

Screen for Child Anxiety Related Disorders (SCARED)

CHILD Version—Page 1 of 2 (to be filled out by the CHILD)

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See: Birmaher, B., Brent, D. A., Chiappetta, L., Bridge, J., Monga, S., & Baugher, M. (1999). Psychometric properties of the Screen for Child Anxiety Related Emotional Disorders (SCARED): a replication study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(10), 1230–6.

Name: Ty Lee Date: _____

Directions:

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is “Not True or Hardly Ever True” or “Somewhat True or Sometimes True” or “Very True or Often True” for you. Then, for each sentence, fill in one circle that corresponds to the response that seems to describe you *for the last 3 months*.

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

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

10 + 4 + 6 + 20 = 44

SCORING:

A total score of ≥ 25 may indicate the presence of an **Anxiety Disorder**. Scores higher than 30 are more specific. **TOTAL = 44**

A score of **7** for items 1, 6, 9, 12, 15, 18, 19, 22, 24, 27, 30, 34, 38 may indicate **Panic Disorder** or **Significant Somatic Symptoms**. **PN = 6**

A score of **9** for items 5, 7, 14, 21, 23, 28, 33, 35, 37 may indicate **Generalized Anxiety Disorder**. **GD = 14**

A score of **5** for items 4, 8, 13, 16, 20, 25, 29, 31 may indicate **Separation Anxiety SOC**. **SP = 9**

A score of **8** for items 3, 10, 26, 32, 39, 40, 41 may indicate **Social Anxiety Disorder**. **SC = 9**

A score of **3** for items 2, 11, 17, 36 may indicate **Significant School Avoidance**. **SH = 6**

For children ages 8 to 11, it is recommended that the clinician explain all questions, or have the child answer the questionnaire sitting with an adult in case they have any questions.

The SCARED is available at no cost at www.wpic.pitt.edu/research under tools and assessments, or at www.pediatric.bipolar.pitt.edu under instruments.