

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

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