

# Screen for Child Anxiety Related Disorders (SCARED)

## Child Version - To be filled out by the CHILD

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Instructions: Read each phrase and decide if it is "Not True or Hardly Ever True", "Somewhat True or Sometimes True", or "Very True or Often True" for you over the last 3 months.

### QUESTIONNAIRE ITEMS

1. When I feel frightened, it is hard for me to breathe

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

2. I get headaches when I am at school

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

3. I don't like to be with people I don't know well

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

4. I get scared if I sleep away from home

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

5. I worry about other people liking me

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

6. When I get frightened, I feel like passing out

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

7. I am nervous

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

8. I follow my mother or father wherever they go

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

9. People tell me that I look nervous

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

10. I feel nervous with people I don't know well

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

11. I get stomachaches at school

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

12. When I get frightened, I feel like I am going crazy

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

13. I worry about sleeping alone

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

14. I worry about being as good as other kids

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

15. When I get frightened, I feel like things are not real

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

16. I have nightmares about something bad happening to my parents

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

17. I worry about going to school

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

18. When I get frightened, my heart beats fast

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

19. I get shaky

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

20. I have nightmares about something bad happening to me

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

21. I worry about things working out for me

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

22. When I get frightened, I sweat a lot

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

23. I am a worrier

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

24. I get really frightened for no reason at all

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

25. I am afraid to be alone in the house

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

26. It is hard for me to talk with people I don't know well

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

27. When I get frightened, I feel like I am choking

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

28. People tell me that I worry too much

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

29. I don't like to be away from my family

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

30. I am afraid of having anxiety (or panic) attacks

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

31. I worry that something bad might happen to my parents

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

32. I feel shy with people I don't know well

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

33. I worry about what is going to happen in the future

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

34. When I get frightened, I feel like throwing up

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

35. I worry about how well I do things

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

36. I am scared to go to school

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

37. I worry about things that have already happened

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

38. When I get frightened, I feel dizzy

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

39. I feel nervous when I am with other children or adults and I have to do something while they watch me (e.g. read aloud, speak, play a game, play a sport)

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

40. I feel nervous when I am going to parties, dances, or any place where there will be people I don't know well

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

41. I am shy

0 - Not True or Hardly Ever True     1 - Somewhat True or Sometimes True     2 - Very True or Often True

### SCORING SUMMARY

Panic / Somatic Score (items 1,6,9,12,... \_\_\_\_\_)      Generalised Anxiety Score (items 5,7... \_\_\_\_\_)

Separation Anxiety Score (items 4,8,... \_\_\_\_\_)      Social Anxiety Score (items 3,10,26,... \_\_\_\_\_)

School Avoidance Score (items 2,11,1... \_\_\_\_\_)      TOTAL SCORE (0-82): \_\_\_\_\_

Interpretation: Total score  $\geq 25$  may indicate an anxiety disorder. Subscale score  $\geq 7$  for Panic/Somatic,  $\geq 9$  for Generalised Anxiety,  $\geq 5$  for Separation Anxiety,  $\geq 8$  for Social Anxiety,  $\geq 3$  for School Avoidance.

### Additional Notes

### CLINICIAN DETAILS

Clinician Name: \_\_\_\_\_ Date of Assessment: \_\_\_\_\_ dd / mm / yyyy

\_\_\_\_\_  
Clinician Signature