



## 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

Irons, C., & Gilbert, P. (2005). Evolved mechanisms in adolescent anxiety and depression symptoms: The role of the attachment and social rank systems. *Journal of Adolescence*, 28(3), 325-341. doi: 10.1016/j.adolescence.2004.07.004