



Achenbach System of Empirically Based Assessment (ASEBA®)

Author: Dr Thomas M Achenbach

PURPOSE	To assess competencies, strengths, adaptive functioning, behavioural, emotional and social problems
ADMINISTER TO	Multi-informant assessment forms for ages 1½ - 90+
READING/EDUCATIONAL LEVEL	Multiple
ADMINISTRATION TIME	10-25 minutes depending on the form used
SCORING OPTIONS	ASEBA-web
PUBLICATION DATE	2001
HPCSA	Not submitted
TRAINING	None
LANGUAGES	English (+ other languages)

The Achenbach System of Empirically Based Assessment (ASEBA) is a comprehensive evidence-based approach to assess adaptive and maladaptive functioning. It was developed through decades of research and practical experience, to allow for multi-informant assessment that assists in identifying actual patterns of functioning. The ASEBA assesses and clearly documents individuals' functioning in terms of quantitative scores, as well as narrative descriptions in the respondents' own words.

ASEBA instruments clearly document clients' functioning in terms of both quantitative scores and individualised descriptions in the respondents' own words. Descriptions include aspects such as what concerns respondents most about clients, the best things about clients, and details of competencies and problems that are not captured by quantitative scores alone. The individualised descriptive data, plus competence, strengths, adaptive- and problem scores, facilitate comprehensive in-depth assessment.

ASSESSMENT FORMS AND SCALES

The following Forms are available for the ASEBA:

ASEBA Preschool Form (1 ½ - 5 years)	ASEBA School-Age Form (6 - 18 years)	ASEBA Adult Form (18 - 59 years)	ASEBA Older Adults Form (60 - 90 years and older)
<p>Child Behaviour Checklist (CBCL) completed by parents and/or family members. This form obtains descriptive details of the child's functioning.</p>	<p>Child Behaviour Checklist (CBCL) completed by parents and/or family members. This form obtains descriptive details of children's behavioural and emotional functioning.</p>	<p>Adult Behaviour Checklist (ABCL) completed by people who know the adult well, in order to obtain their perceptions of the adult's functioning.</p>	<p>Older Adult Behaviour Checklist (OABCL) completed by people who know the adult well, in order to obtain their perceptions of the adult's functioning.</p>
<p>Language Development Survey (LDS) completed in conjunction with the CBCL. This form uses parents' reports to assess children's expressive vocabularies and word combinations, as well as risk factors for language delays.</p>	<p>Youth Self-Report (YSR) completed by individuals 11 years to 18 years. Youths rate themselves on both problem behaviours, and on socially desirable qualities.</p>	<p>Adult Self-Report (ASR) completed by the adults themselves, report their own adaptive functioning, problems and substance use.</p>	<p>Older Adult Self-Report (OASR) completed by older adults themselves, to obtain diverse aspects of adaptive functioning and problems.</p>
<p>Caregiver-Teacher Report Form (C-TRF) completed by aftercare providers, teachers and others, who see the child in group settings where at least four children are present.</p>	<p>Teacher's Report Form (TRF) completed by day-care providers, teachers and others who see the child in group- and academic settings. Teachers rate the child's academic performance and adaptive functioning.</p>		

The following scales and subscales are assessed by each ASEBA Form:

ASEBA Preschool Form (1 ½ - 5 years)	ASEBA School-Age Form (6 - 18 years)	ASEBA Adult Form (18 - 59 years)	ASEBA Older Adults Form (60 - 90 years and older)
Empirically Based Syndrome Scales Emotionally Reactive; Anxious/Depressed; Somatic Complaints; Withdrawn; Sleep Problems (CBCL only); Attention Problems; Aggressive Behaviour.	Empirically Based Syndrome Scales Anxious/Depressed; Withdrawn/Depressed; Somatic Complaints; Social Problems; Thought Problems; Attention Problems; Rule-Breaking Behaviour; Aggressive Behaviour.	Empirically-Based Syndrome Scales Anxious/Depressed; Withdrawn; Somatic Complaints; Thought Problems; Attention Problems; Rule-Breaking Behaviour; Aggressive Behaviour; Intrusive.	Empirically-Based Syndrome Scales Anxious/Depressed; Worries; Somatic Complaints; Thought Problems; Functional Impairment; Memory/Cognition Problems; Irritable/Disinhibited
DSM-5 Oriented Scales Affective Problems; Anxiety Problems; Pervasive Developmental Problems; Attention Deficit/Hyperactivity Problems; Oppositional Defiant Problems.	DSM-5 Oriented Scales Affective Problems; Anxiety Problems; Somatic Problems; Attention Deficit/Hyperactivity Problems; Oppositional Defiant Problems; Conduct Problems.	DSM-5 Oriented Scales Depressive Problems; Anxiety Problems; Somatic problems; Avoidant Personality Problems; Attention Deficit/Hyperactivity Problems (Inattention and Hyperactivity/Impulsivity Sub-Scales); Antisocial Personality Problems.	DSM-5 Oriented Scales Depressive Problems; Anxiety Problems; Somatic problems; Dementia Problems; Psychotic Problems; Antisocial Personality Problems.
		Adaptive Functioning Scales Friends; Spouse/Partner; Family; Job; Education.	Adaptive Functioning Scales Friends; Spouse/Partner; Personal Strengths.
		Substance Use Scales: Tobacco, Alcohol, Drugs.	

AREAS OF APPLICATION

The ASEBA Preschool and ASEBA School-Age Forms may be useful in the following settings:

- mental health settings
- educational settings
- family service settings
- forensic settings

The **ASEBA Adult Version Forms** are valuable for:

- assessing mental health for therapeutic purposes
- planning and execution therapy
- substance abuse intervention programmes
- forensic contexts

The **ASEBA Older Adult Forms** can greatly improve assessment in a variety of different contexts including:

- psychological evaluations
- medical care, including routine-care, and evaluation of functioning following events such as strokes, falls and illnesses
- functioning after significant life changes (e.g., loss of loved one, or move to an assisted living environment)
- evaluation before and after planned changes and interventions

REPORT OPTIONS

The ASEBA-Web System produces an **Individual Profile Report** for all form versions, which includes numerical and narrative comments as interpreted from the multiple self-report measures gathered.

SOUTH AFRICAN RESEARCH

Although South African research and norms are not yet available for the ASEBA forms, JvR Psychometrics welcomes the opportunity to partner with clients in conducting research studies in their organisations. Please contact us should you consider using this assessment for research purposes.