

Screen for Child Anxiety Disorders (SCARED)

Child's Name _____ Date: _____

Parent's Name _____

		Not True	Somewhat True	Very True	Code
1	My child worries about other people liking them				GD
2	My child is nervous				GD
3	My child worries about being as good as other people				GD
4	My child worries about things working out for them				GD
5	My child is a worrier				GD
6	People tell me that my child worries too much				GD
7	My child worries about what is going to happen in the future				GD
8	My child worries about how well they can do things				GD
9	My child worries about things that have already happened				GD
10	My child doesn't like to be with people they don't know well				SC
11	My child feels nervous with people they don't know well				SC
12	It's hard for my child to talk with people they don't know well				SC
13	My child feels shy with people they don't know well				SC
14	My child feels nervous when they are with other children or adults and must do something while they watch (e.g. read aloud, speak, play a game, play a sport)				SC
15	My child feels nervous when they are going to parties, dances, or any place where there will be people they don't know				SC
16	My child is shy				SC
17	My child gets scared if they sleep away from home				SP
18	My child follows me wherever I go				SP
19	My child worries about sleeping away from home				SP
20	My child has nightmares about something bad happening to me				SP
21	My child has nightmares about something bad happening to them				SP
22	My child is afraid to be alone in the house				SP
23	My child doesn't like to be away from our family				SP
24	My child worries that something bad might happen to me				SP

		Not True	Somewhat True	Very True	Code
25	My child gets headaches when they are at school				SH
26	My child gets stomachaches when they are at school				SH
27	My child worries about going to school				SH
28	My child is scared to go to school				SH
29	When my child gets frightened, it's hard for them to breathe				PN
30	When my child gets frightened, they feel like passing out				PN
31	People tell my child that they look nervous				PN
32	When my child gets frightened, they feel like they're going crazy				PN
33	When my child gets frightened, they feel like things are not real				PN
34	When my child gets frightened, their heart beats fast				PN
35	When my child gets frightened, they get shaky				PN
36	When my child gets frightened, they sweat a lot				PN
37	My child gets really frightened for no reason at all				PN
38	When my child gets frightened, they feel like they're choking				PN
39	My child is afraid of having anxiety (or panic) attacks				PN
40	When my child gets frightened, they feel dizzy				PN