ADOLESCENT SUBMISSIVE BEHAVIOUR SCALE (ASBS)

Below are a series of statements which describe how people act and feel about certain situations when they are with people in their own year at school. Here is an example:

When I am with people in my own year:

I ignore them when they say nasty things to me

Never  1  2  3  4  5  Always

When I am with people in my own year:

1. I agree that I am wrong, even though I know I’m not
   Never  1  2  3  4  5  Always

2. I do things because others are doing them, rather than because I want to
   Never  1  2  3  4  5  Always

3. I let others criticise me or put me down without defending myself
   Never  1  2  3  4  5  Always

4. I play with others even if I don’t want to
   Never  1  2  3  4  5  Always

5. If I try to speak and others take over, I shut up
   Never  1  2  3  4  5  Always

6. I continue to apologise for little mistakes
   Never  1  2  3  4  5  Always

7. I am not able to tell others when I am angry with them
   Never  1  2  3  4  5  Always

8. At parties, I let others talk a lot and dominate the conversation
   Never  1  2  3  4  5  Always

9. I don’t like people to look straight at me when they are talking
   Never  1  2  3  4  5  Always

10. I say thank you a lot when someone does a small favour for me
    Never  1  2  3  4  5  Always

11. I do not start conversations at parties
    Never  1  2  3  4  5  Always

12. I blush (go red) when people look at me
    Never  1  2  3  4  5  Always
SCORING

Simply sum all the item scores.

DESCRIPTION

Adolescent Submissive Behaviour Scale

The adolescent submissive behaviour scale (ASBS) is a 12-item measure collaboratively adapted from the adult version of the Submissive Behaviour Scale (Gilbert & Allan, 1994; Allan & Gilbert, 1997) by one of the authors (P.G.) for use in a clinical project (Lang, 1994). Participants rate how they would behave in potentially ‘conflict’ situations, for example; ‘I do things because others are doing them, rather than because I want to’. The scale measures the degree of submissive choice to each situation. It utilizes a five-point Likert scale with higher scores indicative of greater submissive behaviour.

REFERENCE