

SMILKSTEIN'S FAMILY SYSTEM APGAR ITEMS

	Almost Always	Some of the Time	Hardly Ever
1) I am satisfied that I can turn to my family for help when something is troubling me.			
2) I am satisfied with the way my family talks over things with me and shares problems with me.			
3) I am satisfied that my family accepts and supports my wishes to take on new activities or directions.			
4) I am satisfied with the way my family expresses affection and responds to my emotions, such as anger, sorrow, and love.			
5) I am satisfied with the way my family and I share time together.			

Rating Scale:

Almost Always = 2 pts.
 Some of the Time = 1 pt.
 Hardly Ever = 0 pts.

Scoring:

8-10 = Highly Functional
 4-7 = Moderately Dysfunctional
 0-3 = Dysfunctional

Example:

Total = 7 pts.
 Moderately Dysfunctional