

# Screen for Child Anxiety Related Disorders (SCARED)

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

Name: \_\_\_\_\_ 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 your child. Then, for each statement, check  the box that corresponds to the response that seems to describe your child *for the last 3 months*. Please respond to all statements as well as you can, even if some do not seem to concern your child.

	<b>0</b>	<b>1</b>	<b>2</b>	
	<b>Not True or Hardly Ever True</b>	<b>Somewhat True or Sometimes True</b>	<b>Very True or Often True</b>	
1. When my child feels frightened, it is hard for him/her to breathe.				PA/SO
2. My child gets headaches when he/she is at school.				SCH
3. My child doesn't like to be with people he/she doesn't know well.				SOC
4. My child gets scared if he/she sleeps away from home.				SEP
5. My child worries about other people liking him/her.				GA
6. When my child gets frightened, he/she feels like passing out.				PA/SO
7. My child is nervous.				GA
8. My child follows me wherever I go.				SEP
9. People tell me that my child looks nervous.				PA/SO
10. My child feels nervous with people he/she doesn't know well.				SOC
11. My child gets stomachaches at school.				SCH
12. When my child gets frightened, he/she feels like he/she is going crazy.				PA/SO
13. My child worries about sleeping alone.				SEP
14. My child worries about being as good as other kids.				GA
15. When my child gets frightened, he/she feels like things are not real.				PA/SO
16. My child has nightmares about something bad happening to his/her parents.				SEP
17. My child worries about going to school.				SCH
18. When my child gets frightened, his/her heart beats fast.				PA/SO
19. He/she gets shaky.				PA/SO
20. My child has nightmares about something bad happening to him/her.				SEP

**Screen for Child Anxiety Related Disorders (SCARED)**  
**PARENT Version—Page 2 of 2 (to be filled out by the RCTGP V)**

	<b>0</b> <b>Not True or Hardly Ever True</b>	<b>1</b> <b>Somewhat True or Sometimes True</b>	<b>2</b> <b>Very True or Often True</b>	
21. O {"ej kf "y qttlgu about things working out for j ko lj gt.				<b>GA</b>
22. When o {"ej kf getu frightened, j gluj g sweatu a lot.				<b>PA/SO</b>
23. O {"ej kf "ku a worrier.				<b>GA</b>
24. O {"ej kf "getu really frightened for no reason at all.				<b>PA/SO</b>
25. O {"ej kf "ku afraid to be alone in the house.				<b>SEP</b>
26. It is hard for m {"ej kf to talk with people j gluj g dogun't know well.				<b>SOC</b>
27. When o {"ej kf getu frightened, j gluj g feelu like j gluj g "ku choking.				<b>PA/SO</b>
28. People tell me that o {"ej kf worrlgu too much.				<b>GA</b>
29. O {"ej kf "f qgup)like to be away from j kulj gt family.				<b>SEP</b>
30. O {"ej kf "ku afraid of having anxiety (or panic) attacks.				<b>PA/SO</b>
31. O {"ej kf worrlgu that something bad might happen to j kulj gt parents.				<b>SEP</b>
32. O {"ej kf feelu shy with people j gluj g dogun't know well.				<b>SOC</b>
33. O {"ej kf "worrlgu about what is going to happen in the future.				<b>GA</b>
34. When o {"ej kf getu frightened, j gluj g feelu like throwing up.				<b>PA/SO</b>
35. O {"ej kf worrlgu about how well j gluj g dogu things.				<b>GA</b>
36. O {"ej kf ku scared to go to school.				<b>SCH</b>
37. O {"ej kf "y qttlgu about things that have already happened.				<b>GA</b>
38. When o {"ej kf getu frightened, j gluj g feelu dizzy.				<b>PA/SO</b>
39. O {"ej kf feelu nervous when j gluj g "ku with other children or adults cpf "j gluj g"j cu"q"fq"something while they watch j ko lj gt (for example: tgcf "crqwf ."ur gcm"r r {"c"game, play a sport).				<b>SOC</b>
40. O {"ej kf feelu nervous when j gluj g "ku going to parties, dances, or any r rneg'y j gtg"j gtg'y kn'dg"people that j gluj g dogun't know well.				<b>SOC</b>
41. O {"ej kf "ku shy.				<b>SOC</b>

*The SCARED is available at no cost at [www.pediatricbipolar.pitt.edu](http://www.pediatricbipolar.pitt.edu) under resources/instruments.*

January 19, 2018

# Screen for Child Anxiety Related Disorders (SCARED)

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

Name: \_\_\_\_\_ 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, check  the box that corresponds to the response that seems to describe you *for the last 3 months*.

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

**Screen for Child Anxiety Related Disorders (SCARED)**  
**CHILD Version—Page 2 of 2 (to be filled out by the CHILD)**

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

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.

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.

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*January 19, 2018*