

SCARED (Screen for Child Anxiety Related Disorders) - Youth version

Child's Name: _____ Date of Birth: _____

T1 T2 T3

Today's Date: _____

Directions: Please respond to each statement by circling one number per row.

		Not true or hardly ever true	Somewhat or sometimes true	Very true or often true
1	When I feel frightened, it is hard to breathe.	0	1	2
2	I get headaches when I am at school.	0	1	2
3	I don't like to be with people I don't know well.	0	1	2
4	I get scared if I sleep away from home.	0	1	2
5	I worry about other people liking me.	0	1	2
6	When I get frightened, I feel like passing out.	0	1	2
7	I am nervous.	0	1	2
8	I follow my mother or father wherever they go.	0	1	2
9	People tell me I look nervous.	0	1	2
10	I feel nervous with people I don't know well.	0	1	2
11	I get stomachaches at school.	0	1	2
12	When I get frightened, I feel like I am going crazy.	0	1	2
13	I worry about sleeping alone.	0	1	2
14	I worry about being as good as other kids.	0	1	2
15	When I get frightened, I feel like things are not real.	0	1	2
16	I have nightmares about something bad happening to my parents.	0	1	2
17	I worry about going to school.	0	1	2
18	When I get frightened, my heart beats fast.	0	1	2

19	I get shaky.	0	1	2
20	I have nightmares about something bad happening to me.	0	1	2
21	I worry about things working out for me.	0	1	2
22	When I get frightened, I sweat a lot.	0	1	2
23	I am a worrier.	0	1	2
24	I get really frightened for no reason at all.	0	1	2
25	I am afraid to be alone in the house.	0	1	2
26	It is hard for me to talk to people I don't know well.	0	1	2
27	When I get frightened, I feel like I am choking.	0	1	2
28	People tell me that I worry too much.	0	1	2
29	I don't like to be away from my family.	0	1	2
30	I am afraid of having anxiety (or panic) attacks.	0	1	2
31	I worry that something bad might happen to my parents.	0	1	2
32	I feel shy with people I don't know well.	0	1	2
33	I worry about what is going to happen in the future.	0	1	2
34	When I get frightened, I feel like throwing up.	0	1	2
35	I worry about how well I do things.	0	1	2
36	I am scared to go to school.	0	1	2
37	I worry about things that have already happened.	0	1	2
38	When I get frightened, I feel dizzy.	0	1	2
39	I feel nervous when I am with other children or adults and I have to do something while they watch me (for example, read aloud, speak, play a game, play a sport).	0	1	2
40	I feel nervous about going to parties, dances, or any place where there will be people that I don't know well.	0	1	2
41	I am shy.	0	1	2