

Self-Report for Child Anxiety Related Disorders

(SCARD - child form, ages 5-12)

Below is a list of items that describe how people feel. For each item, circle the 2 if the item is very true or often true of you, circle the 1 if the item is somewhat true or sometimes true of you, or circle the 0 if the item is not true of you. Please answer all of the items as well as you can, even if some do not seem to concern you.

	Not True or Hardly Ever True	Somewhat True 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 do not know very 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 stomach aches 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 with 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 is going to 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 sport).	0	1	2
40. I feel nervous about going to parties, dances, or any place where there will be people I don't know well.	0	1	2
41. I am shy.	0	1	2

Total Score	
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