



**Screen for Child Anxiety Related Emotional Disorders (SCARED) Scale**  
**Child Version**

**DATE/TIME:** \_\_\_\_\_

	Not true or hardly ever true	Somewhat or sometimes true	Very true or often true
1. When I feel frightened, it is hard to breath.	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



<b>16. I have nightmares about something bad happening to my parents.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>17. I worry about going to school.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>18. When I get frightened, my heart beats fast.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>19. I get shaky.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>20. I have nightmares about something bad happening to me.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>21. I worry about things working out for me.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>22. When I get frightened, I sweat a lot.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>23. I am a worrier.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>24. I get really frightened for no reason at all.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>25. I am afraid to be alone in the house.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>26. It is hard for me to talk with people I don't know well.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>27. When I get frightened, I feel like I am choking.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>28. People tell me that I worry to much.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>29. I don't like to be away from my family.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>30. I am afraid of having anxiety (or panic) attacks.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>31. I worry that something bad might happen to my parents.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>32. I feel shy with people I don't know well.</b>	<b>0</b>	<b>1</b>	<b>2</b>
<b>33. I worry about what is going to happen in the future.</b>	<b>0</b>	<b>1</b>	<b>2</b>



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

Signature: \_\_\_\_\_

Relationship to patient: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Interpreter (as applicable): \_\_\_\_\_