee

Mutual

Plot your subtest and total scores in the profile graph below. The higher your score, the more you'll approach the values at the top of the profile graph. The lower your score, the more you approach the values at the bottom of the profile graph.

Good feelings of self-worth	Disentangled from former partner	Anger at former partner dissipated	Grief work completed	Open to social intimacy	Good social self-worth	Adjusted to ending of relationship
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Low feelings of self-worth	Emotionally investing in past relationship	Angry at former partner	Grieving loss of relationship	Fearful of social intimacy	Low social self-worth	Not adjusted to ending of relationship
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pre-test							
post-test							
pre-to-post gain							

If you're taking the scale at the start of your work with *Rebuilding*, enter your scores in the "pre-test" row of the above chart; then take the test again after completing the book and update this profile with your "post-test" scores to assess your progress. You can also take the test just once and enter your scores in the "post-test" row, leaving the other rows blank and using the percentile scores to evaluate your results. The percentile comparison scores on the sides of the graph were obtained from a group of 492 participants in the original FDAS research. They are rank order scores. If you scored 280 points on the total score, your percentile score would be 10. This means that out of every hundred people who took the FDAS, 10 would score lower than you, and 80 would score higher. Your total score is most important; the sub-test scores are interesting but not as significant statistically.

Helpful Hints for Interpreting the Fisher Divorce Adjustment Scale Profiles

Did it feel good to take the FDAS and find out you are not the only person experiencing those feelings? Maybe you are more normal than you thought you were? Did you realize your score would have been different if you had taken the Scale last week or last month? The FDAS questions are designed to be marked differently as you work through the adjustment process. If you marked different answers than you would have in the past, this indicates you are adjusting to your loss. Normally your score will be lowest at the time of your physical separation.

The FDAS is designed to measure your adjustment to the ending of your love-relationship. It is NOT designed to measure your mental or emotional health. The feedback you receive from this scoring profile should help you identify your strong and weak areas in the process of adjusting to your loss. Your scores will be affected by the way you felt the day you took the test. Take this into account when you look at your scoring results.

The numbers listed at the bottom of the profile sheet are your raw scores. The six subtest raw scores are computed by giving points to the marks on your answer sheet. These are then totaled to give you total raw scores. Raw scores have no meaning until they are compared to others taking the test. Using a comparison group of 492 people, I computed percentile scores from the raw scores. These are the vertical rows of numbers five through ninety-five at each side of profile:

Percentile scores are a rank order method of comparison. A score of 75 means that out of every 100 people taking the FDAS, 75 scored lower than you and 25 scored higher. A percentile score of 75 does NOT mean you marked 75 % of the answers correctly, because there are no right or wrong answers to this test. Your profile line is drawn to show how your scores compared to the comparison group of 492 people.

The most important score is the total score located on the vertical line on the right-hand side of the graph. The four subtests starting on the left are self-worth, disentanglement, anger, and grief. These are similar to the building blocks with the same title. The social intimacy subtest is a combination of the friendships, trust, and sexuality blocks. The social self-worth subtest is not a homogeneous group of questions and it is hard to define what it is measuring.

Have you taken both pre- and post-tests? If so, the gain score is shown in the lower row on the profile sheet. The nationwide average gain score pre-test to post-test for the total score is 66 raw score points. Did you gain more or less than the average?

Hopefully, you were able to be completely honest when you took the test so your test results will be meaningful. Some of you may still be in some denial, especially in the anger subtest, which will affect your scores. Some of you may have a lower post-test score than the pre-test. Usually this means you were denying feelings when taking the pre-test. The post-test score, after participating in the ten-week seminar, usually is more meaningful because you may have overcome any denial you had when taking the pre-test.

This FDAS is a research instrument and scoring results may change as more research data is gathered.

Good luck on working through the ending of your love relationship!