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Social and Occupational Functioning Assessment Scale (SOFAS)

The SOFAS is a new scale that differs from the Global Assessment of Functioning (GAF) Scale in that it focuses exclusively on the individual's level of social and occupational functioning and is not directly influenced by the overall severity of the individual's psychological symptoms. Also in contrast to the GAF Scale, any impairment in social and occupational functioning that is due to general medical conditions is considered in making the SOFAS rating. The SOFAS is usually used to rate functioning for the current period (i.e., the level of functioning at the time of the evaluation). The SOFAS may also be used to rate functioning for other time periods. For example, for some purposes it may be useful to evaluate functioning for the past year (i.e., the highest level of functioning for at least a few months during the past year).

Consider social and occupational functioning on a continuum from excellent functioning to grossly impaired functioning. Include impairments in functioning due to physical limitations, as well as those due to mental impairments. To be counted, impairment must be a direct consequence of mental and physical health problems; the effects of lack of opportunity and other environmental limitations are not to be considered.

Code (Note: Use intermediate codes when appropriate, e.g., 45, 68, 72.)

100 Superior functioning in a wide range of activities.

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91

90 Good functioning in all areas, occupationally and socially effective.

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81

80 No more than a slight impairment in social, occupational, or school functioning (e.g., infrequent interpersonal conflict, temporarily falling behind in schoolwork).

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71

70 Some difficulty in social, occupational, or school functioning, but generally functioning well, has some meaningful interpersonal relationships.

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61

60 Moderate difficulty in social, occupational, or school functioning (e.g., few friends, conflicts with peers or co-workers).

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51

50 Serious impairment in social, occupational, or school functioning (e.g., no friends, unable to keep a job).

|

41

40 Major impairment in several areas, such as work or school, family relations (e.g., depressed man avoids

Code (Note: Use intermediate codes when appropriate, e.g., 45, 68, 72.)

- | friends, neglects family, and is unable to work; child frequently beats up younger children, is defiant at home, and is failing at school).
31
- 30 Inability to function in almost all areas (e.g., stays in bed all day; no job, home, or friends).
|
21
- 20 Occasionally fails to maintain minimal personal hygiene; unable to function independently.
|
11
- 10 Persistent inability to maintain minimal personal hygiene. Unable to function without harming self or others or without considerable external support (e.g., nursing care and supervision).
|
1
- 0 Inadequate information.

Note: The rating of overall psychological functioning on a scale of 0–100 was operationalized by Luborsky in the Health-Sickness Rating Scale. (Luborsky L: "Clinicians' Judgments of Mental Health." *Archives of General Psychiatry* 7:407–417, 1962). Spitzer and colleagues developed a revision of the Health-Sickness Rating Scale called the Global Assessment Scale (GAS) (Endicott J, Spitzer RL, Fleiss JL, et al.: "The Global Assessment Scale: A Procedure for Measuring Overall Severity of Psychiatric Disturbance." *Archives of General Psychiatry* 33:766–771, 1976). The SOFAS is derived from the GAS and its development is described in Goldman HH, Skodol AE, Lave TR: "Revising Axis V for DSM-IV: A Review of Measures of Social Functioning." *American Journal of Psychiatry* 149:1148–1156, 1992.

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