COMFORT /HASSLES SCALE
A MEASURE OF FAMILY WELL-BEING FWB

Child’s Name____________________  Chart______________  Date_____

A. **Comfort** felt in the family

For each clinic visit, place a C in the block on the 1-10 continuum which best represents the family’s level of **Comfort**, ease or satisfaction during the past month.

B. **Hassles** being experienced in the family

For each clinic visit, place an H in the block on the 1-10 continuum which best represents the family’s level of **Hassles**, challenges, or demands during the past month.

The **Comfort** and **Hassles** levels are based on the parents’ report, in combination with a clinician’s assessment. The **family well-being** score (FWB) is obtained by dividing the level of **Hassles** into the **Comfort** level (C/H). On-going results are measured by connecting subsequent like-symbol scores.

**Comfort/Hassles Scale**
*(Family Well-Being Scores)*

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<th>Levels</th>
<th>10</th>
<th>9</th>
<th>8</th>
<th>7</th>
<th>6</th>
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<th>4</th>
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\[ C (\text{Comfort})/H (\text{Hassles}) = FWB \]